

Social media toolkit

01 November 2025

Eat and Heat campaign

Eating well, having enough food, and knowing how to prepare healthy meals are all key to staying well during the winter months. This is especially important for those more vulnerable to the cold, such as older people, those with health conditions, and very young children.

Keeping warm is also vital for maintaining good health in winter. The NHS recommends heating your home to at least 18 degrees. However, we recognise that the current price of energy and food is putting financial pressure on many people.

With this in mind, we've launched the *Eat and Heat* campaign with our partners Age UK South Gloucestershire, Warm and Well and Cook Stars Bristol North and South Gloucestershire. The campaign highlights the financial support available and provides guidance on other ways residents can get help, including food support and energy-saving advice.

As part of the campaign, we will be holding a series of **roadshows** across where residents can access information and advice. The first events will take place in our One Stop Shops in November (all 9am-12pm):

- **Tuesday 4 November, Kingswood One Stop Shop**
- **Wednesday 5 November, Patchway One Stop Shop**
- **Thursday 6 November, Yate One Stop Shop**

There will be further pop-up events at various locations, details will be publicised in due course.



Essential signposting

For guidance on financial support and advice on local services, visit our dedicated cost of living website at southglos.gov.uk/costofliving

Our **One Stop Shops** in Kingswood, Yate and Patchway are open Monday to Friday 9am to 4.30pm. Residents can also call the council's freephone helpline on 0800 953 7778.

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 help. To find a Community Welcome Space visit southglos.gov.uk/community-welcome-spaces

South Gloucestershire Libraries are always free to visit and host a variety of activities. Information can be found at southglos.gov.uk/libraries

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 available at oneyou.southglos.gov.uk

Age UK South Gloucestershire offers a wide variety of services for older people and their carers, including befriending schemes, walking groups, information and advice

services, and activities that promote social connection and wellbeing. Call 01454 411707 or visit ageuk.org.uk/southgloucestershire

Warm and Well, managed by sustainability charity **Severn Wye**, helps residents improve energy efficiency and reduce fuel poverty. They offer advice, home visits, and fully funded energy improvements. Call 0800 500 3076 for more information or visit warmandwell.co.uk

Seasonal vaccinations help protect you and those around you from serious illnesses, while staying active is also vital in winter to support overall wellbeing. For more information visit nhs.uk/live-well/seasonal-health/keep-warm-keep-well

We would appreciate your help in sharing the suggested social media posts and images below on your own channels. Alternatively, you can share the messages directly from the council's social media platforms:

Facebook: facebook.com/sgloscouncil

X (formerly Twitter): x.com/sgloscouncil

Community Welcome Spaces

Community Welcome Spaces are free to use and offer a warm, friendly environment. Some provide hot drinks, activities, facilities, and information on local financial support.

Find a welcome space near you: southglos.gov.uk/community-welcome-spaces

#CostOfLiving #CommunityWelcomeSpaces



Accessing financial support

If you are struggling to pay your bills or cover necessary living costs, don't be afraid to ask for help. You may be entitled to extra support.

To find out what help is available, visit southglos.gov.uk/costofliving

You can also visit a One Stop Shop in Kingswood, Patchway or Yate or call the South Gloucestershire Council freephone helpline on 0800 953 7778.

#CostOfLiving #EatAndHeat



Eat well and stay warm this winter

Eating well, having enough food, and keeping your home at the NHS-recommended 18°C are key to staying healthy this winter — especially for older people, young children, and those with health conditions.

It's also important to:

- Stay active and keep moving where you can
- Stay up to date with any vaccinations you may be eligible for, including flu and Covid-19

If you're struggling financially, finding it difficult to buy enough food or heat your home, help is available.

You can visit a One Stop Shop in Kingswood, Patchway or Yate or call the South Gloucestershire Council freephone helpline on 0800 953 7778.

Visit: www.southglos.gov.uk/costofliving

#CostOfLiving #EatAndHeat



Food support

Eating well, having enough food, and knowing how to prepare healthy meals are all key to staying well during the winter months. If you're struggling, support is available to make sure you and your family are getting enough to eat.

Find out if you're eligible for:

- Emergency food aid
- Healthy Start vouchers
- Free school meals and more

Visit oneyou.southglos.gov.uk/food for more information.

#CostOfLiving #EatAndHeat



Reduce your energy costs

A few simple changes at home can help cut energy use and save money this winter:

- Move furniture away from radiators to let heat circulate
- Pull curtains at dusk to keep warmth in
- Heat only the rooms you use regularly
- Set your heating to turn off shortly before you go to bed or leave the house
- Wear extra layers instead of turning up the heating

If you're concerned about your energy bills or want to reduce your energy use, call Warm and Well on 0800 500 3076 or visit warmandwell.co.uk

#CostOfLiving #EatAndHeat



Reduce your food waste and save money

Small changes to the way you shop, cook, and plan meals can help reduce food waste and save money.

Make the most of the food you buy and recycle what you can't use:

- Plan meals to buy only what you need
- Try batch cooking or freeze chopped vegetables for stews and casseroles
- Look out for reduced-price items; many can be frozen. Check expiry dates: use by shows safety, best before shows quality

You can also use the Too Good To Go app to buy surplus food from supermarkets, coffee shops, and restaurants at a reduced price.

Find out more at: www.southglos.gov.uk/foodwaste

#CostOfLiving #EatAndHeat



Cook once, eat twice

Cooking once and enjoying the meal again the next day is a great way to save time, reduce food waste and stretch your budget.

Here are some ideas:

Cook once: Spaghetti Bolognese

Eat Twice: Chilli Con Carne. Transform leftover bolognese into a chilli by adding kidney beans and seasoning. Serve with rice or crusty bread.

Cook once: Vegetable Stew

Eat Twice: Spiced Lentil Curry. Add spices, coconut milk and lentils to turn your stew into a warming lentil curry. Perfect with rice or naan bread.



Cook once: Roast Dinner

Eat Twice: Bubble and Squeak. Transform leftover roast veggies and meat with mashed potato, then fry until golden and crispy.

Cook once: Sausage and Mash

Eat Twice: Sausage Casserole. Slice leftover sausages and cook with vegetables, canned tomatoes, and herbs. Serve with bread or leftover mash.

Recipes developed in collaboration with Cook Stars South Glos and Bristol North.

For more money-saving tips, visit: www.southglos.gov.uk/costofliving

#CostOfLiving #EatAndHeat