

Social media toolkit

01 October 2024

Cost of living autumn social media toolkit

The cost of living in the UK remains a worry for lots of people, with housing costs, food prices and increasing energy bills 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 or visit a **One Stop Shops** in Kingswood, Yate or Patchway.

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 oneyou.southglos.gov.uk/food

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

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

General cost of living advice

Text: Are you worried about the 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 support.

To find out what help is available, visit 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

Image:



Getting enough to eat

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

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

Some offer hot drinks, activities and facilities plus information on local financial support and energy saving tips. Find a welcome space here: www.southglos.gov.uk/community-welcome-spaces

Image:



Free and fun activities to try

Text: It's that time of year again!

Nothing says autumn more than carving some spooky pumpkins! If you've never carved a pumpkin before, YouTube has lots of handy tutorials.

Don't forget to eat your pumpkin afterwards – visit www.hubbub.org.uk/eat-your-pumpkin for ideas.

#CostOfLiving #AutumnActivities

Image:



Text: It might be a little colder, but the autumn months are still a great time to wrap up and get outside.

South Gloucestershire has many beautiful outdoor spaces including parks and woodland areas.

Find out more at www.southglos.gov.uk/tourism

#CostOfLiving #AutumnActivities

Image:



Text: Need a low-cost autumn activity? How about some arts and crafts?

Pine cones and crispy leaves make brilliant craft materials! Why not create a leaf print masterpiece using paint, cover pine cones with glitter or create some autumn bunting?

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

#CostOfLiving #AutumnActivities

Image:



Text: Stuck for a free autumn activity? Go conker hunting!

If you're lucky enough to find a horse chestnut tree while you're out and about, you could have a conker collecting challenge! See how many you can find.

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

#CostOfLiving #AutumnActivities

Image:



Text: The darker, colder months are perfect time to get stuck into a good book and the library is always a fun place to visit.

There are usually lots of activities on for children too!

Follow the libraries Facebook page for the latest events: www.facebook.com/sgloslibraries

#CostOfLiving #AutumnActivities

Image:



Text: This time of year is perfect for finding blackberries! This fun and free activity is a great way to spend an autumn afternoon.

Why not make some blackberry flapjacks or a comforting crumble? Just remember to wash your blackberries thoroughly before eating.

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

#CostOfLiving #AutumnActivities

Image:



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