

# Heights of Hope Abseil for HUGG

Support After Suicide



**Support me  
to reach the  
Heights of Hope**

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This **September**, I'm taking on a powerful challenge abseiling **42.5 metres** from **Thomond Park** to raise vital funds for **HUGG**, the national organisation supporting people bereaved by suicide.

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Every donation will help HUGG continue to provide, free compassionate support to adults facing the unimaginable grief of suicide loss.

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Please scan the QR code to donate today.  
Together we can offer hope after suicide.

