

General cost of living advice

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



Getting enough to eat

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



Community Welcome Spaces

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



Wellbeing

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



Free and fun activities to try

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



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



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



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



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



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



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

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