

# PAY IT FORWARD



## Pay It Forward training session for young people

Resilience Focus Area: Emotions and Behaviours

This training session helps young people to:

- Understand what Pay It Forward is
- Understand how doing something for others is beneficial for our wellbeing



<b>Time</b>	<b>Activity</b>	<b>Method</b>	<b>Resources</b>
2.5 mins	<b>SIGN IN &amp; CHECK IN</b>	Ask young people to complete Sign In sheet Ask the group to say how they are feeling from 1-10 and if they want to share why	Sign In Sheet Pen
10 mins	<b>WELCOME &amp; LEARNING EXPECTATIONS</b>	Explain to the young people we are working with what the aims and objectives of the session are. To understand what Pay it Forward is, to understand how doing something for others is beneficial for our well-being and to feel confident completing a Pay it Forward application.	Pen Flipchart
10 mins	<b>GROUND RULES</b> <i>If relevant or set ones for this session if necessary</i>	Explain to the group, people need to feel safe in order to share their views and experiences. Examples <ul style="list-style-type: none"> <li>· Respect other people</li> <li>· Listen to what other people are saying</li> <li>· What people say, stays in the group (unless they or anyone else is at risk)</li> <li>· The more you put in, the more you take out!</li> </ul>	Ground rules pre-prepared and written up on a flipchart pen
10 mins	<b>ICEBREAKER WOULD YOU RATHER</b>	Ask the group to answer a number of questions by standing on one side of the room. For example; would you rather eat broccoli (stand to my left) or carrots (stand to my right).	Would you rather questions

10 mins	<p><b>DISCUSSION &amp; ACTIVITY</b></p> <p><b>WHAT IS WELLBEING?</b></p>       <p><b>INTRODUCE HEADSTART KENT</b></p>	<p>Ask the group what they think WELLBEING is? In 2 groups, ask them to write their ideas on the handout. Ask them to feedback to the group and write what they say up on a flipchart. Discuss what young people have suggested. Read out to the group WELLBEING is: “... a good... condition of existence... Characterised by health, happiness, prosperity and welfare...” OR in simple terms: “the state of being comfortable, healthy and happy”. Discuss with the group their thoughts on this.</p> <p>Play video introducing HeadStart Kent. HeadStart Kent is part of Kent County Council’s Integrated Children’s Services and aims to help young people cope better when faced with difficult circumstances in their lives, preventing them from experiencing common mental health problems. The programme is funded by The National Lottery Community Fund to provide the resources to develop approaches that support young people to develop their own resilience to cope with the everyday pressures they may face throughout their lives.</p>	<p>Flipchart Pens</p>           <p><a href="https://kentresiliencehub.org.uk/about-headstart-kent/">https://kentresiliencehub.org.uk/about-headstart-kent/</a></p>
10 mins	<b>DISCUSSION</b>	<p>As a group or in pairs ask the young people to discuss the last time they did something that helped somebody else. Ask young people to feedback to the group how helping that person or persons made them feel. Feelings may include happiness, pride, a sense of achievement, determination. Now, as a group, discuss how it felt the last time someone did something</p>	Pens Paper

		for you.	
10 mins	<b>INTRODUCE PIF</b>	<p>Ask the group what they think Pay It Forward could be?</p> <p><i>Facilitator notes: The Pay It Forward scheme provides <b>grants of between £250 and £1,000</b> for projects led by young people aged 10 – 16.</i></p> <p><i>Pay It Forward means doing something to help somebody else’s wellbeing. HeadStart is giving groups of young people the chance to make this happen. The original idea for the fund came from Kent’s young people. The Pay It Forward project should aim to improve the emotional wellbeing of other people, whether that be where young people live, at school, at a club or at another community organisation.</i></p> <p>Play YouTube video that introduces Pay It Forward</p>	<p>PowerPoint</p> <p><a href="#">Kindness: The World We Make   Ripple Effect   Pay It Forward   Kindness Video - YouTube</a></p>
5 mins	<b>IDEAS FOR A PIF APPLICATION</b>  <b>EXAMPLES OF PREVIOUS SUCCESSFUL PIF APPLICATIONS</b>	<p>In pairs or as a group ask the young people to think of ideas and suggestions for a Pay It Forward application and how they think their ideas could benefit others.</p> <p>Discuss the examples of successful projects. Previous successful Pay It Forward projects include:</p>	<p>PowerPoint slide showing successful PIF projects</p> <p>Images of successful projects below and on <a href="#">Kent Resilience Hub</a></p>

	<p><b>DISCUSSION POINT</b></p>	<p>Sensory gardens and safe spaces in schools and youth centres.</p> <p>Anti-bullying projects in schools.</p> <p>School clubs including Lego, cookery, reading and sports.</p> <p>Making hampers for local care homes.</p> <p>Transition events for year 6 leavers.</p> <p>Art and craft projects and a dance performance.</p> <p>One-off event for young people with special educational needs.</p> <p>Community gardening projects.</p> <p>Renovating a local pond.</p> <p>What were the groups thoughts on these projects? Could they see the benefits to them and how they can help others?</p>	
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10 mins	<p><b>TOP TIPS</b></p> <p><b>PIF Testimonials – ‘Remote but not Alone’</b></p>	<p>Explain to the group that they need to make sure the PIF application is fully completed before submitting.</p> <p>Young people receive the application’s and they decide if the applications should receive the full amount asked for, some of the amount or none amount.</p> <p>Young Person’s comment:          “We score the PIF applications, and we want to see young people’s involvement in all parts of the application, we also like to see a breakdown of where all of the money will be going!”</p> <p>Read to the group the testimonial and discuss how this project benefitted others?</p>	<p>Top tips sheet          Copy of PIF application          PowerPoint slide</p> <p>PowerPoint slide          Testimonial document below</p>
5 mins	<p><b>EVALUATION &amp; CLOSE SESSION</b></p>	<p>Ask the group if they enjoyed the training and now feel confident in applying for a Pay It Forward grant.          Application can be completed here  <a href="#">Pay It Forward grant - Kent Resilience Hub</a></p>	<p>Evaluation Form</p>

*\*\*\* Please note that whilst this session is intended to be delivered in conjunction with the PowerPoint presentation as a training session for young people, individual activities can be completed without use of the presentation and utilising the resources below.*



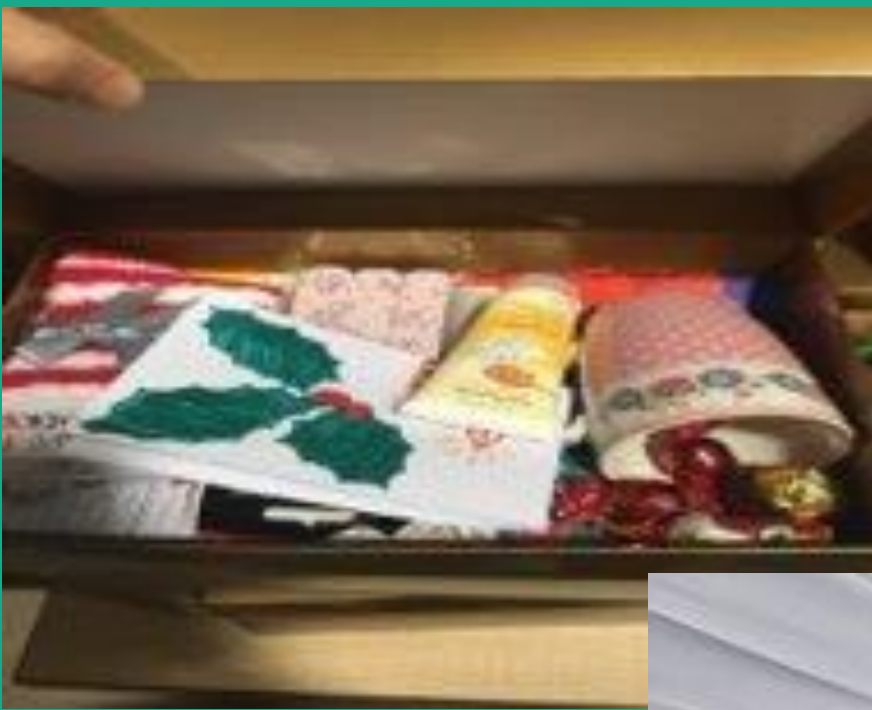
## Application Tips

Applications are reviewed at 6 intervals throughout the year. You can expect to hear a response within four weeks of the deadline dates.

- Ensure projects are led by young people, although an adult must make the application and can help with planning.
- Explain clearly in your application how your project will benefit the emotional health and wellbeing of others in your community.
- Please include a detailed breakdown of costs, so the young assessors can see exactly how the money would be spent – include screenshots of websites for items on your shopping list.
- Make your application as visual as possible. The panel of young assessors welcome evidence of research and planning such as photographs, videos, mind-maps and quotes from the young people involved in the application process.
- Visit [www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk) for further information.







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# **Pay It Forward Grant Application Form**

## **Section 1**

Pay it Forward is run by HeadStart Kent, who are funded by the National Lottery Community Fund to support young people's emotional wellbeing and resilience. The idea of paying something forward means enabling someone to do something to help someone else. HeadStart would like to give groups of young people the opportunity to make this happen.

This form should be completed by young people aged 10-16 with the support of a trusted adult within their school or community.

**What type of organisation is applying for this grant?**

Education / Other statutory organisation / Voluntary group / Private organisation

**Do you operate within one of the 12 KCC districts (excluding Medway)?** Yes / No

**Can you confirm that all relevant staff / volunteers will be DBS checked at the point the project starts?** Yes / No

## **Section 2 - Your Project;**

What is your organisation called?

What will your project be called?

Please describe the project you have planned.

How will it benefit others in your community?

When do you plan to start your project?

Who came up with the idea for the project?

How many young people have planned this project and what are their ages?

How much will the project cost?

Please provide a breakdown of your project's costs (activities, materials, equipment, staffing and any other resources)

*Attach a document.*

How much funding are you requesting from Pay It Forward?

If the grant does not cover the whole cost of the project, how will the remaining costs be covered?

### **Section 3 - Contact Details;**

Adult contact's name:

Adult's position / title in the organisation:

Contact telephone number:

Email address:

Website address:

Organisation address:

Organisation postcode:

Has your organisation previously received or applied for any funding from KCC, HeadStart Kent or the National Lottery Community Fund?

If yes, please state what funding you have applied for / received.

### **Declaration of interest**

Are there any KCC senior officers (Corporate Directors/Directors) or elected members who are on your governing boards. (This is for information only and is requested to ensure transparency and to protect both your organisation and KCC from challenge)?

### **Section 4 - Project Details;**

In which districts will your project take place?

How will you manage your project?

How will you promote your project?

How will you evaluate the success of the project?

Will your community continue to benefit from the project once it has been completed?

If relevant, please attach your insurance documents, safeguarding policies, last published accounts.

## **Section 5 - Confirmation**

**I confirm that, to the best of my knowledge, the information in this application is true and correct and that I have the authority to apply on behalf of the organisation named above.**

**I confirm that, if successful, the organisation will complete an evaluation setting out clearly how the grant was used and what was achieved as a result of the funded activity.**

**Name:**

**Position in the organisation:**

**Date:**

**This session plan provides an outline to deliver activities focussed around areas of young peoples lives that have been proven to support in improving resilience and emotional wellbeing.**

Within this there are suggestions of a range of activities and formats that you can use to deliver these, such as power points and online resources as well as timings for activities.

These can be delivered in whichever way suits your organisation and group of young people best.

Whilst a range of videos, icebreaker activities and games have been suggested throughout please feel free to adapt and change these to suit your setting and your young people.

For further resources, activities, ideas and a wide range of other session plans please visit [Kent Resilience Hub](#), you can also find a range of resources and activities that young people may find useful to manage their own wellbeing at [MoodSpark](#). Click on the different segments below to find resources, activities and sessions that meet that resilience area.

