A LITTLE HELP IF YOU NEED IT

If you're struggling financially, we're here to help. You may be entitled to grants, benefits and other support.

BENEFIT CHECK

It's worth checking whether you're entitled to government support such as Universal Credit or Employment and Support Allowance (ESA). Visit: **gov.uk/browse/benefits**

You can also speak to one of our customer care officers in confidence. Call **0800 953 7778** or visit a **One Stop Shop** in Yate, Patchway or Kingswood.

Weekly advice sessions are also available covering housing, welfare benefits and money advice. For information visit: **southglos.gov.uk/one-stop-shops**

FREE SCHOOL MEALS

There are now three ways your child can get free school meals: Targeted, Expanded and Universal Infant Free School Meals. Visit: **southglos.gov.uk/freeschoolmeals**

CRISIS AND RESILIENCE FUND

If you're on a low income and experiencing financial crisis, you may be able to get help through our Crisis and Resilience Fund.

Find out more and apply at **southglos.gov.uk/crisis-and-resilience-fund** or call **0800 953 7778**.

HELP WITH ENERGY COSTS

Warm and Well can provide grants towards energy-efficient home improvements, such as insulation, helping you keep your home warmer and reduce energy bills.

Call **0800 500 3076** or visit **warmandwell.co.uk**

COMMUNITY WELCOME SPACES

Community Welcome Spaces offer a warm and welcoming place to spend time, meet others and find out about local support.

Find your nearest space at **southglos.gov.uk/community-welcome-spaces**

MORE HELP

For more information about financial support, visit **southglos.gov.uk/costofliving**

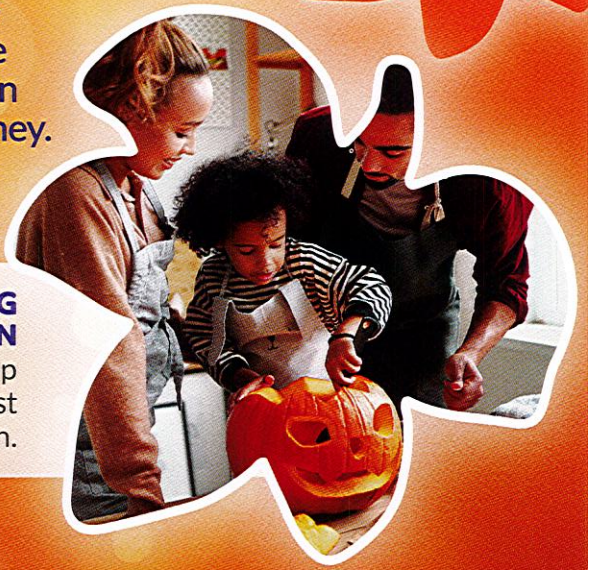
Make the most of Autumn

South Gloucestershire Council
Delivering with you

Fun, affordable activity ideas, plus tips to help your money go further.

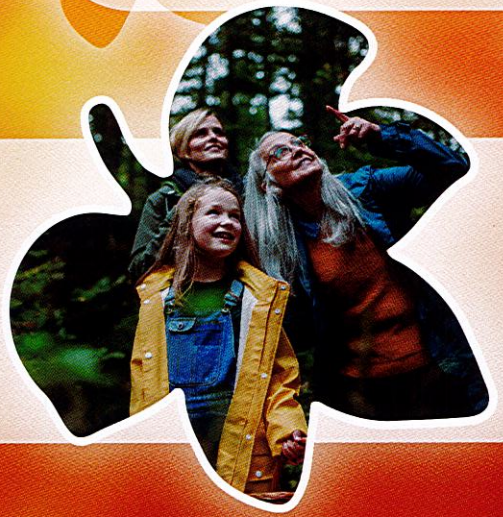
Low cost activities to try

Looking for ways to keep the family entertained? There are many simple ways to have fun without spending lots of money.



HAVE A PUMPKIN CARVING COMPETITION

Challenge the family to come up with the scariest, funniest or most creative design.



TRY AUTUMN COLOUR BINGO

Make a simple bingo card with autumn colours such as red, orange, yellow, brown and green, then head out for a walk and see how many you can spot.

HAVE A MOVIE NIGHT

Make the most of a chilly or rainy evening with a family film night. Make some homemade popcorn and get cosy. You could even make your own cinema tickets.



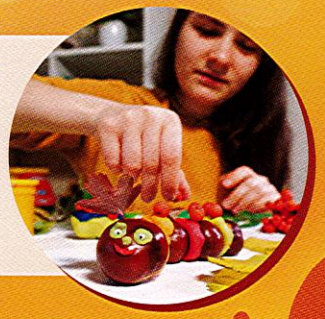


MAKE A BIRD FEEDER

Don't throw away the seeds when you're carving your pumpkin! Wash and dry them first, then smear peanut butter onto a large pinecone and press the seeds into the gaps. Tie some string around the top and hang it somewhere you can watch the birds visiting.

GET CREATIVE WITH CONKERS

Next time you're out for an autumn walk, collect some fallen conkers. Once you're home, paint them as pumpkins, ghosts, animals or funny characters. You can use your finished creations as decorations or leave them for others to find.





BAKE SOME SPOOKY BISCUITS

Bake a simple batch of biscuits, then decorate them with icing to create ghosts, pumpkins, spiders and monsters.

VISIT YOUR LOCAL LIBRARY

Libraries are a great place to spend a chilly autumn afternoon. South Gloucestershire libraries also hold free activities and events for children during the school holidays. Visit: **southglos.gov.uk/libraries**



MAKE YOUR MEALS GO FURTHER

Eating well doesn't have to cost a fortune. These family favourites are filling and easy to adapt. Try these budget-friendly tips to make your food go further.



SPAGHETTI BOLOGNESE

Bulk out mince with lentils, grated carrot, mushrooms or onion. Choose own-brand pasta and tinned tomatoes.

SAUSAGE AND MASH

Choose own-brand sausages and mix mash with carrots or other root vegetables.





COTTAGE PIE

Add lentils, beans, peas or leftover vegetables to the mince. Frozen veg works just as well as fresh.

CURRY AND RICE

Use chicken thighs, chickpeas, lentils or extra vegetables to make your curry go further. Frozen veg is a budget-friendly choice.





VEGETABLE AND BEAN CASSEROLE

Use beans, lentils and whatever vegetables you have. Serve with mash, rice or crusty bread.

SAVE MONEY AND WASTE LESS

Plan ahead: Plan your meals and make a shopping list.

Buy only what you need: Choose loose vegetables where possible and avoid buying more fresh food than you'll use.

Keep the peel on: Leave vegetable peel on for casseroles, stews and soups.

Cook extra: Batch cook and freeze leftovers.

Try a slow cooker: Great for casseroles, curries and stews, and can use less energy than an oven.