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*The Pelvic Partnership provides information and support for women with Pelvic Girdle Pain • Charity registered in England no: 1100373*

## Publication order form

The following publications have been written by women from the Pelvic Partnership, all of whom have personal experience of PGP. Since 2002, volunteers from the charity have been meeting and talking with and supporting women who have PGP. The information within the booklets is based on what has been learned from these experiences as well as from up-to-date research and from expert opinion from professionals caring for women with PGP.



### **About PGP: Pelvic Girdle Pain and its management (Item code: AP)**

This publication has been produced for women with Pelvic Girdle Pain (PGP) and their families and carers. It looks at the symptoms and causes of PGP and at how to treat and manage it. It also covers ideas about how to approach pregnancy and birth with PGP together with suggestions of actions to take if PGP persists after birth. There are suggestions about who you could approach for support and help, equipment which might be useful and ideas of ways forward if you have had longer-term problems with pelvic pain. It is aimed particularly for women with PGP, their families and their carers but is also relevant for healthcare professionals.

**Prices for AP: 1 booklet - £5.00, 2 booklets - £10.00, 5 booklets - £24.00, 10 booklets - £48.00**

### **Pelvic Girdle Pain: A guide for family and friends (Item code: FF)**

This publication is for the family and friends of women who have Pelvic Girdle Pain (PGP) and aims to explain what this is, and how it can be successfully treated and managed. It is aimed at helping partners, relatives and friends of a woman with PGP understand more about the condition so that they can offer support and assistance during and after pregnancy.

### **Pain management: for people with Pelvic Girdle Pain (Item code: PM)**

This publication has been produced by the Pelvic Partnership charity for anyone who has Pelvic Girdle Pain (PGP). It has been written by women with PGP and is based on available up-to-date research as well as the experiences of other women with PGP. Pain can be very difficult for women with PGP, particularly when they are often unsure of what measures they can safely take to manage their pain, but it can be well managed with appropriate medication.

**Prices for FF and PM: 1 booklet - £2.50, 2 booklets - £5.00, 5 booklets - £11.50, 10 booklets - £23.50**

### **Publications pack - including all three publications (Item code: PP)**

**Prices: 1 pack - £8.00, 2 packs - £16.00, 5 packs - £39.00, 10 packs - £78.00**



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**Please mail this form including a cheque made payable to 'The Pelvic Partnership' and send to The Pelvic Partnership, 26 Manor Green, Harwell, OX11 0DQ**

*Please note: our co-ordinator will mail the publication/s via 2nd class post within 72 hours once payment is received.*