

# FREE Vitamins



For all pregnant women, mothers with a baby under 1 and children up to their 4th birthday *in City & Hackney*



Healthy Start Vitamins contain essential nutrients, including extra **Vitamin D** that our bodies need for healthy growth, maintaining a good immune system during pregnancy, post-birth and early years.

Healthy Start Vitamins are suitable for **Vegetarian, Kosher and Halal diets**, and are free from milk, egg, gluten, soya and peanut residue and can be given from birth.

\* **Vitamins can be collected from distributors listed here -**

[www.henry.org.uk/city-and-hackney/healthy-start-vitamins](http://www.henry.org.uk/city-and-hackney/healthy-start-vitamins).

\*\* **Vitamins are suitable from birth if your baby is taking less than 500ml (1 pint) of infant formula per day.**

Questions? Please contact **07519109876** or [hcsupport@henry.org.uk](mailto:hcsupport@henry.org.uk)

## HENRY in City & Hackney - Free vitamins registration form

*\*Vitamins are free for all who fulfil the criteria listed below regardless of income or immigration status.*

First name (Primary Parent/Carer):

Surname (Primary Parent/Carer):

Secondary Parent/Carer:

Address:

Phone:

Date of birth:

GP Practice: *(if not registered, please state)*

**Ethnic background** – please tick one

**Asian or Asian British**

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Vietnamese
- Other Asian background  
(please specify):  
.....

**Black or Black British**

- African
- Caribbean
- Ghanaian
- Nigerian
- Somali
- Other Black or Black British  
(please specify):  
.....

**Mixed ethnic background**

- White and Asian
- White and Black African
- White and Black Caribbean
- Other mixed background  
(please specify):  
.....

**Other ethnic group**

- Arab
- Latin/South American
- Other ethnic group  
(please specify):  
.....

**White or White British**

- Australian/New Zealander
- Charedi Jewish
- English
- European mixed
- Gypsy, Roma or Traveller
- Other Eastern European
- Other Western European
- Irish
- Italian
- Kurdish
- North American
- Northern Irish
- Polish
- Scottish
- Turkish
- Turkish Cypriot
- Welsh
- Any other white background  
(please specify):  
.....

**Do you receive NHS Healthy Start payments to buy healthy foods?**  
(see info on reverse)

Yes  No

**Would you like to receive text reminders to remind you to collect your supply?**  
(You will receive a text once every 8 weeks.)

Yes  No

*(Please note: if you do not provide a mobile number above, we cannot provide text reminders.)*

## You and your children

Please tick the options below which apply to you, and then let us know a bit more about your children on the next page.  
(Please note, **at least one of the three options below must be true for you to qualify for free Healthy Start vitamins**)

I am pregnant

I have given birth in the last  
year

I care for children under the age of 4

Please let us know about the children in your care under the age of 4:  
(\*Please use ethnicity categories on the previous page)

Child 1		Child 2	
First name:		First name:	
Surname:		Surname:	
Date of birth:		Date of birth:	
Ethnicity*:		Ethnicity*:	
Child 3		Child 4	
First name:		First name:	
Surname:		Surname:	
Date of birth:		Date of birth:	
Ethnicity*:		Ethnicity*:	

## Consent

I consent to share this information for the purposes described below.

Signed:

Date:

*By signing this form, you consent to your personal information being processed in line with the privacy information below, in order to provide you with this service. You also consent to receiving vitamins. Your information will not be used for any other purpose and you can withdraw consent at any time.*

## Privacy information

*This information is being collected by a City & Hackney Pharmacist or Children's Centre/Hub, on behalf of HENRY, the City of London Corporation and the London Borough of Hackney, for the purpose of facilitating your access to the Healthy Start scheme for free vitamins.*

*This form gathers information on you and/or your children. The lawful basis for doing so is your consent, which we ask for above. Your personal information will be used in two ways: 1) to register/update your details with the Healthy Start scheme and - if you fulfil the eligibility criteria – provide you with free vitamins; and 2) in an anonymous form to report on the reach and impact of the Healthy Start scheme to the City of London Corporation and the London Borough of Hackney.*

*All information on this form is stored securely on PharmOutcomes and Synergy, data platforms belonging to the North East London Local Pharmaceutical Committee and the London Borough of Hackney, respectively. For more information on how these organisations handle your personal information, including retention periods, please see their privacy policies at [www.nel.communitypharmacy.org.uk/privacy-policy](http://www.nel.communitypharmacy.org.uk/privacy-policy) and [www.hackney.gov.uk/privacy-notice-education](http://www.hackney.gov.uk/privacy-notice-education).*

*Under the Data Protection Act (2018) you have the right to access, rectify or erase the data we hold on you. You also have the right to object to or restrict the way we use your personal information. If you would like to exercise your data rights, or to withdraw your consent, please contact HENRY using the details at the bottom of the page.*

## Did you know ...

... you might also be entitled to help to buy fresh or formula milk, fresh or frozen vegetables, and fruit?

Pregnant women & children under the age of 4, may be eligible to receive an **NHS Healthy Start prepaid card** which provides free support to buy fresh or formula milk, fresh or frozen vegetables.

To check if you are eligible and apply, visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk).

For help with an application, call the helpline on **0300 330 710** or **0118 338 5810**.



*In partnership with:*

