

Healthy Start Vitamins FAQs - Well Newham Programme

Healthy Start Vitamins, Card & Vitamin D (60+)

Who can get free Healthy Start vitamins?

In Newham, vitamins are available to:

- Pregnant people (from 10 weeks onwards)
- Breastfeeding parents (until your baby's 1st birthday)
- Children (from birth up to their 5th birthday)

You do not need to be on benefits – Newham offers a universal vitamin scheme.

Where can I get free Healthy Start vitamins?

You can collect vitamins from your local distribution site.

Find your nearest location using the postcode checker on the Well Newham website.

What vitamins are available?

- Pregnancy vitamins (tablets)
- Children's vitamin drops

These are provided free of charge.

What do Healthy Start vitamins contain?

- For children: vitamins A, C and D
- For adults: folic acid, vitamins C and D

Do I still need vitamins if I eat a healthy diet?

Yes, some vitamins are hard to get enough of through diet alone:

- Young children may not get enough vitamins A and D
- Pregnant and breastfeeding people may not get enough vitamin D or folic acid

These are important for your health and your baby's development.

When should I start taking pregnancy vitamins?

Healthy Start vitamins are available from 10 weeks of pregnancy.

How often should I take the vitamins?

Follow the instructions on the packaging or advice from your health professional.

Can babies have both formula milk and vitamin drops?

Yes, but:

- Babies usually do not need vitamin drops if they drink 500ml or more of formula a day
- This is because formula milk already contains added vitamins

My child drinks less than 500ml of formula – should they take vitamins?

Yes. If your child drinks less than 500ml of formula a day, vitamin drops are recommended.

Do breastfeeding parents still need vitamins?

Yes. If you are breastfeeding, you can continue taking Healthy Start vitamins until your baby's 1st birthday.

Do I need to register or apply?

No. You do not need to apply, just collect vitamins from a local distribution site.

Do I need to show proof to collect vitamins?

No proof required.

How many bottles can I collect at once?

You can collect one bottle per child.

Can someone collect vitamins on my behalf?

Yes

What if my local collection site has run out of vitamins?

You can collect at any other distribution sites in Newham ([insert link for distributors map](#))

Are Healthy Start vitamins suitable for my dietary or religious needs?

Both vitamins (mums and babies) are suitable for vegetarian and halal diets, supporting a wide range of cultural and dietary needs.

How do I give my child vitamin drops?

Follow the instructions on the bottle. If you're unsure, ask a health visitor or pharmacist .

Are there any side effects?

Healthy Start vitamins are safe when taken as directed.

If you have concerns, speak to a healthcare professional.

What if I miss a dose?

Do not worry. Just continue as normal the next day. Do not give a double dose.

Can I get help or advice about vitamins?

Yes. You can speak to:

- Your midwife/GP
- Your health visitor
- A pharmacist

They can advise you on which vitamins you need and how to take them.

Where can I find more information?

Free Healthy Start Vitamins Scheme | Well Newham

<https://www.wellnewham.org.uk/advice/free-healthy-start-vitamins-scheme>