



# Healthy Start Lunch & Learn

## Drop-in sessions (Derby/Derbyshire)

**Aim of the session** - To Increase awareness amongst all stakeholders involved in supporting families across Derby/Derbyshire around the national Healthy Start scheme. [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**Who can attend?** – Anybody supporting pregnant mums or parents/carers with a child aged 0-4.

### What the session covers:

- Introduction to the Healthy Start scheme
- Application process
- Where the card can be used and what foods can families buy with it.
- Common challenges for families accessing the scheme
- Your role to support families access the scheme.
- Further support for you?

**When:** Wednesday 13<sup>th</sup> March 2024, 12pm – 1pm Via MS teams

Wednesday 8<sup>th</sup> May 2024, 12pm – 1pm via MS teams

Wednesday 25<sup>th</sup> September 2024, 12pm – 1pm via MS teams

Wednesday 11<sup>th</sup> December 2024, 12pm – 1pm via MS teams

**How to book** – E mail [Andy.white@derby.gov.uk](mailto:Andy.white@derby.gov.uk) or [Alison.Davies@derbyshire.gov.uk](mailto:Alison.Davies@derbyshire.gov.uk)

