

# Social media toolkit

01 March 2024

## Cost of living spring 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](http://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](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 [oneyou.southglos.gov.uk/food](http://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 <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](http://www.facebook.com/sglosCouncil)

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

## X (formerly 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](http://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/X (formerly 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](http://www.southglos.gov.uk/community-welcome-spaces)

## X (formerly 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](http://www.southglos.gov.uk/community-welcome-spaces)

Image:



# Free and fun activities to try

## Facebook/X (formerly Twitter)

**Text:** Need a cheap family day out?

There are many wonderful places to explore in South Gloucestershire, including the Bristol and Bath Railway Path, Wapley Bushes Nature Reserve and Willsbridge Mill.

Find out more at: [www.southglos.gov.uk/tourism](http://www.southglos.gov.uk/tourism)

#CostOfLiving #SpringActivities

## Image:



**Text:** Easter doesn't have to mean spending loads on chocolate.

You can hold a low-cost Easter egg hunt at home by decorating hard-boiled eggs with felt-tip pens and coloured fabrics, then hide them around the house and garden.

Create a map and write some clues to help with the hunt.

Egg-cellent fun!

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

#CostOfLiving #SpringActivities

**Image:**



**Text:** Spring has arrived, and the eagerly awaited Easter holidays are here. But family fun doesn't have to break the bank.

Make sure you look out for cheap meal deals for children. Many restaurants and supermarket cafes have free kids meals or 'kids eat for £1' deals on during the school holidays.

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

#CostOfLiving #SpringActivities

**Image:**



**Text:** With the weather warming up, spring is a great time to exercise outdoors.

Parkrun is a free, community event where you can walk, jog or run 5k. Junior Parkrun is 2k and is dedicated to 4-14 year-olds and their families.

For more information, visit: [oneyou.southglos.gov.uk/for-your-body/move-more/running](https://oneyou.southglos.gov.uk/for-your-body/move-more/running)

#CostOfLiving #SpringActivities

**Image:**



**Text:** Need to entertain the kids? Don't forget your local library.

There are lots of fun, free activities for families to enjoy at South Glos libraries during the holidays.

For more details visit: [beta.southglos.gov.uk/holiday-activities](https://beta.southglos.gov.uk/holiday-activities)

#CostOfLiving #SpringActivities

**Image:**



**Text:** Need a cheap family day out? South Gloucestershire has many interesting museums and historical sites to explore.

Kingswood Heritage Museum has a variety of displays for the whole family and children under 12 get in for free.

For more information visit: [www.southglos.gov.uk/tourism](https://www.southglos.gov.uk/tourism)

#CostOfLiving #SpringActivities

**Image:**





**Text:** Wondering where to take the kids for a day out? Check out Grimsbury Farm in Kingswood.

There are lots of animals to meet including sheep, goats, pigs and rabbits.

The farm is free to visit and has a picnic area, café and playground.

Visit: [www.facebook.com/Grimsbury.Community.Farm](https://www.facebook.com/Grimsbury.Community.Farm)

#CostOfLiving #SpringActivities

**Image:**



## Contact information

Chantelle MacGowan  
Communications Officer  
Strategic Communications  
Chantelle.Macgowan@southglos.gov.uk  
[www.southglos.gov.uk](http://www.southglos.gov.uk)