



FREE Vitamins

For all pregnant women, mothers with a baby under 1 and children up to their 4th birthday in City & Hackney

Healthy Start Vitamins contain essential nutrients, including extra **Vitamin D** that our bodies need for healthy growth, maintaining a good immune system during pregnancy, post-birth and early years.

Vitamins can be collected from the following Children Centres Woodberry Down, One O'clock Club, Lubavitch, Ihsan, Linden, Wentworth, Sebright, Daubeney, Ann Tayler, Cass Child & Family Centre and **40 Community Pharmacies**

*For a list of pharmacies, visit www.henry.org.uk/hackney/vitamins Or check with your postcode at [NHS Choices](#)

Healthy Start Vitamins are suitable for **Vegetarian, Kosher and Halal** diets, and are free from milk, egg, gluten, soya and peanut residue and can be given from birth*

*Vitamins are suitable from birth if they are only having less than 500ml (1 pint) of infant formula.



Best Start with HENRY in City & Hackney - Free vitamins registration form

* Vitamins are free for all who fulfil the criteria listed below regardless of income or immigration status.

| | | | | | |
|---|--|---|--|--|--|
| First name: | | Phone: | | Postcode: | |
| Surname: | | Address: | | GP Practice: (If not registered please state) | |
| Date of birth: | | | | | |
| Ethnic background – please tick one | | | | | |
| Asian or Asian British <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Vietnamese <input type="checkbox"/> Other Asian background (please specify): | | Mixed ethnic background <input type="checkbox"/> White and Asian <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> Other mixed background (please specify): | | White or White British (continued) <input type="checkbox"/> English <input type="checkbox"/> European mixed <input type="checkbox"/> Gypsy, Roma or Traveller <input type="checkbox"/> Other Eastern European <input type="checkbox"/> Other Western European <input type="checkbox"/> Irish <input type="checkbox"/> Italian <input type="checkbox"/> Kurdish <input type="checkbox"/> North American <input type="checkbox"/> Northern Irish <input type="checkbox"/> Polish <input type="checkbox"/> Scottish <input type="checkbox"/> Turkish <input type="checkbox"/> Turkish Cypriot <input type="checkbox"/> Welsh <input type="checkbox"/> Any other white background (please specify): | |
| Black or Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Ghanaian <input type="checkbox"/> Nigerian <input type="checkbox"/> Somali <input type="checkbox"/> Other Black or Black British (please specify): | | Other ethnic group <input type="checkbox"/> Arab <input type="checkbox"/> Latin/South American <input type="checkbox"/> Other ethnic group (please specify): | | | |
| | | White or White British <input type="checkbox"/> Australian/New Zealander <input type="checkbox"/> Charedi Jewish | | | |

Form continues on next page – please turn over

| You and 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) | | | |
| <input type="checkbox"/> | Are you pregnant? | <input type="checkbox"/> | Have you given birth in the last year |
| <input type="checkbox"/> | | <input type="checkbox"/> | Do you care for children under the age of 4 |
| Please let us know about the children in your care under the age of 4: | | | |
| 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. | | | |
| Tick here <input type="checkbox"/> for a text reminder which will remind you to collect your supply every 8-weeks. Add your mobile number in the box here if not provided: | | | |
| Do you get Healthy Start Free Food Vouchers ? | | | <input type="checkbox"/> Yes <input type="checkbox"/> 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. | | | |
| <input type="checkbox"/> 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 and estart, 2 web-based management systems, 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. | | | |

You might also be entitled to help to buy fresh or formula milk, fresh or frozen vegetables and fruit.

Pregnant women and children between 1-4 years old can get one £4.25 voucher each week. Children under 1 year old can get two £4.25 vouchers (£8.50) each week.

Eligibility for the Healthy Start scheme includes...

You are at least 10 weeks pregnant or have a child under four years old and you or your family receive:

- 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

*You also qualify if you are under 18 and pregnant without receiving any of the above benefits

To apply for a **Healthy Start card** visit www.healthystart.nhs.uk and apply online. If you need help with an application call the Healthy Start helpline on 0300 330 7010. If you have any questions or need support with an application you can also contact your local Children's Centre or HENRY on **07519 109876** or email hcsupport@henry.org.uk.

Please register to get your Healthy Start payment card – with your free vitamins, milk, fruit and vegetables your family is well on the way to a healthy start! And when you are on the scheme HENRY is able to claim the cost of your vitamins, helping us to support even more families and children.

