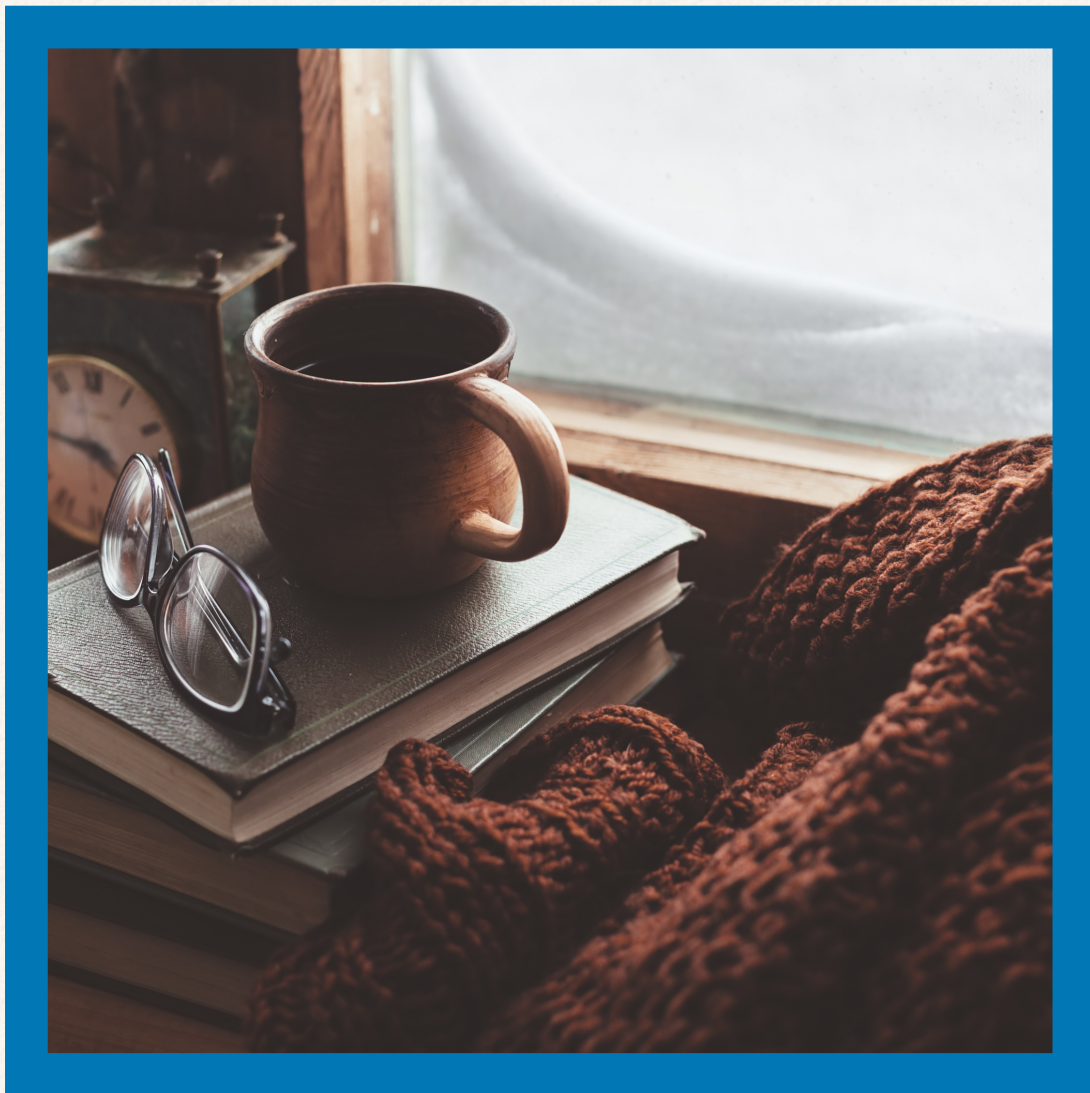


# OUTSIDE THE BOX WINTER SUPPORT RESOURCE

AUTUMN/WINTER 2022



A helpful resource for the coming  
winter months



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# WINTER SUPPORT


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We know that winter and the holiday period can be a really difficult time for lots of people, for a variety of reasons, and this year is no different.

We have put together this booklet for people who may struggle over the next few months.

Thank you to all the people who shared their recipes and suggestions. We also want to thank all the people who contributed to these ideas at one point or another.

For any further enquiries about this resource please contact Freya Young, Community Worker, [freya@otbds.org](mailto:freya@otbds.org)





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# RESOURCES

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## What can we do for ourselves?

- Mental health support
- Wellbeing activities
- Recipes
- Keeping warm



## What's going on in the community?

- Money advice
- Winter shopping tips
- Reaching out
- Myth busting
- Warm spaces
- Larders



## Outside the Box

Further information about the projects we deliver and resources from our website





# MENTAL HEALTH SUPPORT

## Who you can call

If you are feeling lonely or struggling for whatever reason, don't struggle alone, there are people out there who can help.

Whatever you're going through, you can call Samaritans any time day or night, 365 days a year. Call them free on 116 123

The Silver Line is there to provide free confidential information, advice or friendship to older people 24 hours a day and 7 days a week on 0800 470 80 90

Breathing Space is a free and confidential phoneline service for anyone in Scotland who is experiencing low mood or depression. Call them on 0800 83 85 87

If you are are a child or young adult and feeling lonely, you can call SupportLine on 01708 765 200

The Calm Zone is a helpline offering support to men, of any age, who are down or in crisis, 0800 585858.

What can we do for ourselves?



# THINGS TO DO ON YOUR OWN

## Nice things to do on your own

It is a good idea to plan things that you enjoy doing on your own. We know that some people prefer to be on their own at this time of year. Having a bit of quiet time is also good for everyone.

## Tips and hints

- Watch a favourite film that makes you feel good and you can cry or laugh along with it.
- Play your favourite music.
- Get some nice smelly pampering stuff then have a long soak in the bath.
- Go for a walk to your favourite place or go somewhere you want to see but haven't been before.
- Some people find meditation is good - a nice thing to do and good for keeping well. There are lots of free apps for this or you could go to a local meditation group.
- Have your favourite food.
- Talk to a friend – phone, email, Skype or whatever – if you both want to do that. You can be with people even though you are not in the same room.



# TIPS FOR PEOPLE AFFECTED BY DEMENTIA DURING THE FESTIVE PERIOD

Useful resources from Alzheimer Scotland on healthy living, including food.

Resource from Alzheimer Scotland on all aspects of the festive season.

Advice resource from Alzheimer's Society for people affected by dementia during the cost of living crisis.

Resource from Alzheimer's Society for how to have a dementia friendly festive period.

A resource guide about how to support somebody living with dementia at Christmas.



What can we do for ourselves?



# REDUCED APPETITE

## Smaller or reduced appetite

Winter can be a time when all our patterns change – getting out less, eating different foods, drinking less water and fruit juices, and so on. This can contribute to all sorts of other health problems or feeling uncomfortable. As we get older our appetite can also reduce so you want to get a good amount of energy and protein from a small amount of food. It can help to:

- Include high calorie foods such as full fat milk, butter or nuts
- Have several small meals or snacks throughout the day, avoiding too much salt or sugar – something tasty like spiced roasted chick peas
- Try drinks like smoothies as they can have good food content too (add peanut butter, yoghurt, oats or nuts if making your own)
- Foods high in natural fats also work well like:
  - Nuts & olives
  - Cheese
  - Avocado
  - Peanut butter & chocolate spread
  - Soups with beans or lentils
  - Milky drinks like milkshakes or hot chocolate

In winter we tend to stay at home more and not get out to get as much exercise as we would usually do, we may have a smaller appetite so feel like smaller portions.

What can we do for ourselves?



# DEMENTIA/OLDER PEOPLE COOKING MADE EASIER

## Don't fancy cooking?

We all have days when we don't fancy cooking; preparing in advance for these days can make life easier:

- Try to have a few back-up ready meals or leftovers in the freezer that can be easily defrosted and heated up
- Think about how you can add to easy food so it has enough goodness to be a meal, e.g. adding bacon and cream to a tin of pea soup, adding a small can of sweetcorn, half a stock cube, and milk to condensed chicken soup will make corn chowder
- Grazing platters work well too for people who are not sure what they fancy/enjoy. Try small amounts of different foods like:
  - Fruits - dried or fresh
  - Breads, crackets and oatcakes
  - Vegetable sticks
  - Dips and spreads
  - Different temperatures
  - Different textures- smooth and crunchy
  - Different tastes - spicy, sweet, sour
- Eating and cooking with a friend or family member is a great way to help boost appetite and make meal times more enjoyable. Even arranging to cook the same meal together and eat together via Zoom, Skype or Facetime.

What can we do for ourselves?

# TIPS FOR WINTER FOOD SHOPPING

Shopping for food is a key aspect of the cookery process and involves both planning and budgeting skills. It is important to plan ahead, consider the quantities and costs of foods as well as the nutritional balance of meals.

Here are some tips to help make the shopping process easier:

- Be prepared with a list of meals you plan to make for the week ahead.
- Plan a list before leaving the house and stick to it. It can be helpful to write your shopping list in the order of the aisles in your local supermarket, this will make it easier to follow and save you time when shopping.
- Keeping a pad and pen in the kitchen and add to list when store cupboard essentials are used up, this can save time when writing your list and prevent you from forgetting those key ingredients.
- When shopping, check use by dates of foods to ensure they will still be safe to eat when you plan to use them. Fresh foods which can be frozen at home are also useful but remember to follow food storage and defrosting guidelines.
- Have a quick rummage through the fridge, freezer and store cupboard once a week; it'll end those evening runs to the local late night shop for essentials.



# TIPS FOR WINTER FOOD SHOPPING

Make a list of what you need. Also take a list of what you have already got. Look out for food that comes in which will be useful for you, even if it is described some other way.

For example, at this time of the year the shops have lots of party food and nibbles that are perfect for someone with a small appetite.

Some shops have a bigger range of spicy and other stronger tasting food at this time of year.

Watch out for pickles and chutneys that will last for many months. These can be useful when someone's tastes are changing, or they want something to liven up other food.

Build up a stock of food, so you can get by on days (or weeks) when you don't get out to the shops.

This is our starter list of useful things to stock up with:

- Tins of soup
- Tins of creamed rice and custard
- Tinned or frozen fruit
- Frozen vegetables
- Long-life milk
- Frozen or long-life half-baked rolls and baguettes, so you can always have fresh bread to go with soup or a stew.



What can we do for ourselves?

# TIPS FOR WINTER FOOD SHOPPING

## Food shopping

- Stock up on bulk buys if possible, staples/versatile ingredients – pasta, tinned tomatoes
- Never go to the shop hungry, if you shop whilst being hungry you will be more likely to pick up items that are high in fat, sugar or salt.
- Get shopping delivered (if you can access online) if tricky to go yourself – get family to contribute to the menu plan (and shopping/cooking)
- For older people: shop at quiet times – sometimes supermarkets have a dedicated ‘quiet hour’
- Combine walk in countryside with trip to local farm shop – fresh and local produce
- If you have freezer space, consider buying a ‘family pack’ from the local butcher
- Buy dry ingredients in bulk, eg rice, lentils, porridge – if you have somewhere to store them
- OR get together with a group of friends and buy multipacks from a wholesaler to share out among you



# TIPS FOR USING LEFTOVERS

## Food leftovers

Reheat in microwave or fry up for a quick and tasty lunch.

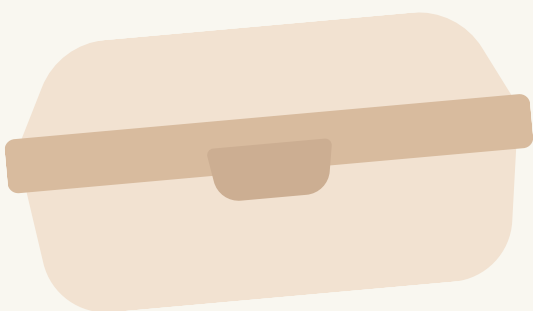
Make leftover meat or veg into a 'salad pot' for lunch – ideal to take away too. Add pasta, rice or quinoa, and a drizzle of dressing.

Stale bread – whizz into breadcrumbs if you have a machine, then freeze. Use as crispy topping on pasta, roast veg or anything else. Add herbs and grated cheese.

Freezer night or fridge night – using up odd bits and pieces – add a big pot of pasta or potatoes.

Don't need expensive containers – wash and reuse margarine tubs, ice cream tubs, yoghurt pots etc. Label clearly with date and contents.

If storing opened container in fridge – write on date opened



# TIPS FOR LOW COST COOKING

## Low cost cooking

Throw in a handful of porridge oats to add extra roughage and texture

Use soda bread to make (savoury) scones – add grated cheese or dried herbs

Packs of frozen white fish – great for fish pie or soup, or add breadcrumbs and fry

Make ‘pesto’ with any herb pack, greens such as spinach, dash of oil or lemon juice

If you are using the oven, consider cooking two things at once, or making double and freeze one

Batch cook – and freeze some for later

Freeze extra chopped veg or herbs in ice cube trays – to add to soups, pasta etc

Freeze stewed apples in ice cube trays – and melt one on your porridge

If your milk is going to go off before you can use it all, pour some in an ice cube tray and then use when needed

# PLANNING YOUR MEALS AHEAD

## Planning

Planning a menu is by far the cheapest way to do your shopping.

You are much more likely to buy what you need, and avoid the temptation of foods that are not essential.

Meal planning helps you to feel more organised and calmer:

- It reduces repetition of the same meals over and over again
- It helps save money and reduce wastage
- It helps you to eat healthier by planning variety and balance into your diet
- Your child(ren) can get involved in helping, making them more likely to try new foods
- Planning your meals and snacks allows you to reduce wastage by re-using specific ingredients throughout the week.



What can we do for ourselves?



# RECIPES

**Lots of people find shopping for food harder at this time of year.**

**We want fewer shopping trips when the weather is bad and lots of us want to avoid the holiday crowds.**

**Many supermarkets like Asda have now created 'Essentials' ranges. In Asda, their 'Just Essentials' range has more than 200 products ranging from 16p for a tin of spaghetti hoops, to £11.23 for a beef roasting joint and a great help during this difficult time.**

**Chefs like Jack Munroe make sure their recipes don't cost a lot to make. For example, Bolognese that costs only 38p per portion.**

**Why not spend some time making something new and invite a friend round to share it:  
<https://cookingonabootstrap.com/>**

**These next few pages show you some simple recipes that people we are working with gave us as well as some top tips for cutting costs, using leftovers and for keeping warm.**

# OUR RECIPES

## Melting snowman biscuits

- Buy a pack of cheap biscuits, like Sainsbury's Basics Rich Tea biscuits for 35p.
- Make some icing and lay the biscuits on some kitchen towel.
- Put a marshmallow on top of each biscuit.
- Using either food colouring or little tubes of coloured icing, paint on a snowman's face, coal buttons and stick arms.

### Cost in Sainsbury's:

Rich Tea biscuits - 35p

Icing sugar - £1.50

Marshmallows - £1

Packet of icing pens - £2.30





# OUR RECIPES

## Rudolph cakes with antlers

- Make some chocolate cakes (or buy some) and decorate them with chocolate icing.
- Use chocolate covered pretzels for antlers, and use either marshmallows, smarties or chocolate buttons for eyes and noses.

### Cost in Asda:

12 chocolate fairy cakes - £1.60

Pretzels - £1.10

Smarties - £1.25

Chocolate icing - £1.60



# OUR RECIPES

## Butternut squash and sweet potato soup

### Ingredients

- Knob of butter
- 1 butternut squash, peeled, seeded and cut into chunks
- 1 sweet potato, peeled and cut into chunks
- 1 carrot, peeled and chopped
- 1 celery stalk, chopped
- 1 onion, chopped
- 1 litre chicken stock
- Salt and pepper to taste

### Method

Melt butter in a large pot over a medium heat, add all the vegetables cook and stir until lightly browned, approximately 5 minutes.

Pour in chicken stock and bring to the boil, reduce heat to low, cover and simmer until tender approximately 40 minutes.

Blend until smooth. Add salt and pepper to taste.



# Tips

To make life easier and save time and effort:

- Check out if the supermarket have a prepared vegetable range.
- Check out the frozen vegetables.
- Just have bigger chunks for the vegetables.
- This freezes ok.

To give it a stronger taste:

- You could spice things up a little by adding some chilli or ginger to the soup.
- Add with the vegetables or sprinkle a wee bit at the end.
- 

To give it more calories, if someone is not eating much:

- Add some full fat yogurt when you serve the soup.



What can we do for ourselves?



# OUR RECIPES

## Beef stew

### Ingredients

- 1 onion
- 1 or 2 carrots (depending on size and how much you like carrots)
- 450 gram/1lb cubed stewing or casserole beef (anywhere around 400 – 500 g if a packet is a bit bigger or smaller)
- About 400 ml beef stock – use a cube or a wee stock pot
- Few ounces mushrooms – whole button mushrooms or half bigger ones ( you can leave out if you don't like these)
- Few tablespoons oil

### Method

Peel and chop the onion and carrots into chunks (whatever size you like).

Use a pot that can go on top of the stove and in the oven.

Heat the oven to 170C. Warm the pot, heat the oil and then gently cook the onion until it is soft. Add carrots to onion and cook for a few minutes.



Add in the beef and cook for about 5 minutes. Stir it to get the beef browned and mixed in well with the onions and carrots.

Add in the mushrooms at this stage if you want them.

Add in the stock and give it a good stir.

Add salt and pepper – a bit less than you think you need as flavours will get stronger as you cook.

Bring to point where it is just simmering.

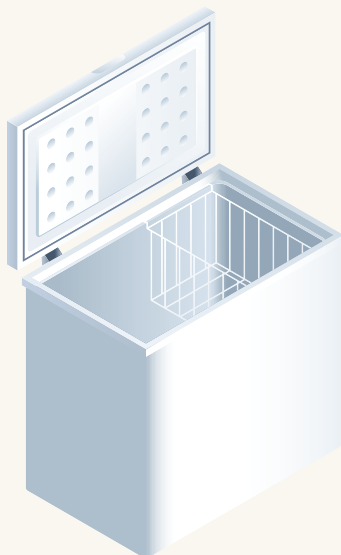
Put a lid on the pot and put in the oven.

Leave it for 2 and a half to 3 hours. Take it out. Check seasoning and add more salt and pepper to taste.

### Tips

To make life easier:

- This freezes well. You'll have another meal from it.
- Use vegetables that are already chopped.
- Serve it with something else that goes in the oven such as a precooked potato dish.



What can we do for ourselves?

# OUR RECIPES

## Mustard glazed salmon

### Ingredients

- 1 tablespoon whole-grain mustard
- 2 salmon fillets
- Salt and pepper to taste
- Lemon wedges, for serving - optional

### Method

Season both sides of the salmon fillets with salt and pepper, then brush them with the mustard.

If you want to cook in a frying pan: cook for about 10 minutes, depending on thickness of the fish.

Another way is to cook in the oven. Put in an oven proof dish and cook at about 200C for 20 minutes. Test with tip of a knife to see if it is cooked. Put back for a few minutes longer if needed.

To give this a stronger flavour:

- You can mix a tablespoon of honey in with the mustard.
- Squeeze lemon over the fish just before you serve it.



What can we do for ourselves?



# TIPS FOR KEEPING WARM THIS WINTER AND SAVING ENERGY

Heating on low – not on high all the time but don't let house get too cold

Homemade draught excluders at doors

Draught-proofing strips round doors – even cheap self-adhesive foam ones

Thick curtains, ideally with insulated lining – try a door curtain, too

Ensure radiators aren't blocked by furniture

See about getting keyhole covers and letterbox cover

If you have an unused fireplace – install a chimney balloon

Blanket over knees when at computer

Warm feet (slippers/socks), scarf, woolly jumpers – layer up as layers trap warm air close to the body



What can we do for ourselves?

# TIPS FOR KEEPING WARM THIS WINTER AND SAVING ENERGY

Keep active – even in the house, get up, walk around, go up and down the stairs or do a quick household task (this can also help make ‘doing the housework’ more manageable – dividing it into short individual tasks rather than a day’s marathon!)

Garden jobs – if you feel energetic, get out and sweep or rake some leaves – even for 5 minutes – it will warm you up

Extra quilt or blanket at night

Hot water bottle

Hot drinks or soup

Eat regular meals and enough carbohydrates (pasta, rice, potatoes, bread)

Take turns at a friend or neighbour’s house – share coffee and cake or lunch, so only one lot of heating and cooker needs to be on



What can we do for ourselves?

# TIPS FOR KEEPING WARM THIS WINTER - PHYSICAL AND MENTAL WELLBEING

- Get outside for a walk - local greenspace or out of town - try mindful walking, tuning in with different senses
- Getting kids outside - give them a focus, eg scavenger hunt, photo challenge
- Older people - take a hot flask or hand warmer, plan a short, level route if need be
- Take time to be - go out without your phone
- Think of one positive thing that happens to you each day - try writing it down
- Take breaks from computer
- See a friend, for a walk or coffee catch-up
- Connect with people - take time to chat to a neighbour, a regular fellow dogwalker in the park etc
- Don't worry about what you haven't managed to achieve - think of the things you have achieved in the day

# TEMPORARY SECONDARY GLAZING

## Temporary Secondary Glazing

Single glazed windows only have one pane of glass and in colder months this means that the heat can escape through the glass very quickly.

if you purchase a sheet of Perspex you can 'create' your own double glazing.

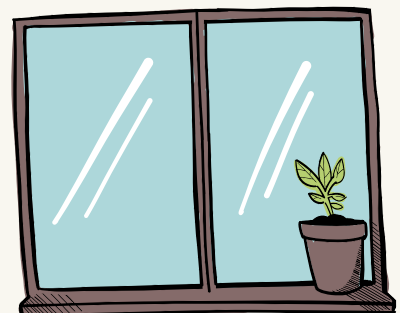
- Buy a sheet of Perspex that fits on top of your existing single glazed window and attach using magnetic strips
- This will limit drafts and warm air escaping

This is not as good as double glazing but a quicker and cheaper solution that might help some folk.

### Cost on Amazon:

Perspex sheets: £9 - 30

Magnetic strips: £7





# TIPS FOR DRYING CLOTHES THIS WINTER

## Drying clothes

Drying clothes can be tricky during the colder months when the weather is often too wet for hanging outside

A tumbler dryer can be expensive to run, as can heated drying rails

Some of the tips we have heard:

- Start clothes off on airy space – ideally in well-ventilated room, to avoid mould/condensation
- Finish off in dryer if you have one OR fold/drape the clothes on a rack or chair when almost dry to ensure they dry properly
- One of the tips we have been hearing is to move your drying rack to your kitchen if you have a safe space. Leaving the oven door open after using it can be a useful way to use this built up heat to heat the room or dry some nearby clothes

# MONEY ADVICE

One of the big pressures for many people is managing money and not getting into debt. It can be difficult to balance having a nice time with making sure you're not spending more money than you should.

Hopefully you can use these next few pages to see what fun you can have this winter without spending a lot of money. But we understand that when money is already tight, even spending small amounts of money on extra things can mean spending money you don't have.

## Hints and tips from the community

*"Remember it's not your fault if you're having money difficulties or can't afford things. A lot of us are in that boat."*

*"Try not to feel ashamed about reaching out for support. It's helpful to find out what support is available from places like local councils, the DWP and energy providers, and share that info with other people who might need it."*

*"You can use an online calculator to check if you're entitled to more credits of benefits to maximise your income." ([www.entitledto.co.uk](http://www.entitledto.co.uk))*

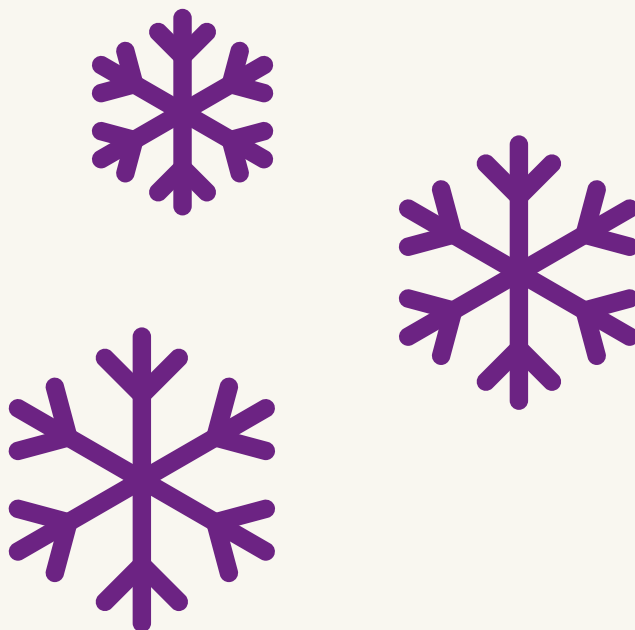
# MONEY ADVICE

## Hints and tips from the community

*“Try not to be tempted to buy too much food or drink. Just buy what you know you need. It saves money and is better for the environment.”*

*“Don’t pay by card. Write a shopping list and take out the money that you’ll need for everything on the list so you’ll need to stick to it.”*

*“Work out, in advance, how much money you need for different occasions or for Christmas and New Year all together. Add an extra £20 to this in case there is anything extra you might need.”*



# MONEY ADVICE

Citizens Advice Scotland can help with money advice and with negotiating with the people you owe money to. Go to [www.cas.org.uk](http://www.cas.org.uk) to get advice online. Or, you can call 0800 028 1456 for the Scottish Citizens Advice Helpline to speak with an adviser at your local Citizens Advice Bureau.

## Saving and borrowing

- If you need to borrow money, talk to a credit union about whether they will give you a loan – the interest will be a lot less than other sources of credit.
- Try to start planning ahead for next year. Look at ways to save money during the year. The credit union can help here too.

Visit the Association of British Credit Unions website [www.abcul.coop/home](http://www.abcul.coop/home) to find out more. Address: Holyoake House, Hanover Street, Manchester, M60 0AS. Contact: 0161 832 3694, [info@abcul.org](mailto:info@abcul.org).



# WAYS TO CUT THE COST OF PRESENTS

## Buying presents

- Agree or set a budget – such as £5, which everyone can stick to just try to be as imaginative as possible
- Have a look on websites like Gumtree, eBay or Freecycle for cheap or free things
- Instead of getting a present for everyone, try a Secret Santa and each person buys something for just one person
- Gift boxes can be bought really cheaply online – look around. You could buy things like big packs of sweets or a pack of toys from a supermarket or pound shop and share them out into nice boxes for any children you want to buy presents for
- Make a list of all the things you really want – including the really practical things that you might usually feel too embarrassed to ask for, like socks. Give your family and friends your list and ask them for one thing off your list



# WAYS TO CUT THE COST OF PRESENTS

## Buying presents

- Have a present swap with friends or family a few weeks before Christmas. Everyone can bring along things that they have but don't want or need anymore – like clothes
- You can then swap these and not worry about seeming rude as you appreciated the gift at the time but now someone else will enjoy it.  
You can keep the things you get or give them as presents to other people
- Look for presents in charity shops
- Go shopping with a friend if there are offers like 2 for 1 on toys or clothes so you can split the cost
- If you are good at cooking or baking, homemade food is a good present. You can also use up leftover smaller pieces of wrapping paper and ribbons to make these look nice
- Have presents that just need you to give your time, like offering to iron for someone or help them with gardening

# TIPS FOR ENERGY MYTH BUSTING

## Energy myths

*“Most heat escapes through windows”* – Actually, most heat escapes through walls if you don't have good insulation. But closing curtains at night definitely helps keep the heat in.

*“Phone and laptop chargers don't use energy if not connected to a device”* – False – switch off at socket, and unplug as soon as device is charged.

*“Switching lights on and off uses more energy”* - False

*“LED bulbs are more expensive than standard ones”* – False, they can last for up to 20 years, so pound for pound they are cheaper

*“Turning up the thermostat will heat the room up quicker”* – it will still take the same amount of time, but you will end up using more energy if heating the room to a hotter temperature



# TIPS FOR ENERGY MYTH BUSTING

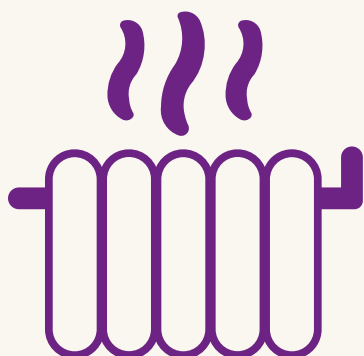
## Energy myths

*“Keeping the heating on low all the time will save energy”* - Probably not – if you have good insulation

*“Central heating is the best option”* - Not always – no point in heating all rooms in the house if you’re not using them. Make sure central heating radiators have individual thermostats

*“Washing dishes by hand saves hot water”* – No – if you have a dishwasher, it’s more economical to run this when full than to wash dishes by hand

*“Leaving all internal doors open will make the house warmer”* – No it will disperse the heat – if you close a door it will keep the heat in a room. Just ensure you have some sort of ventilation for gas appliances, open fires



# WARM SPACES

## Warm spaces

This winter, many communities are organising warm spaces anyone can drop into, to save energy costs and stay connected.

Where: Public libraries, community centres, cafes or pubs. Try to find a space that most people can access, and talk to people about how to make it more accessible.

Covid-safety: Think about ventilation, wipe-clean furniture, and spacing out seating so there's some distance.

Things to do: These spaces can be even better if they can offer hot drinks, snacks, internet access, charging points, or activities like knitting groups or film screenings.

If you're thinking about starting a warm winter space in your area, this guide has lots of advice: 'A Warm Welcome. Setting up a warm space in your community' at [www.cilip.org.uk/page/warmspaces2022](http://www.cilip.org.uk/page/warmspaces2022).

It has information on heating costs, health and safety, accessibility and more.



# FOOD LARDERS

## Community food larders

Community larders, pantries, and fridges can help people share food, reducing waste and make sure everyone has enough. Some have staff or volunteers, and work like a free or low-cost local shop. Others are more like boxes in public spaces, that everyone can use to drop off or pick up food whenever they want to.

**Funding:** Some community larders apply for funding, and others are organised by community members without any funds.

**What to put in the larder:** They can include cupboard foods, homemade jam, fresh produce, or health and sanitary products. Find out what people in your community need.

**Cleaning:** Decide who's going to clean it, and how often. Local charities might be able to help volunteers get food safety training.

**Where:** The larder could be indoors or outdoors. You'll need permission to put it in some locations - ask the local council and charities for ideas, and think about how people can get there with public transport.

# MORE RESOURCES

Our Good Support for Our Neighbours guide:

<https://otbds.org/Neighbours-.pdf>

Our Tips for Friendly Neighbours guide:

<https://otbds.org/Tips-for-friendly-Neighbours.pdf>

Energy saving advice:

<https://www.changeworks.org.uk/energy-saving-advice>

Saving money on utilities bills:

<https://www.moneysavingexpert.com/utilities/>

Saving money on the weekly shop:

<https://savings4savvymums.co.uk/weekly-shop-just-18/>



# MORE RESOURCES

Budget cooking tips:

<https://www.jamieoliver.com/features/budget-cooking-tips/>

The Berwickshire Help website has information on money, food, clothes, energy and more:

<https://berwickshirehelp.org.uk/>

Mental health and wellbeing tips for teenagers:

<https://otbds.org/MentalHealthWellbeingTipsforTeenagers.pdf>

Finding friends and coping with loneliness:

<https://otbds.org/FindingFriendsandCopingwithLoneliness.pdf>





Outside the Box is a charity and social enterprise. We began in 2004 and have grown to support people and communities across Scotland.

We help build strong, inclusive communities by creating the circumstances that enable this vision to become reality.

You can find out more about our work and projects by visiting [www.otbds.org](http://www.otbds.org) or follow us on social media:



For further enquiries about this resource contact:  
Freya Young, Community Worker  
[freya@otbds.org](mailto:freya@otbds.org)



## Borders Buddies

Borders Buddies supports people to return to doing things they enjoyed before but which, either due to the pandemic, ill health or other factors, they have stopped doing.

It will enable them to reconnect with other people in the community, reducing isolation and building individual and community resilience.

You can find out more about this project by visiting <https://otbds.org/projects/borders-buddies/> or follow us on social media:





## Moments of Freedom

Moments of Freedom is a project that is led by New Scot women in Clydebank, in partnership with Outside the Box and West Dunbartonshire Council.

Moments of Freedom use community mapping and peer support to develop inclusive community connections in their local area.

You can find out more this project by visiting <https://otbds.org/projects/moments-of-freedom/> or follow us on social media:

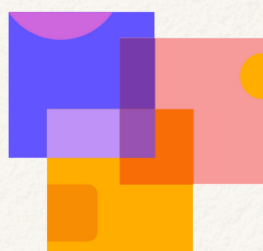




# Connecting Equalities

We are working with diverse groups of older people and their communities to support them connect their everyday experiences with rights and equalities, to ensure their contributions are part of shaping what matters to them for a good life. In response to the cost of living crisis we have been hosting sessions on energy – these have been mostly taking place in rural locations such as Moray.

You can find out more about this project by visiting <https://otbds.org/projects/connecting-equalities/> or follow us on social media:



connecting  
equalities



# Coastal Connections

This project brings together local people who want to make changes on issues that are important to them and their communities along coastal Moray – areas around Burghead, Hopeman and Cummingston.

People have told us their first priorities are around Fuel Poverty & Sustainable Energy, Transport, and Community Wellbeing.

You can find out more this project by visiting <https://otbds.org/projects/coastal-connections/> or follow us on social media:



coastal  
connections