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**Connect to
Support
Hampshire**

Update

September 2024

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Welcome to September's monthly update. Firstly, thank you for being a Connect to Support Hampshire Champion. We hope this update will be useful in highlighting resources on the [website](http://www.ConnectToSupportHampshire.org.uk) (www.ConnectToSupportHampshire.org.uk).

Refreshing Connect to Support Hampshire



We would like to provide an update on the refreshed Connect to Support Hampshire that is coming soon. You may recall we previously sought your feedback on designs and we are currently updating the website behind the scenes. We will keep you updated as we go, as we aim to launch this autumn.

Recently added to the website

We constantly review and add to our directories, ensuring that you have the most up-to-date information available. If you are aware of a service / group you think should be added to Connect to Support Hampshire, then you can let us know by emailing connectsupport@hants.gov.uk

FIND OUT MORE

New listings on the Community Directory

The Community Directory is for free or low cost amenities, including activities, services and even national helplines

WalkTheTalk Social Anxiety Peer Support
Weekly support groups to help with struggling moments and help with confidence

[READ MORE](#)

The Young Dementia Network – online community of people living with young onset dementia

[READ MORE](#)

St Mary's St Swithun's - two churches with activities including Tuesdays Place for retired people

[READ MORE](#)

New listings on the Marketplace

The marketplace is for individuals and businesses that offer services to help keep people independent and includes care providers across Hampshire.

New Marketplace listing

Temple Wealth Management – offering independent financial advice on long term care packages

[FIND OUT MORE](#)

World Suicide Prevention Day – 10 September

Suicidal feelings can affect anyone at any time. If you, or someone you know, needs help to cope with or to prevent a mental health crisis, local and national support is available.

The website has information on [suicide prevention](#) within the information and advice pages, including crisis helplines and support.

If you feel your life, or someone else is at risk right now, call 999 or head to A&E

National Fitness Day – 18 September

The theme for 2024 is 'Your health for life' and emphasises the 'small steps towards a lifestyle that can protect and improve your health'.

Connect to Support Hampshire lists a wide range of **sports and exercise activities** taking place in sports centres, community centres, charities catering for those with specific needs, conditions and disabilities including walking and rambling groups, walking football and rugby, Borrow my Doggy, cycling, yoga, pilates, bowling and dancing!

Know your Numbers Week – 9-15 September

According to Blood Pressure UK, six million people in the UK have high blood pressure and don't know it. Every day in the UK, 350 people have a stroke or a heart attack that could have been prevented.

Lifestyle information that can affect blood pressure levels, such as alcohol, exercise and physical activity, smoking, healthy eating, stress and sleep, can be found here **Health and wellbeing advice**.



Macmillan Coffee Mornings – 27 September

People all over the UK host their own coffee morning and donations raised on the day are made to [Macmillan Cancer Support](#). The official date is Friday 27 September but, as we know, it can be held at any time.

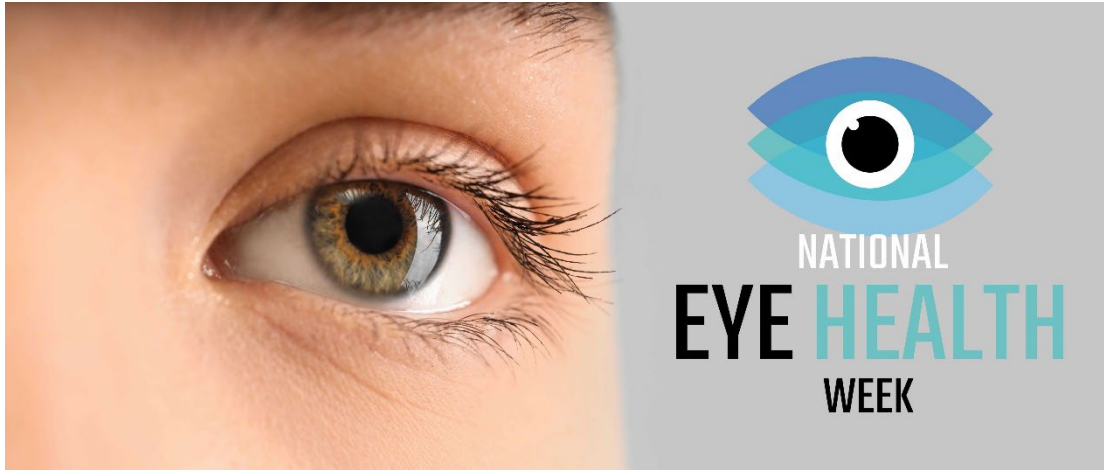
Did you know Connect to Support Hampshire's [Community Directory](#) has a 'Cancer' category under 'Specific needs'? It signposts to a number of organisations that support individuals and their families who are or have been affected by cancer – [explore the listings](#)



National Eye Health Week – 23-29 September

National Eye Health promotes the importance of good eye health and the need for regular eye tests for all. For healthy eyes eat well, don't smoke and wear protection in bright sunlight. It is worth noting that dehydration too can leave eyes feeling sore and irritated.

Connect to Support Hampshire hosts extensive information on [Sight Loss and Blindness](#). Our Community Directory has plenty of local and national listings for [sight or hearing loss](#) – a reminder to switch between the 'local' and 'national' tabs to view all listings. For example, you will be signposted to organisations, such as [Open Sight](#) that runs sight loss information hubs across Hampshire.



Best wishes from the [Connect to Support Hampshire](#) team. If you have any questions please email connectsupport@hants.gov.uk.
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