

The Hello! Project

What is it all about?

- This project developed from a conversation at the Highland Third Sector Interface (HTSI) Conference in May 2018, which had a focus on mental health and wellbeing. As a group we spoke about community connections and what we believe to be the simplest way to connect ourselves and others in our communities. The simple gesture of saying 'HELLO'.
- From this conversation a project idea developed and this has been supported by a small amount of funding gratefully received from HTSI. The idea is to spread the word and encourage people across the Highlands to say 'HELLO' to one another. It's that simple!
- Those involved in the development of this project are Tiffany from HiMRA, Jane from Signpost, Holly from the Scottish Recovery Network, Revd James Currall from the Dornoch Firth Group and Gail, formerly of Signpost. All involved are living in Highlands and share a belief that simple gestures can support us to feel more connected within our communities. There have been many more folk involved in supporting the project at different stages too.

What do we hope to achieve?

- We hope to connect more people across the Highlands through the simple act of saying 'HELLO'.
- Have you ever considered the power of saying 'HELLO'? This is your opportunity to try it and think about what it could mean to someone.

What to do ...

- We would love you to use the posters (attached) and make them visible across your community and spread the word.
- You can find further resources on Scottish Recovery Network, Signpost and HiMRA's websites.
- If you use twitter feel free to tweet #HELLO!
- Most importantly say HELLO to people that you meet in the street, in the shops, on the bus or train, in fact everywhere you go, brighten up the lives of others by simply saying Hello to them.

Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!



Halo!

Say Hello! and help someone feel less lonely today.

#HELLO!



Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!



你好

nǐhǎo!

Say Hello! and help someone feel less lonely today.

#HELLO!



Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!



اسلام و عليكم

Assalam o alaikum

Say Hello! and help someone feel less lonely today.

#HELLO!



Cześć!

ch eh-sh-ch

Say Hello! and help someone feel less lonely today.

#HELLO!



Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!



Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!



Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!



Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!



مرحبا!

marhaba!

Say Hello! and help someone feel less lonely today.

#HELLO!



Hello!

Say Hello! and help someone feel less lonely today.

#HELLO!

