

Social media toolkit

01 September 2023

Cost of living winter social media toolkit

Many people are worried about the rising cost of living, with the current price of food and energy putting pressure on many families.

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

Residents can also call the council's **freephone helpline** on 0800 953 7778 between 8.45am and 5pm Monday to Thursday and 8.45am to 4.30pm Friday.

Our **One Stop Shops** in Kingswood, Yate and Patchway are open Monday to Wednesday 8.45am to 5pm, and Thursday and Friday 8.45am to 4.30pm.

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

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 <https://oneyou.southglos.gov.uk/for-your-body/eat-well/food-poverty-support>

Free **mental health and wellbeing** support is also available at 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 <https://beta.southglos.gov.uk/holiday-activities>

For information on other free activities and days out, as well as signposting residents to cost of living help and support, please see suggested social media posts and images below.

Messages can also be shared from the council's social media platforms:

Facebook: www.facebook.com/sglosCouncil

Instagram: www.instagram.com/southglosCouncil

Twitter: www.twitter.com/sglosCouncil General cost of living advice

Facebook

Text: Are you worried about the rising cost of living?

Don't be afraid to ask for help if you are struggling to pay your bills. You may be entitled to extra government support or help from local services.

To find out what help is available, visit South Gloucestershire Council's dedicated cost of living page at www.southglos.gov.uk/costofliving

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

#CostOfLiving

Twitter

Text: Worried about the rising #CostOfLiving?

To find out what help is available, visit the @sglosCouncil cost of living page at www.southglos.gov.uk/costofliving or call freephone 0800 953 7778.

You can also visit a One Stop Shop in Kingswood, Patchway or Yate.

Image:



Getting enough to eat

Facebook/Twitter

Text: Support is available to make sure you are getting enough to eat.

Find out how to get:

Emergency food aid

Healthy Start vouchers

Free school meals and more

Visit <https://oneyou.southglos.gov.uk/for-your-body/eat-well/food-poverty-support>

#CostOfLiving

Image:



Community Welcome Spaces

Facebook

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

Some offer hot drinks, activities and facilities plus information on local financial support available, energy saving tips and government cost of living help.

Find a welcome space here: www.southglos.gov.uk/community-welcome-spaces

Twitter

Text: Community Welcome Spaces across [#SouthGlos](https://twitter.com/SouthGlos) offer a friendly welcome and are free to use.

Some offer hot drinks, activities and facilities plus info on financial support available, energy saving tips and government #costofliving help. www.southglos.gov.uk/community-welcome-spaces

Image:



Wellbeing

Facebook

Text: Many people are finding the rising cost of living stressful and overwhelming. If you need help with your mental health, free support and advice is available at www.oneyou.southglos.gov.uk

For financial support, visit a One Stop Shop in Kingswood, Patchway or Yate.

You can also call our freephone helpline on 0800 953 7778 or visit <https://www.southglos.gov.uk/costofliving>

#MentalHealth #CostOfLiving

Twitter

Text: Many people are finding the rising [#CostOfLiving](#) stressful. If you need help with your [#MentalHealth](#), free support & advice is available at www.oneyou.southglos.gov.uk
For financial support, you can visit a One Stop Shop, call 0800 953 7778 or visit <https://www.southglos.gov.uk/costofliving>

Image:



Free and fun activities to try

Facebook/Twitter

Text: Need a cheap family day out? South Gloucestershire has many interesting museums and historical sites to explore, such as Kingswood Heritage Museum, which has a variety of displays for the whole family. Children under 12 get in for free.

For more information visit www.southglos.gov.uk/tourism

#CostOfLiving #WinterActivities

Image:



Text: If you're looking for a free and fun day out, Wapley Bushes Nature Reserve on the outskirts of Yate and Dodington is a wonderful place to start exploring the countryside. There's an ancient woodland, a great variety of plants and it's also home to a number of birds, mammals and insects, making it a fantastic place to study nature.

More info here: <https://wapleybushes.info/>

#CostOfLiving #WinterActivities

Image:



Text: If it's too chilly to take the kids out for the day, why not take them to your local library instead? Winter is an excellent time to curl up with a good book and the library is always a fun place to visit. There are often free activities and events for children. Follow the libraries Facebook page for the latest events here: www.facebook.com/sgloslibraries

#CostOfLiving #WinterActivities

Image:



Text: Feeling the winter blues? The colder months provide a great opportunity to stay in and try your hand at something new. Why not learn a new language, or try something crafty like knitting or wreath making?

If you want to develop your skills, why not learn how to use a piece of software? LinkedIn and Google offer many free courses.

For more free activity ideas, visit www.southglos.gov.uk/costofliving

#CostOfLiving #WinterActivities

Image:



Text: Remember to keep moving this winter! Staying active during the winter months is crucial to good health and it doesn't have to cost a penny. There are plenty of free exercise classes available on YouTube that you can do alone or as a family.

It's also lots of fun!

For more free activity ideas, visit www.southglos.gov.uk/costofliving

#CostOfLiving #WinterActivities

Image:



Text: Want to help others this winter? While we are all feeling the effects of the rising cost of living, some people are more vulnerable than others. You can do many things to help, such as donating to a charity shop or volunteering.

Visit: <https://beta.southglos.gov.uk/volunteering/>

#CostOfLiving #WinterActivities

Image:



Text: Need something to keep the kids entertained? How about making a bird feeder? Many birds could do with a helping hand at this time of year. You can make a bird feeder out of things you can find around the house, like a plastic bottle and string.

For more wildlife activities visit: www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities

#CostOfLiving #WinterActivities

Image:



Contact information

Chantelle MacGowan
Communications Officer
Strategic Communications
Chantelle.Macgowan@southglos.gov.uk
www.southglos.gov.uk