

# Healthy Start:

## Insights for Health Visitors from Leith Pioneer Site

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/](http://www.healthystart.nhs.uk/)

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

Local Facebook page: [www.facebook.com/GetHealthyStart](http://www.facebook.com/GetHealthyStart)



### **1. It's worth telling families about Healthy Start at key points**

Family circumstances change and it's worth offering every family the Healthy Start leaflet at key points – e.g. at the 10 day notification visit and at 27-30 month review.

### **3. If possible, record that you have made an application**

There are very few opportunities to document family poverty on NHS systems. Writing in "HSA" (for Healthy Start application) in the summary note on CHSP forms (e.g. at notification visit or 27-30 month review) is a simple option. This information will be helpful for you and the family. Many families will struggle with their application. If possible ask about their application at their next apptment. Recording the info on CHSP can help plan services too

### **5. 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 stop

### **2. The Health Visitor only needs to complete the professional section of the application form (part B)**

Check details about children are correct (section 5 of part A of form). The family can complete the rest of the form later. This will save you time.

### **4a. The Health Visitor does not need to check benefits**

You're just confirming that the family has children under 4 years old. PTO for a checklist for the family to use.

### **4b. If a family is uncertain about entitlement, refer to a welfare rights advisor (WRA)**

Fill out your section of the appn form. If seeing at 27-30 month review, document on CHSP form (tick "financial advice services" box).

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

PTO for flowchart to check details

Remember: a woman will need to complete an application form each time she becomes pregnant (or she'll miss out on valuable vouchers)

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?



Do you have other children?



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](http://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

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

[www.hmrc.gov.uk/leaflets/wrc2.pdf](http://www.hmrc.gov.uk/leaflets/wrc2.pdf)

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Call Healthy Start helpline if you change address 0345 607 6823



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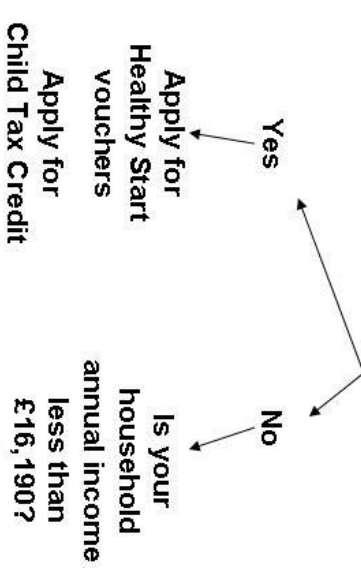
## Healthy Start: FLOWCHART 2:

Check list for family with new baby

Did you receive Healthy Start vouchers during pregnancy?



Are you on income support? (\*)



Notify the Healthy Start helpline of the birth of your child so that vouchers continue  
0345 607 6823

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

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Call Healthy Start helpline if you change address 0345 607 6823