

# PAY IT FORWARD

## Frequently Asked Questions

### 1. What is Pay it Forward?

Pay it Forward is run by HeadStart Kent, who are funded by the Big Lottery 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.

### 2. Why is HeadStart giving this opportunity to young people in Kent?

HeadStart want to give young people the opportunity to help others, something which can also have a positive effect on their own emotional wellbeing. Their Pay it Forward project should aim to improve the emotional health and wellbeing of other young people around them, whether that be where they live, at school, at a club, at another community organisation.

### 3. What is emotional health and wellbeing?

A useful definition of emotional wellbeing is offered by the Mental Health Foundation: 'A positive sense of wellbeing enables an individual to be able to function in society and meet the demands of everyday life.' Emotional health is about being happy, self-confident, self-aware, and resilient. People who are emotionally healthy are able to cope with life's challenges and recover from setbacks.

### 4. Who can apply for a grant?

Anyone aged 10-16 living in any Kent district can apply for up to £1000 to carry out a project in their local community (residential, school, club, etc.) to improve the emotional wellbeing of other young people. All applicants must be working as part of a group of a minimum of 2 young people.

### 5. Can adults encourage young people to apply for Pay it Forward?

Yes! It is expected that trusted adults will advertise this opportunity to young people they work with. It is OK for adults to encourage young people to apply for a project in their community.



**6. Can adults help young people to fill in the online application form?**

Yes, they can. There will be some questions, especially within the 'eligibility' section, which young people will require some assistance with. Adults can support young people to fill in the application form but it should be completed in the words of the young people themselves. Press Ctrl and click [here](#) for the application form.

**7. How much money can each group of young people apply for?**

Each group of young people can apply from £250 up to £1000. Young people need not feel they must apply for the highest amount if a smaller amount is sufficient for the project they wish to run. £1000 is the maximum amount any one group of young people may apply for. When considering applications, young people from Speak Out @ HeadStart will decide on whether the amount asked for reflects the proposed project and may offer a grant of a smaller amount to the applicants.

**8. What sorts of projects can young people carry out?**

In previous years, successful Pay it Forward projects have included a range of activities. For example, one community organisation organised and delivered an activity week for young people with additional needs and one organisation created a community pond together. Another organisation used their funding to pay for a play the group of young people had made about domestic abuse and then for this to be filmed and shared with others. The aim of each project should be to improve the emotional health and wellbeing of young people in that community so we are open to all ideas which fit this brief! Be creative!

**9. Can an organisation apply more than once?**

Yes. More than one group of young people can apply for separate projects from each organisation. Each project will be individually assessed so it is possible for an organisation to be successful with more than one project.

**10. What's the deadline for applications?**

This round of applications will close on Monday 5th February '18 and applications will be assessed thereafter. The following rounds will follow after decisions have been made on these grant applications so look out for emails and newsletter posts to make sure you're aware of further opportunities.

**11. Who will decide if the grant has been successful and when will I know?**

HeadStart Kent's Speak Out group of young evaluators have been an integral part of the Pay it Forward programme. They have been consulted about the application form and criteria used to assess each application. They are trained to evaluate each application and will make the final decisions regarding the successful applications. You will hear back from us within two months of the deadline of that round.



## 12. Will young people have to evaluate the project?

Each project will need to provide dates as to when HeadStart Kent Young Evaluators or members of the HeadStart project team can visit. If you are holding an event as part of your project we would wish to be invited so that we can celebrate with the young people. We will want to speak with the young people leading the project as well as some of beneficiaries of the work. The successful projects will be contacted by HeadStart Kent to arrange this.

## 13. Who can I speak to if I have further questions about Pay it Forward?

Further queries should be addressed to Vicky Seward (Project Manager for HeadStart Kent) at [victoria.seward@kent.gov.uk](mailto:victoria.seward@kent.gov.uk) or calling 07989 342281.

