

ConnectLearnActiveNoticeGive



CLANG

...with Jigsaw

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

# CLANG WITH JIGSAW

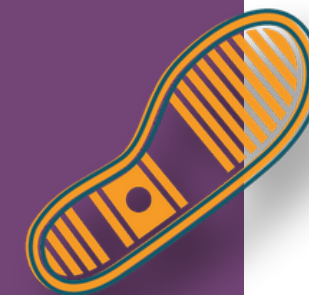
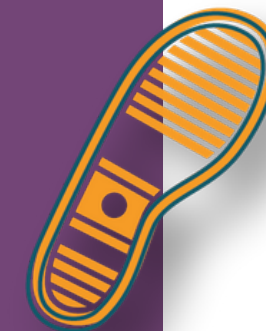
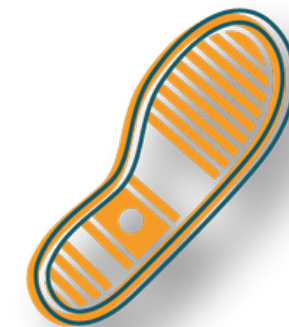
**CLANG with Jigsaw is a 5-day, walk or run challenge aimed at supporting you during these tough times and raising vital funds for our work with young people.**



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 does it work

## Teams

We created our CLANG with Jigsaw Team Challenge to give you the chance to come together while being apart, to walk or run 1200km in 5 days and raise €1,200.

You ALL play a part in reaching the target. We will be challenging your team to do a CLANG activity each day to get the 5 a day for your mental wellbeing.

## Individuals

We know you want to play your part in supporting youth mental health in Ireland, so why not challenge yourself to our 5-day 50,000 step challenge and aim to raise €50.

We will be challenging you to do a CLANG activity each day to get the 5 a day for your mental wellbeing.





# 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!

# 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.



# CLANG



Do it yourself, or do it with your sports team, work team or group of friends. In 2021, we're challenging you all to CLANG, the 5 a day for your mental well-being.

When you sign up, you will get your CLANG with Jigsaw pack and all the support you need for your challenge, from the team here in Jigsaw.

**For more information on CLANG with Jigsaw, please email Saoirse at [fundraising@jigsaw.ie](mailto:fundraising@jigsaw.ie) for more details.**

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**WE ARE  
JIGSAW...**

**Thank you**

