

# HEALTHY START



## **Healthy Start vitamins distribution case study August 2011**

**Sussex Community NHS Trust - West Sussex**

### **Who can get Healthy Start vitamins in your area?**

They are available to beneficiaries on the scheme only.

### **Where are they available?**

6 x Health Centres

52 x Children and Family Centres

Midwifery and health visitor clinics. Where Health Visitor clinics are held in Children & Family Centres, beneficiaries are sign-posted to the centre's reception for their vitamins.

### **How is Healthy Start organised in your PCT?**

- 1 x Healthy Start central coordinator for county, part of the role of 1 member of Children's Health Improvement Team
- Commissioned by NHS Sussex's Public Health dept
- Primary senior support from Children's Services
- Phased roll-out across county. (Completed March 2011)

### **How is vitamin distribution embedded into local delivery plans?**

- Commissioned by Public Health
- Built into Childhood Obesity agenda, and also fits with Early Years agenda
- Partnership working with County Council

### **How have you trained staff and others who are giving out the vitamins?**

#### Children's Centres

- Processes developed and agreed.
- Training folder created and resources sourced.
- Sites visited by coordinator for on-site training or coordinator attended locality managers' meeting for group training

#### Midwives/Health Visitors

- Already have knowledge of scheme, so briefings issued as to new processes.

### **What has been a challenge?**

Logistics of delivery to different venues. NHS Supply site survey took months. Also, some venues are not suitable for NHS delivery, so we have to organise delivery to neighbouring centres/other centres nominated.

### **What has worked well?**

Distributing from Children's Centres has proved to be a positive experience. Some are busier than others, but our uptake has increased and it has also been useful for Health Visitor and Midwife clinics to know where there are vitamins available.

It has also forged good working relationships with the centres, which we plan to build on to deliver more health promotion in the community.

### **What advice would you give other PCTs?**

Involve your children and family centres, these are venues at the heart of communities, and they are keen to become more involved in health work.

