



Salford City Council



Healthy Start Training

What is Health Start?

The NHS Healthy Start scheme helps families and pregnant people on low incomes to get healthy food, milk and vitamins. If a client is more than 10 weeks pregnant or has a child under 4, they may be entitled to get help to buy healthy food and milk.

Do you want to learn more about:

- Understanding eligibility for Healthy Start
- Helping your clients apply for Healthy Start
- Troubleshooting challenges with the Healthy Start Scheme

Presenters: Betty-Ann Bristow-Castle: Visit from the Stork (VFTS) Co-interim CEO and Be Open on Breastfeeding Support (B.O.O.B.S) Project Manager

Claire Carey: Visit from the Stork (VFTS) Co-interim CEO and Stork Support Project Manager

Target Audience: statutory agencies, charities, voluntary organisations, frontline staff / volunteers, leadership. Those individuals who support families and can assist/support them with submitting an application to the Healthy Start scheme, and those individuals who support families and can raise awareness of the Healthy Start scheme in Salford.

Aims and objectives:

- Understand Eligibility – Learn about who is eligible and who isn't, and fix the issues before they arise;
- Empower Communities – Gain practical knowledge to help families in Salford;
- Increase Uptake of the Healthy Start scheme – Become informed and equipped to promote the scheme to families in Salford, increasing the number of successful applications to the scheme.
- Many families and individuals are missing out on financial support that could help them afford nutritious food and essentials. This training will

equip participants with the knowledge to spread awareness and ensure more people access the resources they are entitled to.

Date	Time	
Monday 24 th November 2025	11.30am - 1pm	Booking form

Places are unlimited, once you have completed the booking form your place is secure.

The training will be delivered via Microsoft Teams and you will receive an the link to the session approximately 2 weeks before the session.