

THE FIRE WALK

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WORLD MENTAL HEALTH DAY FIRE WALK 2019

The Pavilion, Guildford Cricket Club

Thursday 10th October 2019

On World Mental Health Day, Oakleaf is giving supporters the opportunity to challenge their mind over matter and walk on hot coals, whilst raising funds for Oakleaf. It will be a fantastic celebration of better mental health in our community and help to stamp out the stigma surrounding this invisible illness

Think you can handle the heat? Give it a go and make this an event you'll never forget! Entry for walkers is £30 (including lunch), and we are asking for a minimum of £70 in sponsorship to create a real fundraising impact.

What happens on the day...

As a fire walker, you will receive full training before the event. The fire walk and training are run by UK Firewalk, one of the UK's leading Fire Walk companies. So don't worry, you'll be in safe hands!

SCHEDULE

- 11:00 Fire Walkers arrive at Cricket Ground
- 11:15 Training Seminar
- 11:45 Spectators Arrive
- 12:00 Fire Walk begins, certificates presented by Dame Penelope Keith
- 12:45 BBQ Lunch plus performances from the Oakleaf Choir
- 14:00 Event Ends



Why Support Oakleaf?

1 in 4 people will experience a mental illness every single year, so it is likely you know someone who suffers.

Our programmes offer support methods to build confidence and self-esteem, whether it is through our work-related training courses, wellbeing activities of counselling services. All the money raised from this Fire Walk will enable us to support hundreds of local individuals to manage their mental ill-health.



FREQUENTLY ASKED QUESTIONS

Q: How much does it cost?

A: To reserve your place there is an entry fee of £30 (including lunch). We also ask for a minimum of £70 sponsorship target.

Q: What time do I have to be there & where do I go?

A: The Fire Walk will take place at Guildford Cricket Club, Woodbridge Road, Guildford. There will be limited parking available on site but it is only a short walk from the town centre and train station. We ask fire walkers to arrive at 11am for a training seminar inside the pavilion. The Fire Walk will start at 12pm.

Q: Can I bring my family and friends?

A: Yes of course! The more people we have there giving encouragement to our brave walkers, the better! We recommend our supporters to arrive for 11.45am just before the walk takes place. We will have BBQ and Bar on site for people to buy lunch if they wish during the event

Q: How should I prepare, what should I wear?

A: There is no preparation required. No treatment of the feet or mental exercise, just the training provided before hand. There is no special clothing required. Casual, comfortable clothes are best. Please remember that fires can be quite dirty and clothes may become ash stained. Footwear needs to be easy to remove.

Q: Who organises the Fire Walk?

A: The Fire Walk and the training seminar is organised and conducted by UK Firewalk, one of the UK's leading Fire Walk companies. www.ukfirewalk.com

Q: Is it safe, will it hurt?

A: There is an inherent risk in any activity involving fire, it is very important that participants pay attention to all the training and heed the advice and instruction of the trainer. The sensation by some is described as walking on eggshells or walking on hot sand. Fire walking can be dangerous, however UK Firewalk has never had a walker who has required medical treatment for charity, corporate or public events.

Q: Why should I walk on fire?

A: We will never give you justification of why you should walk on fire, the choice is always your own, however, walking on fire gives people different results from overcoming their fears, self-fulfilment, to a wonderful experience for a great cause!

Q: What is the hardest part?

A: The hardest thing to overcome is the fear of taking the first step!

Q: What are the added benefits?

A: Fire walking is richly rewarding in terms of your personal self-development and the activation of your potential. By participating in the fire walk, you will not only gain a sense of achievement, but also help break the stigma associated with mental health. A big part of what we do here at Oakleaf, is help our clients re-gain their confidence. This day is important for us all, and participants of the fire walk will help show a level of confidence to our clients.



CONDITIONS OF ENTRY

REGISTRATION

You must complete the Entry Form and return it to Oakleaf with your entry fee. Please do not send cash through the post. Each participant must complete their own individual entry form. The non-refundable entry fee covers all expenses and insurance for the fire walk and includes lunch. Participants under 16 years of age, must be accompanied by an adult during the event. Oakleaf Enterprise has the right to refuse entry to the Fire Walk and event to any person.

CANCELLATIONS

In the unforeseeable event that the Fire Walk cannot take place on Thursday 10th October 2019, every attempt will be made to rearrange the date. Refunds will only be given if the Fire Walk is unavoidably cancelled by Oakleaf Enterprise. If you cannot take part in the Fire Walk once you have registered, you must contact Eli Beckett on 01483 303649 as soon as possible.

HEALTH AND SAFETY

Oakleaf Enterprise to the extent permitted by law, exclude liability for loss, damage, injury, consequential loss suffered by any entrant personally or to their property as a result of their entry or participation in the Fire Walk and event. All entrants must take responsibility for their own health and safety. You must pay full attention at all times and listen to the guidelines of the Fire Walk Officials.

SPONSORSHIP MONEY

By signing up to the Fire Walk, you will pay the £30 entry fee, and have a minimum £70 sponsorship target. It is an illegal offence to withhold any sponsorship money raised, use it to cover any expense you incur from participating in the event or donate money to other charities. Sponsorship must be returned to Oakleaf by 31st October 2019.

MEDICAL CONDITIONS

All entrants must take responsibility for their own health. If you have any medical conditions that may affect your participation in the Fire Walk, please consult your doctor before sending in your Entry Form and fee.

ALCOHOL

Alcohol must not be consumed before the Fire Walk. Entry will be refused to anyone who is under the influence of alcohol or other substances. There will be a bar available to walkers to enjoy after the challenge has taken place.

CLOTHING AND FOOTWEAR

You must wear comfortable clothing during the event which will be outdoors, so please dress accordingly. Please wear footwear that can be easily removed.

TOILETS AND CAR PARK

There will be toilet facilities available at the premises. There will be limited parking available onsite but parking on surrounding residential roads.

PHOTOGRAPHS

Any photographs taken at the event may be used in future publicity. By signing the declaration you agree to us using your photograph. If you do not agree, please let the photographer know on the day.

ACCEPTANCE OF RULES AND CONDITIONS

By signing the Entry Form, you agree to follow the rules and conditions of the Fire Walk. When your entry has been received, you will receive confirmation that your entry has been accepted.

Fire Walk Entry Form



MAKING LIFE WORK WITH MENTAL ILLNESS

Title: _____

Full Name : _____ Date of Birth: __/__/__

Address: _____

Postcode: _____

Contact Number _____

Email Address _____

EMERGENCY CONTACT DETAILS (Must be provided)

Full Name: _____

Telephone Number: _____

Please tell us of your allergies, disabilities or medications you have.

Please let us know if you have any dietary requirements for our BBQ lunch

PAYMENT DETAILS (please tick)

Cheque: I enclose my entry fee of £30. Please make cheques payable to:
'Oakleaf Enterprise'

Debit/Credit Card:

Card No.

Issue No.

Start Date

Expiry Date

Security No.

BACS Transfer:

Account Name: Oakleaf Enterprise Account No: 12726732 Sort Code: 23-05-80

DECLARATION AND DISCLAIMER:

By signing this form I confirm that I have read the information about the Fire Walk, read the frequently Asked Questions and understand and agree to the Conditions of Entry. I also understand that Oakleaf Enterprise will not accept any responsibility for any injury or damage caused to myself, spectators or my property before, during or after the event.

Signed _____ Date __/__/__

Please return this form and entry fee to: Oakleaf Enterprise - 101 Walnut Tree Close, Guildford GU1 4UQ

Tel: 01483 303649 Email: elibeckett@oakleaf-enterprise.org

Fair Processing Notice: Oakleaf Enterprise are the Data Controller of the information you have provided. This will allow us to take any reasonable steps to accommodate specific needs or requirements you have when providing our services to you. By signing this form you are giving consent to the Data Controller to process this information. In consenting we may send information and/or reminders and/or details about our events, fundraising initiatives, activities and services, by post, telephone, email and/or SMS. We will keep your personal data for a minimum of six years, after which time it will be destroyed if it is no longer required for the lawful purposes for which it was obtained (as defined by the Data Protection Act 2018).