

The NHS Healthy Start Scheme: Staff Briefing Sessions (2025-26)

If you are more than 10 weeks pregnant or have a child under 4 years old and receive certain benefits, you could be eligible for NHS Healthy Start.

The NHS Healthy Start scheme helps young families on low incomes to buy healthy food and milk and get free Healthy Start vitamins.

These 1 hour online Staff Briefing Sessions are for any colleagues working in the Bradford District who would like to update their knowledge on the national NHS Healthy Start scheme and the local Bradford District Healthy Start vitamin distribution schemes.

Tuesday 25th November 2025	12.30-13.30pm (online)
Monday 1st December 2025	10.30-11.30am (online)
Friday 12th December 2025	9.30-10.30am (online)
Tuesday 20th January 2026	12.30-13.30pm (online)
Thursday 12th February 2026	9.30-10.30am(online)
Monday 9th March 2026	10.30-11.30am (online)

To book a place on one of these online sessions please email:

katie.smith@bthft.nhs.uk

Please include your name, email address, job title and work postcode. Thank you.

For further information regarding the NHS Healthy Start scheme please go to
www.healthystart.nhs.uk