

October 2024

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Welcome to October's monthly update and thank you for Championing the website (www.ConnectToSupportHampshire.org.uk) - We hope this update will be useful in highlighting resources on the website.

The Trigger Tool - have you completed it yet?

If you support people in their own home, look out for signs that they might be finding it difficult to keep warm, for example black mould, condensation, or the general temperature of the property. Our [Trigger Tool e-learning](#) is **free** and raises awareness of things to look out for that could indicate that someone is struggling to look after themselves, for example health and safety risks, fire safety, signs of hoarding and more.

Looking after yourself and others

As we go into autumn we would like to highlight the comprehensive information and advice on [looking after yourself](#), which includes keeping warm in winter and links through to information such as helping yourself and advice and financial assistance. Our [benefits](#), and money advice is also



worth a read and can be found in our [money worries](#) section.

Check your smoke alarms

The national smoke alarm campaign began in 1988 to encourage people to install smoke alarms in their home. Since 2003, the primary message of the Fire Kills campaign has been to encourage regular testing of smoke alarms.

It is important that you regularly check that alarms are not clogged by dust and that you test that their batteries work. [Connect to Support Hampshire](#) has information and advice on [staying safe in your home](#), which includes fire safety. It's also where you'll find information on **Hampshire & Isle of Wight Fire & Rescue Service Safe and Well visits** and more.

Recently added to Connect to Support Hampshire

CAP – Christians Against Poverty Job Club– an 8 week course that will give you the tools you need to find work

[READ MORE](#)

Lottie Care Finder Service– Understand how to find and fund care for elderly loved ones with Lottie, a free online service available in Hampshire.

[READ MORE](#)

World Mental Health Day 10 October

Talking about our mental health can help us cope better with life's ups and downs. Our [mental health pages](#) give information and advice on looking after your own mental health, linking through to Mind, the NHS, Five Ways to Wellbeing and more. It also

has information about how to get professional help and crisis support for people organisations, and communities.

The [Community Directory](#) links through to organisations in Hampshire that provide mental health support.

You can also use the [Marketplace Directory](#) to find paid-for services, such as counselling in Hampshire.

Our [Suicide Prevention](#) page links through to a number of different sources of support, including how you can help someone if they are feeling suicidal. The [Zero Suicide Alliance](#) offers **free online training** which provides a better understanding of the signs to look out for and the skills required to approach someone who is struggling with suicidal thoughts.

Get Online Week 14-20 October

[Good Things Foundation](#) are hosting this year's [Get Online Week](#) who are on a mission to support people to access the online world and improve basic digital skills people need to access the internet – check out [their events](#). **Connect to Support Hampshire** has information and resources to help beginners get online. See the 'Online learning' section of our [learning opportunities](#) page.

You can find organisations offering computer classes and free access to a computer in the [Community Directory](#). **Tip:** we entered the word 'computer' in the search bar to generate the results. Don't forget, [local libraries in Hampshire](#) provide free access to computers and often run classes designed to help people grow their confidence



Stoptober

Our [health and wellbeing advice](#) has lots of information to support someone to quit smoking. Tailored support to help someone quit smoking can be found on the [Smokefree Hampshire](#) website offering access to free support and in person advice close to where they live.

Go Sober October

The [health and wellbeing advice](#) page has information to help reduce alcohol consumption. This section on the website also signposts to the Hampshire County Council's [Rethink your drink](#) which have useful resources and top tips.

National cholesterol month

According to [Heart UK](#) 'almost half of UK adults have raised cholesterol, which can lead to heart disease'. Our [eating well and staying hydrated section](#) has tips on how to eat well. The information includes how to support someone if they are 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.



Connect with nature

As autumn arrives it is also an opportunity to connect with nature as the leaves on the trees turn vibrant. 'Spending time in nature is proven to reduce anxiety and depression, help with emotional regulation and improve our physical health such as lowering blood pressure'. So if you are able to support someone to access the outdoors, check out the new campaign focusing on [nature and wellbeing](#).



Best wishes from the **Connect to Support Hampshire** team. If you have any questions please email connectsupport@hants.gov.uk.

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