



TOWER HAMLETS

A healthy start for all

Free vouchers and vitamins for healthy food for **children under the age of four** and pregnant or breastfeeding women in Tower Hamlets.



What is Healthy Start?

Healthy Start helps you give your family the very best start in life.

Get help to buy food and milk

With Healthy Start, you get free vouchers to spend on essential food if you are on certain benefits. You can use the vouchers to buy fresh or frozen fruit, vegetables and pulses such as lentils and beans, cow's milk, and infant formula.

- ✓ £8.50 per week for each baby under the age of 1
- ✓ £4.25 per week for each child aged between 1 and 3
- ✓ Plus £4.25 per week if you are pregnant (from week 10)

You could be entitled to several vouchers, depending on your family size. You could gain £17 *per week, if you are on benefits, pregnant and have a child under 1 and another child under 4, that's £900 a year!

Who is eligible for the Healthy Start scheme?

You qualify for Healthy Start if you or your family get:

- Income support or
- Income-based Jobseeker's Allowance or
- Income-related Employment and Support Allowance or
- Child Tax Credit with a family income of £16,190 or less per year or
- Pension Credit or
- Universal Credit with no earned income or total earned income of less than £408 per month for the family. You can find this in your Universal Credit award notice under "your take home pay for this month"

AND

- you're at least 10 weeks pregnant or
- you have at least one child under 4 or
- You must also get Child Tax Credit with a household income of £16,190 or less

Under 18s

If you are under 18 and pregnant, you **will** qualify **even if you don't get any benefits**.

Where can you use Healthy Start vouchers?

The vouchers can be used in all major supermarket chains plus some local shops and market stalls within Tower Hamlets.

A full list can be found at www.healthystart.nhs.uk

How to apply for Healthy Start

You may be entitled to help to buy family food. Fill out an application form, which you can get by:

- Visiting www.healthystart.nhs.uk
- Visiting a Children's and Family Centre or calling your GP surgery
- Calling the Healthy Start helpline on **0345 607 6823**, who will help to complete this online.
- Speaking to your midwife or health visitor

Simply follow the steps on the form to complete **and sign** your application.

A health professional signature is **no longer needed** to apply for Healthy Start.

Vitamin Supplements

With Healthy Start you can also get free vitamins, specifically designed for pregnant and breastfeeding women and growing children. Vitamin D is particularly important to keep healthy during the COVID pandemic.

Women will receive Vitamin C, D and folic acid in tablet form.

Children will receive vitamin A, C and D in liquid form.

- Healthy Start vouchers will be replaced by a prepaid card (like your bank card) to make it easier to use – rolling out from **June 2021!**

Children's centres

Royal London Hospital,
Whitechapel Road E1 1FR

Meath Gardens, 1 Smart Street,
London, E2 0SN

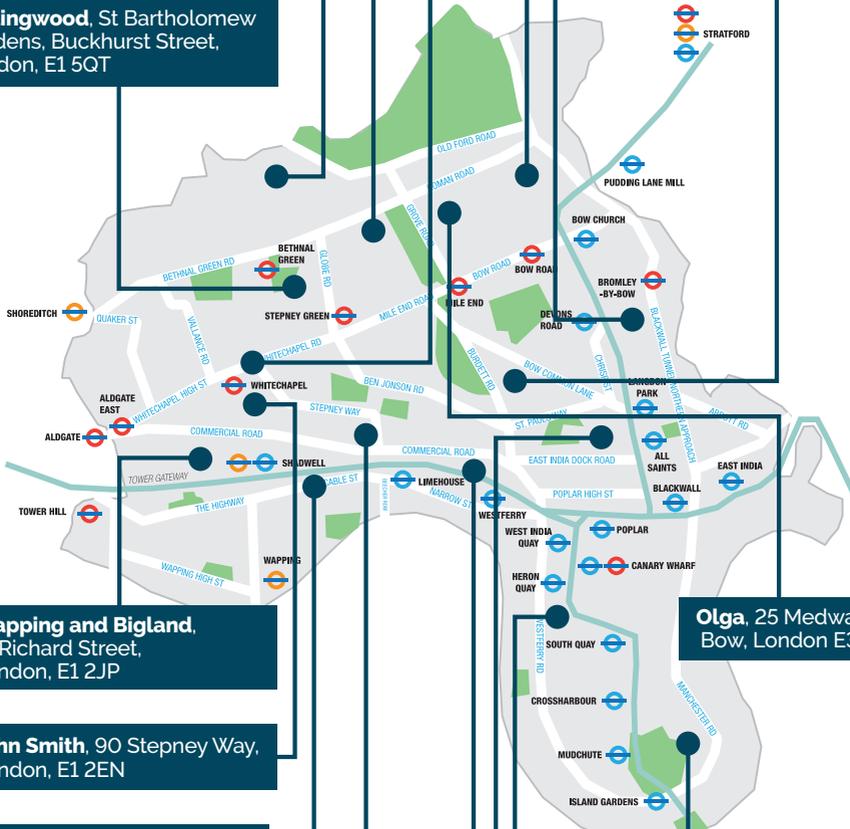
Mowlem, Wadeson Street,
London, E2 9DL

Collingwood, St Bartholomew
Gardens, Buckhurst Street,
London, E1 5QT

Overland, 60 Parnell Road,
Bow, London, E3 2RU

Marnar, Marnar Centre,
Devas Street, London, E3 3LL

Mile End, 9 Bede Square,
Joseph Street, Off Bow Common
Lane, London, E3 4GY



Wapping and Bigland,
15 Richard Street,
London, E1 2JP

John Smith, 90 Stepney Way,
London, E1 2EN

Shadwell, 418-422 Cable St,
London, E1 0AQ

Ocean, Whitehorse Road,
London, E1 0ND

Around Poplar, 115 Three Colt
Street, London, E14 8AP

Olga, 25 Medway Rd,
Bow, London E3 5DS

Isle of Dogs, Millwall Park,
Stebondale Street, London, E14 3BX

Barkantine Birth Centre,
121 Westferry Road E14 8JH

Chrip Street, 23 – 27 Market
Way, London, E14 6AH

Please apply for the Healthy Start Scheme today!

Get your Healthy Start application form:

Please call the Family Information Service on **020 7364 6495** (Mon-Fri; 9-5) for Children's and Family Centre opening times or email: fis@towerhamlets.gov.uk

Already applied and waiting for a response?

You should hear back within 3 weeks. If you have not received vouchers, please contact the Healthy Start Issuing Unit on **0345 607 6823** as soon as possible.

Help through the Council

Tower Hamlets Resident Support Outreach Team

Do you need help to claim Universal Credit or any welfare assistance? Please email LBTHResidentsupport@towerhamlets.gov.uk to book an appointment.

Tower Hamlets Financial Support Team

Are you a private rented tenant in Tower Hamlets with rent or council tax arrears? Our friendly Financial Support Team can do a free Financial Health check for you. Please call **0207 364 3680 / 0207 364 4080** or email LBTHFinancialsupport@towerhamlets.gov.uk to book an appointment.

The Local Offer

The local offer is an online resource that is available to everyone. This online resource outlines information on services for families in Tower Hamlets in one central place. Tower Hamlets Local Offer www.localoffertowerhamlets.co.uk

