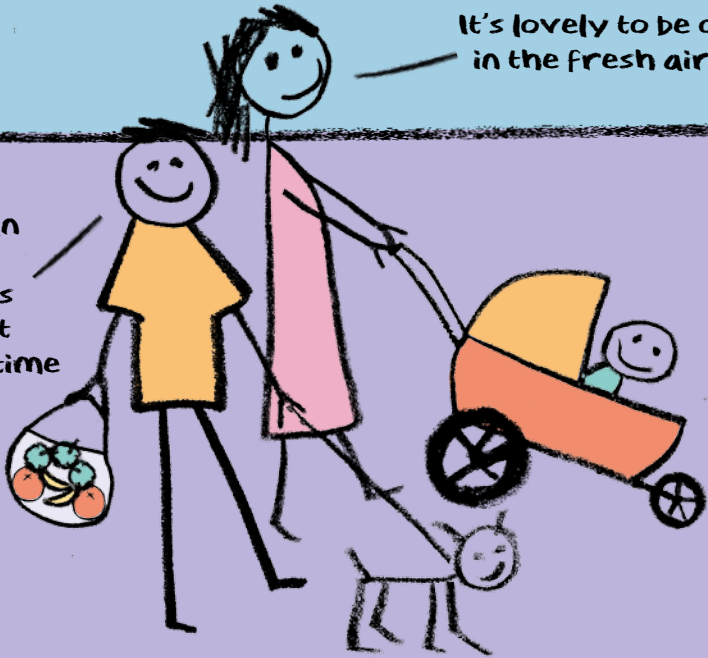


Keep active this summer



It's lovely to be out in the fresh air

And we can post our tax credits renewal at the same time



HEALTHY START

HS10712MNTHS

Keeping you and baby on the move

Research shows that if you keep active, you'll feel more energetic and have more muscle strength – perfect for all the extra work looking after your new arrival.

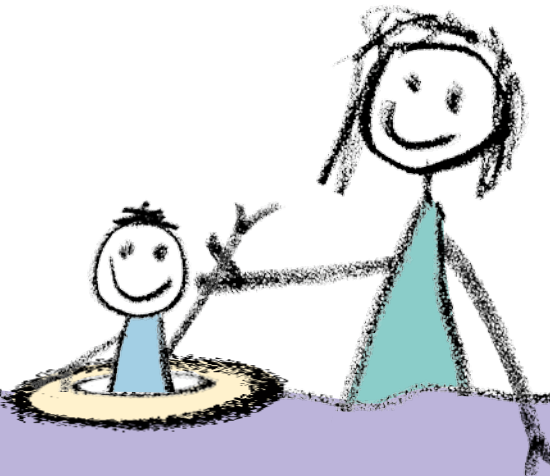
Regular activity will also release feel-good chemicals into your bloodstream and can help you lose the baby weight at the same time!

Here are some simple ideas for keeping active with your baby:

- Take your baby out for a brisk walk with the pram – it's free, will improve your circulation and gets you out in the fresh air and sunshine. Why not go for a stroll to a local shop to spend your Healthy Start vouchers?
- Check your council website to see if there are any swimming pools in your area. Some offer crèche facilities or let you bring your baby into the pool with you – a great activity for you both!
- Ask your health visitor about postnatal exercise groups you could join in your area. Some of these classes are free, and it's a great way to meet other mums.
- Make sure your baby keeps active too! Lay your baby down on their stomach so that they can move their arms and legs. Bottom shuffling, crawling and rolling are all good exercise for babies so make sure they have lots of opportunities to try their new skills.

Top tips

Low-impact activities such as walking and stretching are safe to begin immediately after an uncomplicated pregnancy and delivery. If you had your baby by C-section, or if this is your first attempt at exercising, start slowly and get advice from your midwife or health visitor.

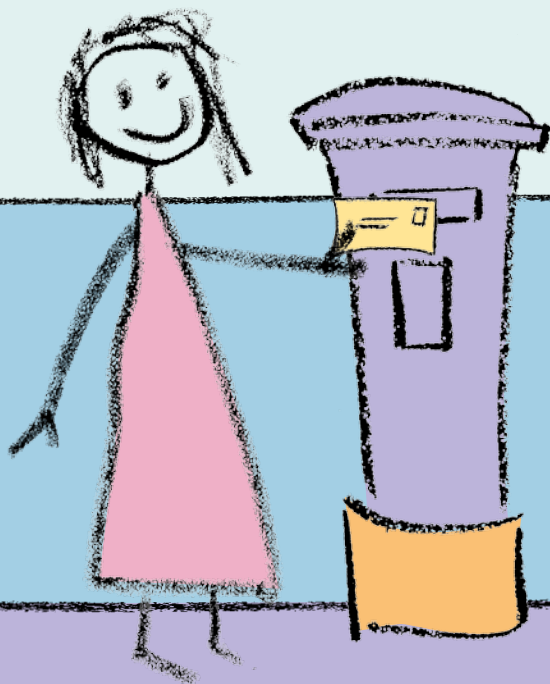


Time to renew your tax credits!

It's that time of year again when you need to check and renew your tax credits claim – you should have received your tax credits renewal pack in the post. If you haven't received it by 15 July, call the Tax Credits Helpline on **0845 300 3900** and they will send one to you. You need to renew your tax credits by completing the forms and returning them by 31 July.

Remember – if you don't check and renew your tax credits claim by 31 July, you may not get the right number of Healthy Start vouchers. You might stop getting the vouchers altogether, so don't delay.

If you have any questions about tax credits renewals, just call the Tax Credits Helpline on **0845 300 3900** or visit **www.hmrc.gov.uk**



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What's good to buy now and what's coming into season next?

Get ahead of Mother Nature with our handy guide to what fruit and veg is in season:

August/September

raspberries, plums, apples,
courgettes, runner beans,
sweetcorn

October/November

blackberries, leeks, potatoes,
red cabbages, carrots



**Our new and improved Healthy Start website is coming soon!
Watch this space for more details.**

www.healthystart.nhs.uk

0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move house), remember to tell HMRC Tax Credits or Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.