

# POGP Booklets supplied by Ralph Allen Press - Price List & Order Form

Title (sold in multiples of 10)		Price per 10 booklets	Quantity	Cost
Fit & Safe (Mothers)	Revised 2013	£2.60		
Pregnancy-Related Pelvic Girdle Pain (Mothers)	Revised 2018	£4.60		
Fit For Pregnancy	Revised 2018	£1.70		
Fit for Birth	Revised 2018	£1.70		
Fit for the Future	Revised 2018	£2.20		
Exercise & Advice after the Loss of your Baby - 50% OFF	Revised 2014	£1.35		
Pilates in Women's Health	Revised 2015	£2.70		
Pelvic Floor Muscle Exercises for Women	Revised 2018	£2.70		
Pelvic Floor Muscle Exercises for Men	Revised 2018	£2.70		
Promoting Continence with Physiotherapy	Revised 2018	£2.00		
The Mitchell Method of Physiological Relaxation	Revised 2018	£2.00		
Fit Following Surgery	Revised 2018	£2.00		
Pelvic Organ Prolapse	Revised 2018	£4.10		
Improving Your Bowel Function	New 2017	£1.30		
<b>Introductory Pack</b> (1 each of the above booklets - price includes delivery)		Price per pack		
Aquanatal Guidelines (sold singly - price includes delivery)	Revised 2013	Price per booklet		
		£8.75		
		£3.90		
<b>Totals:</b>				

## For Mainland UK Only:

Add delivery charge as follows:

Aquanatal Guidelines/Introductory Pack	..... No additional charge	
Total of 10 booklets	.....	£4.00
Total of 20 booklets	.....	£5.00
Total of 30 booklets	.....	£6.00
Total of 40 booklets	.....	£7.00
Total of 50 or more booklets	.....	£8.50

Add the delivery charge to the total cost of booklets

Total to Pay (£ Sterling):

## For Offshore U.K. (inc Northern Ireland) & the Irish Republic:

Please phone Ralph Allen Press for delivery charge. Tel: 0044 (0)1225 461888

## PLEASE COMPLETE DETAILS BELOW

Invoice address:		Delivery address:	
Post Code:		Post Code:	
Contact Name:	Telephone No.	Order No. (if used)	

**Payment:** Please make cheques payable to Ralph Allen Press Ltd or for debit/credit card payment, please phone your order on 01225 461888 (Monday to Friday 9am to 5pm). Please note your entire order is VAT zero rated. Prices effective from 1st April 2018.

**Hospital Trusts Only:** if an official order is supplied, no advance payment is necessary for orders over 50 booklets.

Please post your completed order with payment to:

Ralph Allen Press Ltd  
Unit 1 Locksbrook Court, 88 - 89 Locksbrook Road, Bath BA1 3EN