
A Thousand Needles for Dignity

Best Practices Proposal – Centro Sopeña Madrid – Fundación Dolores Sopeña
Topic: Supporting Women

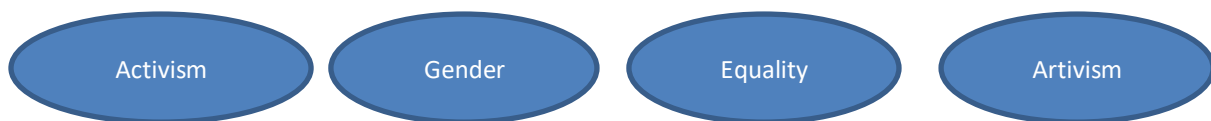
Summary:

At the Sopeña Center, each year on the occasion of International Women’s Day, we promote activities that seek to highlight the dignity of women and raise awareness within the entire community about building just and equal relationships through dialogue, reflection, and artistic expression. Round tables, film forums, talks, and awareness activities are organized to encourage participation among staff and students. This year, inspired by the international textile activism movement “Take the Needle, Raise Your Voice: Walking Towards Five Years of a Thousand Needles for Dignity,” we launched an activity that invited personal and community reflection on the meaning of this day. Throughout the week, students created textile postcards with messages of justice and equality, using recycled fabrics, embroidery, patchwork, or crochet. The finished pieces were displayed for a week along the hallways and staircases of the center as a visible gesture aligned with our Sopeña values, promoting fraternity and mutual respect, reminding us that we are one single family and that no one deserves to be discriminated against because of their condition or gender.

Impact & Achievements:

- Reinforced commitment to gender equality and social justice
- Promoted empathy, social awareness, and inclusion
- Created a collaborative and reflective space
- Used textile art as a medium

Key Words:



Contact:

Organization: Centro Sopeña Madrid – Fundación Dolores Sopeña
Website: [Inicio - Centro Sopeña Madrid](#)