

**NHS Greater Glasgow & Clyde
Search for Multilingual Health Information Resources**

Women's Health

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Scope

The women's health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde.

The research for this topic was carried out in the week beginning 19th March 2007 for one week only.

The sub-topics searched were

- Women's health
- Reproductive health
- Fertility advice
- Rape
- Domestic abuse
- Sexual abuse
- Sexual assault
- Prostitution
- Premenstrual syndrome
- Menstruation/periods
- Hysterectomy
- Hormone replacement therapy
- Menopause
- Motherhood
- Breastfeeding

Specialist Women's Health Sources

Action on elder abuse

<http://www.elderabuse.org.uk/>

Apna Ghar

<http://www.apnaghar.org/>

BAWSO Women's Aid

<http://www.bawso.org.uk>

British Pregnancy Advisory Association

<http://www.bpas.org/>

Broken Rainbow

<http://www.broken-rainbow.org.uk/>

Chinese Information and advice centre

<http://www.ciac.co.uk/>

E-quality Women

<http://www.e-quality-women.co.uk/>

Family Planning Association

<http://www.fpa.org.uk/>

Fawcett Society

<http://www.fawcettsociety.org.uk/>

Feminist Majority Foundation Online

<http://www.feminist.org/>

Forced Marriage Unit

<http://www.fco.gov.uk/>

Hemat Gryffe Women's Aid

<http://www.hematgryffe.org.uk/>

Hidden Hurt

<http://www.hiddenhurt.co.uk/>

Imkaan

<http://www.imkaan.org.uk/>

International domestic violence and abuse agencies list.

<http://www.hotpeachpages.net/>

International Planned Parenthood Federation

<http://www.ippf.org/>

La Leche International

<http://www.lalecheleague.org/>

Muslims Women's Helpline

<http://www.mwhl.org/>

National Childbirth Trust

<http://www.nctms.co.uk/>

National Clearinghouse on Family Violence

<http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/>

Rape Crisis Scotland

<http://www.rapecrisisscotland.org.uk/>

Refuge

<http://www.refuge.org.uk/>

Respect

<http://www.respect.uk.net/pages/home.html>

Saheliya

<http://www.saheliya.org.uk/>

Samaritans

<http://www.samaritans.org.uk/>

Scottish Women's Aid

<http://www.scottishwomensaid.co.uk/>

Shakti Women's Aid

<http://www.shaktiedinburgh.co.uk/>

Suzy Lamplugh Trust

<http://www.suzylamplugh.org/>

The Association for Post Natal Illness

<http://www.apni.org/>

The Partnership for Maternal, Newborn and Child Health.

<http://www.who.int/pmnch/topics/en/>

The Peel Committee Against Women Abuse (PCAWA)

<http://www.pcawa.org/>

The Pelvic Partnership

<http://www.pelvicpartnership.org.uk/>

Women Watch

<http://www.un.org/womenwatch/>

Women's Aid

<http://www.womensaid.org.uk/>

Women's Health

<http://www.womenshealthlondon.org.uk/>

Women's Resource Centre

<http://www.wrc.org.uk/>

Zero Tolerance

<http://www.zerotolerance.org.uk/>

Women's Health Multilingual Health Resources Directory

Domestic violence

<p>Abuse is wrong in any language</p> <p>Description Information aimed at immigrant and refugee women suffering from abuse</p> <p>Format Booklet</p> <p>Languages Chinese, English, French, Punjabi, Albanian</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Department of Justice, Canada</p> <p>http://www.canada.justice.gc.ca/en/ps/fm/publi.html</p>	<p>Creating a safety plan</p> <p>Description Advice for sufferers of domestic violence.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, French, Polish, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Peel Committee Against Woman Abuse</p> <p>http://www.pcawa.org/</p>
<p>Dating violence</p> <p>Description Advice on dating violence.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Polish, Punjabi, Somali</p> <p>Cost Unknown</p> <p>Published Unknown</p> <p>Contact National Clearinghouse On Family Violence</p> <p>http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/index.html</p>	<p>Domestic violence hurts the whole family</p> <p>Description Information for people experiencing domestic violence</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Somali, Turkish</p> <p>Cost Free</p> <p>Published 1998</p> <p>Contact NSW Multicultural Health Communication Service</p> <p>http://www.mhcs.health.nsw.gov.au/</p>
<p>Domestic violence and sexual assault: we can all do something about it!</p> <p>Description: Information on abuse and assault against women</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Kurdish Kurmanji, Kurdi/Sorani, Russian</p> <p>Cost free</p> <p>Published unknown</p> <p>Contact Australian Government Office of the Status of Women</p> <p>http://www.ofw.facs.gov.au</p>	<p>Domestic violence hurts the whole family</p> <p>Description Information about domestic violence and the effects on the family unit.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Kurdish/Sorani, Russian, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact NSW Multicultural Health Communications Service</p> <p>http://www.mhcs.health.nsw.gov.au/</p>

<p>Domestic violence hurts the whole family</p> <p>Description This presents information on the way in which domestic violence affects a family.</p> <p>Format Factsheet, Audio, Multimedia, Web Video</p> <p>Language Arabic, English, Russian, Somali</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org/</p>	<p>Glasgow Women's Aid – breakthrough for women</p> <p>Description Information on support and temporary accommodation for women who are being physically, emotionally and sexually abused</p> <p>Format Information Science</p> <p>Languages English, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact 30 Bell Street, Glasgow 0141 553 2022</p>
<p>Hemat Gryffe Women's Aid</p> <p>Description Information and drop-in centres and refuge for sufferers of domestic violence and abusive relationships, with multilingual employees and volunteers.</p> <p>Format Website</p> <p>Language Cantonese, English, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published unknown</p> <p>Contact Hemat Gryffe Women's Aid 24 Willowbank Street, Glasgow 0141 353 0859 http://www.hematgryffe.org.uk</p>	<p>National Domestic Violence Helpline</p> <p>Description Run by Women's Aid and refuge, a member of Language Line providing access to an interpreter for non- English speaking callers</p> <p>Format Phone line</p> <p>Language Large selection</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact National Domestic Violence Helpline 0800 2000 247 http://www.womensaid.org.uk/</p>
<p>Rape Crisis Centre</p> <p>Description Information for women who have been raped.</p> <p>Format Telephone Line</p> <p>Languages Chinese, English, Punjabi</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Rape Crisis Centre Glasgow 0141 552 3200 http://www.rapecrisiscentre-glasgow.co.uk/</p>	<p>Refuge</p> <p>Description A national organisation providing access to information and help in the domestic violence area.</p> <p>Format website</p> <p>Languages Arabic, Chinese, English, Somali, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published unknown</p> <p>Contact Refuge http://www.refuge.org.uk/</p>

<p>Saheliya</p> <p>Description Black and ethnic minorities women's mental health organisation providing support, complementary therapies and consultancy for other organisations on issues relating to women's life</p> <p>Format Website</p> <p>Languages Arabic, Cantonese, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Saheliya http://www.saheliya.org.uk</p>	<p>The Survivors Handbook</p> <p>Description Helpful advice for sufferers of domestic violence.</p> <p>Format Booklet</p> <p>Languages Arabic, Chinese, English, Punjabi, Somali, Turkish, Urdu</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact UK Women's Aid http://www.womensaid.org.uk</p>
<p>Women Talking About Surviving Domestic Violence</p> <p>Description Mini-magazine on Domestic Violence</p> <p>Format Leaflet</p> <p>Languages English, Urdu</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact NHS Greater Glasgow & Clyde http://www.nhsggc.org.uk/perl</p>	

Menopause

<p>44+ for women approaching menopause</p> <p>Description Why menopause happens, what to expect, sexuality & the importance of a healthy diet and exercise</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Dealing with menopause</p> <p>Description Information for women going through the menopause</p> <p>Format Leaflet</p> <p>Languages Chinese, English,</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Department of Health, Hong Kong http://www.cheu.gov.hk/</p>
<p>Preparing for a healthy menopause</p> <p>Description Why menopause happens, what to expect, sexuality & the importance of a healthy diet and exercise</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 08/09/2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>The Menopause and HRT</p> <p>Description A leaflet summarizing the effects of the menopause and HRT.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, Punjabi</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Patient UK http://www.patient.co.uk</p>
<p>When menopause affects relationships</p> <p>Description Information on how menopause can affect sexuality including solutions to common problems</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2000</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	

Motherhood

<p>Blocked ducts and mastitis</p> <p>Description How to cope with blocked ducts and mastitis during breastfeeding</p> <p>Format Fact sheet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Breastfeeding: best for babies and mothers</p> <p>Description Guide to breastfeeding including its benefits for both babies and mothers and how to overcome common problems</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Diabetes in pregnancy – gestational diabetes</p> <p>Description A fact sheet explaining gestational diabetes and affects on women’s health.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2000</p> <p>Contact NSW Multi Cultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Depression during depression and early parenthood</p> <p>Description Information about depression including signs and symptoms, including treatment options and coping strategies</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published 01/06/2003</p> <p>Contact NSW Multi Cultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Engorgement and coping with an oversupply (FS No4)</p> <p>Description How to cope with too much milk whilst breastfeeding.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Exercise before and after birth</p> <p>Description Information for women about important exercises during pregnancy and after childbirth</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published 2000</p> <p>Contact NSW Multi Cultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>

<p>First feeds – putting your baby to the breast (FS No3)</p> <p>Description Information on how to breastfeed a baby.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Good ways to settle babies under six months: a parent's guide</p> <p>Description A guide to settling babies including coping with crying, and managing changing, playing, sleeping and feeding</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>How breastfeeding works (FS No2)</p> <p>Description Information on how to breastfeeding works.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>How diet can prevent birth defects</p> <p>Description Why the B Vitamin Folate is important for helping to prevent some birth defects.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>How to express breast milk (FS No15)</p> <p>Description Information on how to express breast milk.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>How to store breast milk (FS No16)</p> <p>Description Information on how to express breast milk.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Increasing your milk supply (FS No8)</p> <p>Description Tips on increasing your supply of breast milk.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Mental illness after childbirth</p> <p>Description Information on mental health problems after giving birth</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact Royal College of Psychiatrists - UK http://www.rcpsych.ac.uk</p>

<p>Pelvic Floor and Abdominal Exercises for Women</p> <p>Description Information on Pelvic Floor Exercises</p> <p>Format Leaflet</p> <p>Languages Chinese, Hindi, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NHS Greater Glasgow & Clyde http://www.nhsggc.org.uk/perl</p>	<p>Pelvic floor exercise</p> <p>Description A guide to pelvic floor muscles, including exercises to keep them strong</p> <p>Format Leaflet</p> <p>Languages English, Punjabi</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Postnatal depression</p> <p>Description Information on postnatal depression.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost free</p> <p>Published 2003</p> <p>Contact Royal College of Psychiatrists - UK http://www.rcp.org.uk/</p>	<p>Post natal depression – depression after having a baby</p> <p>Description Information on causes, symptoms and treatment of postnatal depression.</p> <p>Format Leaflet</p> <p>Languages Arabic, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Putting your baby to the breast</p> <p>Description Detailed information on how to breastfeed your baby and get the baby in the right position to feed.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Smoking and pregnancy</p> <p>Description A guide to the effects of tobacco smoke on unborn babies, including information on how to quit smoking.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free to download</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Sore and cracked nipples</p> <p>Description How to cope with sore and cracked nipples caused by breastfeeding.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Turkish</p> <p>Cost free</p> <p>Published 01/06/2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>The baby blues and post natal depression</p> <p>Description Information on postnatal depression.</p> <p>Format Leaflet</p> <p>Languages English, Punjabi, Urdu</p> <p>Cost 75p each for non-English orders by cheque to APNI</p> <p>Published Unknown</p> <p>Contact APNI http://www.apni.org/</p>

Working and breastfeeding. (FS No 14)		Women Talking About Breastfeeding	
Description	Information on how to continue breastfeeding whilst working or studying.	Description	Information about women and breastfeeding
Format	Leaflet	Format	Mini-magazine
Languages	Arabic, Chinese, English, Farsi, Turkish	Languages	English/Urdu
Cost	Free	Cost	Free
Published	2003	Published	Unknown
Contact	NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/	Contact	NHS Greater Glasgow & Clyde http://www.nhsggc.org.uk/perl

Reproductive Health

<p>Contraception – your choices</p> <p>Description A guide to different methods of contraception for women</p> <p>Format Leaflet</p> <p>Languages Chinese, English, Russian, Somali, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Contraception – condoms and diaphragms</p> <p>Description A guide to condoms, female condoms, and diaphragms to prevent pregnancy</p> <p>Format Leaflet</p> <p>Languages Chinese, English, Russian, Somali, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Contraceptive pills for women</p> <p>Description A guide to how the contraceptive pill works, its benefits and risks</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>Menstruation – what's normal and what's not</p> <p>Description A guide to period problems.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 1999</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Hysterectomy fact sheet</p> <p>Description Information about the hysterectomy procedure and the importance of pap tests.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au/</p>	<p>Pelvic floor exercise</p> <p>Description Information on how to keep your pelvic muscles strong.</p> <p>Format Leaflet</p> <p>Languages English, Punjabi</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Polycystic Ovary Syndrome</p> <p>Description A leaflet summarizing PCOS.</p> <p>Format Leaflet</p> <p>Language Urdu</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Patient UK http://www.patient.co.uk</p>	<p>Questions women ask about abortion</p> <p>Description Information about abortion, including what the procedure involves and possible complications</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Farsi, Punjabi, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>

<p>The women's cancer that can be easily cured</p> <p>Description How regular Pap tests can detect cervical cancer early so that it can be cured</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	<p>What women should know about hysterectomy</p> <p>Description Information about hysterectomy, including why the operation might be necessary, the different types of surgery and alternative treatments.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Punjabi, Russian, Spanish, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Which women need a pap test?</p> <p>Description Why women between 18 and 70 need regular Pap tests</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>	