



**Baobab
Women's
Project**



Pregnant and in Asylum Support?

Just found out your pregnant?

Did you talk to the GP? Have you got a midwife? They should give you all the information and support you need when you first find out your pregnant. If you're not registered with a GP, read our [accessing a GP information](#).

Are you eating properly? Where can you get items for the baby?

With a growing baby, are you getting all the fruits and vegetables you need? It's not until you are 28 weeks pregnant, and you have a MAT B1 certificate (midwives give out these certificates), that you can apply for [additional support](#) money of £3 a week from section 4. If you can't do this yourself, you can contact [Migrant Help](#). Migrant Help have a phone line, its free from main mobile networks (not Lyca or Giff Gaff) or landline, and you can speak with someone in your language.

At this time, you can also apply for a one off grant of £250 to help buy things you really need when the baby comes. Sometimes this isn't enough and churches and charities help with some free second hand things, and sometimes food bags too. In Birmingham there's [Narthex, St Johns Church](#) you must phone or email before going there, or attend their women's drop in on a Wednesday and talk to Mohinder. The [Bethel Doula Project](#) gives support to pregnant mums, and arranges help with baby items at Narthex. [Restore](#) run different activities for women [men] and children that can give support and information on accessing help. [Minosa Midwives](#) have a great aqua natal class, Elsie is always supportive of any pregnant woman. There's also [St Chads Sanctuary](#) who are open to drop in Monday - Wednesday for help - make sure you take your ARC card or [Halesowen Welcome](#) in the Black Country.

You can't leave the hospital without a baby car seat - this is something you must get, borrow or buy.

How can you get to hospital appointments?

Travel when you're on section 4 support is a nightmare. The Azure card limits you to where-ever you can walk to. When you have a scan at the hospital, you can apply for travel money from the Home Office using the [additional support](#) form, make sure you put in a photocopy of your green book showing the appointment dates. You can also send

them a copy of a letter with an appointment on it if you have this. The housing officer should bring cash money to your house so you are able to pay for the bus. If you can borrow the money from a friend or housemate, take your HC2 certificate to the cashier desk at the hospital, show them your green book/appointment letter and ask for a refund.



Where will you stay when the baby is born?

Talk to the housing officer about moving if you already in section 4. Sometimes women stay in the same house with single women, but usually they move to a women and children house. Often women living in shared houses with many other women is a problem. Sometimes they are good, sometimes not. If your finding living where you are difficult because one of the two fridges shared by 7 women and 12 children doesn't work, email or call G4S, and if you don't get a reply, they are paid by the Home Office, so you can tell the Home Office. There are many rules around section 4 and what you get, for example a brush not a Hoover, a single room, x metres by x metres. More on this...

How can you get support for the baby?

When the baby is born, he/she needs to be registered. Call your local registry office, a Birmingham link is [here](#), it normally takes around 2-4 weeks to get an appointment, so be prepared to live on your current support until you get a birth certificate to send off with yet another application. If you are on section 4, your baby will be added to this using the [additional support](#) form, make sure you fill in page 6 baby details, the baby gets to £36 a week, plus £5 clothes and £3 vegetables when under 1, they will pay you from the date they receive the application, so if you send before you get the birth certificate, they will pay from that date once you send them the certificate. If your baby is British, a refugee, or entitled to benefits, the father can apply for [Child Benefit](#), around £18 a week, this is for the baby so should come to you as the mum. You need to also write this on the additional support section 4 application form so the Home Office know about it, or if you apply later send them a letter about it.