

Healthy Start for Community Champions

with Marisca Ribeiro
Tuesday 25 June 2024

SUPPORTED BY

MAYOR OF LONDON



**citizens
advice**

Healthy Start for Community Champions

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Why talk about Healthy Start?



Increasing child poverty in London

Food bank use increased by 17 times between 2011 to 2020.

1 in 6 families with children are in **food insecurity**.

A further 1 in 6 families **can't buy balanced meals**.

The number of children getting **Free School Meals** increased from 1 in 6 in 2015 to 1 in 4 in 2023.

Why talk about Healthy Start?

Worth over **£1000 per child** if claimed from pregnancy.

In **London** at the end of 2023:

- 33% of people who could claim, had not claimed.

In Croydon at the end of 2023:

- 4,138 families were eligible but only 2756 had claimed.
- So 33% of people who could claim, had not claimed.
- That's over £2.75m of unclaimed support.

Break out room discussion

1. Have you heard of Healthy Start? What do you know?
2. What do you want to know? Make a list together.
3. Have you talked about Healthy Start with service users before? How did it go?
4. Why do you think people who can get Healthy Start might not claim it?

Decide who is going to speak for the group

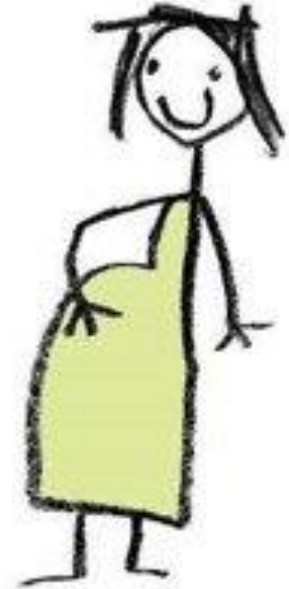
Who can
use
Healthy
Start?



Who can use Healthy Start?

Healthy start can be received by:

- Women from the 10th week of pregnancy,
- Families with children aged 0-3, who meet the eligibility criteria.



Eligibility: People with current benefits

Universal Credit

With monthly income from work of £408 or less.



Pension Credit

With a child addition.



Eligibility: People with legacy benefits

Child Tax Credit

- If your annual income from work is £16,190 or less.
- If you don't get Working Tax Credit as well.

Income Support (IS)

Income-related Employment Support Allowance (ESA)

Income-based Job Seeker's Allowance (JSA)

entitledto

independent | accurate | reliable

People on legacy benefits may be better off on UC. They can check their entitlement online at www.entitledto.co.uk.

Eligibility: Pregnant women under 18

Even if not claiming UC while pregnant.

Need to claim UC once the baby is born to keep getting Healthy Start.



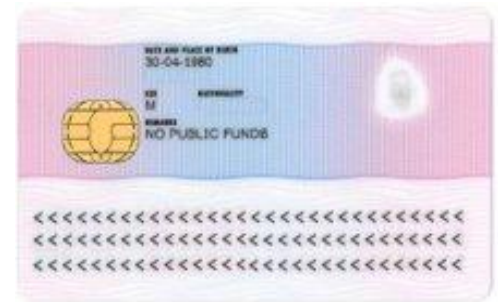
Eligibility: Immigration status

People who have **No Recourse to Public Funds (NRPF)** can claim if they have:

- Monthly income from work of **£408** or less.
- At least one **child under 4 who is a British citizen.**

Pregnant people with NRPF can't claim.

This is a temporary extension of the scheme.



Quiz

1. Which benefits can entitle people to Healthy Start?
2. What is the maximum monthly income from work a family claiming UC can have and still be entitled?
3. Is this more or less than Statutory Maternity Pay?
(use Google on your phone).
4. Which 2 groups of people can claim Healthy Start even if not in receipt of benefits?

What can you get from Healthy Start?



What can you get from Healthy Start?

1. A payment card

- Comes with money already on it
- Topped up every 4 weeks



2. Free vitamins

- For pregnant and breastfeeding women
- For babies and children

How much can you get each week?

Pregnant woman
Child aged 1 to 3



Baby under 1 year



What can you buy with Healthy Start?



Fruit juice

- ✓ Concentrated or fresh
- ✓ Pure juice only
- ✗ Not 'juice drink'

Fruit and vegetables

- ✓ Fresh, frozen, tinned

Pulses e.g. lentils

- ✓ Tinned or dried
- ✗ No added ingredients
e.g. salt, sugar or sauce



What can you buy with Healthy Start?



Cow's milk

- ✓ Fresh or UHT
- ✗ Not flavoured, condensed, sweetened or powdered



Infant formula milk

- ✓ Suitable from birth
- ✗ Not 'follow on milk'

Free vitamins

Tablets to support pregnancy and breastfeeding:

- Folic acid and vitamins C and D.

Drops for babies and children:

- Vitamins A, C and D.
- Formula milk has added vitamins, so ask the health visitor first if your baby is bottle fed.



Quiz

How much could these families get from Healthy Start?

1. A pregnant mum with a 3 year old child.
2. A family with a 3 month old baby and a 2 year old child.
3. A family with a 4 year old, a 2 year old and a 9 month old baby.

How do you apply for Healthy Start?



Apply online

Everyone who gets **Universal Credit**.

People who get **Child Tax Credit with a child under 4**.

www.healthystart.nhs.uk/how-to-apply/



How to apply online

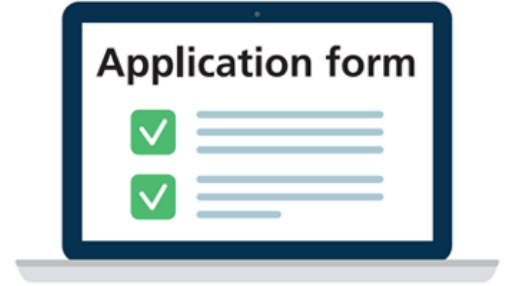
Should take around **10 minutes**.

Two parts to the application:

- The parent's details.
- The child's details.

All details need to **exactly match** the benefit claim:

- Spelling and punctuation of names.
- Format of address.
- Check UC (or other benefits) details are up to date.



To apply online, you'll need your:

- name
- address
- date of birth
- National Insurance number
- baby's due date (if you're pregnant)
- benefit award letter if you're over 18 – make sure you enter the exact details shown on your benefit award letter

Make sure that your details are up to date with HMRC or DWP – you may wish to contact them to check or update your details before you apply.

[Apply now](#)

Apply by phone



- Pregnant women with older children getting **Child Tax Credit**.
- Pregnant women **under 18**.
- People getting **Pension Credit**.
- People getting **IS, ESA or JSA**.

Call to register with Healthy Start and request an application form on **0300 330 7010** (Mon to Fri, 8am to 6pm).

Year along Health line

Application form for Healthy Start vouchers

Fill in this application form clearly in black ink, in English and in CAPITAL letters

1 Your partner – if they live with you: by partner we mean a person you are married to, or live with or your civil partner

1.1 Your partner's details

Title	First name	Surname	Date of birth	National insurance number	
Tick all the benefits you are getting:					
<input type="checkbox"/>	Income Support	<input type="checkbox"/>	Income-related Employment and Support Allowance	<input type="checkbox"/>	Income-based Jobseeker's Allowance
<input type="checkbox"/>	Child Tax Credit (with a family income of £16,760 or less per year)	<input type="checkbox"/>	Universal Credit (with a family take home pay of £408 or less per month)		

2 Your address and telephone number: Please tell us where you live and your current telephone number

Line 1	Country
Line 2	
Town	
Postcode	Telephone number

3 Your partner – if they live with you: by partner we mean a person you are married to, or live with or your civil partner

3.1 Your partner's details

Title	First name	Surname	Date of birth	National insurance number	
Relationship to applicant					
Tick all the benefits you are getting:					
<input type="checkbox"/>	Income Support	<input type="checkbox"/>	Income-related Employment and Support Allowance	<input type="checkbox"/>	Income-based Jobseeker's Allowance
<input type="checkbox"/>	Child Tax Credit (with a family income of £16,760 or less per year)	<input type="checkbox"/>	Universal Credit (with a family take home pay of £408 or less per month)		

4 Your carer and carer's partner: Only fill this in if you are under 18 (or under 20 and in full-time education) and live with a carer – e.g. a parent

4.1 Your carer

Title	First name	Surname	Date of birth	National insurance number
Relationship to applicant				

4.2 Your carer's partner (if over 18 years old and living with you)

Title	First name	Surname	Date of birth	National insurance number	
Relationship to applicant					
Tick all the benefits that your carer and your carer's partner are getting (even if you are applying because you are pregnant and under 16, as it will help us see if you may be able to get vouchers after your baby is born):					
<input type="checkbox"/>	Income Support	<input type="checkbox"/>	Income-related Employment and Support Allowance	<input type="checkbox"/>	Income-based Jobseeker's Allowance
<input type="checkbox"/>	Child Tax Credit (with a family income of £16,760 or less per year)	<input type="checkbox"/>	Universal Credit (with a family take home pay of £408 or less per month)		

5 Complete if you are 18 or 19 years old, in full-time education and pregnant

I am included in my carer's/partner's claim for:

<input type="checkbox"/>	Income Support	<input type="checkbox"/>	Income-related Employment and Support Allowance	<input type="checkbox"/>	Income-based Jobseeker's Allowance
<input type="checkbox"/>	Child Tax Credit (with a family income of £16,760 or less per year)	<input type="checkbox"/>	Universal Credit (with a family take home pay of £408 or less per month)		

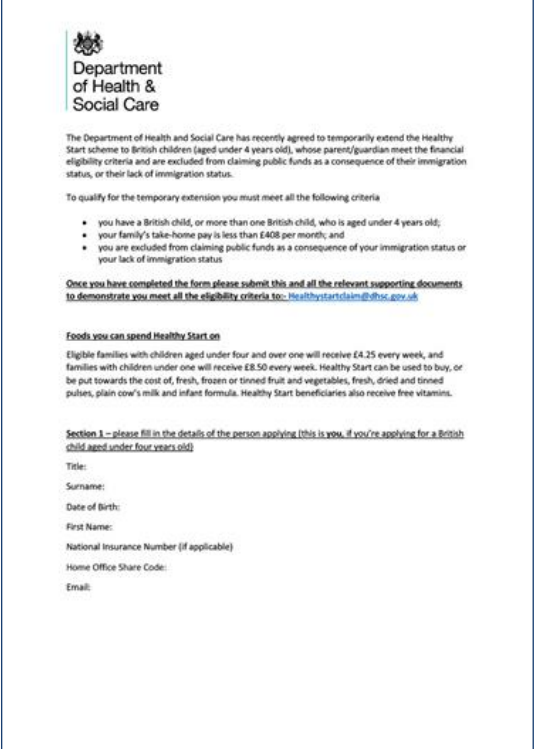
PLEASE TURN OVER


Apply by email

People with NRPF or no immigration status can only request an application form by email: healthystartclaim@dhsc.gov.uk

The process can be complex and take longer.

They may also need legal advice about their immigration status.




Department
of Health &
Social Care

The Department of Health and Social Care has recently agreed to temporarily extend the Healthy Start scheme to British children (aged under 4 years old), whose parent/guardian meet the financial eligibility criteria and are excluded from claiming public funds as a consequence of their immigration status, or their lack of immigration status.

To qualify for the temporary extension you must meet all the following criteria

- you have a British child, or more than one British child, who is aged under 4 years old;
- your family's take-home pay is less than £408 per month; and
- you are excluded from claiming public funds as a consequence of your immigration status or your lack of immigration status

Once you have completed the form please submit this and all the relevant supporting documents to demonstrate you meet all the eligibility criteria to: Healthystartclaim@dhsc.gov.uk

Foods you can spend Healthy Start on

Eligible families with children aged under four and over one will receive £4.25 every week, and families with children under one will receive £8.50 every week. Healthy Start can be used to buy, or be put towards the cost of, fresh, frozen or tinned fruit and vegetables, fresh, dried and tinned pulses, plain cow's milk and infant formula. Healthy Start beneficiaries also receive free vitamins.

Section 1 – please fill in the details of the person applying (this is you, if you're applying for a British child aged under four years old)

Title:

Surname:

Date of Birth:

First Name:

National Insurance Number (if applicable)

Home Office Share Code:

Email:

Quiz

1. Who can apply online?
2. Who cannot apply online and should start their claim with a phone call to request the form?
3. Who can only apply by requesting a different form by email?

**What
should you
do after
baby is
born?**



Tell Healthy Start

When **the baby is born**, to get the higher amount for a child under 1 and so that the benefit stays in payment.

If you stop receiving your 'qualifying benefit' .

You can report a change by calling the Healthy Start helpline on **0300 330 7010 (choose other option)** (Mon to Fri, 8am to 6pm).



Get the right benefits with a new-born

Get 2 **long birth certificates** from the registry office in the borough of the hospital where baby was born.

Claim **Child Benefit** - for a first child you apply by post, for other children you apply online to add a child.

Report a change of circumstances through your UC journal.

Or for Tax Credits inform HMRC through Government Gateway or by phone.



Whole group discussion

You support a pregnant woman to start her claim for Healthy Start:

1. What might she need to know about making sure she gets the right benefits after her baby is born?
2. What do you think would be the best way to give her this information?

How do
you use
Healthy
Start?



How do you start using the card?

The card should arrive by post in 1 - 2 weeks.



Call the 24-hour automated helpline on **0300 330 2090** to:

- Activate the card.
- Get the PIN to use on the first transaction.
- Check the balance.
- Report a lost, stolen or damaged card.

Where can you use the card?

Anywhere that takes **Mastercard®** (supermarkets, markets, local shops).

The card **cannot** be used online or at a cashpoint.

You can spend any amount of the balance and split the payment with another payment method if needed.



How do you get money on the card?

The card will be topped up automatically **every 4 weeks**.

You have to use each payment **within 16 weeks**.

If you don't:

- Your claim will be stopped.
- The money on the card will be taken back.

The claim can also be suspended if you buy products that are not included in the scheme.



What can you buy with Healthy Start?



Fruit juice

- ✓ Concentrated or fresh
- ✓ Pure juice only
- ✗ Not 'juice drink'

Fruit and vegetables

- ✓ Fresh, frozen, tinned

Pulses e.g. lentils

- ✓ Tinned or dried
- ✗ No added ingredients
e.g. salt, sugar or sauce



What can you buy with Healthy Start?



Cow's milk

- ✓ Fresh or UHT
- ✗ Not flavoured, condensed, sweetened or powdered



Infant formula milk

- ✓ Suitable from birth
- ✗ Not 'follow on milk'

Healthy Start vitamins

Vitamins are stocked by some:

- Pharmacies (Check which ones offer)
- Health Centres.

You may have to show your card when you collect, but no money will be taken.



Where can you get the vitamins?

Croydon Pharmacies

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Health Visitors

<https://www.croydonhealthservices.nhs.uk/health-visitors/>

Duty Telephone system: 0208 274 6006 – Option 1 - Monday to Friday
9.15am – 4.30pm (closes for lunch from 12.30-1.30pm)

Whole group discussion

A customer tells you their card doesn't work. What might you want to check with them?

**If you need
more help**



Get help applying online or by phone

Healthy Start helpline (**0300 330 7010**):

- Mon to Fri, 8am to 6pm.
- Choose 2 for an interpreter.
- Choose 3 on both menus for everything else.

Calls are generally **answered immediately**.

No support by phone for NRPF applications.

Alternatively, email healthy.start@nhsbsa.nhs.uk.



Get help making a NRPF application

Not everyone will have the documents requested:

- Proof of NRPF or lack of immigration status,
- Proof that the child is British,
- Evidence of financial situation.

Contact by email to ask questions if needed - no phone support is available.

Send completed form and supporting evidence by email: healthystartclaim@nhsbsa.dhsc.gov.uk.



Get help from Citizens Advice



<https://citizensadvicecroydon.paperform.co/>

Or call **0808 278 7960**

You can call from 9am to 5pm, Monday to Friday.

Your call might not be answered by someone from the Croydon office. When advisers in Croydon are on other calls, a trained Citizens Advice adviser from another part of the country will answer your call.

Quiz

1. Where can you get vitamins in Croydon?
2. Are there interpreters available on the Healthy Start helpline?
3. Which group will not be able to get help with their application from the Healthy Start helpline?

Resources to promote Healthy Start



Posters

Help to buy food and milk.

Get help to apply online.

Vitamins available here.



NHS

Uur ma leec
waxaad leec
ka yar 4

Waxaad heli kartaa caano iyo
khudaar, mirha, caano iyo
vitamins.

Waxa kale oo aad heli
kartaan caano iyo khudaar
Bilawga Caafimaadka NHS.

**Need help applying for the
NHS Healthy Start scheme?**

If you're eligible, we can help you apply.

www.healthystart.nhs.uk
@NHSHealthyStart

SCAN ME

SCAN ME

Leaflets

How to apply and what you get.

Easy read leaflet.

Using the scheme after receiving the card.

Cómo ponerse en contacto

Llame al 0300 330 2090 para:

- active su tarjeta
- obtenga su Número de Identificación Personal (PIN)
- consulte su saldo
- denuncie la pérdida o el robo de su tarjeta

Este es un servicio automatizado disponible las 24 horas, días de la semana.

Si su tarjeta no funciona en la tienda, verifique que:

- la haya activado
- antes de intentar realizar pagos sin contacto esté utilizando el PIN correcto
- tenga saldo suficiente para cubrir la transacción
- la tienda acepte pagos con Mastercard®
- los artículos que está comprando sean requisitos de Healthy Start

आमि की किनते पारब?

यलं ओ शाकसवजि:

- ✓ ये धरनेर यलं ओ शाकसवजि केना यावे:
- ताजो, फोजेन (हिमाहित) वा टिनजोत
- आठे वा टुकरो करे काटा
- पाकेटजोत अथवा योला
- फलेर रसे फल
- पानिनेत फल वा शाकसवजि
- ताजो, सुकनो अथवा टिनजोत डाल

✗ ये धरनेर फलं ओ शाकसवजि केना यावे ना:

- चिनि वा खादयुक्त शक्रे करारा करा

इनफ्यान्ट फर्नूला (शिशुदेर जना फुद्रेमतावे तैरि बुकेर मुधेर विकरु मुध)

- ✓ केवलमार श्याज ओयन फोस्ट इनफ्यान्ट फुद्रेला
- पकुर मुध थेके तैरि
- पुद्रेगठनवे सम्पूर्ण

✗ येमनीत केना यावे ना:

- फलेला, अन्न फुद्रेला वा मुध (6 मास थेके, वा 6-12 मास)

Who can apply for NHS Healthy Start?

त हवे, या पाद्वरित, वा अपुला-हिट

या:

Under 18's: Anyone who is under 18 and pregnant can apply.

Over 18's, you must be:

- At least 10 weeks pregnant
- Have at least one child aged under 4

What is NHS Healthy Start?

If you're pregnant or have children under the age of four you could get payments every four weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You could also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to one year old
- £4.25 each week for children between one and four years old

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

Who can apply?

You could qualify for the NHS Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child aged under four.

In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for NHS Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only (Working Tax Credit run-on is the Working Tax Credit you receive in the four weeks immediately after you have stopped working for 16 hours or more per week)

How to apply

- 1 Visit www.healthystart.nhs.uk
- 2 Fill in the online application form
- 3 Receive your prepaid card in the post
- 4 You'll need to activate your card to get your PIN before using it
- 5 Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments
- 6 You'll need to insert your card into the card reader and enter your PIN the first time you use your card

Your card will be topped up with your benefit every four weeks.

You can also use your card to collect free Healthy Start vitamins.

हेलथि स्टार्ट

खादा ओ मुध किनते

Online resources

Health messaging.

Eligibility criteria.

Applying online.

Using the scheme.



Languages available

- Arabic
- Bengali
- English
- Chinese
- Gujarati
- Hindi
- Polish
- Punjabi
- Romanian
- Slovak
- Somali
- Spanish
- Ukrainian
- Urdu

Break out room discussion

1. How will you use these resources to promote Healthy Start at your foodbank?
2. What emotions might someone visiting the foodbank be experiencing? How can you avoid someone feeling judged or singled-out when you talk about Healthy Start?

Communicating about Healthy Start

People might have strong emotions about not always being able to get enough healthy food for the family. It is better not to raise this yourself as it could be heard as judgemental even if you don't mean it like that.

If someone chooses to tell you that they are having difficulty, how could you acknowledge what you've heard?

"Thank you for sharing that with me, it sounds like you are dealing with a lot at the moment."

Communicating about Healthy Start

Having posters up can help you tell everyone who might be eligible about Healthy Start. What could you say?

“Have you heard of Healthy Start? We want to make sure that everyone who can is getting it.”

Focus on the positives, and make Healthy Start a social norm. What could you say?

“Lots of the mums who come here have this card. They like that it helps them spend more on fruit and veg.”

Other resources for families with young children



Family Hub / Children's Centres

The North and Central Hub and Spoke Model

North hub

Kensington Avenue Children's Centre

With services also running from:

- Winterbourne Children's Centre

Central hub

Selhurst Children's Centre

With services also running from:

- Aerodrome Children's Centre
- Malling Close Children's Centre
- Shirlev Children's Centre

Benefits:

Build social network for parent and child

Reduce isolation

Early years education through toys and activities

Additional support and information from staff and volunteers

Libraries Have regular Rhyme Time, Story Time and Art Club sessions. Also, lots of children's books to borrow!

- <https://www.croydon.gov.uk/libraries-leisure-and-culture/libraries/find-your-library>
- 14 libraries.



Project 17 for people with NRPF

Project 17 supports families with No Recourse to Public Funds or no immigration status to apply for section 17 support from Children's Services.

They can support professionals working with a family, and take on a limited amount of casework:

- 07963 509044 to self refer.
- Advice for professionals on 07701 330016 or by email info@project17.org.



Whole group discussion

Do you know of any other local services for pregnant women or families with young children which we could include in this presentation?

Any questions?

Have a look at the list of things you made in the first group discussion about what you wanted to know about Healthy Start – is there anything we didn't cover?

Or anything else you would like to ask?

Thank you

Marisca Ribeiro

Citizen Advice Wandsworth



Addendum

The online application form page by page.

Get help to buy food and milk

(Healthy Start)

If you're at least 10 weeks pregnant or have a child under 4 years old, you could get help to buy milk, fruit and vegetables.

If you qualify you get:

- £4.25 each week of your pregnancy from the 10th week
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

The money will stop when your child is 4 years old or if you no longer receive benefits.

[Start now](#)

Before you start

The Get help to buy food and milk (Healthy Start) service uses government data sources to check your eligibility.

We'll ask for your:

- personal details (including your National Insurance number)
- pregnancy due date (if you are pregnant)
- children's details (their names and dates of birth)

Universal Credit claimants

To be paid correctly for all of your children, make sure that each child is named on your Universal Credit claim.

Go to your [Universal Credit account](#) to check this.

If we need more information about your application, we might ask you to send us copies of documents that prove your:

- identity (for example, birth certificate, marriage certificate, passport, driving licence or immigration visa)
- eligibility (benefit awards notice)
- children's eligibility (birth certificate)

If we ask to see these, make sure you send copies of valid documents. We cannot accept expired documents.

[Continue](#)

[< Go back](#)

Do you live in England, Wales or Northern Ireland?

Yes No

Continue

[< Go back](#)

What is your name?

Use the name that's on your official documents, such as passport, driving licence, or any benefit claims.

First name

Last name

[▶ Why we ask for your name](#)

[Continue](#)

[< Go back](#)

What is your address?

Building and street

Address line 2 (optional)

Town or city

Postcode

▶ [If you do not know which address to use](#)

[Continue](#)

[< Go back](#)

What is your date of birth?

For example, 15 3 1984

Day	Month	Year
<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="2000"/>

▶ [Why we ask for your date of birth](#)

Continue

[< Go back](#)

What is your National Insurance number?

It's on your National Insurance card, benefit letter, payslip or P60. For example, 'QQ 12 34 56 C'.

▶ [Why we ask for your National Insurance number](#)

Continue

[< Go back](#)

Check your answers

About you

Name	Test Smith	Change
Address	Stella House Goldcrest Way Newcastel NE15 8NY	Change
Date of birth	1 January 2000	Change
National Insurance number	XA123456C	Change

Continue

Eligibility is checked when you click 'Continue'.

[< Go back](#)

Are you more than 10 weeks pregnant?

You must have completed your 10th week of pregnancy.

Yes No

[▶ If you are less than 10 weeks pregnant](#)

Continue

[< Go back](#)

What is your due date?

For example, 28 8 2023

Day	Month	Year
<input type="text" value="1"/>	<input type="text" value="5"/>	<input type="text" value="2023"/>

If you are unsure, or still awaiting a [dating scan](#), you can work out when you might expect your baby to arrive using the [NHS pregnancy and due date calculator](#).

Continue

[< Go back](#)

Do you have a child under 4 years old?

Yes

No

Continue

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What is your child's name?

If you have more than one child under 4 years old, you will be able to tell us about them later.

First name

Last name

[▶ Why we ask for your child's name](#)

[Continue](#)

[< Go back](#)

What is Baby's date of birth?

For example, 28 3 2021

Day	Month	Year
<input type="text" value="1"/>	<input type="text" value="1"/>	<input type="text" value="2021"/>

▶ [Why we ask for your child's date of birth](#)

Continue

[< Go back](#)

Children under 4 years old that you have told us about

Children under 4 years old

Baby Smith

Born on 1 January 2021

[Remove](#)

Do you have any other children under 4 years old?

Yes

No

[Continue](#)

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What is your email address? (optional)

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Check your answers

About you

Name	Test Smith	Change
Address	Stella House Goldcrest Way Newcastel NE15 8NY	Change
Date of birth	1 January 2000	Change
National Insurance number	XA123456C	Change
Currently pregnant	Yes	Change
Children under 4 years old	Yes	Change

About your pregnancy

Due date	1 May 2023	Change
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About your children under 4 years old

Child 1	Remove
Child's first name	Baby
Child's date of birth	1 January 2021

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Terms and conditions

Declaration

By submitting this application, I acknowledge that I have read and understood the following terms and conditions:

About your application

- I declare that my current benefit claim is correct, complete and up to date as far as I know and believe.
- I declare that I'm responsible for any dependants listed on this claim or the person entitled to the qualifying benefits is responsible for the dependants listed on the claim.
- I understand that I may be prosecuted if I provide details that are neither complete nor correct.
- I agree to update the NHS Business Services Authority if any of the details given in this application change.
- I have read and understood the rules of the Healthy Start scheme and will abide by the obligations under the scheme.

The [NHSBSA privacy notice](#) sets out how we process and protect personal data and your rights in respect of your own information. For more information, you can also email healthy.start@nhsbsa.nhs.uk.

Accept and send