

## What is the Keep Well Campaign

As part of the Resilience and Recovery 2020-2021 Plan for Living with COVID-19, An Taoiseach Michéal Martin T.D launched the 'Keep Well' campaign. This campaign aims to support communities and individuals to mind their mental and physical health.

The Keep Well Campaign is focused on five main theme areas:

- **Minding your mood**
- **Eating Well**
- **Switching off and being creative**
- **Staying Connected**
- **Keeping Active**

Being active outdoors in winter poses some challenges with darkness and safety the most obvious. With this in mind, Cricket Ireland is asking clubs who have a facility to consider providing access to the public to these facilities for walking.

## How can we get involved?

Sport Ireland are asking clubs with suitable grounds to consider providing public access for recreational walking.

Sport Ireland is currently working with Get Ireland Walking on the development of a mobile based app which will assist in managing bookings (including waivers/covid symptom free sign off etc.).

In future months when the level 5 (ROI) and NI Covid restrictions are eased, there will be opportunities to train club volunteers as community walk leaders and clubs can create and promote walking groups.

## Keep Well Club Fund

Cricket Ireland are applying to Sport Ireland for funding to help support clubs with this initiative. With this in mind, we need expressions of interest so we can assess how much funding we would require.

Clubs can receive grants for a maximum €1,000 to help with associated costs like lighting, high vis vests etc.

This fund is open to all clubs on the island of Ireland and clubs must fulfil all criteria.

**Essential Governance Criteria** for participating:

- Club safeguarding statement
- Club children's officer in place
- Coaches and volunteers are Garda vetted/Access NI Checked
- Covid-19 safety statement
- Covid Officer (s)

**Essential Club Criteria** for participating:

- Open club grounds to the public for a minimum of 1 hour twice per week
- Offer slots with lighting during hours of darkness OR offer daylight walking time slots
- Walking trail/route on club grounds
- Register on the Get Ireland Walking website once notified of funding allocation

We are seeking expressions of interest from clubs and asking them to return the forms on or before **Friday 27 November at 5pm**. Late applications will not be accepted.