Multilingual Pregnancy and Parenting Resources
available from various sources

This list has been compiled to let you know about relevant information and resources that are available from various organisations in different languages. NCT has not evaluated the scope, quality and accuracy of this information so does not necessarily endorse it.

*Indicates that no English version has been identified

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2. Screening, testing and immunisation
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4. Postnatal, baby and child care topics
5. Maternal mental health
6. Information specifically for fathers
7. Information for parents of disabled children
8. Information for asylum seekers
9. Practical information about accessing health services
10. Maternity and Paternity Rights
11. Additional or general health topics
12. Domestic abuse
13. Websites linking to multi-lingual information and resources

1. Pregnancy and birth-related topics

Ready Steady Baby (NHS Scotland, 2006). Pregnancy, labour and childcare information in Polish:
English:
http://www.readysteadybaby.org.uk/

10 steps to a healthy pregnancy (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu: http://www.babycentre.co.uk/midwives/translated_articles/

Thinking of having a baby: What to eat to give your baby the best start
(Food Standards Agency, 2005) in English and Punjabi:

If you have any additions or comments, please contact Vanita Bhavnani
v_bhavnani@nct.org.uk : 16.7.10
Nausea and vomiting in pregnancy (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk.midwives/translated_articles/

Pregnancy symptoms you should never ignore (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk.midwives/translated_articles/

How do I know when I am in labour? (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk.midwives/translated_articles/


We are sorry that you had a miscarriage (Miscarriage Association, 2008) in Arabic, Bangla, English, Gujarati, Polish, Punjabi, Turkish and Urdu.
http://www.miscarriageassociation.org.uk/ma2006/information/leaflets.htm

Ectopic Pregnancy leaflet (Ectopic Pregnancy Trust, 2004) in Albanian, Arabic, Bengali, Chinese, English, Farsi, French, Portuguese, Somali, Spanish, Turkish, Urdu,
http://www.multikulti.org.uk/index.html

Pain Relief in Labour leaflet (Obstetric Anaesthetists’ Association, 2009) in Arabic, Bengali, Cantonese, Catalan, Croatian, Czech, English, French, Georgian, German, Greek, Gujarati, Hindi, Icelandic, Italian, Japanese, Mandarin, Polish, Portuguese, Punjabi, Romanian, Russian, Serbian, Slovakian, Slovenian, Somali, Spanish, Tamil, Turkish, Urdu, Welsh
http://www.oaa-anaes.ac.uk/content.asp?ContentID=221

Caesarean section leaflet (Obstetric Anaesthetists’ Association, 2009) in Arabic, Bengali, Croatian, Czech, English, Georgian, Italian, Mandarin, Polish, Russian, Serbian, Slovenian, Somali, Spanish, Turkish, Urdu,
http://www.oaa-anaes.ac.uk/content.asp?ContentID=221

Epidural Information card (Obstetric Anaesthetists’ Association, 2008) in Arabic, Bengali, Cantonese, Catalan, Czech, English, French, Georgian, Gujarati, Hindi, Japanese, Mandarin, Polish, Punjabi, Romanian, Russian, Slovenian, Spanish, Turkish, Urdu,
http://www.oaa-anaes.ac.uk/content.asp?ContentID=221

Pain Relief in Labour Useful Phrase Card (Obstetric Anaesthetists’ Association, 2008) in Czech, English, French, Georgian, Gujarati, Polish, Romanian, Somali,
http://www.oaa-anaes.ac.uk/content.asp?ContentID=221

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Lamaze Health Birth Practices leaflets. The following leaflets are available but from a US-based website, and therefore some information may be inapplicable: [http://www.lamaze.org/ChildbirthProfessionals/ResourcesforProfessionals/CarePracticePapers/tabid/90/Default.asp]

- Bring a Loved One, Friend, or Doula for Continuous Support (Lamaze International, 2009) in Czech, English, Mandarin, Portuguese, Romanian, Russian, Spanish.
- Keep Mother and Baby Together – It's Best for Mother, Baby, and Breastfeeding (Lamaze International, 2009) in Czech, English, Mandarin, Portuguese, Romanian, Russian, Spanish.

2. Screening, testing and immunisation

Swine flu vaccination: information for parents of children over six months and under five years old (Department of Health, 2009) in Arabic, Bengali, Chinese (Traditional and Simplified), English, Farsi, French, Gujarati, Polish, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu:

If you have any additions or comments, please contact Vanita Bhavnani [v_bhavnani@nct.org.uk] : 16.7.10
Swine flu vaccination: What you need to know (Scottish Government, 2009) in Arabic, Bengali, Chinese, English, Polish, Spanish, Urdu:

Blood tests (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

Ultrasound scans - an overview (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

Blood tests offered in pregnancy consent form (NHS Highland, 2006) in English, Polish.
http://www.nhshighland.scot.nhs.uk/Publications/Pages/publications.aspx

Guide to Routine Blood Tests Offered during Pregnancy (NHS Scotland, 2005) in English, Bengali, Cantonese, Gaelic, Polish, Russian:
http://www.nhshighland.scot.nhs.uk/Publications/Pages/publications.aspx

Guide to Screening Tests for Spina Bifida and Downs Syndrome (NHS Scotland, 2005) in Bengali, Cantonese, Gaelic, Latvian, Polish, Russian:
http://www.nhshighland.scot.nhs.uk/Publications/Pages/publications.aspx

Antenatal & newborn screening programmes leaflet (UK national screening portal, 2008) in Arabic, Bengali, English, French, Greek, Gujarati, Hindi, Kurdish, Polish, Portuguese, Romanian, Russian, Simplified Chinese, Somali, Spanish, Traditional Chinese, Turkish, Urdu, Vietnamese:
http://www.screening.nhs.uk/languages

HIV testing as part of your antenatal care: better for your baby leaflet (Chief Medical Officer's Expert Advisory Group on AIDS, 2002) in Arabic, English, Gujarati, Punjabi, Somali, Swahili, Turkish:

Immunisation – Why our children must be protected DVD (Department of Health, 2006) in English Sub-title, British Sign Language, Bengali, Chinese, Gujarati, Polish, Punjabi, Somali and Urdu. Free to order from:
http://www.immunisation.nhs.uk/Library/News/Immunisation_-_Why_our_children_must_be_protected_DVD

Immunisation schedule 2009 (NHS 2010) in Arabic, Bengali, Cantonese, Czech, English, Farsi, French, Greek, Gujarati, Italian, Kurdish, Nepalese, Pashto, Polish, Portuguese, Punjabi, Spanish, Somali, Tamil, Turkish, Urdu, Vietnamese:
http://www.immunisation.nhs.uk/Library/Publications/Translations
In English:
http://www.immunisation.nhs.uk/Immunisation_Schedule

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v_bhavnani@nct.org.uk : 16.7.10
A guide to immunisation for babies up to 13 months of age: (NHS 2006) in Arabic, Bengali, Cantonese, Czech, English, Farsi, French, Greek, Gujarati, Italian, Kurdish, Nepalese, Pashto, Polish, Portuguese, Punjabi, Russian, Slovakian, Spanish, Somali, Tamil, Turkish, Urdu, Vietnamese: 
http://www.immunisation.nhs.uk/Library/Publications/Translations

A guide to childhood immunisations for babies up to 13 months of age (NHS Scotland, 2010) in Hindi, Lithuanian:

Parents’ guide to newborn bloodspot screening (NHS Scotland 2010) in Arabic, Bengali, Chinese, English, Lithuanian, Polish, Russian and Spanish: 

BCG and your baby (NHS 2006) in Arabic, Bengali, Chinese, English, Estonian, Gujarati, Latvian, Lithuanian, Polish, Portuguese, Punjabi, Turkish, Urdu: 
http://www.immunisation.nhs.uk/Library/Publications/Translations


A guide to vaccinations for 3- to 5-year-olds (NHS 2006) in English and Polish: 
http://www.immunisation.nhs.uk/Library/Publications/Translations

*Measles - Don’t let your child catch it (NHS 2008) in: Arabic, Bengali, Czech, Farsi, French, Greek, Gujarati, Italian, Kurdish, Pashto, Polish, Portuguese, Punjabi, Spanish, Somali, Tamil, Turkish, Urdu, Vietnamese:
http://www.immunisation.nhs.uk/Library/Publications/Translations

MMR (NHS 2004) in Arabic, Bengali, Chinese, English, Gujarati, Italian, Punjabi, Polish, Portuguese, Punjabi, Somali, Turkish, Urdu:
http://www.immunisation.nhs.uk/Library/Publications/Translations

MMR The Facts leaflet (Department of Health, 2003) in Arabic, Bengali, Chinese, English, Gujarati, Italian, Polish, Portuguese, Punjabi, Somali, Turkish and Urdu: 

Tuberculosis (NHS 2005) in Albanian, Bengali, Chinese, English, Farsi, French, Greek, Gujarati, Italian, Kurdish, Pashto, Polish, Portuguese, Punjabi, Romanian, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese:
http://www.immunisation.nhs.uk/Library/Publications/Translations

TB, BCG vaccine and your baby leaflet (Department of Health, 2007) in Arabic, Bengali, Chinese, English, Estonian, Gujarati, Latvian, Lithuanian, Polish, Portuguese, Punjabi, Turkish, Urdu: 

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Your baby’s hearing screening: information for parents-to-be and parents of newborn babies

3. Baby feeding

Breastfeeding your baby leaflet (UNICEF BFI, date unknown) in Arabic, Bengali, Chinese, English, French, Gujarati, Hindi, Mirpuri, Polish, Portuguese, Punjabi, Romanian, Russian, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese, Welsh http://www.babyfriendly.org.uk/page.asp?page=95

Feeding your new baby leaflet (UNICEF BFI, date unknown) in Arabic, Bengali, Chinese, English, French, Gujarati, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese, Welsh http://www.babyfriendly.org.uk/page.asp?page=95


The Story of a Breastfeed picture-based leaflet, laminated prints and posters (Ruth Ker, NCT 2006) in Arabic, Bengali, English, Hindi, Gujarati, Italian, Punjabi, Urdu and Welsh. Available to purchase (leaflets 10p each) from Ruth Ker, email: ruth.ker@btinternet.com


*Breastfeeding – artificial milks leaflet (NHS Highland, 2007) in Polish, Arabic, Bengali, Bulgarian, Cantonese, Latvian, Lithuanian

*Breastfeeding – hand express* poster (NHS Highland, 2007) in Polish, Arabic, Bengali, Bulgarian, Cantonese, Latvian, Lithuanian

*Breastfeeding – the problem with teats* leaflet (NHS Highland, 2007) in Polish, Arabic, Bengali, Bulgarian, Cantonese, Lithuanian, Latvian, Polish

*Breastfeeding – sterilising baby feeding equipment* leaflet (NHS Highland, 2007) in Polish, Bengali, Bulgarian, Cantonese, Latvian, Arabic, Lithuanian

*10 steps to successful breastfeeding* leaflet (NHS Highland, 2007) in Polish, Arabic, Bengali, Bulgarian, Cantonese, Latvian, Lithuanian

*Breastfeeding - Parents’ Guide to UNICEF BF Policy* (NHS Highland) in Polish, Arabic, Bengali, Bulgarian, Cantonese, Latvian, Lithuanian


*From Bump to Breastfeeding* DVD (Best Beginnings, 2008). The English version has the additional languages Urdu, Bengali, Polish and Somali, *as well as English subtitles and British Sign Language*. There is also a dual Welsh/English version, also with the above languages (except BSL): http://www.bestbeginnings.info/from-bump-to-breastfeeding-dvd


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4. Postnatal, baby and child care topics

**Ready Steady Baby** (NHS Scotland, 2004). Pregnancy, labour and childcare information in Polish:

**Postnatal symptoms you should never ignore** (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

**Seven reasons babies cry and how to soothe them** (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

**Babies, crying**
(NHS Choices Website, 2008) in Chinese, English, French, Polish, Portuguese, Punjabi, Spanish:

**Nappy changing** (Baby Centre, date unknown), in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

**Bathing your newborn** (Baby Centre, date unknown) in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

**Caring for your baby's genitals** (Baby Centre, date unknown) in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

**Caring for your baby's umbilical stump** (Baby Centre, date unknown) in: Arabic, Chinese, English, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_articles/

**Your baby knows your loving touch: skin-to-skin care, your baby and how it helps you** (POPPY Project Information Sheet, 2009) in English, Polish, Urdu, French and Portuguese:
http://www.poppy-project.org.uk/3.html

**Baby and Me** (Social Baby, 2007) DVDs available in English with Arabic & Sylheti, or English with Polish and Portuguese:

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Sharing a bed with your baby leaflet (UNICEF BFI, 2008) in English, French, Japanese, Portuguese, Spanish:
http://www.babyfriendly.org.uk/page.asp?page=95

Quick Tips: Say hello to your new baby leaflet (National Literacy Trust, date unknown) in Arabic, Bengali, Chinese, English, French, Gujarati, Punjabi, Polish, Portuguese, Tamil, Turkish, Urdu, Welsh:
http://www.literacytrust.org.uk/talktoyourbaby/quicktips.html#language

Quick Tips: Talking with your baby leaflet (National Literacy Trust, date unknown) in Arabic, Bengali, Chinese, English, French, Gujarati, Punjabi, Polish, Portuguese, Tamil, Turkish, Urdu, Welsh:
http://www.literacytrust.org.uk/talktoyourbaby/quicktips.html#language

Quick Tips: Talking to your baby in your own language leaflet (National Literacy Trust, date unknown) in Arabic, Bengali, Chinese, English, French, Gujarati, Punjabi, Polish, Portuguese, Tamil, Turkish, Urdu, Welsh:
http://www.literacytrust.org.uk/talktoyourbaby/quicktips.html#language

Quick Tips: Dummies and talking leaflet (National Literacy Trust, date unknown) in Arabic, Bengali, Chinese, English, French, Gujarati, Punjabi, Polish, Portuguese, Tamil, Turkish, Urdu, Welsh:
http://www.literacytrust.org.uk/talktoyourbaby/quicktips.html#language

Quick Tips: Playing with your baby leaflet (National Literacy Trust, date unknown) in Arabic, Bengali, Chinese, English, French, Gujarati, Punjabi, Polish, Portuguese, Tamil, Turkish, Urdu, Welsh:
http://www.literacytrust.org.uk/talktoyourbaby/quicktips.html#language

5. Maternal mental health

Postnatal depression leaflet (Multikulti- various) in English, Somali, Albanian, Arabic, Chinese, Farsi, French, Spanish, Turkish, Urdu,
http://www.multikulti.org.uk/index.html

Postnatal depression leaflet (Royal College of Psychiatrists, 2009) in Arabic, English, Polish, Urdu:

Mental illness after childbirth leaflet (Royal College of Psychiatrists, 2008) in Arabic, Chinese, English, and Greek:
http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/postnatalmentalhealth/afterchildbirth.aspx

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v_bhavnani@nct.org.uk : 16.7.10
Understanding postnatal depression leaflets (MIND, 2008) in Arabic, Bengali, Gujarati, French, Turkish French audio, Afghan (Dari) Audio, Somali Audio
http://www.mind.org.uk/help/foreign_language_resources
in English: http://www.mind.org.uk/help/diagnoses_and_conditions/post-natal_depression
in Traditional Chinese: http://www.cmha.org.uk/e_orderpayment.asp

*Depression leaflet (Ethiopian Health Support Association, date unknown) in Amharic: www.ethsa.co.uk

How are you? (Community Practitioners’ and Health Visitors, date unknown) picture based resource to support health visitors asking women about postnatal mood. Available to purchase in Arabic, Bengali, Chinese, English, Somali and Urdu. (CPHVA) www.cphvabookshop.com

6. **Information specifically for fathers**

**Fathers posters** (Fatherhood institute, date unknown) with messages such as ‘welcome’ and ‘every dad is important’ with pictures, to welcome fathers and make services more inclusive, including messages in English with the following languages: Arabic, Chinese, Farsi, French, Hindi, Polish, Somali, Spanish, Turkish and Urdu:
http://www.fatherhoodinstitute.org/index.php?prodDetailID=79

**Dad Cards for Black and Minority Ethnic Fathers** (Dad’s info,2008). Credit card-sized, fold-out cards which provide detailed information for expectant fathers from particular ethnic and cultural backgrounds, including Afro-Caribbean (written in English), Muslim (in English or Somali), Polish (in Polish), West African (French Speaking), Bengali.
http://www.fatherhoodinstitute.org/index.php?id=2&cID=804

7. **Information for parents of disabled children**

*When your child has additional needs: A guide to help and support for parents of a disabled child* (Contact a Family, date unknown). Booklet available in Arabic, Farsi, Somali, Turkish, Urdu, Welsh
http://www.cafamily.org.uk/translations.html

Concerned about your child? These people may be able to help (Contact a Family, date unknown). Leaflet available for England & Wales, Scotland, Northern Ireland and in Arabic, Bengali, Cantonese, Gujarati, Punjabi, Urdu,
http://www.cafamily.org.uk/translations.html

Helping your child’s sleep: A leaflet for parents of disabled children (Contact a Family, 2007). Leaflet available in Arabic, Bengali, Cantonese, English, Gujarati, Punjabi, Urdu, Welsh
http://www.cafamily.org.uk/translations.html
Feeding and eating: Information for parents of disabled children (Contact a Family, 2007). Leaflet available in Arabic, Bengali, Cantonese, English, Gujarati, Punjabi, Urdu, Welsh
http://www.cafamily.org.uk/translations.html

Potty / Toilet training: Information for parents of disabled children (Contact a Family, 2007). Leaflet available in Arabic, Bengali, Cantonese, English, Gujarati, Punjabi, Urdu, Welsh
http://www.cafamily.org.uk/translations.html

Tax credits guide (Contact a Family, 2009). Leaflet available in Arabic, Chinese, English, Farsi, Polish, Somali, Urdu, Welsh
http://www.cafamily.org.uk/translations.html

*A genetic condition in the family (Contact a Family, date unknown). Leaflet available in Welsh
http://www.cafamily.org.uk/translations/welsh.html

Aids, equipment and adaptations (Contact a Family, 2005). Leaflet available in English and Welsh:
http://www.cafamily.org.uk/translations/welsh.html

Employing a paid carer (Contact a Family, date unknown). Leaflet available in English and Welsh:
http://www.cafamily.org.uk/translations/welsh.html

*Living with a diagnosis (Contact a Family, date unknown). Leaflet available in Welsh
http://www.cafamily.org.uk/translations/welsh.html

Relationships and caring for a disabled child (Contact a Family, 2009). Leaflet available in English and Welsh.
http://www.cafamily.org.uk/translations/welsh.html

Siblings (Contact a Family, 2008). Leaflet available in English and Welsh:
http://www.cafamily.org.uk/translations/welsh.html

Understanding your child’s behaviour (Contact a Family, 2006). Leaflet available in English and Welsh:
http://www.cafamily.org.uk/translations/welsh.html

8. Information for asylum seekers

Maternity payments for parents seeking asylum (Refugee Council, 2010)
English: http://languages.refugeecouncil.org.uk/english/summary.htm#24
Albanian: http://languages.refugeecouncil.org.uk/albanian/summary.htm#14
Amharic: http://languages.refugeecouncil.org.uk/amharic/summary.htm#24
Arabic: http://languages.refugeecouncil.org.uk/arabic/summary.htm#24
Chinese: http://languages.refugeecouncil.org.uk/chinese/summary.htm#19
Dari: http://languages.refugeecouncil.org.uk/dari/summary.htm#21
Farsi: http://languages.refugeecouncil.org.uk/farsi/summary.htm#21
French: http://languages.refugeecouncil.org.uk/french/summary.htm#20

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9. Practical information about accessing health services

Multilingual online translations of appointment cards: complete it online and can be translated into many languages:
http://www.communicate-health.org.uk/card/

Introduction to the NHS leaflet (Department of Health, 2005) in Albanian, Amharic, Arabic, Bengali, Bulgarian, Burmese, Chechen, Chinese – traditional Cantonese, Chinese – simplified Mandarin, Croatian, Darsi, English, French, Gujerati, Hausa, Hindi, Indonesian, Kurdish, Lingala, Kinyarwanda, Kimanji, Korean, Lithuanian, Malay, Mongolian, Ndebele, Pashto, Portuguese, Punjabi, Russian, Serbian, Sinhalese, Somali, Spanish, Swahili, Tigrinian, Turkish, Urdu, Vietnamese, Yoruba:

How to use the health service in Scotland (NHS Scotland website) in Arabic, Bengali, Chinese Cantonese, Chinese Mandarin, English, Farsi, French, Gaelic, Korean, Kurdish Sorani, Polish, Punjabi, Somali, Tigrinya, Turkish, Urdu and British Sign Language, and a DVD and videos in these 17 languages/formats is also available:
http://www.howtousethenhs.com/

Registering with a GP leaflet (Multikulti / various) in Somali, Albanian, Arabic, Chinese, Farsi, French, Spanish, Portuguese, Turkish,
http://www.multikulti.org.uk/index.html

Services to compliment GP services leaflet (Multikulti/ various) in Somali, Albanian, Arabic, Bengali, Chinese, Farsi, French, Spanish, Turkish,
http://www.multikulti.org.uk/index.html

NHS Health Care: Resolving Disagreements leaflet (Multikulti/ various) in Somali, Albanian, Arabic, Bengali, Chinese, Farsi, French, Spanish, Portuguese, Turkish, Urdu,
http://www.multikulti.org.uk/index.html

*Patient Journey poster (NHS 24 Scotland, date unknown) in Polish, Cantonese, Latvian, Arabic, Lithuanian, Portuguese, Punjabi, Russian, Urdu
http://www.nhshighland.scot.nhs.uk/Publications/Pages/publications.aspx

*Consent information and forms (Department of Health, 2002) in Albanian, Arabic, Bengali, Chinese, Farsi, French, Greek, Gujarati, Kurdish Sorani, Polish, Punjabi, Pashto, Somali, Turkish, Urdu, Vietnamese:

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10. Maternity and Paternity Rights

Pregnancy and maternity rights at work for Polish workers leaflet (Maternity Action, 2010) in Polish:
http://www.maternityaction.org.uk/znajswojeprawa.html

Breastfeeding in public places leaflet (Maternity Action, 2010) in Polish:
http://www.maternityaction.org.uk/znajswojeprawa.html

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11. Additional or general health topics

Key word translation tool for antenatal and postnatal topics (Baby Centre), in: Arabic, Chinese, German, Gujarati, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Tamil, Turkish and Urdu:
http://www.babycentre.co.uk/midwives/translated_keywords/

Emergency multilingual phrasebook (Brish Red Cross / DH, 2004) available in English and: Albanian, Amharic, Arabic, Bengali, Bosnian-Bosanski, Chinese, Czech, Farsi, French, German, Greek, Gujarati, Hindi, Hungarian, Italian, Japanese, Korean, Kurdish, Lingala, Macedonian, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Slovak, Somali, Spanish, Swahili, Tamil, Turkish, Ukranian, Urdu, Vietnamese, Welsh:

Sounds Healthy website (In touch with Health) displaying written and audio information on various health topics in English, Arabic, Somali, Chinese, Gujarati, Bengali, Punjabi and Urdu.
http://www.intouchwithhealth.co.uk/3cities/index_audio.html

Glossary of popular medical terms (Heymans Institute of Pharmacology) in Danish, Dutch, English, French, German, Italian, Portuguese, and Spanish:
http://users.ugent.be/~rvdstich/eugloss/welcome.html

*HIV/ AIDS leaflet (Ethiopian Health Support Association, date unknown) in Amharic:
www.ethsa.co.uk

HIV and AIDS: Basic Information leaflet (Multikulti/ various) in Somali, Albanian, Arabic, Bengali, Chinese, Farsi, French, Spanish, Portuguese, Turkish, Urdu,
http://www.multikulti.org.uk/index.html

Stop smoking start living (NHS, 2007) in Albanian, Arabic, Belarussian, Chinese (both Traditional and Simplified), Czech, English, Estonian, Farsi, French, Greek, Kurmanji, Latvian, Pashto, Polish, Portuguese, Romanian, Russian, Slovak, Somali, Sorani, Spanish, Turkish, Ukranian, Vietnamese:

Deciding to give up tobacco use (NHS, 2007) in Bengali, English, Gujarati, Hindi, Urdu, Punjabi,

Smoking: how you can help your pregnant partner give up smoking
NHS Scotland, 2009) in English and Polish:
Change4Life resources to promote health eating by BME groups (Department of Health) 
Flyers and posters for Urdu and Bengali Speakers and the West African community: 
BME Change4 Life telephone helpline promoting healthy lifestyles: 0300 123 1099 Families can call to request an information pack.

12. **Domestic abuse**

Information about domestic abuse and specialist support services (Refuge Website) available in Bengali, Hebrew, Mandarin Chinese, Punjabi, Spanish, Turkish, Vietnamese:
http://refuge.org.uk/your-language/

**Women’s Aid The Survivor’s Handbook** (Women’s Aid, 2009) in Arabic, Bengali, Chinese, English, Greek, Gujarati, Punjabi, Somali, Spanish, Turkish, Urdu, Polish:

**You Don’t Have to Live in Fear: Protection against Domestic Abuse** (Home Office, 2006) Leaflet & Poster in Arabic, Bengali, Chinese, English, Gujarati, Hindi, Punjabi, Polish, Somali, Turkish, Urdu, Vietnamese, Welsh:

**Domestic abuse: Do you need help?** [for refugees and asylum seekers] (Refugee Council, 2006) in Amharic, Arabic, Chinese, English, Farsi, French, Kurdish (Sorani), Portuguese, Pushto, Russian, Somali, Tamil, Tigrignia, Turkish, Urdu:
http://www.refugeecouncil.org.uk/practice/multilingual/advisers/support/domestic_violence

13. **Websites with multi-lingual information and resources**

DH Publications in other languages:
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_4123594

NHS Scotland Health in My Language Website:
http://www.healthinmylanguage.com

**Multikulti** http://www.multikulti.org.uk/index.html
Various leaflets in many languages, including information health, immigration, employment and education topics.

**Equip** http://www.equip.nhs.uk/HealthTopics/languages.aspx
Links to various health-related organisations providing information in different languages

**NHS Choices** http://www.nhs.uk/Pages/HomePage.aspx
Website information also available (see bottom of page) in Arabic, Bengali, Cantonese, French, Gujarati, Polish, Portuguese, Punjabi. Somali, Spanish, Turkish and Urdu.

**Health information translations**
http://www.healthinfotranslations.com/pregnancy_and_baby_care.php

If you have any additions or comments, please contact Vanita Bhavnani v_bhavnani@nct.org.uk 16.7.10
US-based website including leaflets on various pregnancy and baby care topics in many languages. Please note: resources are from the US so some information may be inapplicable or unsuitable.

Royal Women’s Hospital, Australia
http://www.thewomens.org.au/MultilingualFactSheets
Australian website including leaflets on many maternity-related topics in many languages. Please note: resources are from Australia so some information may be inapplicable or unsuitable.

New South Wales Multicultural Healthcare Information Service, Australia
Australian website including leaflets on many maternity, early parenthood and health topics in many languages. Please note: resources are from Australia so some information may be inapplicable or unsuitable.