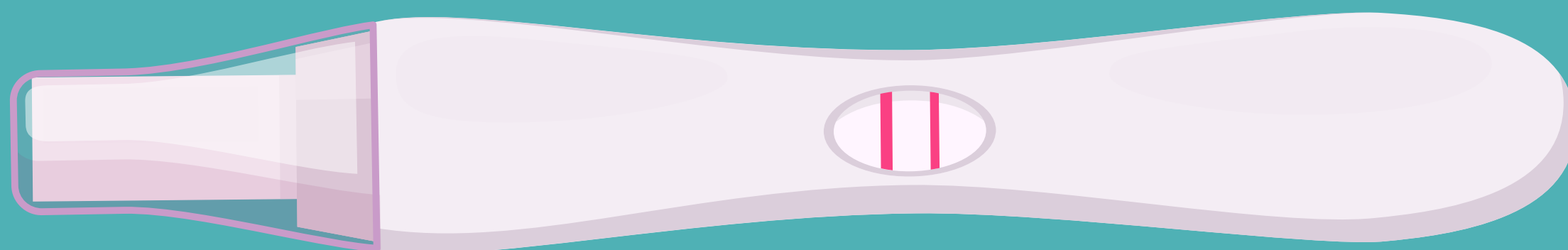


Are you pregnant?



Don't delay. Make an appointment with a midwife **before 10 weeks.**

Seeing a midwife early means you can get:

- ✓ The help and advice you need
- ✓ **FREE** vitamins and folic acid
- ✓ Information about the tests and scans you can have
- ✓ A chance to ask questions, or share any worries.



You don't need to see your GP.
Contact your local maternity service directly:



**Barnsley
Maternity Service**



**Doncaster & Bassetlaw
Maternity Service**



**Rotherham
Maternity Service**



**Sheffield
Maternity Service**

If you're planning a home birth please contact your local service.