

ConnectLearnActiveNoticeGive



CLANG

...with Jigsaw

Fundraising Pack

**JIGSAW**  
Young people's  
health in mind



## Thank you for being a Hero!

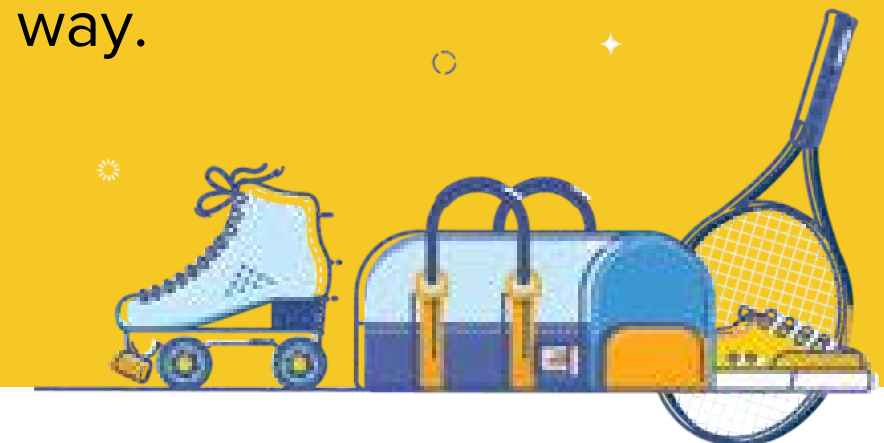
We are absolutely delighted that you have chosen to support youth mental health by raising funds for Jigsaw.

**On behalf of every young person in Ireland, we really appreciate your help.**

The following was created to help you CLANG with Jigsaw. There is information on the challenge, how to participate, social media tips, and information on CLANG, the 5 a day for our mental well-being.

Please remember that here in the fundraising team, we're more than happy to help with any query or issue you have. Please keep in touch and let us know how everything is going along the way.

**Best of luck!**



# CLANG WITH JIGSAW

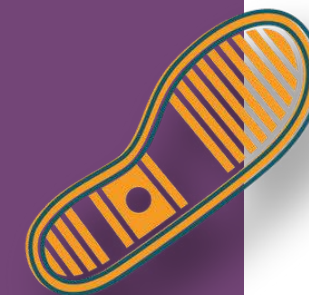
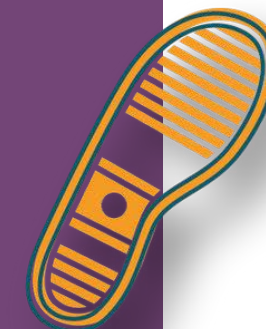
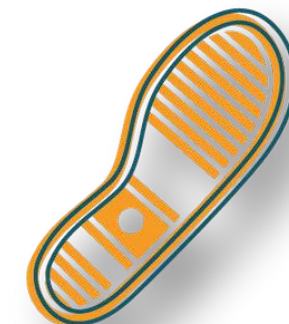
**CLANG with Jigsaw is a 5-day, walk or run challenge aimed at supporting you during these tough times and raising vital funds for our work with young people.**



CLANG with Jigsaw challenges you to CLANG: Connect, Learn, get Active, take Notice and Give, the 5 a day for your mental wellbeing.



Reach a distance of 1200km as a team, or walk 50,000 steps as an individual while CLANG'ing over 5 days. This challenge encourages you to support your own mental health while raising funds and awareness for youth mental health.





# How to get involved

#CLANGJigsaw

## Choose a date to begin

CLANG with Jigsaw launches February 22nd however, you can choose to do this challenge on any date that suits you/your team.

## Set up a fundraising page and share it!

Set up a fundraising page for you/your team on JustGiving or iDonate. Update your page with a photo and a bio. Share it online, via email and via text.

## Set up a team chat

If you're doing CLANG with Jigsaw as a team, you can set up a team chat to speak with them throughout the 5 days. It's also important to use this to remind each other to CLANG.

## Activity Messages

Everyday you'll receive a CLANG activity message from us. Check in with yourself and/or your team as a reminder to do your CLANG activity. Let them know how you plan to CLANG.

## After the challenge

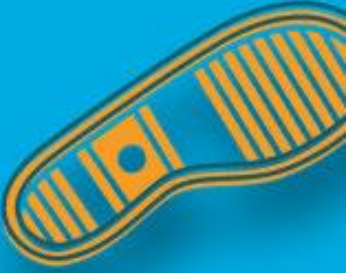
Announce the final distance reached and funds raised to your peers and anyone who supported you. Challenge another team in your community to CLANG with Jigsaw!



# How to raise funds

## CLANG

Connect  
Learn  
Active  
Notice  
Give  
...with Jigsaw



### Set your target

Update your fundraising page with the target to reflect the CLANG challenge you're doing! If you go over it, set it even higher!

### Share your page

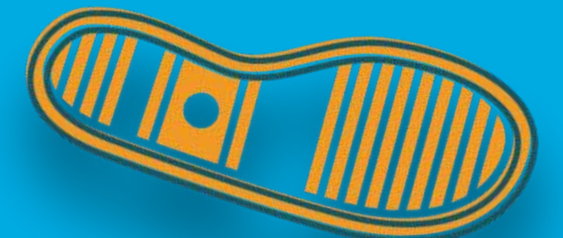
We know we've said this a few times but sharing your fundraising page is essential for getting support. It's important to ask. Share it regularly and share it via as many channels as possible. You're also helping us raise awareness of Jigsaw and our services as a result. You're a hero!

### Tell people why they should support you

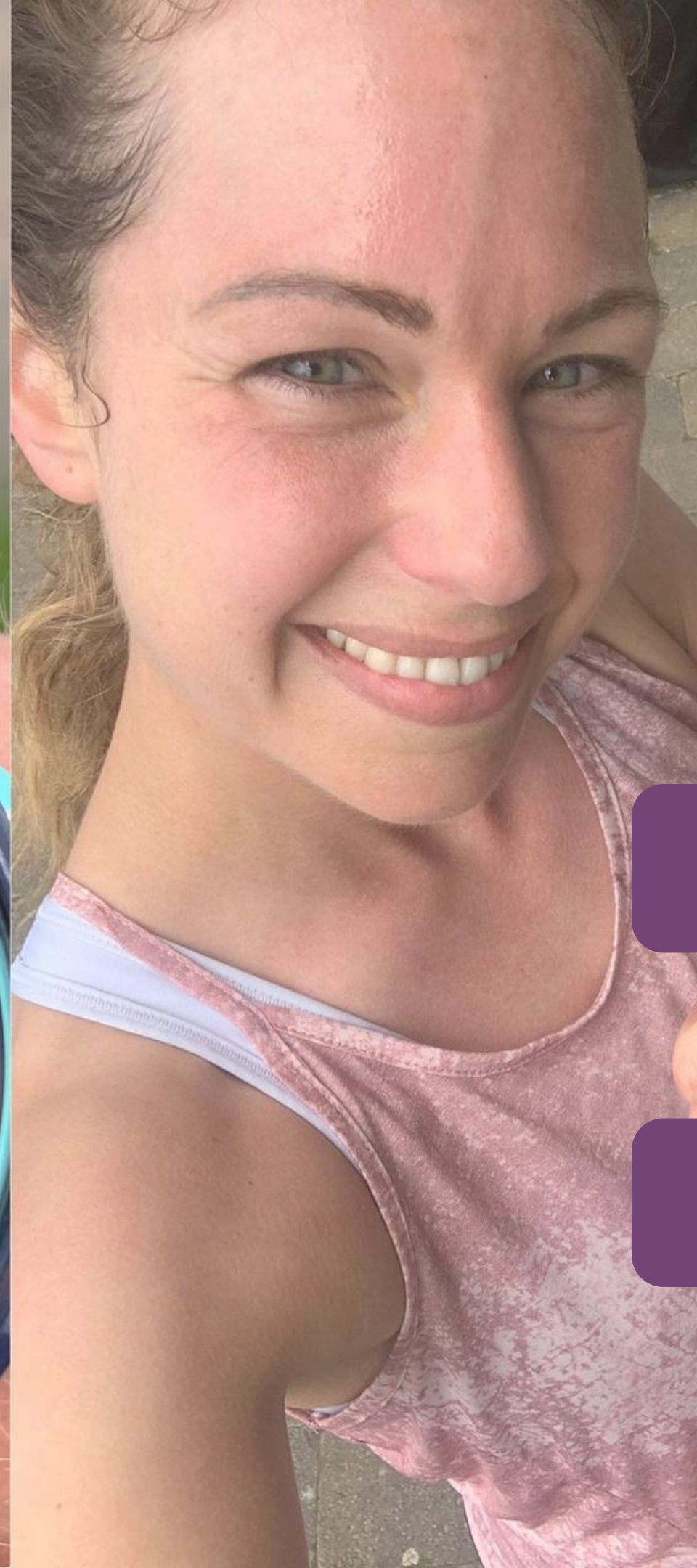
Let people know why you're doing CLANG with Jigsaw. Let people know how incorporating the CLANG activities every day has impacted you. Let people know why youth mental health matters. Let people know that Jigsaw are here to make sure that every young person's mental health is valued and supported.

### Matched funds

Certain companies operate a match funding scheme which means they will match the amount raised by an employee up to an agreed amount.







# How we support you

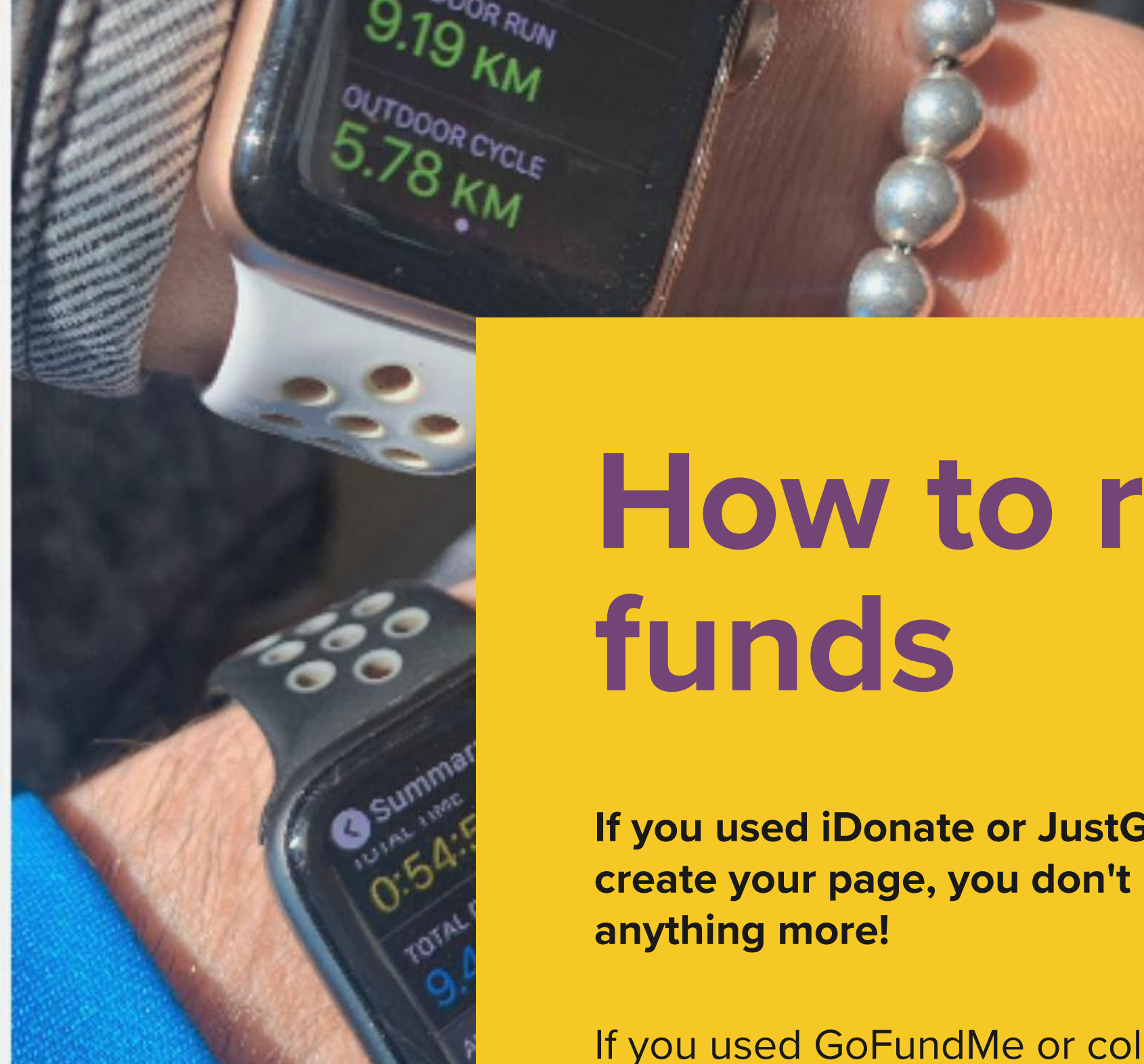
## Digital merchandise

Our CLANG fundraising pack includes our logo, an e-signature you can hyperlink to your page and an Instagram story template.

## CLANG activity notifications

Each day for the 5 days of your CLANG challenge you will get an email from us about the CLANG activity of the day. You can opt out of these if you want!





# How to return funds

If you used iDonate or JustGiving to create your page, you don't need to do anything more!

If you used GoFundMe or collected cash donations, you will need to lodge it into the Jigsaw bank account. The details are to the left. Please let us know when you make a transfer!

Bank: **Bank of Ireland**

Account Name: **National Centre for Youth Mental Health**

IBAN: **IE38BOFI90149093704516**

BIC: **BOFIE2D**

# The impact of your donations



**Your donation will transform the lives of young people right across Ireland. Thank you.**

"You never know who is suffering around you that's why it is so important to support Jigsaw so they can support others."

"Jigsaw really helped my little sister when she was in need and the service meant so much to us".

"I will never forget the work they have done for our family and for that I will be forever grateful. We would not be where we are today without their hard work & dedication to a very important cause."

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# THE 5 A DAY FOR YOUR MENTAL WELL BEING

## Cconnect



Our relationships with other people are fundamental to our sense of wellbeing and happiness. Close relationships with family and friends can yield love, support and a sense of meaning in our lives.

## Learn



Learning exposes us to new ideas and helps us to stay curious and engaged. It may also give us a sense of accomplishment which, in turn, can boost our confidence. You can learn by rediscovering an old hobby or skill.

## Aactive



Exercise is good for your overall physical and mental health. Being active doesn't have to mean going to the gym or taking part in competitive team sports. Although, taking part can give us opportunities to meet new people!

## Nnotice



We can all get caught up in the relentless busyness of modern life. We can become intoxicated with the chatter of the mind. How often are we mind-full as opposed to mindful? Start noticing smells, tastes, scenery, nature!

## Ggive



Doing good is good for us. Helping others makes us feel needed and valued; it can reinforce connection and give us a sense of purpose not to mention the benefits for those we help and contributing to a more compassionate society.

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**WE ARE  
JIGSAW...**

**Thank you**

