



FAQs - HUGG Soft Pastels Creative Workshop

Q What is the HUGG 'Say Their Name' Memorial Quilt Initiative?

Suicide grief can feel extremely isolating. Finding **connection** with others who share similar experiences can bring **comfort**, a sense of **belonging**, and **hope** for the future.

We want to create a **memorial quilt**, made up of hand crafted individual fabric squares; each unique square honouring loved ones who died by suicide. This powerful artwork, with all the squares sewn together to form a HUGG memorial quilt, will communicate to others **suicide grief doesn't have to be faced alone**.

We will display the finished memorial quilt at the HUGG Suicide Bereavement Remembrance event to provoke thought, stimulate compassionate conversations and raise awareness of suicide bereavement support services.

Q How will the HUGG 'Say Their Name' Memorial Quilt be created?

We will hold a **FREE** creative workshop(s) inviting adults bereaved by suicide to attend.

The individual fabric squares will be created using needle felting. Marie Hopkins, felting artist & expert, will provide a mini-demonstration on how to get started, explaining how to use the tools provided, blend colours and use the needle. Workshop attendees will be provided with all needed to explore inner creativity and intuition, and enough time to create a hand crafted fabric square within the workshop.

Q Do I need to have any previous experience with crafts or sewing?

No. We promise you don't need any previous crafting or sewing experience, or an artistic bone in your body to participate in this workshop.

Q What are the benefits to workshop participants?

This workshop seeks to foster emotional expression, regulation and self-care. Being in the company of others who have a shared experience of suicide loss can provide comfort, support, and hope, while needle crafting can provide inspiration and regulation. This activity may help you **explore and discover meaningful memories of your loved one**, bringing what is unconscious into consciousness. Like other forms of mindfulness crafting, needle felting requires focus helping to anchor individuals in the present moment. The repetitive motion required to sculpt the wool fibres into shapes and designs creates a gentle rhythm, helping to slow down the body, and supports the mind to rest. At the end of the workshop, you will be invited to share the meaning of your unique fabric square, and who it is honouring, with another person within the workshop, if you wish to do so.

Q How many people will attend the workshop?

Spaces in each workshop(s) will be limited.

Q How can I register to attend the workshop?

Spaces at this workshop will be allocated on a first-come, first-served basis. To avoid disappointment you are advised to register early once the registration link is provided.

Q What happens once I register to attend this workshop?

A member of the HUGG team will be in touch by email to let you know if you secured a space at the workshop. If not, you will be placed on a waiting list in case a space becomes available.

Q Can I bring a friend/family member with me?

Spaces in this workshop(s) are limited. We welcome anyone wishing to create a fabric square to honour a loved one who died by suicide to attend – **but only if they have registered in advance and secured a space** within the workshop.

Q Do I have to be bereaved by suicide to attend?

Yes. This is both a suicide prevention and postvention initiative, and therefore we ask all those who register to attend are bereaved by suicide.

Q Can children attend?

This initiative is currently only available to people over 18 years.

Q What time should I arrive for the workshop?

Please arrive on time. This will give you time to settle into the space and have a look at all the materials available to you to use throughout the workshop.

Q Who are HUGG?

HUGG is dedicated to supporting adults bereaved by suicide in Ireland.

We offer practical and emotional support providing information and resources, peer support groups, activities and events, and initiatives designed specifically to bring comfort, promote hope, and reduce risk after a suicide occurs.

This is both a suicide prevention and postvention initiative.

✉ If you have any further questions about this initiative, please email info@HUGG.ie