

FareShare South West Firewalk - getting fired up to tackle food waste and hunger!

On the evening of **Tuesday 27th February** we're co-hosting a very exciting and unique **firewalk fundraising event** in Bristol. It will be a fun event, and quite a spectacle - with the blaze of the fire against the backdrop of Bristol Cathedral accompanied by the atmospheric sound of local samba band [Batala](#).

When and where?

- **Location-** Outside Bristol Cathedral, College Green, Bristol BS1 5TJ
- **When-** Tuesday 27 February. Training at 6.30pm. Spectators can arrive from 7.30pm. Drums and fire lit at 8pm. Walk at 8.30pm.

What is a firewalk?

- It's the practice of walking barefoot on hot embers, but it's not as dangerous as it sounds. Participants will walk barefoot across 20 feet of 670°C embers all while raising money to ensure people in the south west don't go hungry and preventing tonnes of food from going to waste. Participants will receive full training before spectators arrive to ensure they know exactly how to walk across the embers in complete safety.

How much does it cost to take part?

- We're suggesting each participant make a £25 donation to cover the costs associated with running the challenge. This donation can be made via your fundraising page to give it a boost.

How much do I have to fundraise?

- Our suggested fundraising target is £250 per individual participant. Although on average participants surprise themselves by raising around £400. If you set a £275 target and use the £25 participation fee as an anonymous first donation to get things started it will encourage others to donate!
- We'll send you full instructions along with extra tips for setting up the most successful fundraising page.
- Every £1 raised allows us to redistribute food for 4 meals, so raising £250 will enable food for 1,000 meals.

How many spaces are left and who else will be there?

- We have limited spaces left, therefore please get in touch ASAP if you would like to book one. You will be taking part with other FareShare South West supporters, staff and volunteers. We also encourage you to invite all your colleagues, friends, family and those who've supported you to come and watch on the night.

Are there age limits? I have a medical condition; will I be able to firewalk?

- The minimum age is 14 years of age; parental consent is required for 14-15-year-olds. There is no upper age limit.
- If you are able to walk, it is most likely that you will be able to take part. Assistance can be given and this activity is designed to be as inclusive as possible. Please get in touch if you are concerned.

If you have any questions about the event, or would like to book a place please email Jenny on jenny.weld@faresharesouthwest.org.uk