

Healthy Start:

Advice for Early Years Centres and nurseries

Healthy Start is a simple way to support families on benefits/ low income to access fresh/ frozen fruit and veg, milk, formula feed & vitamins.

The number of families receiving Healthy Start has fallen recently. Around 2,000 women and children in Lothian miss out.

To order the Healthy Start leaflet & appn form, call **0300 123 1002**. Ask for HS01

Further info at www.healthystart.nhs.uk/

Local Healthy Start film: <https://vimeo.com/102126052>

Local Facebook page: www.facebook.com/GetHealthyStart



1. It's worth telling all families about Healthy Start

Family circumstances change and it's worth offering every family the Healthy Start leaflet at key points, including when they register at a nursery. Taking the period from 10 weeks' pregnancy to the child's 4th birthday the vouchers are worth £899.

Remember: a woman will need to complete an application with each pregnancy.

2. A healthcare professional needs to sign part B of the application form (at back of leaflet)

This could be a health visitor, midwife, GP or practice nurse. Some families will need help in making this contact.

3. Families cannot claim vouchers retrospectively

If you think that a family is eligible, then encourage & support them to sign up right away.

4. If unsure about eligibility, refer to a welfare rights advisor

There are advisors across the city. They may identify additional financial support & have advice for the family (e.g. debt management).

5. If possible keep a record of families applying for vouchers

50% families will struggle with appⁿ. Check with them after a week or two. Following appⁿ apply again if no response after 3 weeks.

7. A woman receiving vouchers during pregnancy needs to phone the Healthy Start help line (0345 607 6823) after the birth of the child (ASAP)

Otherwise the vouchers may stop

Who qualifies?

Women more than 10 weeks' pregnant, and families with children under four years old, qualify for Healthy Start if the family is receiving:

- 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 the family is receiving Working Tax Credit run-on only*) **AND** an annual family income of £16,190 or less in 2013/14.

Women also qualify for the whole of their pregnancy if they are under 18 when they apply, even if they don't get any of the above benefits or tax credits.

* Working Tax Credit run-on is the Working Tax Credit received in the four weeks immediately after a person has stopped working for 16 hours or more per week (single adults) or 24 hours per week (couples).

Note

Benefits are changing. Information about how the changes affect Healthy Start will be available at www.healthystart.nhs.uk

6. Families may need to complete a Child Tax Credit application first

This is particularly relevant for families with a new baby. PTO for flowchart to check details

Free milk,
fruit, veg and
vitamins for you
and your family



Healthy Start: FLOWCHART 1

Check list for pregnant woman

Are you under 18 years old?



Apply for Healthy Start

Yes → Are you on income support? (*)

No → Do you have other children?

Are you on income support? (*)

Yes → Apply for Healthy Start

No → Do you have other children?

Do you have other children?

Yes → Do you receive Child Tax Credit, and is your household income less than £16,190?

No → See advice about welfare rights advisor below

Ask your midwife for the Healthy Start leaflet and complete application form (part B for midwife, part A for you).
Post after 8 weeks of pregnancy
See also www.healthystart.nhs.uk

Also consider requesting referral to a welfare rights advisor (WRA). There may be other sources of financial support they can help you access. On referral the WRA will need to see family income and you should bring evidence - payslips/PfBUs/ benefit & tax credit awards etc. The service is confidential.

You should still check your Child Tax Credit entitlement
Call 0345 300 3900
or
www.hmrc.gov.uk/leaflets/wrc2.pdf

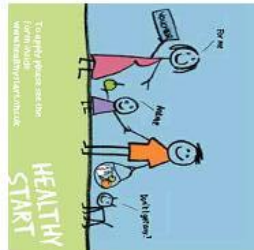
- Income support in this context means that you receive:
- Income Support or
- Income-based Jobseeker's Allowance or
- Income-related Employment and Support Allowance?



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Call Healthy Start helpline if you change address 0345 607 6823

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Healthy Start: FLOWCHART 2:

Check list for family with new baby

Did you receive Healthy Start vouchers during pregnancy?



Are you on income support? (*)

Yes → Apply for Healthy Start vouchers

No → Is your household annual income less than £16,190?

Apply for Healthy Start vouchers

Apply for Child Tax Credit

Is your household annual income less than £16,190?

Yes → Apply for Child Tax Credit (CTC)

No → You may still be eligible for Child Tax Credit

Also consider requesting referral to a welfare rights advisor (WRA). There may be other sources of financial support they can help you access. On referral the WRA will need to see family income and you should bring evidence - payslips/PfBUs/ benefit & tax credit awards etc. The service is confidential.

You may still be eligible for Child Tax Credit
0345 300 3900
or
www.hmrc.gov.uk/leaflets/wrc2.pdf

- Income support in this context means that you receive:
- Income Support or
- Income-based Jobseeker's Allowance or
- Income-related Employment and Support Allowance?

Call Healthy Start helpline if you change address 0345 607 6823