



Barnsley Hospital **NHS**
NHS Foundation Trust

Mums in Mind Support Group

Working together with the Maternity Unit at
Barnsley Hospital

**Are you Pregnant or a New Mum....?
Are you feeling...**

Low in Mood?
Lonely / Isolated?
Lacking in confidence?
Anxious about getting it "just" right?

Would you like to make new friends and share your experiences?
Would you like to talk in confidence to other like minded mums with the support of a
Midwife and the Mental Health Charity Rotherham & Barnsley MIND
Come and join us every Monday (excluding bank holidays) at Tesco, Stairfoot, Barnsley
in the Community Room 1pm till 3pm.

**Find out more by contacting
Claire Langley: 01226 211188
Yasmeen Akhtar Mental Health Midwife: 07779445162**

Venue: Tesco Community Room
Wombwell Lane, Stairfoot
Barnsley
South Yorkshire
S70 3NS

- **Free Refreshments**
- **Free Parking**


for better mental health
**Rotherham
& Barnsley**