HUGG
SUPPORT AFTER SUICIDE

Welcome to the 100km walk challenge

Thank you for joining our challenge.

By walking 100km this October, you are helping to bring hope, connection and support to adults bereaved by suicide across Ireland. Every step you take helps ensure that more people know they are not alone in their grief. We're glad you're with us.





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Thank you for signing up

As a thank you for signing up, you'll receive a FREE HUGG t-shirt. Featuring HUGG's Jars of Hope, it shares an important message about growing around our grief and opening conversations about suicide loss.

YOUR FREE HUGG T-SHIRT





How it works:

Walk 100km throughout October
That's just over 3km a day on average — but the challenge is yours to complete at your own pace, in your own way.

Walk whenever and wherever suits you best:

- On your own
- With friends or family
- With colleagues or neighbours
- With your four-legged walking companion

Every step counts.

Fundraising tips

Share your story. Inspire support. People support people. Let your friends, family and community know why you've taken on the challenge and why HUGG's work matters to you.

A few simple ways to get started:

- Register and share your iDonate fundraising page with your network
- Start by asking those closest to you for support
- Share updates, photos and milestones along the way
- Keep people connected to your journey through social media or WhatsApp

Remember, every share helps spread awareness of support after suicide.

01 ○ __ km logged	02 ○ __ km logged	03 ○ __ km logged	04 ○ __ km logged	05 ● __ km logged
06 ○ __ km logged	07 ○ __ km logged	08 ○ __ km logged	09 ○ __ km logged	10 ● **You've got this!** __ km logged
11 ○ __ km logged	12 ○ __ km logged	13 ○ __ km logged	14 ○ __ km logged	15 ● __ km logged
16 ○ __ km logged	17 ○ __ km logged	18 ○ __ km logged	19 ○ __ km logged	20 ● **It all adds up!** __ km logged
21 ○ __ km logged	22 ○ __ km logged	23 ○ __ km logged	24 ○ __ km logged	25 ● __ km logged
26 ○ __ km logged	27 ○ __ km logged	28 ○ __ km logged	29 ○ __ km logged	30 ● **Nearly there!** __ km logged

Your 30-day tracker

Use the calendar to mark each day you complete your walk. Keep it somewhere visible as a reminder of your progress and the difference every step is making.

31 ●

Congratulations — you did it!



HUGG in a Mug

Raise €250 or more and receive a FREE "HUGG in a Mug *" as a thank you. A small token to recognise the big impact you're making. *While stocks last.

YOUR FREE HUGG IN A MUG



The impact of your support

Every kilometre you walk and every euro you raise helps HUGG continue providing free peer support groups, a telephone support line and practical resources for adults bereaved by suicide. Together, we are taking steps towards an Ireland where everyone bereaved by suicide finds support, hope, and is free from stigma.