

Connect to Support Hampshire update – March 2024

This edition marks the **third anniversary** of the updates. We hope they continue to be useful in highlighting resources on the [Connect to Support Hampshire](#) website. **Please share this update with your colleagues.**

Sandwich Carers – *juggling life's demands*

Do you know someone who is caring for their child(ren) *and* looking after an adult who needs extra support? Find out how to access help if juggling life's demands becomes a struggle.

The person may not see themselves as a carer, but help could still be available to support them and their loved ones to help make life a little easier.

- Many people juggle the responsibilities of looking after an adult (maybe someone older or with a disability who needs support or who is chronically ill) as well as looking after children.
- People who find themselves in this position are called 'sandwich carers'. However, some people don't see themselves as carers – they're simply looking after family. But we know that people in this situation are stretched to the limit.
- Support is available to reduce emotional, practical, and financial challenges. This can help to stop them from missing out on special moments with friends, family or a partner.
- Visit [Connect to Support Hampshire](#) to quickly find information and advice about the help available.



Social Prescribing Day - 14 March

We know many Social Prescribers use [Connect to Support Hampshire](#) as a tool to support them in their roles. The website can be used to help find information and advice on care and wellbeing, and even local groups and activities and services to help keep their patients connected to their communities.



Reminder: Are you supporting residents where English may not be their first language? Did you know [Connect to Support Hampshire](#) has Google Translate built into the website, meaning you can translate the information into various languages! Just look for the 'translate' bar in the top banner.

International Women's Day - 8 March

The campaign theme for International Women's Day 2024 is ['Inspire Inclusion'](#). Information is available on [Women's Health](#). You can use the search facility in the Community Directory to find ['social groups' with 'women' the in the search bar](#) and ['women's health'](#) too.

National No Smoking Day - 13 March

The 'Health and wellbeing advice' section includes information on [smoking](#) and a link to the 'Smoke free Hampshire' website which offers a free and confidential stop smoking service.

Nutrition and Hydration Week - 11 to 17 March

[Nutrition and Hydration Week](#) has taken place every March since 2012. Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care. **Did you know?** [Connect to Support Hampshire](#) has an [Eating well and staying hydrated](#) information and advice section? The [Community Directory](#) also has lots of [lunch clubs](#) taking place across Hampshire. And the [Marketplace](#) lists a number of individuals and businesses that offer [meals](#) (and laundry).

In addition, if you know someone who is having difficulty preparing food, or with eating and drinking, there may be equipment or aids that can help. Visit the kitchen of our [Equipment House](#) for some ideas. There is also our [Care Technology House](#) signposting to technology which supports people in their homes.

REMINDER: our [Cost of living and money worries](#) page signposts to information on help with food, including [community pantries and local foodbanks](#).

World Sleep Day - 15 March

We all know that sleeping well is essential if you are to stay well and feel good. It is especially important if you lead a busy life, are coping with illness or stress, or if you are caring for someone else. [Connect to Support Hampshire](#) has a [sleep section](#) on the 'Health and wellbeing advice' page.

Neurodiversity Celebration Week - 18 to 24 March

The [Neurodiversity Celebration Week website](#) states 'approximately 15-20% of the population has a neurological difference, such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. The 2024 Neurodiversity Celebration Week includes introductory webinars, panel discussions and more, with the aim of educating and inspiring conversations about neurodiversity. There is a range of events, including sessions for parents and carers, and employers wanting to be more inclusive.

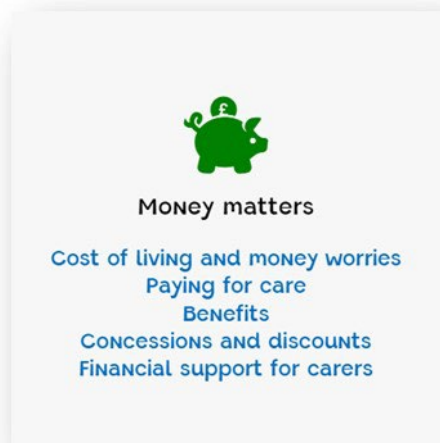
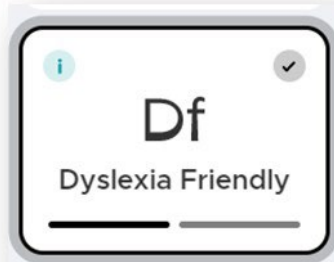
- Find out more about [events](#) which are all free of charge.



You can find [information and advice about autism](#) on **Connect to Support Hampshire**, as well as [groups and activities](#) in the Community Directory. You can also carry out a [Marketplace search for Autism](#).

Did you know? There is an **Autism Ambassador scheme** for Hampshire, Portsmouth, Southampton and the Isle of Wight. The role of an ambassador is to spread the understanding of autism to work and community colleagues, families and friends. The ‘smallest of actions can make the biggest difference’ - [Find out more about becoming an ambassador](#).

Did you know? Connect to Support Hampshire has an accessibility feature enabling you to change the website’s font (text) to Dyslexia Friendly? This can be accessed via the website’s accessibility icon and is also available when visiting the website on your mobile or tablet.



Recently added to Connect to Support Hampshire

Community Directory

- [Meon Valley Heartstart](#) – training people in life saving

- [Gentle Yoga with Janice](#) – slow and mindful yoga classes in Eastleigh and online
- [Funeral Guide](#) – online resource to help the bereaved
- [The Fryern Community Association](#) – events and activities for the local community

Marketplace

- [Think Big do Bigger](#) – simple but effective stress management coaching

If you have any queries, please do get in touch: connectsupport@hants.gov.uk.

Best wishes,

From the **Connect to Support Hampshire** team.



[Follow us on Facebook](#)

Connect to Support Hampshire
Get support, Get advice, Get Connected