



Where can you pick up your Healthy Start vitamins?

If you are eligible, you can get your free Healthy Start vitamins from:

- The Health in Pregnancy service in antenatal clinic at Walsall Manor Hospital
- Family hubs across Walsall ([see list](#))

You can visit the NHS webpage to see where you can get vitamins, or you can contact Walsall's Healthy Child Programme on (01922) 603074 or bcicb.walsallhcp0-19.spa@nhs.net for further help.

To collect your free vitamins, you will have to show your NHS Healthy Start card.

If you are not eligible to receive the free Healthy Start Vitamins, you can still buy them from some Pharmacies.



Family Hubs

North Family Hub

275 Blakenall Lane, Blakenall, Walsall, WS3 1HJ

South & Central Family Hub

Birchills Street, Walsall, WS2 8NG

West Family Hub

Ilmington House, Crescent Rd, Darlaston, Wednesbury, WS10 8AE

East Family Hub

Brownhills, Walsall, WS8 6HA

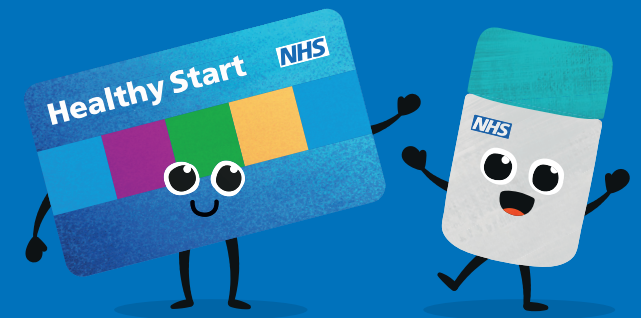
Health in Pregnancy Service

Blakenall Village Centre (First Floor)

79 Thames Road, Bloxwich, Walsall, WS3 1LZ



Get your free Healthy Start vitamins



What is NHS Healthy Start?

NHS Healthy Start is a national scheme that helps pregnant women and young families on low incomes to access healthy food, milk and vitamins. You could be eligible for the scheme if you are more than 10 weeks pregnant or have a child under four and receive certain benefits.

How to apply for NHS Healthy Start

For help applying, speak to a member of staff from where you got this leaflet, or contact Walsall's Healthy Child Programme team on (01922) 603074 or bcicb.walsallhcp0-19.spa@nhs.net.

You can apply online for NHS Healthy Start at www.healthystart.nhs.uk/how-to-apply/

If you're eligible, you'll receive a prepaid card that you can use to buy fruit, vegetables, pulses, milk and infant formula.

You can also show your card to collect free Healthy Start vitamins from participating centres in Walsall. A list of local vitamin providers is on the back of this leaflet.

Why you should get your free Healthy Start vitamins

You can get most of the vitamins you need from food. However, young children may not get enough vitamin A and D even if they are having a healthy, balanced diet or are eating well. If you're pregnant or breastfeeding, you may not get enough vitamin C, vitamin D or folic acid.

Healthy Start vitamins contain vitamins A, C, and D for children aged from four weeks to four years, and folic acid, vitamins C, and vitamin D for pregnant women, breastfeeding women, and women with a child under 1 year old. You can use your NHS Healthy Start card to get these important vitamins for free and can make sure that you are getting everything you need to support the health of your child.

Healthy Start vitamins are available for:

- children from four weeks to four years
- pregnant women
- new mums for the first year post birth

(Children who are having 500ml or more of formula a day do not need Healthy Start drops).

What do Healthy Start vitamins contain?

Healthy Start children's vitamins drops:

The daily dosage of Healthy Start children's vitamins is 5 drops. They contain:

- 233 micrograms of vitamin A: for growth, vision in dim light and healthy skin
- 20 milligrams of vitamin C: helps maintain healthy tissue in the body
- 10 micrograms of vitamin D3: for strong bones and teeth.

Beneficiaries are entitled to 1 bottle of children's drops every 8 weeks.

Healthy Start vitamins for women

The daily dosage of Healthy Start vitamins for women is 1 tablet. They contain:

- 10 micrograms of vitamin D: helps your body to absorb calcium and supports your baby's bones to develop properly
- 70 milligrams of vitamin C: helps maintain healthy tissue in the body
- 400 micrograms of folic acid: helps in the development of a healthy baby and reduces the chance of your baby having spina bifida, a birth defect where the spine doesn't form properly.

Beneficiaries are entitled to 1 bottle of tablets every 8 weeks.

Both the Healthy Start drops and vitamins for the children and women are suitable for vegetarians and are free from wheat, fish, egg, and salt. They contain no colours, flavours, preservatives or gluten containing ingredients.

