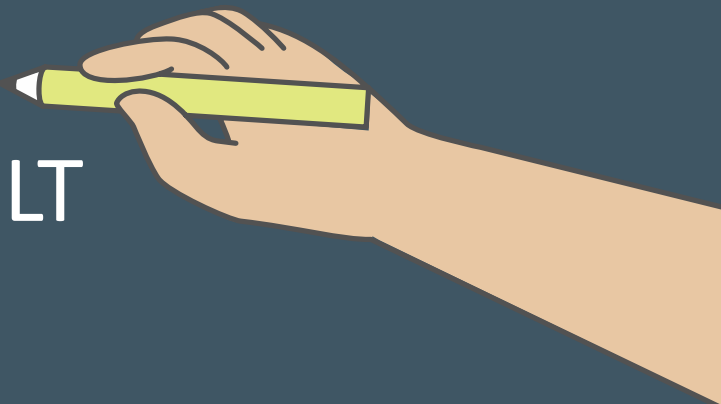


SPEAK THEIR NAME:
PEER SUPPORT
&
THE CREATION OF THE
SUICIDE MEMORIAL QUILT



An inspiring conversation....

How can we encourage more suicide bereavement peer support?

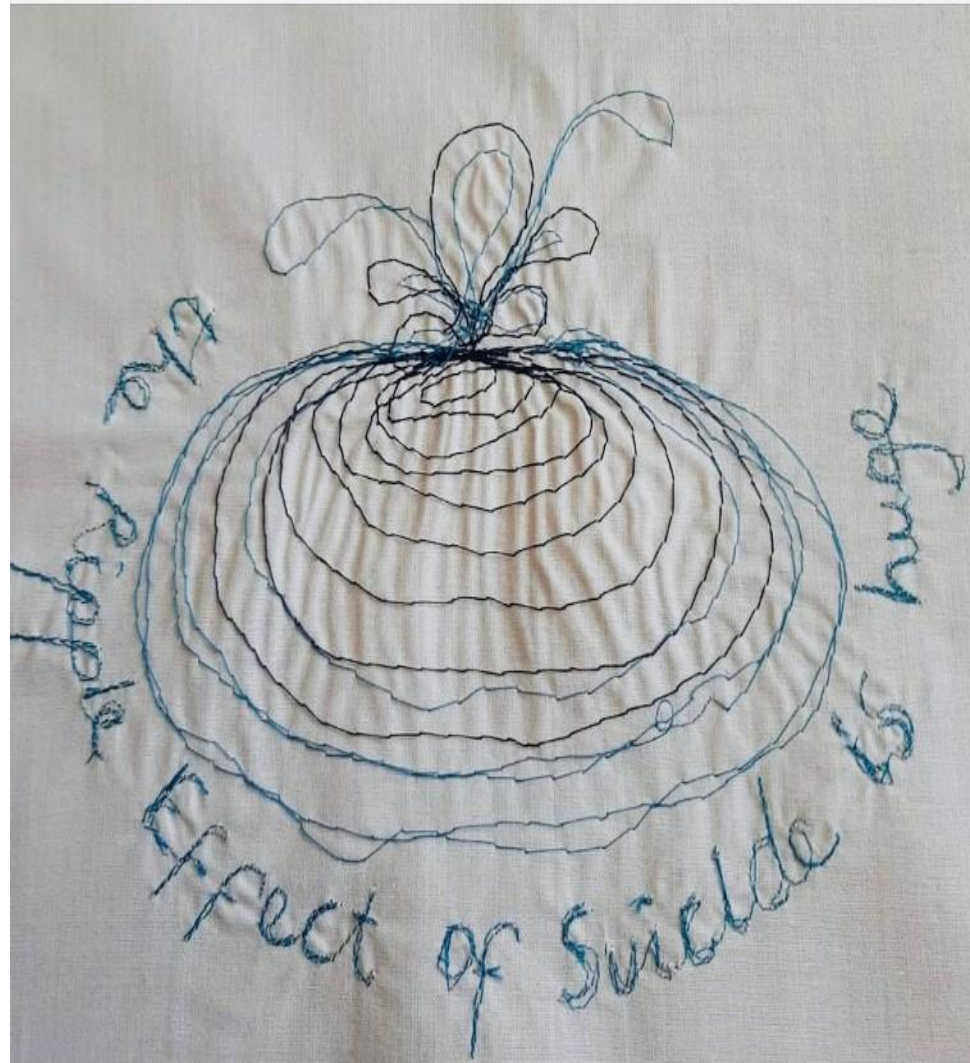
What should that support look like?

What do those suicide bereaved want from peer support?

THERAPEUTIC CREATIVITY

“Bereavement by suicide is a very different grief, it’s not something people like to talk about. It’s shrouded in stigma, it’s lonely and it’s bloody hard. Support is a lottery and you have to fight for it. I survived through knitting and sewing; it kept the anxiety at bay and gave me focus”

Rebecca Jackson



IMPORTANCE OF CHOICE

Not all peer support groups are run the same way or provide the same support.

It needed to be focused on suicide bereavement but one that focused on hope and finding a way through.

'Making the squares has been the first chance I've had to do anything positive to express my feelings and think about my memories.'

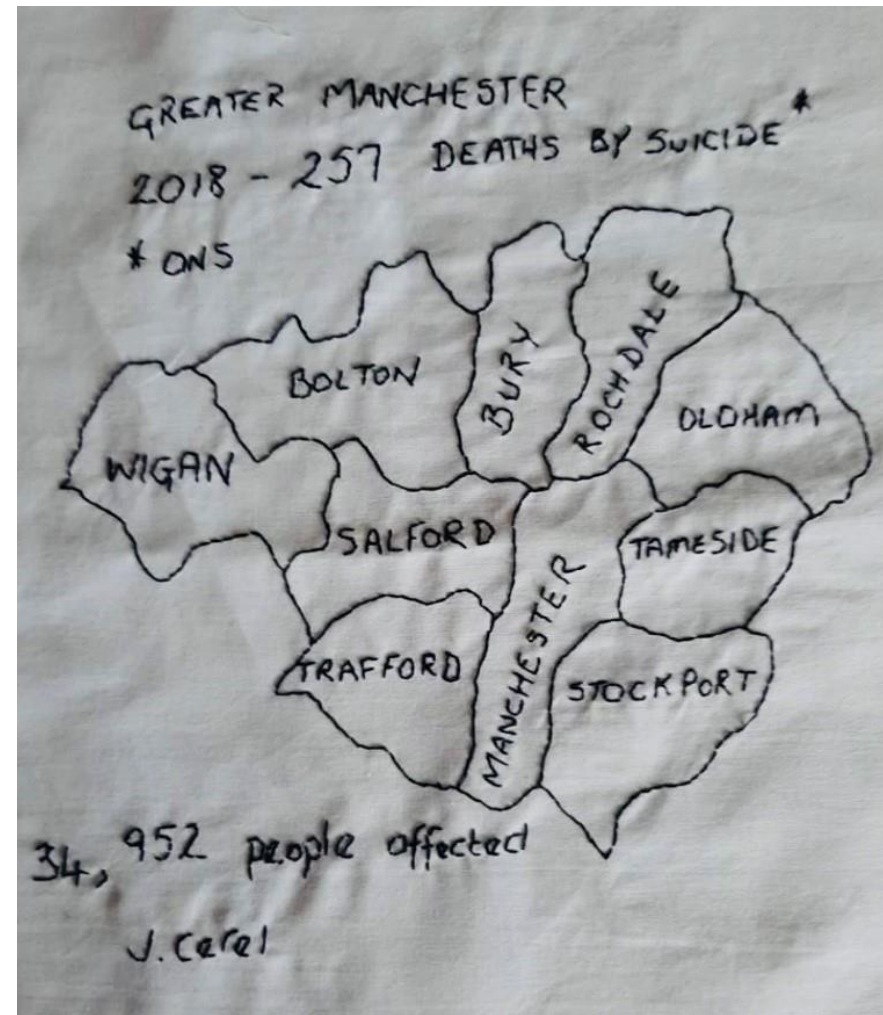
(Elinor)



MAKING IT PERSONAL

"My daughter may have been a statistic as far as local authorities go when they are collecting data. We might be figures and numbers for research papers but to me my daughter was a 16 year old geeky teenager who wore stripey tights and battered Doc Marten boots with yellow laces. No one fills those boots. I carry her in my heart and through the quilt I will be her voice for change."

Rebecca Jackson



COVID & LOCKDOWN

*“When all seems dark, there are
chinks of light that give you hope. An
unexpected friendship with someone
who holds you up, finding something
that gives you pleasure, random acts
of kindness.*

*Out of the storm comes unexpected
rainbows.”*

Rebecca Jackson



DEADLINE MET

The completed quilt was exhibited at Manchester Art Gallery on the 9th September in time for World Suicide Prevention Day.





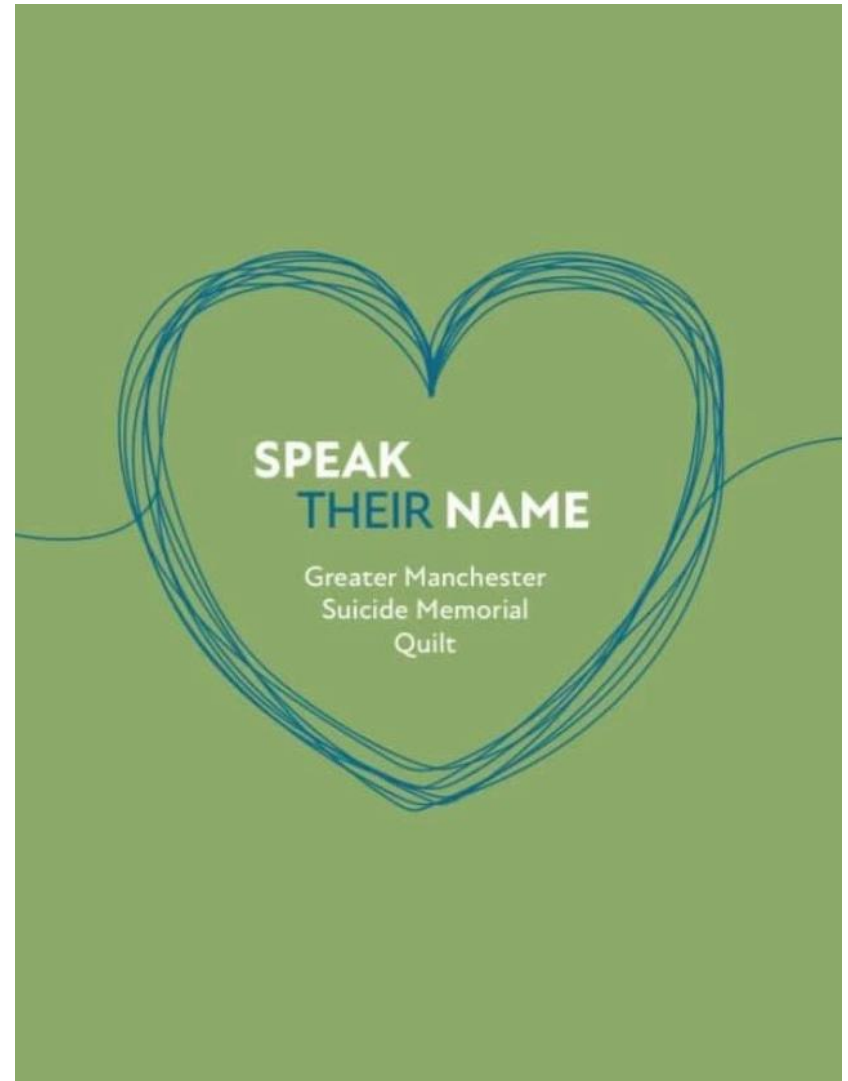
MAKING THE NEWS



STORIES BEHIND THE SQUARES

A printed booklet was produced to tell the story behind each square.

(To read the digital version visit the News section of www.shiningalightonsuicide.org.uk)



PROJECT FEEDBACK

‘Good for the soul’

‘The benefits have been amazing’

‘Being part of the project has been my therapy, my grieving process, my escapism – a safe and secure bubble of support.’

‘Crafting is my go to and is a distraction that is much needed even if only for a moment of peace in my head’.

‘Being part of the group has helped me feel less isolated in this very complicated grief.’

‘A beautiful way for our loved ones to be remembered.’

‘It’s been a piece of joy in an otherwise joyless time.’



Any Questions?

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