

# Insights so far from Leith Pioneer Site (for midwives)

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. You don't need an ultrasound to complete a Healthy Start application

The fact that the woman has consulted you about her pregnancy is enough.



Women can receive vouchers from 10 weeks gest

## 2. You can complete the professional section of the form (part B) at the booking visit

Check that the details about other children are correct (section 5 of part A). The woman can complete the rest later. Can post from 8/9 weeks.

## 3. Recording Healthy Start eligibility is important

It is the only record of family poverty that is routinely recorded on an NHS system (In Lothian **Trak** provides a simple way to record and analyse this)

### ANTENATAL BOOKING - Part 2

#### Home circumstances & Support Needs

Do you need further advice on finances benefits or housing issues

Qualifies for Healthy Start Vouchers

Referral to income maximisation services

Money and debt advice services

Financial capability support

Y  N

Y  N

Y  N

Y  N

## 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 may stop

## 4a. The midwife does not need to check benefits status

You're just confirming that the woman has consulted about her pregnancy. PTO for checklists for woman to use (still being tested).

## 4b. If a woman is uncertain about entitlement, refer to a welfare rights advisor

There are advisors across the city. Plus they may help woman access other support. Record on **Trak**.

## 6. More families will be eligible following birth, once in receipt of Child Tax Credit

PTO for flowchart to check details (still being tested, but please try it out)

**Remember to apply for each new pregnancy**

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?

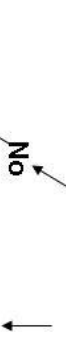


Apply for Healthy Start

Are you on income support? (\*)



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

[www.hmrc.gov.uk/leaflets/wrc2.pdf](http://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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### Healthy Start: FLOWCHART 2:

Check list for family with new baby

Did you receive Healthy Start vouchers during pregnancy?



Are you on income support? (\*)



Apply for Healthy Start vouchers

Apply for Child Tax Credit

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

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.

Apply for Child Tax Credit (CTC)

Once in receipt of CTC apply for Healthy Start vouchers

You may still be eligible for Child Tax Credit

0345 300 3900

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

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