

Lewisham free vitamin D scheme

Summary guide for pharmacies and children's centres

Who is eligible for free vitamin D supplements

- All pregnant women
- New mothers for one year after birth
- All children from the age of one month until their fourth birthday

Therapy Audit

This is the bespoke web-based distribution system used to register clients and monitor uptake of the vitamins in Lewisham.



Access the login page:

[https://secure.therapyaudit.com/TASstart/](https://secure.therapyaudit.com/TASStart/)

To request a new login or change of password contact Lakhvinder Matharu, Public Health Officer, on lakhvinder.matharu@lewisham.gov.uk or 020 8314 3859.

Ordering vitamins

Healthy Start Vitamins are ordered directly from NHS Supplies.

To order:

1. Login into NHS supplies website using the login details (provided in email from NHS Supplies).
2. Select requisition point and scroll down to confirm
3. Enter the product codes (NPC codes) in the search box

Vitamin D drops – 10019103 (ABX304)

Vitamin D tablets – F8888 (ABX 353)

4. Enter the quantity required and place your order

Please contact Christine Banwell, Pharmaceutical Advisor, on christine.banwell@nhs.net or 020 7206 3307 with queries relating to login or ordering.

Free vitamin D cards

Further supplies of free vitamin D cards can be ordered from Public Health.

Email: lakhvinder.matharu@lewisham.gov.uk or call 020 8314 3859.

Please allow up to ten days for receipt of supplies.



Resources

Information leaflets:

- a) Vitamin D: important information for all pregnant women, new mothers and parents of children under 4 and
- b) list of distribution sites can be downloaded from www.lewisham.gov.uk/freeD

Posters:

'Free vitamin D supplements here' can be ordered from Public Health.

Email: lakhvinder.matharu@lewisham.gov.uk or call 020 8314 3859.

National Healthy Start scheme:

Healthy Start is a national scheme aimed at families on low income and benefits, which provides vouchers for fruit, vegetables and milk for pregnant women (from ten weeks), new mothers and children under four. Families also receive vitamin coupons to exchange for Healthy Start vitamins. Healthy Start application leaflets (free milk, fruit, veg and vitamins) (HS01a) can be ordered by calling 0300 123 1002, quoting the title and the reference number or online at www.healthystart.nhs.uk/for-health-professionals/healthy-start-resources/.