



Event Information

This red hot challenge is being organised to raise much needed funds for St Raphael's Hospice. St Raphael's is your local community hospice in Sutton and Merton. We provide specialist care and support to people living with life limiting illnesses when they are struggling with symptoms from their conditions or treatment.

As a charity, all our services are free to everyone referred to us because of the generosity of past supporters. The Hospice needs over £6.5 million a year to run, relying heavily on public donations, legacies and fundraising to keep going.

Thanks to the generosity of the public, we are able to make an enormous difference to the lives of 1,000 terminally-ill patients every year and support their loved ones.

We only receive about 30% of our costs from the NHS and the remainder, over £5 Million per year, we need to raise ourselves...

So thank you for being a part of this event and overcoming the fear of the flames!

Please find more information below regarding the firewalk:

Date:

Monday 25th January

Time:

6pm – Registration Opens

6.30pm - The training seminar begins

7.30pm - Time to conquer the coals as you take on the firewalk

Location:

St Bede's Conference Centre, St Raphael's Hospice, North Cheam, SM3 9DX.

Training Information:

A firewalk is the most inspirational journey you will ever undertake.

It's tempting to look at firewalking and explain it with physics. But that's not enough to dispel the primal fear caused by the feeling of intense heat on your face at the edge of the fire lane. Fear is at the centre of the experience, the fear you feel on the brink of a fire walk is incredible – all of your survival instincts are telling you to stay put. Stay where it's safe. Don't take the risk.

This is where Cliff and his team comes in. The training will take place immediately prior to your firewalk and will take about 45 minutes. The session is led by Cliff Mann, the founder of Time4Change and the most experienced firewalking instructor in Europe. Cliff has led literally thousands of people from all walks of life over hot coals during his twenty years as a firewalking instructor.

The decision to walk across the coals is dramatically life changing. Not because you have decided to firewalk in itself, but because you have consciously decided not to let your fear inhibit your actions. Once you take the power away from fear, there is really nothing stopping you. Afterall if you can walk safely across hot coals what else is possible?

Sponsorship target:

To cover the cost of your Firewalk and to help the Hospice reach the £5 million fundraising target we need to hit every year to continue providing our essential care, we ask that you raise £150 or more in sponsorship.

If you have not done so already, you can set up your own online page by following this [Justgiving Campaign link](#) or your supporters can donate through our website directly using the [donate now](#) button. If they are donating through the donate now button, please make sure that they add **Firewalk and your name** in the comment section to ensure we allocate their donation to the correct participant.

Refreshments and music:

We will have available some light refreshments for participants and supporters to purchase on the night, including haggis! Music and entertainment from the Firewalking team will be running throughout the event to ensure a Burn's Night with a difference.

Should you have any further questions, please do not hesitate to contact our Supporter Care team on 020 8254 2450.

Good luck with your fundraising and we look forward to welcoming you to face the flames on Burn's Night.