

## Ready to face the flames?

Take on an epic firewalk challenge by braving the elements and walking over hot coals at our extraordinary event raising money for families in your area.

You will be trained by Scott Bell, a two-time Guinness World Record holder for the greatest distance walked on fire. It will then be your turn to walk across the piping hot coals (with temperatures reaching over 1000 degrees Fahrenheit).

By taking part you will receive:

- A Helen & Douglas House t-shirt
- Fundraising tips and resources
- A completion certificate

£150 fundraising target £20 registration fee

As a charity, we rely almost entirely on financial support from the public to fund our work. So now, more than ever, we need your help.

Will you walk on fire to raise vital funds?

"Participating in the Firewalk was an incredible challenge that pushed my limits and brought the whole group together as a team." Neil (2023 participant)





