



Ideas for sponsored acts

Tell someone about the Kindness Project

Collect your loose change throughout the challenge, Carry someone's shopping bag, Make a cup of tea, Run an errand, Help with dinner, Tidy a room, Give some Flowers, Clean your shoes, Walk someone's dog, Bake a cake, Collect your charity donation, Empty the bins, Draw a happy place picture, Write a letter / send a postcard, Take a friend on a secret trip, Give someone something hand made, Tidy a shared space at home or work, Make someone lunch, Clean someone's bathroom, Pick up groceries, Take someone for a walk, Make a scrapbook together, Let the other person choose the film, visit a neighbour for a cuppa, Buy a friend a coffee and cake, lend a book, Be kind to yourself!

Remember each £25 raised will pay for a visit from a trained volunteer to a family in need



#H\$kindnessproject

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@homestart2



www.facebook.com/HomeStartW3R

celebrating
25 years

Join us on a journey of
kindness and
help our local community

Home-Start Watford &
Three Rivers



The sponsored
Kindness Project

*Do 25 acts of
kindness each for a £1
donation!*

*Making our local
community a kinder place*



Henry's big Idea



*What if I was kind?
And you were kind?
Then we were kind?
Then they were kind
Then
Sooner or later everyone
would be kind!*

What is the sponsored Kindness project ?

Home-Start Watford and Three Rivers has been helping local Children and families for the last 25 years. Home-Start supports local families with a trained volunteer who visits once a week for a few hours, for up to nine months. The families' only criteria is they have a child under five, often they have more children and they will be finding parenting challenging. We also provide stay and play groups in Watford and South Oxhey and a counselling service for parents. We support a hundred families per year. What better way to mark our 25th Anniversary year than to launch a kindness project!

The idea is simple...

Pledge to do 25 acts of kindness each for a suggested donation of £1

Those twenty five acts of kindness will add up to provide one visit from a trained volunteer for a family in need. Often as individuals we may feel powerless to make change in our communities, sometimes change can happen one kindness at a time!

How to get involved:

Join our event through:

Facebook www.facebook.com/HomeStartW3R

Tag your posts [#H5KindnessProject](https://www.facebook.com/hashtag/H5KindnessProject)

Visit our website:

www.home-startwatford.org.uk to download our information pack which contains:

- A Kindness Project poster
 - A collection box
- Kindness project stickers

Or register at BTmydonate

<http://mydonate.bt.com/events/shkindnessproject2018/462918>

Please send us pictures, stories and comments about your kindness project #H5KindnessProject; we know these small acts are going to add up to a kindness movement and many lives will be improved locally!

Henry's stepping stones

Fill in your acts of kindness as you go

Home-Start celebrating 25 years Home-Start

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Well done from Henry the Home-Start bear !!

25 steps = 1 visit

Start here

To find out more please visit our website www.home-startwatford.org.uk

Home-Start celebrating 25 years Home-Start

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Registered Charity No. 1108847