

NHS Healthy Start scheme

What is the Healthy Start Scheme?

If you are more than 10 weeks pregnant or have at least one child under the age of 4, you may be eligible to receive payments every 4 weeks.

These payments are added to a special card, that is similar to a bank card, that can then be used to buy essential items to support the healthy development of your child.



If you are eligible, you could receive:

£4.65 each week of pregnancy (from the 10th week of your pregnancy)

£9.30 each week for children from birth to 1 year old (£483 a year*)

£4.65 each week for children between 1 and 4 years old (£241 a year - total of £723*)

Over **£1200** over 4 years*

**costings are approximate*

Your money will stop after your child's 4th birthday or if you no longer receive benefits.

These payments can be used to buy:



Cow's Milk



Fresh, frozen or tinned fruit and vegetable



Infant formula milk



Fresh, dried or tinned pulses



You can also get **free healthy start vitamins**

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Who is eligible?

You could be eligible for the Healthy Start Scheme if you're more than 10 weeks pregnant or have at least one child under the age of 4 years old, and are receiving one of the following:

- **Universal credit** (if your family's take-home pay is £408 or less per month from employment)
- **Income Support**
- **Income-based Jobseeker's Allowance**
- **Pension Credit** (which includes the child addition)

You will also be eligible if:

- **you're under 18 and more than 10 weeks pregnant, even if you're not claiming any benefits**
- **you claim income-related Employment and Support Allowance (ESA) and are more than 10 weeks pregnant**

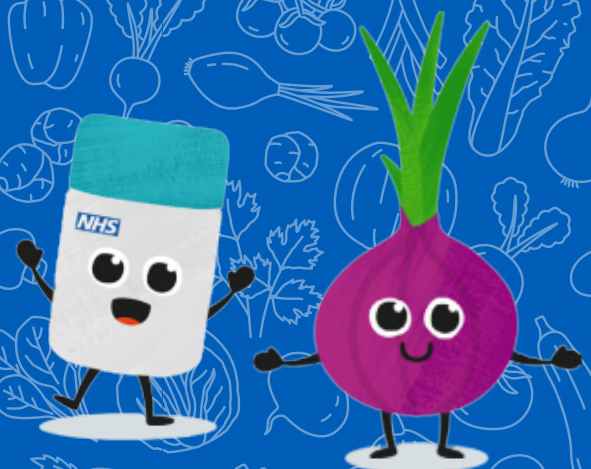
To check if you can apply or to find out more, speak to your Midwife or Health Visitor or visit

www.healthystart.nhs.uk



You can also call the Healthy Start helpline on

0300 330 7010



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Available in other languages www.healthysuffolk.org.uk
or contact: childrenandfamilies@suffolk.gov.uk