



FREE vitamins with extra

Pregnant women, new mums and children up to 4 years can all get free Healthy Start Vitamins in Hackney and City

Vitamin D

Healthy Start Vitamins contain all the essential vitamins that our body needs for healthy growth and maintaining a good immune system during pregnancy, post birth and in the early years.

*Healthy Start Vitamin drops now come with extra vitamin D added.

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 the pharmacies, visit www.henry.org.uk/hackney/vitamins

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

Formula fed babies do not need Vitamins if they are drinking more than 500ml of formula per day.



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 get your free vitamins.

***Please note you can get free vitamins even if you do not receive any benefits.**

Please fill in your details below, then take this form to a participating community pharmacy or a Children's Centre.

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

- 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

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)

Are you pregnant? Have you given birth in the last year 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.

Click here for a text reminder. Add your mobile number if not provided already

You will receive a text to remind you to collect your next 8 week supply

Do you get Healthy Start Free Food Vouchers ?

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.

You might also be entitled to vouchers for free fresh or formula milk, fresh or frozen vegetables and fruit.

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.



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 apply for your **Free Healthy Start Food Vouchers** visit www.healthystart.nhs.uk

If you have any questions or need a printed Healthy Start food voucher application form please contact your local Children Centre or HENRY on **07519 109 876** or email hcsupport@henry.org.uk

*Please note that since 6th April 2020 a health professional's signature is no longer required on the application form.

Please do register to claim your Free 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.**

HENRY is a registered charity and company in England & Wales. Charity number: 1132581, Company number: 6952404.

www.henry.org.uk

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