

## A healthy start to life

All children are entitled to have a healthy start in life. If you're feeling the financial pinch and you're worried about obtaining the essentials for the little ones, the NHS Healthy Scheme is here to help.

The NHS Healthy scheme helps people on lower incomes to fund the cost of milk, vegetables and fruit for their babies and children up to the age of four.

To be eligible for this scheme you need to be at least 10 weeks pregnant or have a child under the age of 4 and be in receipt of a weekly household income of £408 or less.

If you receive Child Tax Credit, you are eligible if you meet the criteria above and don't receive Working Tax Credit.

### You could receive a prepaid card providing;

- £4.25 for each week of 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.

If you'd like to apply for the scheme go to [www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/).

You will need to provide your name, address, date of birth, National Insurance Number, baby's due date if you are pregnant, and benefit award letter if you are aged over 18 years (make sure you enter the exact details shown on your letter).



If you'd like access to some additional support, visit your local family centre to get some free vitamins for yourself (10 weeks+ pregnant) or for your children aged under 4 years.

To find out more about the NHS Healthy Start, visit [www.hertsfamilycentres.org/healthystartvitamins](http://www.hertsfamilycentres.org/healthystartvitamins) or go to #HealthyStartHerts on social media for additional information.

# 26 April: Learn more about your diabetes reviews

**If you or someone you know has diabetes or is at risk, you may be aware that every year a review is needed – but why is it necessary and what are the risks if we ignore the check?**

Join a webinar on Wednesday 26 April, 7-8pm with Dr Asif Faizy – a Watford GP with specialist knowledge of diabetes, who will be discussing the need for these reviews and the benefits.

If you would like to send a question to Dr Faizy to answer during the webinar, please send them to [Alan Bellinger](#). You can sign up for this free event via [Eventbrite](#).

Find out more at [www.hwedsg.co.uk/](http://www.hwedsg.co.uk/).



## Take care during Ramadan

**Ramadan, the Muslim period of fasting, prayer and reflection, began on 22 March.**

The Qur'an requires Muslims to fast during Ramadan, from sunrise to sunset, however people who are unwell or have medical conditions are not expected to take part.

Please follow advice and guidance to fast safely. Here is a general guide to looking after your health during Ramadan: [Ramadan health guide \(mcb.org.uk\)](http://mcb.org.uk).

If you have diabetes, speak to your diabetes team or your imam to decide how best to observe the holy month and manage your diabetes or visit Diabetes UK for advice: [Diabetes and Ramadan | Fasting | Diabetes UK](#).



## Protect your family from e.coli

**Lambing season is upon us, a popular time to visit farms and petting zoos. However, it is crucial to practice good hand hygiene to lessen the chance of bacteria spreading from the farm to your home.**

Despite how cute the animals may look, it is important to remember that they can carry infections that are harmful to people. These include e.coli, salmonella and cryptosporidium.

Washing your hands several times a day for at least 20 seconds with soap and warm water combats the risk of contracting most viral infections, particularly after touching animals.

**Want to know how long 20 seconds is?** Sing the chorus of Staying Alive by Bee Gees while you wash your hands, and protect yourself and others from the spread of bacteria.

To read more about keeping you and your children safe while visiting farms, visit [Keeping Safe and Well Whilst Visiting Farms & Petting Zoos \(hertfordshire.gov.uk\)](http://Keeping Safe and Well Whilst Visiting Farms & Petting Zoos (hertfordshire.gov.uk))





# Free over the counter medicines

# NHS



**Did you know that anyone who does not pay prescription charges can get free over-the-counter medicines?**

If you already get free prescriptions because of a low income, or because your child is aged under 17 (or 19 if in full time education), you can often get other free non-prescription medicines for minor ailments too.

This is known as the NHS minor ailments scheme. It can save you money for treating common conditions such as coughs, verrucas, diarrhoea, eczema, ear and eye infections, nappy rash, cradle cap and head lice.

The minor ailments scheme isn't available everywhere. You'll find it in selected Boots and Lloyds pharmacies, plus other chains and independents.

Ask your local pharmacy for details and remember to take proof that you're eligible for free prescriptions, e.g. proof of age or the relevant certificate.

If you don't qualify for free prescriptions, remember that many generic medicines cost less than the £9.65 price of a prescription. If in doubt, ask your pharmacist for advice.

## Improve your home and save on energy bills

**The cost-of-living crisis is affecting many people's pockets. If you're looking for some financial relief, the new ECO4 Home Upgrade scheme may be able to help.**

Broxbourne Borough Council is working with energy company E.ON to help eligible households in Waltham Cross, Rosedale and Bury Green by insulating their homes. The ECO4 Home Upgrade scheme will improve your home's energy efficiency and save you money on your energy bills.

To find out more about your eligibility and how to apply for the scheme, visit [www.broxbourne.gov.uk/ECO4](http://www.broxbourne.gov.uk/ECO4).



## Spring COVID-19 boosters

**This spring, COVID-19 spring boosters will be offered to:**

- residents in a care home for older adults (from 3 April);
- people aged 75 years and over (from 17 April);
- people aged 5 years and over who are immunosuppressed (from 17 April).

GP practices will vaccinate their most vulnerable patients first. Vaccinations will then be available for eligible residents at more than 60 local pharmacies, most GP practices and some 'pop-up' vaccination clinics across Hertfordshire.

You will be contacted when it is your turn, please don't ring your practice to book an appointment before then.

If you have never had a COVID vaccination before and would like to protect yourself, first and second doses will only be available until 30 June 2023, so please **make an appointment online**, speak to a pharmacist or ring 119 for more information.

Find out more at [hertsandwestessexics.org.uk/covid-19](http://hertsandwestessexics.org.uk/covid-19).