

Say HELLO! and help someone feel more connected today

What is it all about?

- This project has been supported by a small amount of funding gratefully received from Highland Third Sector Interface. The idea is to spread the word and encourage people across the Highlands to say 'HELLO' to one another.
- In recent months, life has change for all of us. This project was originally launched in 2019 but we are re-launching it at a time where we believe saying hello is more important than ever and an essential way to stay connected and lessen feelings of loneliness.

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' whether this is through physical or digital means?
- We hope to bring a little bit of happiness from the 'outside world' to those stuck inside through our social media campaign.

How to use this pack... What we ask of you!

- The power of 3. We challenge you to make contact with 3 people. This could be by telephone, text message, on social media or by using the postcards included in this pack.
- You can access post cards digitally too. You can find resources on Scottish Recovery Network and HiMRA's website at www.himra.org/hello-campaign-2020
- We invite you to make a wee film to say HELLO and share what has made you happy during lockdown (gardening, cooking, music etc). We will be asking carers to share these films with care home residents and with those who cannot get out. Post them and tag @HighlandHello on twitter.
- You'll find us @HighlandHello and check us out on Facebook Hello Campaign. #HighlandShare2Care #HighlandHello #ViralKindness #Humansofthehighlands

Those involved in the development of this project are Tiffany from Highland Migrant and Refugee Advocacy Project, Holly from the Scottish Recovery Network, Rachael from Fèis Rois, Anne from Highland Senior Citizens Network, Revd James Currall and Gail, formerly of Signpost.

**Social Distancing is very important to us. More information on guidance can be found on www.gov.uk (COVID-19 What you need to do)