

Heights of Hope Abseil for HUGG

Support After Suicide



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

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.

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

Please donate today if you can.
Together we can offer hope after suicide.

