

Vitamin D (60+) FAQs - Well Newham Programme

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

What is vitamin D?

Vitamin D is a nutrient that helps your body absorb calcium and phosphate.

It is essential for:

- Strong bones and teeth
- Healthy muscles

Your body makes vitamin D from sunlight and it is also found in:

- Oily fish
- Egg yolks
- Fortified foods
- Supplements

Why is vitamin D important?

Vitamin D:

- Helps keep bones and teeth strong
- Supports muscle strength
- Supports the immune system

May help reduce the risk of falls and illness

What is in the supplement?

Vitamin D supplements are provided as tablet supplements.

Who is this offer for?

This offer is for Newham residents aged 60 or over.

As we get older, it can be more difficult to get enough vitamin D, which is important for maintaining good health.

Where can I find more information?

You can find out more about the programme here:

Well Newham Vitamins Programme | Well Newham

You can also speak to staff or volunteers at a vitamin D collection site which can be found on the Well Newham Vitamins page.

Do I need to make a booking?

No. You do not need to book—you can visit a collection site during opening hours.

What do I do when I arrive?

Staff or volunteers will:

- Check that you (or the person you are collecting for) are aged 60 or over
- Take a few basic details
- Provide your vitamin D supplements

You do not need to bring ID.

Do I need to fill out a form?

No. You do not need to complete a form yourself.

How many bottles can I collect?

You can collect up to bottles per family.

One form needs to be completed per person. Residents can collect when supply runs out.

Do I have to return to the same collection site?

No. You can collect your supplements from any participating site in Newham.

Can someone collect vitamin D on my behalf?

Yes, someone can collect supplements for you.

What if a collection site runs out of stock?

Please collect from any participating distribution site in Newham

How do I take the vitamin D supplement?

- Take one tablet per day
- Each tablet contains 1,000 IU (25 micrograms)
- Take with food or drink at any time of day

Store in a cool, dry place below 25°C.

How long should I take vitamin D for?

Vitamin D is usually recommended all year round for adults over 60.

Can I take vitamin D if I don't go outside much?

Yes. People who spend little time outdoors are more likely to need vitamin D supplements.

Can I take it if I am on other medication?

Vitamin D is safe with most medicines.

If you:

- Take prescribed medication
- Have a health condition

please speak to your GP or pharmacist first.

Is there a chance of taking too much?

Yes. Only take one tablet per day (25 micrograms) unless advised by your doctor.

Always follow medical advice if you have been prescribed a different dose.

Could it have side effects?

Vitamin D is safe when taken as recommended. Always check the label if you have allergies.

What happens if I forget to take a tablet?

If you miss a dose:

- Take your next dose as normal the following day
- Do not take a double dose

I already take vitamin D prescribed by my doctor. Should I take this as well?

No.

Follow your doctor's advice and do not take additional supplements unless advised.

Do I need to get my vitamin D levels checked?

Routine testing is not usually needed.

Your GP may check your levels if:

- You have symptoms
- You have specific health concerns

Does vitamin D help with joint pain or tiredness?

Vitamin D mainly supports bone, muscle and immune health.

It may help reduce the risk of falls, but it is not a treatment for specific conditions.

Speak to your GP if you have ongoing symptoms.

Where can I find more information?

- Well Newham Vitamins Programme | Well Newham
- Speak to staff at your local collection site