

**FIREWALK**

# Dare to walk on **fire** for Marie Curie!



## Fire walk

**18 MARCH 2017**

**Truro Cricket Ground**

**Register now**

**Email:**

**WalkonFireMC@outlook.com**

**£30 registration**

**[www.newquaygroup.org.uk](http://www.newquaygroup.org.uk)**



Care and support  
through terminal illness

# Entry Form

**Name:**

**Age:**

(Firewalkers must be over 16)

**Address:**

**Telephone number:**

**Email :**

**Confirmation of your place will be sent after registering with your payment. Please return this form with a cheque payable to Marie Curie for £30\* to:**

**Newquay Fundraising Group  
C/o Cornwall Fundraising Office  
3 Green Street  
Truro  
TR1 2LH**

**What will happen on the night? Saturday 18th March 2017  
Registration opens from 16.30pm at the Truro Cricket ground, please ensure you arrive no later than 18.00pm. You will need to bring your completed Registration Card and hand this in on arrival: you will be asked to sign a consent form.**

**You will attend a seminar at 18.30 for one hour in a private room away from the public. This training is based around psychological responses to extreme challenges and does not involve hypnosis. All fire walkers must attend this seminar and will be refused entry if all or part of the seminar is missed. Anyone suspected to have consumed alcohol will not be allowed to participate. There will be entertainment for those accompanying the firewalkers.**

**At approximately 19.30, you will be led outside to where the fire has been burning during the seminar. You will be asked to take your shoes and socks off and line up ready to walk. When the fire master is happy that the fire is safe to cross they will walk first.**

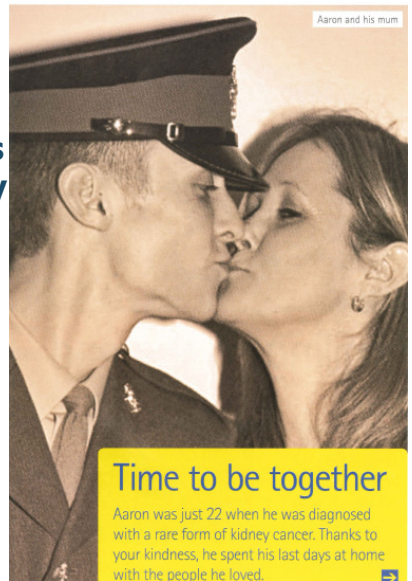
**\*£30 registration fee covers the Firewalk costs**

# Marie Curie

Marie Curie is dedicated to the care of people affected by terminal illness and the enhancement of their quality of life through its caring services, cancer research and education.

The charity provides care for today and hope for tomorrow.

Help us to help others in Cornwall today.



Marie Curie Nurses have provided more than 15,000 hours of nursing care in Cornwall in the last year— providing care for more than 245 terminally ill people. We need to raise £250,000 every year to cope with increasing demand for the nursing care.

Every £20 that we raise today will pay for an hour of free dedicated nursing care in Cornwall for someone in need. Thank you for your kind generosity and support.

Please try to raise at least £80 in sponsorship to complete your Firewalk - this will pay for 4 hours of care.

## Programme

16.30 Registration opens

17.00 Bar & BBQ

Entertainment

18.30 Firewalker seminar

19.30 Firewalk

Times are approximate





Firewalk with us... Experts in fire walking and glass walking

**TIME4CHANGE** is an innovative training and events organisation with areas of interest in the fundraising, corporate and therapeutic sectors.

## Firewalking in the UK

A firewalk is the most inspirational journey you will ever undertake. It is as the name suggests: a bare foot walk over red-hot wood embers measuring around 800 degrees. No tricks, no special effects. Just you and the fire. 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.

## Sound familiar?

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. After all if you can walk safely across hot coals what else is possible?

## Raising money for charity

Time4Change has helped charities to raise thousands of pounds.

## Insurance

We are fully insured and carry both professional indemnity and public liability insurance up to five million pounds. Our cover actually mentions firewalking explicitly.

<http://www.t4c.org.uk/firewalking/>