

# Walk 5,000 STEPS TO WELLBEING



**Mental Health  
Ireland**

**Mental Health Ireland is inviting you to lace up and walk, jog or run 5,000 Steps to Wellbeing (4km) with your favourites, solo or with a four legged friend to help you mind your mental health and wellbeing.**

Lace up and walk the 5,000 Steps (4km) with loved ones, community members, solo or with a four legged friend to help boost your mood and mind your mental health and wellbeing!

Help us promote positive mental health by experiencing and learning a little about The Five Ways to Wellbeing.

The Five Ways to Wellbeing were developed from extensive research carried out by the New Economics Foundation and they are:



The Five Ways to Wellbeing are actions we can take to look after our wellbeing. They are easy to incorporate into our lives and you are probably doing some of them already without even realising!

This walk is an opportunity to learn about the Five Ways to Wellbeing throughout the walk. You can even start the walk off with a brief chat about connecting and when you've complete the first 1,000 steps you stop and speak about being active and so on.

You can nominate others to talk about each of the Five Ways; maybe you have an expert in your community you could invite to say a few words.

Once you have your final numbers taking part in your 5,000 Steps Walk you can get touch with us for t-shirts by emailing [fundraising@mentalhealthireland.ie](mailto:fundraising@mentalhealthireland.ie)

**Have a great time connecting, being active, taking notice, learning and giving back!**

# Walk 5,000 STEPS TO WELLBEING



The main thing is to have fun, however there are a few things to think about, so why not tick them off as you do them! ✓



If you plan to walk the 5,000 Steps to Wellbeing, you can use a fitness tracker to map your steps or Google Maps to mark out your route.



Please check in with and adhere to the latest health and safety guidelines and public health messages from the Government and the HSE.



If walking as a group, appoint a front and back walker to keep everyone on track.



Appoint someone to be in charge of refreshments if you are providing them. Remember to stay hydrated!



Celebrate and share! Don't forget to take photos of your walk and share on social media using the hashtags

**#5000StepstoWellbeing #BeActive**

Tag Mental Health Ireland and Get Ireland Walking too so we can celebrate your achievement!



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# Walk 5,000 STEPS TO WELLBEING



## Walk, jog or run your 5,000 Steps to Wellbeing!

Every walker will receive a 5,000 Steps t-shirt.

The walk is open to everyone, young and old!

It's a great opportunity to connect with and explore your community.

The walk will follow HSE guidelines on Covid-19 safety measures.

**WHERE**

**WHEN**

**CONTACT**

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## Checklist to success



**Location** Your walk location should be accessible to everyone including buggy & wheelchair users and check if it's dog friendly. Your Local Sports Partnership will be able to give you advice on places in your local area from waterways to urban parks to hidden trails. You will be able to use Coillte amenities, Waterways Ireland's waterways and blueways, Sport Ireland's outdoor trails and National Parks across Ireland. If walking as a group separately, make some suggestions for walkways in the area.



**Walk** You need to map out the 5,000 Steps in advance using your step counter on your phone. Total distance is approx. 4.2km. Take a photo of a landmark nearby each 1,000 steps marker so you can remember where it is on the day! Print out and laminate your markers and place them at each point before the walk.



**Car Park** Try and map the walk in a loop with a carpark/public transport options at the start and finish points.



**Permissions** If you are walking in a public park or private grounds you will need to seek permission from the council or land owner. If in a public park you may require public liability insurance for the one-day event.



**Safety** The walk must follow safety guidelines and best practice. Keep up-to-date on HSE and Government guidelines.



**Fundraising** There is no pressure at all to fundraise for Mental Health Ireland. The important thing is that you get out walking! If you do choose to fundraise, you can set up an online fundraising page on JustGiving or on Facebook to help you reach your fundraising target... it's an opportunity to invite people to donate via email, whatsapp and social media.



**Promotion** If your walk is open to the public versus a family & friends walk you can promote it within your community. Remember - we must stick to safety and public health guidelines. Perhaps different groups can do the walk at different times or locations on the day!

- Send a notice into your local newspaper & radio station two weeks ahead of the walk.
- Create a Facebook Event page with all the details on it so people can sign up and add our donate button so people can donate directly.
- Drop a poster into your local sports and community clubs.
- Share your event on social media using #5000stepstowellbeing.



**T-shirts** Once you have confirmed the number of people taking part and their t-shirt sizes we will send out your team's t-shirts for the walk. We'll need at least one week to process the order so please place your order in time for your walk!



**Refreshments** Approach a local hotel or café to see if they can host your team for some tea and cake or talk to local supermarkets to see if they will sponsor water and snacks for your team at the end of the walk.



**Support** Nominate your supporters on the day to help with signing people in, handing out t-shirts, setting up refreshments, collecting donations from walkers.



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