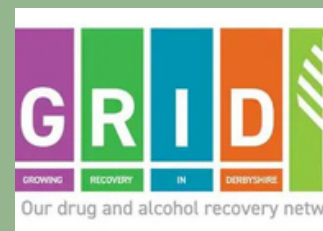


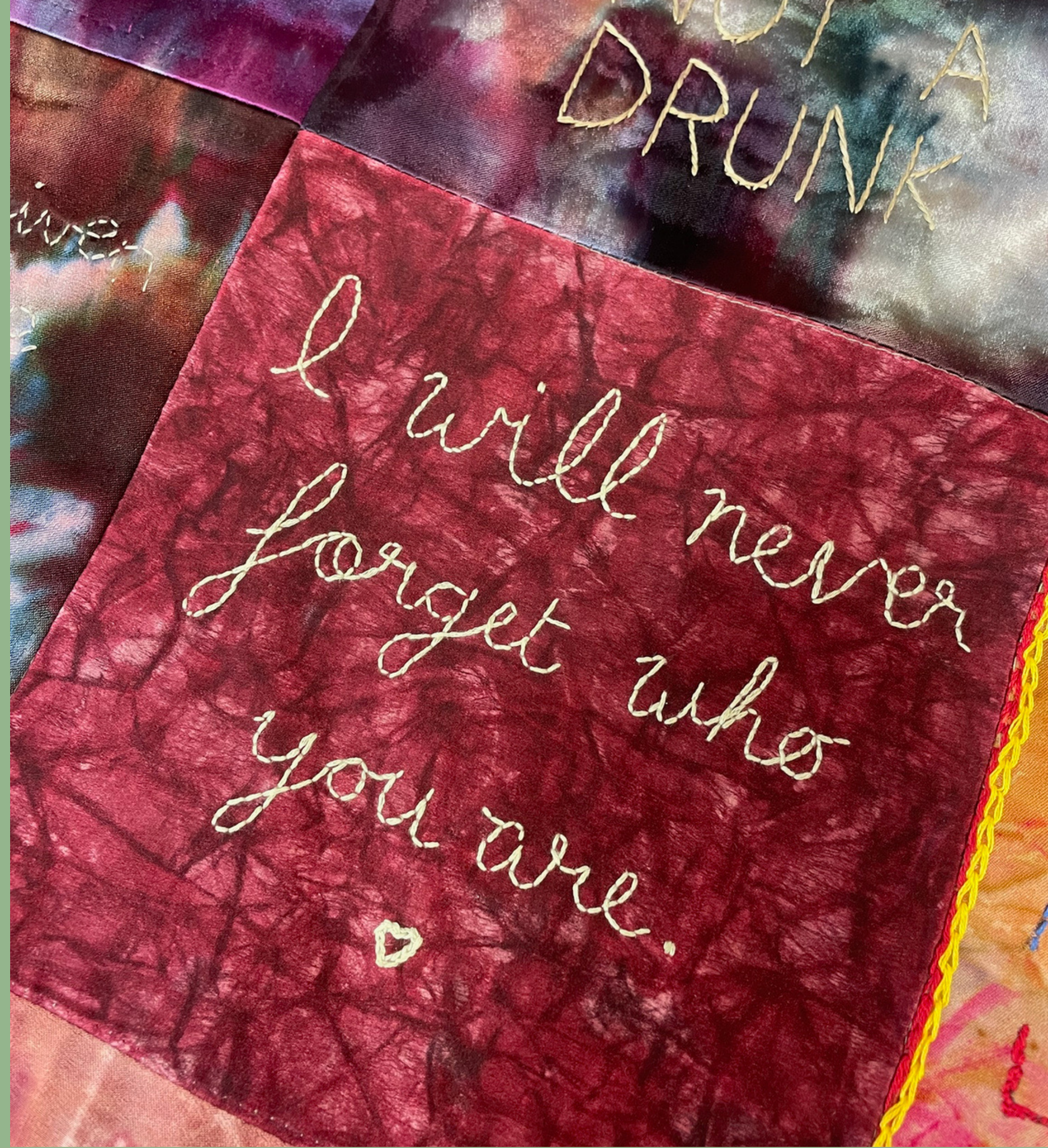
Stitch Away the Stigma Project

Kelsey Family CIC



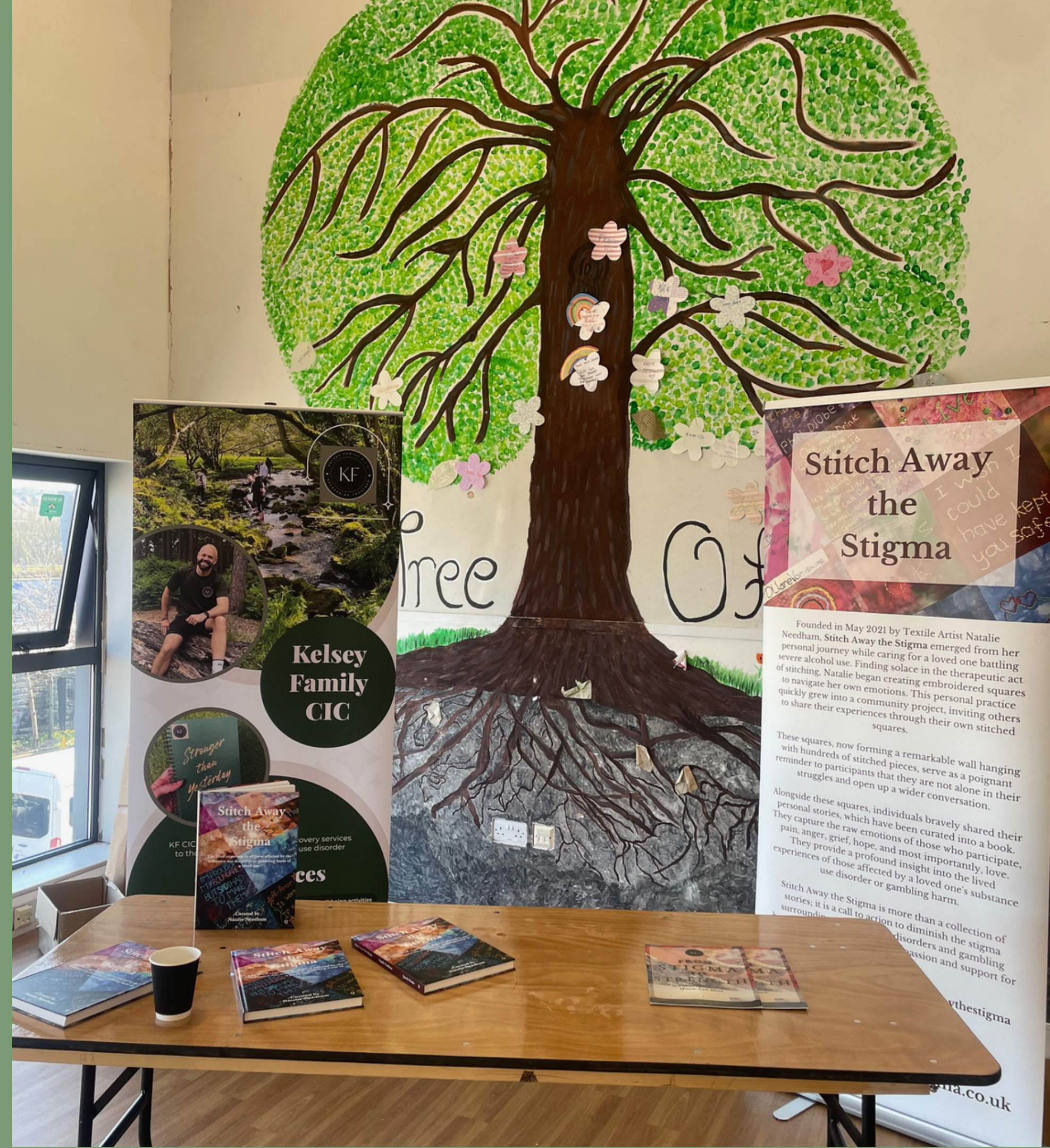
The Meaning Behind the Quilt

The quilt, created by Natalie Needham, features over **450 hand-stitched squares** that represent the lived experiences of substance use and recovery, symbolising connection, healing, and shared stories within the community.



The Importance of Breaking Stigma

Stigma can create barriers for individuals experiencing substance use. **It prevents many from seeking support**, which is essential for their recovery and well-being. Together, we can foster understanding and acceptance.



Project Vision

- **Reducing stigma** through open conversations and shared experiences
- **Creating conversations** that foster understanding and connection
- **Making recovery visible** by showcasing personal narratives and art



The Derbyshire Roadshow in Action



Creative Community Workshops

Our workshops invite participants to **share their stories**, reflect on personal experiences, and create their own squares, fostering connections through creativity and empowering voices within the community.

Over 120 participants engaged in the project, throughout 12 workshops and awareness events



Crafting Safe Spaces Together

Creative activities foster welcoming environments, empowering individuals to share their stories. Through hands-on crafting, participants engage in open dialogues about stigma and recovery, fostering connection and understanding within the community.

78 items created by individuals each representing a personal story



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Legacy of the Project

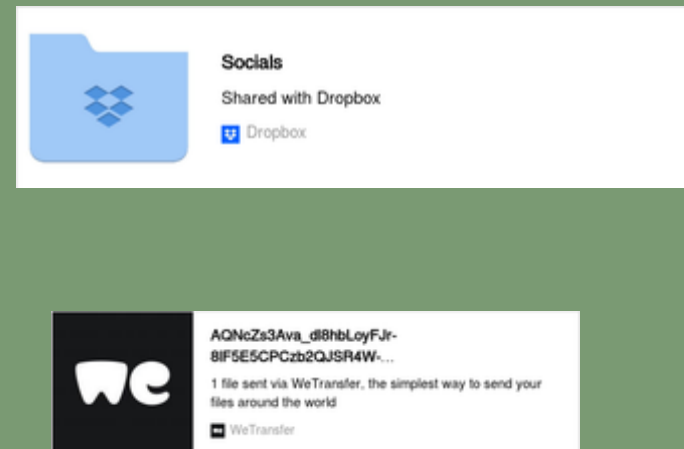
The project has resulted in a **weekly craft group** being set up which KF are supporting on their journey to becoming a LERO and a **free community craft guide** that empowers individuals to continue the conversation around stigma and recovery through creativity, fostering connections and shared experiences in Derbyshire.

20 hard copy guides distributed and 46 guides downloaded in electronic copy

You can get yours via the link :
www.linktr.ee/kffciic



Final Showcase



We launched a Final Showcase of the quilt at Chesterfield FC with Aspire which included some drone footage to capture the beauty of the quilt together with interviews from KF CIC and York Recovery as the quilt was passed over



Legacy of Project

Our workshops have invited participants to **share their stories**, reflect on personal experiences, and create their own therapeutic pieces , fostering connections through creativity and empowering voices within the community.

This has resulted in a community produced website to help share stories which will continue to be added to - there are currently 10 stories live and which have been shared to social media

The website can be viewed here:

<https://stitchawaythestigma.my.canva.site/>



STITCH AWAY THE STIGMA

Stories of Stigma. Threads of Strength.

Stigma isolates. Stories reconnect. Together, we stitch something stronger.

🗂 Explore the Stories

📄 Download the Craft Guide



The Next Chapter Begins

The quilt will be handed over to the York Recovery Hub, symbolising ongoing support and community connection. This transition paves the way for continued engagement and shared stories in new communities.

A large, colorful quilt made of many small squares, each with a unique design or message, laid out on a grassy field. The quilt is being presented to the York Recovery Hub. In the background, there are stadium seats and a banner for 'SMH Group STADIUM'.

The Next Chapter Begins

The quilt will be handed over to the York Recovery Hub, symbolising ongoing support and community connection. This transition paves the way for continued engagement and shared stories in new communities.

A photograph showing a long, narrow quilt made of many small, colorful fabric squares laid out on a green lawn next to a stadium. The quilt features various patterns, colors, and some text like "I am strong I am enough". A pink banner with "stadium" and "SMH Group STADIUM" is visible in the background. Several people are standing near the quilt.



Continued Advocacy

As the quilt moves on the impact remains as we continued our advocacy work around Recovery and Lived Experience

We will continue with a social media campaign and will continue to post stories designed to challenge stigma on the stitch away stigma website and social media channels

If you have a story to share or want to get involved with anything that has been mentioned then please reach out and contact

07733335797/kffcic@gmail.com/@kelseyfamilycic