

FREE vitamins

for all pregnant women, new mothers
 and children up to age 4 in City & Hackney

Have you signed up for your free vitamins yet?

If you live in City & Hackney or visit your GP there, you can claim free Healthy Start vitamins simply and easily – find out how below. Why not check if you qualify for the national Healthy Start scheme, too? Lots of families are getting free vouchers for milk, formula milk, fruit and vegetables – see overleaf to find out how.

Vitamins are essential nutrients that your body needs to maintain good health.

Although we can get lots of vitamins from a healthy balanced diet, did you know that this not enough for young children, new mums and pregnant women?

How do I collect my free vitamins?

Simply complete this form and take it to your nearest community pharmacy, the following Children's Centres:

- Woodberry Down
- One O'clock Club
- Linden
- ...and more soon!

Every 8 weeks, come back for more! Vitamins are suitable for vegetarian and halal diets, and free from milk, egg, gluten, soya and peanut residue.



Best Start with HENRY in City & Hackney

Free vitamins registration form

If you live in City or Hackney, or are registered with a GP in City or Hackney, use this form to apply for free vitamins.

Please fill in your details below, then take this form to your nearest community pharmacy (or to one of the Children's Centres listed above) to collect your free vitamins.

First name:		Phone:	
Surname:		Address:	GP Practice:
Date of birth:			
Ethnic background – please tick one			

Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Vietnamese
- Other Asian background
(please specify):

Black or Black British

- African
- Caribbean
- Ghanaian
- Nigerian
- Somali
- Other Black or Black British
(please specify):

Mixed ethnic background

- White and Asian
- White and Black African
- White and Black Caribbean
- Other mixed background
(please specify):

Other ethnic group

- Arab
- Latin/South American
- Other ethnic group
(please specify):

White or White British

- Australian/New Zealander
- Charedi Jewish

White or White British (continued)

- English
- European mixed
- Gypsy, Roma or Traveller
- Other Eastern European
- Other Western European
- Irish
- Italian
- Kurdish
- North American
- Northern Irish
- Polish
- Scottish
- Turkish
- Turkish Cypriot
- Welsh
- Any other white background
(please specify):

Form continues on next page – please turn over

Your children

Please tick the options below which apply to you, and then let us know a bit more about your children.
(Please note, at least one of the three options below must be true for you to qualify for free Healthy Start vitamins)

Are you pregnant? Have you given birth in the last year Do you care for children under 4 years?

Please let us know about the children in your care aged between 4 weeks and 4 years:

Child 1		Child 2	
First name:		First name:	
Surname:		Surname:	
Date of birth:		Date of birth:	
Ethnicity:*		Ethnicity:*	
GP practice:		GP practice:	
Child 3		Child 4	
First name:		First name:	
Surname:		Surname:	
Date of birth:		Date of birth:	
Ethnicity:*		Ethnicity:*	
GP practice:		GP practice:	

* Please use ethnicity categories on previous page

Are you already registered with the national Healthy Start scheme? Yes No

By signing this form you consent to your data being collected by HENRY and shared with City of London Corporation and the London Borough of Hackney as applicable in order to provide you with the service. You also consent to receiving vitamins. You can withdraw consent at any time. Your data will not be used for any other purpose.

I consent to share this information (**consent is required to provide this service**)

Signed: Date:

Privacy notice

This information is being collected by HENRY, a registered charity, on behalf of City of London Corporation and the London Borough of Hackney. This form will be processed by staff at the community pharmacy or Children's Centre where you hand it in.

Information from this form is stored securely on PharmOutcomes, a web-based management service, where it can be accessed by HENRY, City of London Corporation and the London Borough of Hackney. Your personal information is used for two purposes: 1) to register or update your details with the Healthy Start scheme so that we can provide your free vitamins (this includes sharing some data with any pharmacy or children's centre where you access this service); and 2) in an anonymous form to help evidence the benefits of the Healthy Start scheme.

For more information about how HENRY protects your personal data, how long it is kept and who we share it with, and your data rights, please visit www.henry.org.uk/privacypolicy or contact HENRY using the details at the bottom of the page. The privacy policies for City of London Corporation, London Borough of Hackney and PharmOutcomes can be found on their websites.

Did you know? You might also be entitled to vouchers for milk, fresh and frozen vegetables, and infant formula milk

Pregnant women and children between 1-4 years old can get one £3.10 voucher each week. Children under 1 year old can get two £3.10 vouchers (£6.20) each week.



How do I know if I qualify for Healthy Start food vouchers?

You're eligible to receive food vouchers if...

- a) you're pregnant and under 18 years old;
OR
 - b) you receive any of the benefits listed here:
- Income Support
 - Income-based Jobseeker's Allowance
 - Child Tax Credit (with a family income of £16,190 or less per year)
 - Universal Credit (with a family take home pay of £408 or less per month)
 - Income-related Employment and Support Allowance

To get your vouchers, please apply for the national Healthy Start scheme at www.healthystart.nhs.uk

If you have questions your local Children Centre and the team at HENRY are happy to help too! You can call HENRY on **07519 109 876** or email hcsupport@henry.org.uk

Please do register to claim your vouchers – with your free vitamins, milk, fruit and vegetables your family is well on the way to a healthy start! And when you apply for your vouchers HENRY is able to claim the cost of your vitamins, helping us to support even more families and children.