

# MOVES For Life



Starts with a handshake



Just want to let you know about National Chess Month, which is going to happen in November of this year. This is a nationwide initiative to promote awareness of chess and participation in chess at all levels. We would all love to see chess becoming a vibrant and popular activity, and it's up to all of us to do our bit.

As a chess-player, what can you do? There are many simple ways you can help, for example:

- Bring a couple of chess sets into your workplace and teach a few people to play / organise some friendly games.
- Get your family playing.
- If you've any contacts in press or radio, talk to them about covering a local chess event in November or interviewing a chess player etc.
- Talk about National Chess Month to everyone you can think of, and share it on social media – we have a Facebook page!
- If you happen to be organising a chess event in November, call it a “National Chess Month” event and send us in results and photos.

We're also trying to get schools involved through our junior development committee. Schools are being asked to do something “chessy” during November, send in a photo of it and then there will be a draw for a big prize for the class and the teacher involved. We have a website, [www.movesforlife.ie](http://www.movesforlife.ie), which has loads of activities and lessons for teachers to get them started.

So if you're a teacher, you might consider bringing chess into your school if you haven't already done so. We've lots of info on that if you need it.

Secondly, as a parent, grandparent or member of the local community, you could bring the National Chess Month initiative to the attention of your local school and, if you like, tell them you would be willing to help out. Just be aware of garda vetting issues.

If you'd like to help and have some queries about the next steps, email us at [ncm2018@movesforlife.ie](mailto:ncm2018@movesforlife.ie) and we'll try to help you.