

Services for Young Children

Parents/Carers Update – January 2022

Included this month: A new year... a new career, community pantries, supporting charities, Are you expecting? and supporting young people with mental health

A new year... a new career?

Do you enjoy spending time with children? Would you like to be self-employed and have a professional career?

In Hampshire we need Ofsted registered childminders to help support children's development and learning, as well as provide a nurturing environment for children and young people to thrive.

You will need many qualities: being in a jungle, surviving on a desert island or training to join an elite squad has no comparison!

Up for the challenge... want to [know](#) more? or email childcare@hants.gov.uk



Community Pantries

Community Pantries offer a range of fresh, frozen and general foods each week at a lower rate than traditional shops and supermarkets.

For a membership fee of £5 per visit, you will be able choose £15 or more worth of groceries and fresh produce each visit. Check out a [community pantry](#) closest to you.

A free way to give money to charity while shopping online

With more shopping being done online in recent months, consider supporting a charity at the same time.

The '[Give as you Live](#)' website helps facilitates this, as well as providing offers and voucher codes to help savvy shoppers.



Are you expecting?

Developed by UK charity Best Beginnings in collaboration with parents, healthcare professionals and partner charities across the country the free parenting app [Baby Buddy](#) is with you throughout your pregnancy and parenting journey, day by day.

Whether you're a mum, dad, co-parent or caregiver, Baby Buddy is here to empower you to feel confident, giving you the knowledge and practical skills to look after yourself and give your child the best start.

Supporting young people with mental health

Hampshire CAMHS, in collaboration with Hampshire Parent Carer Network (HPCN), would appreciate it if you could complete their very brief survey.

It is understood that many parents and carers are too exhausted by their caring role to follow up any advice, information, or support they are given, without ongoing support. HPCN and Hampshire CAMHS are very keen to understand why and consider how to improve this.

Taking the [survey](#) will help them understand more and develop some solutions. This survey is open until **31 January 2022**.

