



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



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



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



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



Easter



Free and fun activities to try

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

#CostOfLiving #SpringActivities



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

#CostOfLiving #SpringActivities



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

#CostOfLiving #SpringActivities



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

#CostOfLiving #SpringActivities





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

#CostOfLiving #SpringActivities



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

#CostOfLiving #SpringActivities



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

#CostOfLiving #SpringActivities



Safeguarding finding support



www.police.uk/streetsafe

For our latest HWA Safeguarding Newsletter go to:

<https://hanhamwoodsacademy.clf.uk/key-information/safeguarding-information-2/>



Kooth—Your online mental wellbeing community. Free, safe and anonymous support.
<https://www.kooth.com>



Childline—a free, private and confidential service where you can talk about anything.
<https://www.childline.org.uk>

YOUNG MINDS
fighting for young people's mental health

National charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers.

Parents Helpline: 802 5544

Website: youngminds.org.uk

Young Minds Crisis Messenger Service for free 24/7 support across the UK if you are experiencing a mental health crisis.

Text YM to 85258.

shout
85258

here for you 24/7

Shout—Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.

Text SHOUT to 85258

OTR

Off The Record—mental health social movement by and for young people aged 11–25.
<https://www.otrbristol.org.uk>



Mind—If you're struggling to cope, you're not alone.
<https://www.mind.org.uk/>



Place2Be—We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. In addition, we also offer expert training and professional qualifications.
<https://www.place2be.org.uk/>



HWA Safeguarding Team



Mrs. Tushingham
Assistant Principal
Designated
Safeguarding Lead
Mental Health Lead



Mrs. Hendra
Vice-Principal
Protected
Characteristics
Prevent



Miss. Dickson
Deputy DSL
Online Safety



Mr. O'Callaghan
Principal
Principal



Mrs. Thurston
KS4 Pastoral Leader
Attendance



Ms. West
Academy Counsellor



SAFEGUARDING TEAM Hanham Woods Academy

safeguarding@hwa.clf.uk
or TEXT us on 07749723552
3:00pm – 5:00pm Mon - Fri



www.kooth.com
Free online emotional &
mental health support.



Share a concern, anonymously.



Find the 'Speak Up!' tile on the student navigator.

