

01 July 2023

Cost of living summer holidays social media toolkit

Many people are worried about the rising cost of living, and the summer holidays can be a particularly expensive time for families with children.

We are offering **free holiday activities and food clubs** for children aged 5 to 16 years who live in South Gloucestershire and who get benefits-related free school meals (not universal infant free school meals), funded by the Department for Education (DfE). More information can be found here: <https://beta.southglos.gov.uk/supporting-families-in-school-holidays/>

South Gloucestershire libraries are always free to visit and host a variety of activities for children throughout half-term. Visit <https://beta.southglos.gov.uk/holiday-activities>

Free **cool packs** for families are available from any South Gloucestershire library, children's centre or One Stop Shop. Included in the packs are items such as ice packs, caps, stainless steel water bottles and handheld fans.

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.

For information on 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

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

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

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

Click the link below for more information.

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

#CostOfLiving

Twitter

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

For more information, visit <https://oneyou.southglos.gov.uk/for-your-body/eat-well/food-poverty-support>

#CostOfLiving

Image



Cool packs

Facebook

If you need extra help keeping cool this summer, you can pick up a free cool pack from any South Gloucestershire library, children's centre or One Stop Shop.

Included in the packs are items such as ice packs, caps, stainless steel water bottles and handheld fans.

These are packs for families, adults and pensioners who may not be able to keep their homes at a comfortable temperature during the summer months due to high energy costs.

For more information, click below

www.southglos.gov.uk/costofliving

#CostOfLiving #SouthGlosSummer

Twitter

If you need extra help keeping cool this summer, you can pick up a free cool pack from any South Gloucestershire library, children's centre or One Stop Shop. Included in the packs are items such as caps, water bottles and handheld fans.

More info here: www.southglos.gov.uk/costofliving

Image



Free days out in South Gloucestershire

Facebook

The summer holidays can be an expensive time for families, but you can have lots of fun without breaking the bank.

Here's 10 FREE places to explore in South Gloucestershire.

1. Willsbridge Mill
2. Bristol and Bath Railway Path
3. Conham River Park
4. Grimsbury Community Farm
5. Lower Woods Nature Reserve
6. Frome Valley Walkway
7. Mundy Playing Fields (and splash park)
8. Warmley Forest Park
9. Kingsgate Park, Yate
10. Wick Golden Valley Nature Reserve

South Gloucestershire libraries are also always free to visit and host a variety of activities for children throughout the school holidays, including the summer reading challenge.

For more information, visit <https://beta.southglos.gov.uk/holiday-activities>

#CostOfLiving #SouthGlosSummer

Instagram

The summer holidays can be an expensive time for families, but you can have lots of fun without breaking the bank.

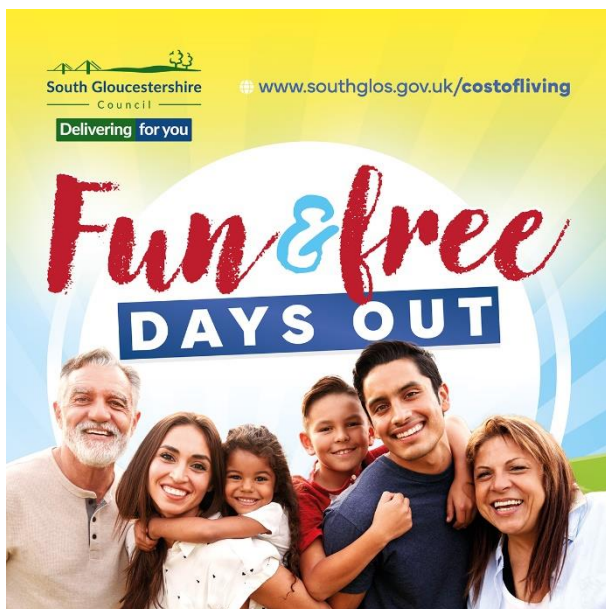
Here's 10 FREE places to explore in South Gloucestershire.

1. Willsbridge Mill
2. Bristol and Bath Railway Path
3. Conham River Park
4. Grimsbury Community Farm
5. Lower Woods Nature Reserve
6. Frome Valley Walkway
7. Mundy Playing Fields (and splash park)
8. Warmley Forest Park
9. Kingsgate Park, Yate
10. Wick Golden Valley Nature Reserve

South Gloucestershire libraries are also always free to visit and host a variety of activities for children throughout the summer holidays.

#CostOfLiving #SouthGlosSummer

Image



Free and fun activities to try

Facebook/Twitter

Six weeks of school holidays can be very expensive with holidays, days out, childcare costs and endless ice creams. But you don't always have to spend money to have fun. How about a nature scavenger hunt? You could forage around the house and garden for natural items such as rocks, leaves or feathers.

#CostOfLiving #SouthGlosSummer

Stuck indoors on a rainy day? Why not hold a board game challenge? Get out your family favourites and spend the day playing together. Create a leader board and see who can top it by the end of the day.

#CostOfLiving #SouthGlosSummer

Need a low-cost summer holiday activity? Let the kids get creative in the kitchen by making a dish from scratch. They could even design a menu and lay the table.

#CostOfLiving #SouthGlosSummer

Six weeks of school holidays can prove expensive, but you don't have to break the bank to have fun. You can get arty with the kids by collecting some old magazines and creating a work of art, or gathering some materials that you already have around the house, such as cardboard boxes or old clothes. Get creative!

#CostOfLiving #SouthGlosSummer

Are the kids feeling hot and bothered? Cool down by making your own ice lollies. Lollies are an inexpensive and healthy snack option. You can use squash or leftover fruit and freeze in batches, then you can simply reach for the freezer instead of going to the shop.

#CostOfLiving #SouthGlosSummer

You don't have to spend lots of money to have fun with the kids during the summer holidays. You could plan a movie-themed day at home. Pick a family favourite film then make character costumes or props, re-enact the most memorable scene, make up a quiz about the movie or sing the songs in a karaoke competition before settling down to enjoy the movie. Endless fun!

#CostOfLiving #SouthGlosSummer

The summer provides a great opportunity to get outdoors and exercise more. Staying active is crucial to good health and is also lot of fun. The best thing is that it doesn't have to cost a penny. There are also plenty of free exercise classes available on YouTube that you can do with or without your little ones.

#CostOfLiving #SouthGlosSummer

Images



Free summer activities to try



Make your own ice lollies

www.southglos.gov.uk/costofliving

Free summer activities to try



Plan a movie themed day at home

www.southglos.gov.uk/costofliving

Free summer activities to try



Get moving

www.southglos.gov.uk/costofliving