

**HEALTHY  
START**



A guide to



# **Vitamins**

## **in the**

# **Waveney Area**

Healthy Start is a UK-wide government public health scheme

East Coast Community Healthcare CIC working in conjunction with  
Suffolk County Council to bring you Healthy Start Vitamins

[www.eastcoastch.co.uk](http://www.eastcoastch.co.uk)

## What are Healthy Start Vitamins?

Vitamins are essential nutrients that your body needs in small amounts so that it can work properly. Even though you can get lots of vitamins from a healthy balanced diet, you still might not get everything you need at certain times in your life – such as when you're pregnant, a new mum or a small child. So UK health departments recommend that at these times you should take a supplement containing specific vitamins to make sure you get everything you need.

Healthy Start vitamins are suitable for vegetarians and halal diets, and free from milk, egg, gluten, soya and peanut residues.

### Healthy Start women's vitamin tablets contain:

- **Folic acid:** reduces the chance of your baby having spina bifida, a birth defect where the spine doesn't form properly
- **Vitamin C:** helps maintain healthy tissue in the body
- **Vitamin D:** helps your body to absorb calcium and so supports your baby's bones to develop properly.

### Healthy Start children's vitamin drops contain:

- **Vitamin A:** for growth, vision in dim light and healthy skin
- **Vitamin C:** helps maintain healthy tissue in the body
- **Vitamin D:** for strong bones and teeth.

Healthy Start vitamins are for children from six months old or who are having less than 500ml (one pint) of infant formula a day. Babies under six months old who are fully breastfed might benefit from them earlier – ask your Midwife or Health Visitor for advice.

## Am I Eligible for Free Vitamins?

You qualify for free Healthy Start if you're at least 10 weeks pregnant or have a child under four years old **and** you or your family get:

- Income Support, or
- Income-based Jobseeker's Allowance, or

- Income-related Employment and Support Allowance, or
- Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only\*) **and** has an annual family income of £16,190 or less (2014/15).
- You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits or tax credits.
- Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week (single adults) or 24 hours per week (couples).
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*Whatever your circumstances, if you are claiming Universal Credit and are pregnant, or have a child under four years old, make sure you call the Healthy Start helpline on 0345 607 6823 or email on [helpdesk@tiu.org.uk](mailto:helpdesk@tiu.org.uk) for information about any discretionary support that may be available.*

## How do I apply for Free Vitamins?

You can apply for free Healthy Start Vitamins online by visiting [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or by filling out the application form at the back of the booklet HS01 which your Midwife or Health Visitor can provide. If you are eligible you will be sent vouchers to exchange for vitamins

Book  
HS01



Vouchers

## If I am not eligible for free vitamins can I buy them?

**Yes.** You can purchase Healthy Start Vitamins at a cost of £2.00 for Vitamin Drops and £1.00 for Vitamin Tablets from any of the stockists listed in this leaflet.

## Healthy Start Vitamin Stockists

<b>North Lowestoft NR32</b>	
<p>The Ark Children's Centre Water Lane Lowestoft NR32 2NH Tel: 01502 502230</p>	<p>Boots Chemist 76A London Road North, Lowestoft, Suffolk NR32 1ET Tel: 01502 585717</p>
<b>South Lowestoft NR33</b>	
<p>Kirkley Children's Centre Kirkley Street Lowestoft NR33 OLU Tel: 01502 532740</p>	<p>Asda Superstore Belvedere Road-Off Horn Hill Lowestoft, Suffolk NR33 0PX Tel: 01502 534210</p>
	<p>East Point Pharmacy Clifton Road Lowestoft NR33 OHF Tel: 01502 532599</p>
<b>Waveney &amp; Blyth NR33, NR34, NR35, IP19</b>	
<p>Butterflies Children's Centre Castle Hill Beccles NR34 7BQ Tel: 01502 718750</p>	<p>Boots Pharmacy St. Johns Road <b>Bungay</b> NR35 1LP Tel: 01986 896568</p>
<p>Haydens Pharmacy 70 High Street, <b>Kessingland</b> NR33 7QF Tel: 01502 740251</p> <p><i>*Haydens can also provide vitamins through their pharmacy in Lowestoft.</i></p>	<p>Cutlers Hill Pharmacy Bungay Rd, <b>Halesworth</b> IP19 8SG Tel: 01986 835877</p>
<p>Further information can be obtained: Website <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a> Or email: <b><a href="mailto:ecch.childrenandfamilies@nhs.net">ecch.childrenandfamilies@nhs.net</a></b></p>	