

# happiness habits

Outside the Box is working with people in rural parts of Scottish Borders to build links between people and increase social inclusion.

The project runs from October 2017 to March 2019 – and we hope that many of the things that get started will continue beyond that.

The people we are working alongside want to give support to other people in their community and be able to get some support from them.

Some of the activities that will be happening include:

- **Events and activities that bring together people who live in a village or area.**
- **Information that can make life easier for people and families.**
- **Advice and practical help on ways to take forward community activities, such as help with funding applications and training for people who are new to volunteer or community roles.**
- **Courses to build people's confidence and skills.**



outsidethebox

**Keep an eye out on our website ([www.otbds.org](http://www.otbds.org)) for updates on what's happening across the Borders.**

Get in touch

For any more information about the project, contact:

**Christine**

E. [christine@otbds.org](mailto:christine@otbds.org)  
M. 07921 265515

**Jan**

E. [jan@otbds.org](mailto:jan@otbds.org)  
M. 07793 028368

or **Jo**

E. [jo@otbds.org](mailto:jo@otbds.org)  
M. 07783 241028



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