



Lalley Centre, community pantry and allotment

Caritas Diocese of Salford

Free Healthy Start champion training

For those who support or encounter pregnant people and parents/carers with children aged 0-4 years.

What is Healthy Start?

A pre-paid card scheme that allows eligible families to:

- Purchase milk, fresh/frozen fruit and veg
- Source free vitamins for their children

Training includes:

- What is a Healthy Start and how to introduce it to someone
- Who can apply
- How to support someone to apply

When: Contact us now to sign up at the session most convenient for you:

21 September:
2pm to 3.30pm

19 October:
2pm to 3.30pm

23 November:
2pm to 3.30pm

Where:

The Lalley Centre, St Malachys School Basement,
Eggington Street, Manchester, M40 7RG
or Caritas House, 4 Nobby Stiles Drive, Manchester, M4 4FA

Please get in touch to discuss any accessibility needs:
lalleycentre@caritassalford.org.uk or 0161 205 2754.

