



NOSH

Tel 0330 123 0188
noshoffice@sheffield.ac.uk
www.noshvouchers.org

The NOSH Scheme offers vouchers to mums who breastfeed as a way of acknowledging the value of breastfeeding to babies, mums and society, and the effort involved in breastfeeding.

The NOSH Scheme is being tested by researchers at the University of Sheffield (in collaboration with the universities of Dundee and Brunel), so it is only available in a few areas in the UK for a limited time.
<https://www.sheffield.ac.uk/scharr/sections/ph/research/breastmilk>



The University
Of
Sheffield.

School of Health & Related Research (Public Health section)
University of Sheffield, Regent Court, 30 Regent Street, Sheffield, S1 4DA

NOSH

Vouchers for Breastfeeding



An opportunity for mums living in
Sheffield

About NOSH

NOSH is here to help you give your baby the most NOurishing Start for Health.

If you are giving your baby breast milk (breastfeeding or expressed breast milk) then you could get vouchers worth up to £200 for you and your baby.

Breast milk is perfectly designed for your baby and provides everything they need for around the first six months of their life. It helps to keep them healthy and protected from infections. What's more, it's free, ready prepared and always comes at the right temperature!

Contents

What do I get?	1
What are the vouchers for?	2
Do I qualify	3
How do I claim my vouchers?	4
When can I claim my vouchers?	5
What are the benefits of breastfeeding?	6
Where can I get support for breastfeeding?	7
Questions and Answers	8

Q What if I move house when I am on the scheme?

A Contact the **NOSH** office on noshoffice@sheffield.ac.uk with your new contact details.

Q Can I claim the vouchers if I am giving my baby expressed breast milk?

A Yes, you can claim the vouchers as long as your baby is receiving breast milk, either by bottle or breast

Q I have lost my Claim Form or freepost envelope

A Contact the NOSH Office and we will send you another one



Questions and Answers

Q How will I get my vouchers?

A Your vouchers (worth £40) will be sent to you using Royal Mail. You will need to sign for them.

Q When will I get my vouchers?

A We will send you your vouchers as soon as we get your signed Claim Form.

Q How many times can I claim NOSH Vouchers for Breastfeeding?

A If you breastfeed your baby until they are 6 - 8 weeks old then you can claim 3 times and receive vouchers worth a total of £120.

If you breastfeed your baby until they are 6 months old then you can claim 5 times and will receive vouchers worth a total of £200.

Q Can I still claim my vouchers if I occasionally give my baby infant formula?

A Yes. As long as you **mainly** give your baby breast milk you can claim your vouchers for breast feeding.

What do I get?

If your baby is being breastfed when he/she is 2 days old you will get vouchers worth £40.

You can claim more vouchers when your baby is:

10 days old	Vouchers worth £40
6 weeks old	Vouchers worth £40
3 months old	Vouchers worth £40
6 months old	Vouchers worth £40



What are the vouchers for?

You can choose whether you receive Supermarket vouchers to buy food, household items or High Street vouchers to buy toys, clothes, books, music, films etc



Where can I get support for breastfeeding?

Remember, when you are breastfeeding you are never alone. There are lots of places where you can get advice, information and help with breastfeeding. Ask your midwife or health visitor about breastfeeding support in your area, or contact your local children's centre. You can also talk to your local breastfeeding support worker at your children's centre (Breastfeeding support workers are mums who breastfed their own babies and are on hand to give you the help you need).

www.facebook.com/BreastfeedinginSheffield

There are also national charities that provide advice on breastfeeding, such as the Breastfeeding Network:

www.breastfeedingnetwork.org.uk

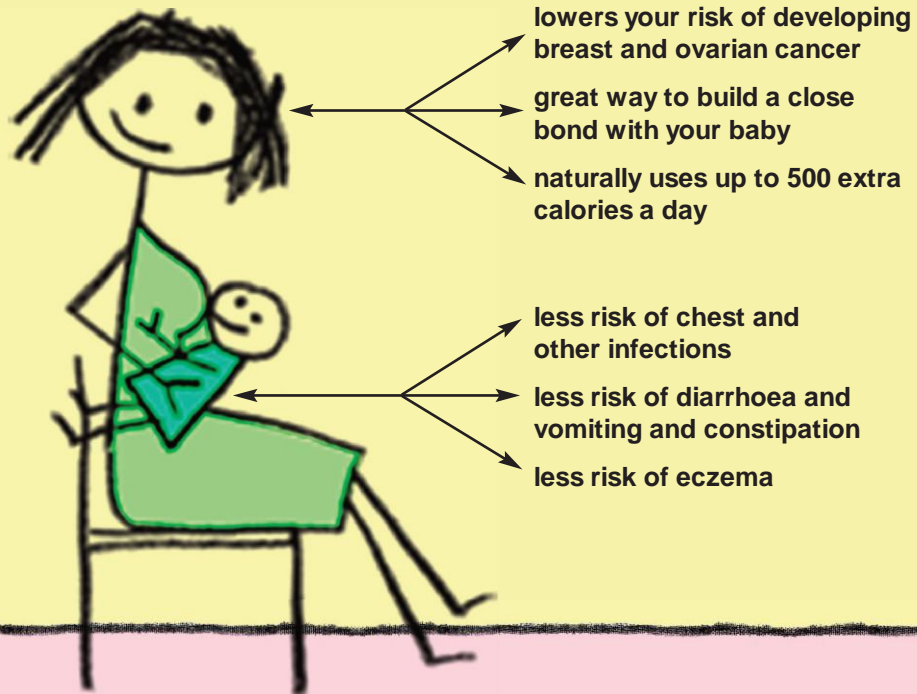
or National Breastfeeding Helpline: **0300 100 0212**

Local contacts:

Blank area for local contacts.

What are the benefits of breastfeeding?

What happens in your baby's first years has a big effect on how healthy he or she will be in the future. Breast milk gives your baby all the nutrients he or she needs for around the first 6 months of life and is beneficial beyond 6 months too. It helps to protect your baby from infection and other diseases, and also benefits you by reducing your chances of getting some illnesses later in life. All of these benefits can help save the NHS millions of pounds every year.



Do I qualify?

You qualify for **NOSH** Vouchers if you live in these ward areas in Sheffield:

Firth Park, Mosborough, Richmond, Southey, Woodhouse, Manor Neighbourhood


- Have a baby born between 18th February 2015 and 17th February 2016
- Aged 16 or over
- Are breastfeeding your baby or giving expressed breast milk

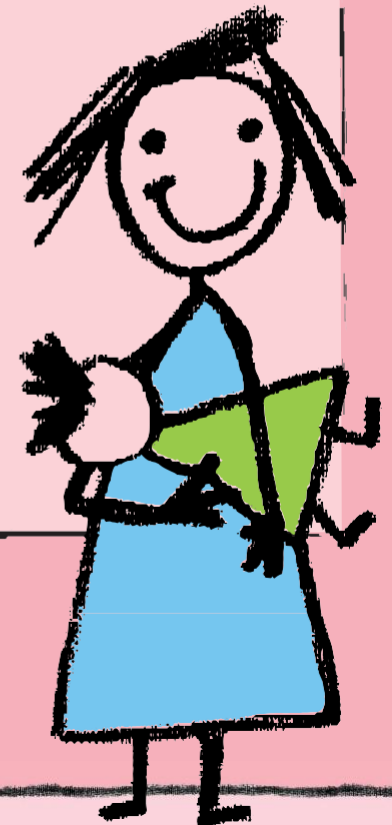
NOT SURE IF YOU QUALIFY?

Use the online Post Code Checker at www.noshvouchers.org

Ring us on 0330 123 0188
Email noshoffice@sheffield.ac.uk

 [facebook.com/noshvouchers](https://www.facebook.com/noshvouchers)

 [@noshvouchers](https://twitter.com/noshvouchers)



How do I claim my vouchers?

STEP 1 Fill in the Application Form and ask your MIDWIFE or HEALTH VISITOR to sign it. Then send it to the **NOSH** Office. Use the FREEPOST envelope. We will then send you your CLAIM FORMS.

STEP 2 When you start giving your baby breastmilk, fill in the CLAIM FORM, ask your MIDWIFE or HEALTH VISITOR or other HEALTH CARE PROFESSIONAL to sign it and send it back to us and we will send you your vouchers by return post.

STEP 3 Spend your vouchers!

Our contact details

Still have some questions or want another copy of the application form? Please contact us at:

NOSH office: 0330 123 0188

or email us at: noshoffice@sheffield.ac.uk

www.noshvouchers.org

When can I claim my vouchers?

You can claim vouchers if you're breastfeeding when your baby is:

- ✓ 2 days old
- ✓ 10 days old
- ✓ 6 weeks old
- ✓ 3 months old
- ✓ 6 months old

We will send you £40 worth of vouchers for each claim you make.

