



Buy someone a coffee today. Help my daughter with granddaughter, do sewing and picking up things. Pay the Barber to cut someone else hair. Take my neighbour's stuff! Do...
As part of Pay it Forward Day, I pledge to...

1,000
Acts of Kindness
100s
Pledges for Pay It Forward

Sefton CVS Living Well Sefton BLP Sefton Young Advisors Carers Centre May Logan Regenerous Y Kids Feelgood Factory Parenting 2000K Woodvale Community Centre Southport Foodbank Southport Homest... Park Community Centre Parenting... VAN Venus Orrel Trust Sefton Op...ocacy Redbox Project Sefton 14th...pping Stones CAP Forbmy Older Peoples North Maghull Community Shoes Crosb... Association People First North Park Strand By Me Home Watch Southport Story Telling Origami Pulse Men's Group Linda - Flower Design Fancy a Nibble Edan- Face Painting Buddy Up 61st Southport Cubs

48
VCF Sector Organisations

Voluntary, Community and Faith Sector Organisations took part in Pay It Forward



#PayItForward
#PayItForwardSefton

1,000 Acts of Kindness

International Pay it Forward Day is a day for giving and for people think about the things they can do to make a difference for others through acts of kindness. For the last 3 years across Sefton, activities and acts of kindness have taken place that demonstrate the generosity and collaboration of people, who live and work in the borough.

£150,000
*Cost benefit of the activities stimulated through Pay It Forward Sefton 2019

'Good' and 'Kind' provide an overview of the health and wellbeing benefits of participating in acts of kindness, they also provide an estimated cost benefit for a range of acts of kindness. For example, giving a donation to Red Box Project gives a cost benefit to the community of £60 for 2 hours involvement. In 2019 Sefton Paying It Forward supported Red Box and many more activities. We estimate that the cost benefit of the activities stimulated through Pay It Forward Sefton 2019 is in excess of £150,000.

If you would like to be involved in Pay Forward 2020 please share you thoughts and ideas with us now as we continue to pay forward kindness.



Local businesses, such as Broadhurst Books and Watersetone's, provided amazing support and donations with books 'paid forward' to Southport Hospital. Broadhurst Books will now be donating books that are unsalable to the Foodbank.



Southport Community Centre held an activity packed event. There were opportunities to share gifts of the hand, heart and head. Cakes from Fancy a Nibble were shared with Southport Soup Kitchen and shop assistants in Southport.



Sefton CVS gave 4 volunteers the opportunity to attend the Mayor of Sefton's Charity Ball. 14,000 volunteers across Sefton Pay It Forward regularly to help others, with recognition of the time and value of their work celebrated throughout the year.



Clients attending the debt management course, delivered by Christians Against Poverty, enjoyed a fish and chip supper as part of the day. When people are struggling under the burden of debt small acts of kindness can still raise a smile.

