



UMEED PROJECT
Manchester

Are you struggling with your pregnancy?

Do you feel isolated?
Would you like extra support?

Volunteer Apis are fully trained to support you throughout your pregnancy and up to 28 days after birth. They can also:

- ✓ Help you guide NHS maternity services
- ✓ Support you to stay fit and healthy
- ✓ Help you to achieve a healthy pregnancy
- ✓ Offer emotional support
- ✓ Help you plan for birth

And much more.....

If you need a volunteer Api, email Umeed@manchester.gov.uk or contact:

**Sarah Iqbal 07970 894 498 or
Asma Khan 07779 981 218**