

## **Update from Hampshire County Council – January 2022**

### **Apply now for grants to run February half term holiday activity and food programmes across Hampshire in February 2022**

Community and voluntary organisations that can support struggling families by providing healthy food and activities for children and young people outside of school times, are invited to apply for funding to deliver holiday activity and food schemes, during February 2022's half term.

Hampshire's connect4communities programme is using Department for Work and Pensions Household Support funding to provide activities and food, for school age children and young people over the spring half term. The grant is in addition to previous funding from the Department for Education which has fed and entertained those children who are eligible for free school meals during the Easter, Summer, and Christmas holidays in 2021.

Across Hampshire, there are over 29,000 children and young people who are eligible for free school meals who can take part in fun and healthy activities, local to them and held within a safe, warm environment.

<https://www.hants.gov.uk/News/20211230haffeb>

### **Hampshire Trading Standards issues checklist to spot unsafe toys**

Hampshire County Council's Trading Standards Service is reminding parents and carers to follow a toy safety checklist to help children to stay safe this Christmas.

"Hampshire County Council's Trading Standards team works closely with our Scientific Service unit to regularly assess whether consumer items meet legal safety standards. The most common 'fails' include copycat toys that mimic popular brand-name products, or items that could be a choking or strangulation threat to a small child. This includes flat or button batteries and strong magnets, which if swallowed can be fatal."

<https://www.hants.gov.uk/News/20212312xmastoycheck>

### **Staying safe and well – top tips to support the elderly and vulnerable**

Hampshire County Council is asking anyone supporting an older or vulnerable person – be they family, friend or someone in their community - to ensure they are well prepared for the festive season, by taking a few simple steps to help keep them safe and well.

"Being prepared during the cold season is especially important for the elderly and vulnerable and is even more so this Christmas with the increase in COVID cases and concerns over the prevalence of the Omicron variant. Knowing what support is available in advance can make all the difference if you need to step in to support someone."

<https://www.hants.gov.uk/News/20211221HelpVulnAdultsPrepWtr>

### **New free weight loss programme aims to help Hampshire shape up for life**

A new 12-week weight management programme has been funded by Hampshire County Council for residents who want to achieve a healthier weight.

Offering free professional support either in-person, through regular online meetings or via a mobile app, Shapeup4life Hampshire is available to anyone with a body mass index (BMI) of 30 or above\* and combines exercise and food choices to make positive lifestyle changes rather than a prescriptive diet. The new service forms a key part of the Hampshire Healthy Weight Strategy 2022 to 2026, which aims to change current trends in the prevalence of excess weight and obesity. The strategy was endorsed by the County Council's Health and Wellbeing Board on Thursday, 9 December.

<https://www.hants.gov.uk/News/20211210-weight-plan>

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