



Local Availability of Healthy Start Vitamins

CSH Clinics Exchange for tokens ONLY	Children Centres BUY and exchange for tokens
<p>Banstead Clinic</p> <p>The Horseshoe, Bolters Lane, Banstead, SM7 2BQ Available Mon – Fri: 9.00am-4.30pm Unavailable: Lunchtime 12.30pm-1.00pm</p>	<p>Leatherhead Trinity</p> <p>Aperdele Rd, Leatherhead, KT22 7QT Available Mon - Fri: 8.30am-4.00pm</p>
<p>Epsom Clinic</p> <p>Church Street, Epsom, KT17 4PH Available Mon - Fri: 9.00am – 4.00pm</p>	<p>Riverview</p> <p>Riverview Road, West Ewell, KT19 0JP Available Mon -Thurs: 8.00am-5.00pm Fri 8.00am-4.00pm</p>
<p>Medwyn Centre</p> <p>Reigate Road, Dorking, RH4 1SD Available Mon - Fri: 9.00am-5.00pm Second floor ask for administrator</p>	<p>Dorking</p> <p>West Street, Dorking RH4 1BY Available Mon-Fri: 10.00am-4.00pm & Goodwyns Road Site, Goodwyns Road, Dorking RH4 2LR Available: Mon - Fri 9.00am-4.00pm</p>
<p>Leatherhead Clinic</p> <p>Poplar Rd, Leatherhead, KT22 8SD Available Mon - Fri: 9.00am-4.15pm</p>	<p>St Martins</p> <p>Worple Rd, Epsom, KT18 7AA Available Mon - Fri: 9.00am-2.30pm (Awaiting delivery date to commence)</p>
<p>Molesey Clinic</p> <p>The Forum, Walton Road, West Molesey, KT8 2HZ Available: Mon – Fri 9.00am-4.00pm</p>	

Public Health recommends the following groups take a Vitamin D supplement:

- All infants under the age of 1 year: 8.5mcg -10mcg of Vitamin D daily
- All children aged 1-4 years: 10mcg of Vitamin D daily
- All adults and children from 5 years: 10mcg of Vitamin D daily between October and April
- The following groups should also consider taking a supplement all year round: those who spend little time outside in the summer; those over 65; those with a darker skin tone.

Vitamin D is added to infant formula so your child does not need a supplement if drinking at least 500mls formula a day.

Further Information:

- www.cshsurrey.co.uk
- NHS Choices: www.nhs.uk/Conditions/vitamins-minerals/Pages/Vitamin-D.aspx
- Healthy Start: www.healthystart.nhs.uk/
- British Dietetic Association: www.bda.uk.com/foodfacts/VitaminD.pdf