

01 March 2026

## Spring activities social media toolkit

Many households are continuing to feel the impact of rising costs, with energy and food prices putting extra strain on family budgets.

This toolkit is designed to help partner organisations share simple ideas for low-cost spring activities, alongside information on the financial support available for families.

### Support available in South Gloucestershire

For guidance on what financial support is available and advice on local services, visit our dedicated **cost of living website** at [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

Our **One Stop Shops** in Kingswood, Yate and Patchway are open Monday to Friday 9am to 4.30pm. Residents can also call the council's **freephone helpline** on 0800 953 7778.

**Community Welcome Spaces** are open across South Gloucestershire providing a warm and friendly welcome. Some offer hot drinks, activities and facilities plus information on local financial support available, energy saving tips and government cost of living help. To find a Community Welcome Space visit [www.southglos.gov.uk/community-welcome-spaces](http://www.southglos.gov.uk/community-welcome-spaces)

Support is also available to make sure residents are **getting enough to eat**. For advice on emergency food aid, healthy start vouchers, free school meals and more, visit [www.oneyou.southglos.gov.uk/food](http://www.oneyou.southglos.gov.uk/food)

Free **mental health and wellbeing** support is also available at [www.oneyou.southglos.gov.uk](http://www.oneyou.southglos.gov.uk)

**South Gloucestershire libraries** are always free to visit and host a variety of activities for children. Information can be found at [www.southglos.gov.uk/holiday-activities](http://www.southglos.gov.uk/holiday-activities)

We would appreciate your support in sharing the messages below on your social media channels. Alternatively, messages can also be shared directly from the council's social media platforms:

Facebook: [www.facebook.com/sgloscouncil](http://www.facebook.com/sgloscouncil)

X (formerly Twitter): [www.twitter.com/sgloscouncil](http://www.twitter.com/sgloscouncil)

# General cost of living advice

**Text:** Feeling worried about money or bills? Don't be afraid to ask for help if you are struggling. You may be entitled to extra support.

Make sure you are claiming all the benefits you are entitled to, as millions of pounds of benefits go unclaimed every year. You can check on the government online benefit calculator here: <https://www.gov.uk/benefits-calculators>

To find out what local financial help is available, visit [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

You can also visit a One Stop Shop in Kingswood, Patchway or Yate or call the council's freephone helpline on 0800 953 7778.

**Image:**



## Getting enough to eat

**Text:** Support is available to help make sure you and your family have enough to eat.

You may be eligible for emergency food aid, and we can also help you find local groups and organisations that can help you to access free or low-cost food.

These include food banks, community fridges, community cafes and food clubs.

We also have tips to help you eat well on a budget, plus information on free school meals and Healthy Start vouchers.

Find out more at: [oneyou.southglos.gov.uk/food](https://oneyou.southglos.gov.uk/food)

Image:



## Mental health and wellbeing support

**Text:** Many people are feeling stressed and overwhelmed right now. Remember to be kind to yourself and take time to look after your wellbeing.

If money worries are affecting your mental health, free support and advice is available at: [www.oneyou.southglos.gov.uk](https://www.oneyou.southglos.gov.uk)

For financial support, you can visit a One Stop Shop in Kingswood, Patchway or Yate, or call our freephone helpline on 0800 953 7778.

More information is also available at: [www.southglos.gov.uk/costofliving](https://www.southglos.gov.uk/costofliving)

Image:



## Community Welcome Spaces

**Text:** Community Welcome Spaces are free to use and offer a warm, friendly welcome.

Many provide hot drinks, activities and facilities, along with information on local financial support and energy-saving tips.

Some spaces also offer free cooking classes for adults and children.

Find a welcome space near you at: [www.southglos.gov.uk/community-welcome-spaces](http://www.southglos.gov.uk/community-welcome-spaces)

**Image:**



# Low-cost activities to try

**Text:** Spring is here! It's a great time to get outdoors and enjoy some local green spaces.

Explore spots like Three Brooks Nature Reserve in Bradley Stoke, Willsbridge Mill in Longwell Green or Kingsgate Park in Yate for a low-cost family day out filled with walking, playing and exploring.

For more free activity ideas, visit: [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

**Image:**



**Text:** Spring is the perfect excuse to get creative!

Collect leaves, flowers, old magazine pages or coloured paper and make a spring-themed collage together – it's fun, easy, and free!

For more activity ideas and money-saving tips, visit: [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

**Image:**



**Text:** In need of a free day out?

Dust off the bikes and enjoy some fresh air by making the most of traffic-free routes like the Bristol and Bath Railway Path. The path runs through parts of South Glos and is suitable for all ages.

For more activity ideas, visit: [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

**Image:**



**Text:** Spring is here – and that means baby animals!

If you're in need of a low-cost day out, visit Grimsbury Community Farm in Kingswood — it's free to enter and has a café, play area and car park. You can also buy animal feed to interact with the animals.

For more free activity ideas, visit: [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

**Image:**



**Text:** Easter doesn't have to be all about chocolate!

Create a fun, budget friendly hunt by hiding a few eggs or clues around the house or garden.

Swap chocolate for stickers, small toys, or paper eggs to keep it affordable and enjoyable for everyone.

For more activity ideas, visit: [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

**Image:**



**Text** If you're in need of a rainy day activity, don't forget South Glos libraries are free to visit and you can stay as long as you like.

They also host variety of activities for children, especially during school holidays.

Find out more: [southglos.gov.uk/libraries](http://southglos.gov.uk/libraries)

**Image:**



**Text:** Out with the old... and in with the "new"!

Refresh your home and help the environment by swapping toys, books or clothes — a fun, low-cost way to enjoy something different.

Abbotswood Swap Shop is held at St Nicholas Church, Yate on the first Saturday of the month, from 10am–12pm.

Kingswood Swap Shop is held at Holy Trinity Church Hall, Kingswood every Thursday from 11.30am–1pm.

For more money saving tips and tricks visit: [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

**Image:**



**Text:** Need a low-cost family activity? Make the most of lighter days by planting seeds in pots or small outdoor spaces.

Easy growers include cress, sunflowers and herbs.

For more money-saving tips and support, visit: [www.southglos.gov.uk/costofliving](http://www.southglos.gov.uk/costofliving)

**Image:**



## Contact information

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