



## 5-a-Day 1000km Team Challenge

Take part in the Jigsaw 5-a-Day 1000km Team Challenge – you may not currently be able to train together as a team but you can aim to run a collective 1000kms in a week while promoting positive youth mental health in your community.

This challenge gives you the opportunity to keep your teams physically active, connected to the club and to each other while raising funds for Jigsaw, the National Centre for Youth Mental Health. It also offers your club the ideal opportunity to promote the mental health of everyone involved through 5-a-day activities!

Jigsaw are a mental health charity who deliver vital mental health services and supports across our communities. Every day they work with young people, their parents, grandparents, teachers, schools and clubs. Now, in the face of this unprecedented crisis, they are needed more than ever to ensure young people have the tools to thrive and to move on from these strange, uncertain and stressful events without lasting impact.

Given the magnitude of everything that's happening at the moment, the uncertainty, the stress, the pressure, the fear, the solitude, it's inevitable that our mental health will be impacted. This is a normal response to something extraordinary happening around us. And so, it is so important now more than ever, to mind our mental health and protect it in the long term. There is lots outside of our control at the moment, but there are small everyday things within our control that us helps protect our mental health - 5-a-day for mental health we call them! The same way that eating 5 portions of fruit and veg a day is good for our physical health, there are 5 things we can do every day for good mental health. They are: 1. Connect 2. Get Active 3. Give 4. Keep Learning 5. Take Notice. During this challenge, you will be invited to get involved in 5-a-day activities, and encourage others to do the same.

Read more about the 5-a-Day for your mental health here: <https://jigsawonline.ie/young-people/five-a-day-for-your-mental-health-2/>

Video: <https://jigsawonline.ie/young-people/5-a-day-in-the-time-of-coronavirus/>

O'Dwyers Ladies Senior Team in Balbriggan were the first team to take on this challenge and they have raised an incredible €1,632.50 for Jigsaw in one week! They found the challenge really kept their team spirit alive, it kick-started conversations about looking after their mental health and gave their families an opportunity to get involved too.

Here is what you need to do to take part in this challenge:

### Before the Challenge

- Confirm your Challenge Captain who will coordinate the challenge for your club / team
- Set up your 5-A-Day Team Challenge page on JustGiving: <https://www.justgiving.com/jigsawie>
- Update your page with a team photo, details of your club and why you are supporting Jigsaw
- The challenge captain sends the link to your team page to all of your team members and encourage them to post on their social media channels and to their WhatsApp groups to let everyone know what you are doing.

### During the Challenge

- Have each team members send the Challenge Captain their daily kilometres to update the tally daily on your Team Challenge page and on social media.
- Send a 5-a-Day Daily video message from an Ambassaor to your team via WhatsApp or your chosen communication method every day.
  - **DAY 1: KEEP ACTIVE** - Taking part in exercise can help us to develop a sense of belonging in the community, it can give us a much-needed break from a stressful day and, above all, it makes us feel good about ourselves because it releases lots of happy hormones in our bodies. Post a run selfie to let people know you are getting active for Jigsaw!
  - **DAY 2: TAKE NOTICE** - Taking a few moments to focus our awareness on what is going on right now - within us and around us, can work wonders for our mental health. When you are out for today's run, take a picture of something in your community that you hadn't taken notice of before.
  - **DAY 3: CONNECT** - Our relationships with other people are so important. We are social creatures and crave connection. Now that we are physically apart, we need to find other ways to stay connected for our mental health. Post a photo of your team to social media and say a few words about what being part of this team means to you.
  - **DAY 4: KEEP LEARNING** - Learning does not have to involve lectures, books or teachers. It can take place through trying something new such as a new recipe, an online course, a new language! Our brains thrive on novelty! Post the 5-a-Day poster to your social media to help people learn more for themselves.
  - **DAY 5: GIVE** - Doing good is good for us. You have given your all to running and fundraising this week, but you didn't do it alone. Give thanks on social media to your teammates and the supporters who donated to our fundraiser.

### After the Challenge

- Announce your final tally to social media and thank your supporters.
- Challenge another local team to do the same!
- Keep doing the 5-a-day for your mental health!

All funds come directly to Jigsaw via Just Giving, so no need to worry about transferring.

The Jigsaw Fundraising Team will be on hand to support you through this challenge.