

Caanaha, miraha, khudaarta iyo fiitamiinnada bilaashka ah

Miyaad kuwaaga heshay?



Free milk, fruit,
vegetables and vitamins

HEALTHY
START

Maxaan fowsharradayda ku soo qaadan karaa?

- caanaha lo'da
- miraha caadi ah, daray ah ama barafaysan
- khudaarta caadi ah, daray ah ama barafaysan
- caanaha dhalada carruurta

Waxaad ka isticmaali kartaa dukaannada yar yar iyo dukaannada waaweyn ee xaafaddaada.

Waxaanad weliba heli kartaa fiitamiinnada mashruuca Healthy Start (Bilowga Caafimaadka leh) oo BILAASH AH, si loogu xoojiyo caafimaadkaaga iyo ka ilmahaaga. Ummulisadaada ama booqdahaaga caafimaadka (health visitor) weydii uun halka xaafaddaada ka mid ah ee aad iyaga ka soo qaadan karto.

Halkeen ka isticmaali karaa fowsharrada?

Dukaanno farabadan oo xaafadda ku yaalla kuwa yar yar, khudaar leyaasha iyo dukaannada waaweyn. Dukaannada kuugu dhow ka soo ogow halkan

www.healthystart.nhs.uk

What can I use my vouchers for?

- cow's milk
- plain fresh or frozen fruit
- plain fresh or frozen vegetables
- infant formula milk

You can use them at your local shops and supermarkets. And you can also get FREE Healthy Start vitamins, to boost you and your child's health. Just ask your midwife or health visitor where you can pick them up locally.

Where can I use the vouchers?

In lots of local shops, greengrocers and supermarkets. Find your nearest shops at www.healthystart.nhs.uk



Maxaan qaadnayaa?

Haddii aad uur leedahay waxaad qaadadaysaa hal fowshar toddobaadkii kaasoo qiimihiisu yahay **£3.10**

Dhallaankii kastee ka yar hal jir, waxaad ku qaadadaysaa laba fowshar toddobaadkii kuwaasoo qiimahoodu yahay wadar ahaan **£6.20**

Dhallaankii kastee hal jir ka weyn kana yar afar jir, waxaad ku qaadadaysaa hal fowshar toddobaadkii kaasoo qiimihiisu yahay **£3.10**

Maxaa taas dheer waxaannu kuu soo diri doonnaa waraaqo aad adigu ku soo gadato kiniinno fiitamiin ah dhallaankaagana aad ugu soo gaddo dhibco fiitamiin ah.

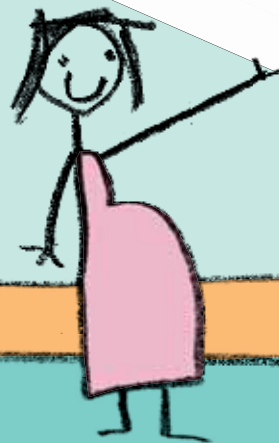
What do I get?

If you're pregnant you get one voucher a week worth **£3.10**

For each baby under the age of one, you get two vouchers a week worth a total of **£6.20**

For each child aged over one and under four, you get one voucher a week worth **£3.10**

Plus we will send you coupons for vitamin tablets for you and vitamin drops for your baby or toddler.



Miyaan u qalma?

Mashruuca Healthy Start waxaad u qalantaa haddii aad ugu yaraan 10 toddobaad uur soo sidday ama aad haysato ilme ka yar afar jir OO adiga ama qoyskaagu aad qaadataan mid ka mid ah waxyaabahan soo socda:

Taageerada Dakhliga (Income Support) **AMA**

Gunnada Shaqo-raadsadaha ee Dakhliga ku salaysan (Income-based Jobseeker's Allowance) **AMA**

Gunnada Dakhliga la xiriirta ee Shaqada iyo Taageerada (Incomerelated Employment and Support Allowance) **AMA**

Gunnada Canshuurta togan ee Carruurta (Child Tax Credit) (oo aadan qaadan Gunnada Canshuurta togan ee Shaqada (Working Tax Credit) haddii uusan qoyskaagu qaadan uun Gunnada Canshuurta togan ee Shaqada ee sii socota (Working Tax Credit run-on)*) **IYO** dakhli qoys oo sanadkii dhan £16,190 ama ka yar sanadka 2013/14.

Waxaad weliba u qalantaa haddii aad 18 jir ka yar tahay oo aad uur leedahay, xataa haddii aadan qaadan kaalmooyinkaas ama gunnooyinkaas canshuurta togan.



Do I qualify?

You qualify for Healthy Start if you're at least 10 weeks' pregnant or have a child under four years old AND you or your family get any one of the following:

Income Support **OR**

Income-based Jobseeker's Allowance **OR**

Income-related Employment and Support Allowance **OR**

Child Tax Credit (but not Working Tax Credit unless your family is receiving Working Tax Credit run-on only*) **AND** an annual family income of £16,190 or less in 2013/14.

You also qualify if you are under-18 and pregnant, even if you don't get any of these benefits or tax credits.

* Working Tax Credit run-on waa lacagta dadka shaqeeya ee lagu siinayo 4-ta todobaad ee ka danbeysa isla marka aad joojiso in aad shaqeyso 16 saacadood amaba ka badan todobaadkiiba (waa dadka qaangaarka ah ee weli doobka ah) dadka (lamaanaha ah) iyagu waa 24 saacadood todobaadkiiba.

* Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week (single adults) and 24 hours a week (couples).

Sideen u helaa fowsharrada iyo fiitamiinnada mashruuca Healthy Start?

- 1. Soo qaado buugyaraha codsashada ee mashruuca Healthy Start.** Ka eeg kiliniigga xaafaddaada ama xafiiska takhtarkaaga, ama wac **0845 607 6823**. Waxaad weliba booqan kartaa **www.healthystart.nhs.uk** si aad ugala soo baxdo (waxaad u baahan doontaa in aad soo daabacato).
- 2. Buuxi foomka codsashada.** Haddii aad gargaar u baahan tahay la hadal saaxiibbadaa, qoyskaaga ama lataliye bulsheed (community adviser).
- 3. Foomka ka soo saxiix ummulisadaada ama booqdahaaga caafimaadka.**
- 4. Boostada noogu soo dir codsashadaada.**

How do I get Healthy Start vouchers and vitamins?

- 1. Get the Healthy Start application leaflet.** Look for it in your local clinic or doctor's surgery, or call **0845 607 6823**.
You can also visit **www.healthystart.nhs.uk** to download it (you'll need to print it out)
- 2. Fill in the application form.** If you need some help, talk to your friends, family or community adviser.
- 3. Get the form signed by your midwife or health visitor.**
- 4. Send us your application in the post.**

