

Fire walking for the CMA

Title	First name	Last name		
Address			Date of birth	
			Postcode	
Daytime phone	Mobile	Email		
Please give details of any medical complaints and disabilities you have (attach extra sheet if you need to)				
How did you hear about this event?				
Are you interested in taking part in other fundraising events or challenges?				
Please tick size of CMA T-shirt required. These will be handed out on the day	S	M	L	XL
Why are you supporting the CMA?				
I would like complimentary fish and chips (please tick box) <input type="checkbox"/>				
How much are you hoping to raise? (the minimum is £100 but it would be great if you could raise more)				
I enclose a non-returnable deposit of £30 (or earlybird fee of £25 if received before August 1st, 2009) made payable to the Cardiomyopathy Association		Signature of participant/parent of child under 18		

Please return form to the address overleaf by Friday, September 11th, 2009

Go on, do something hot



Fire walking for the CMA

Newlands, Southam Lane, Southam, Cheltenham, GL52 3PE

Friday, September 25th, 7pm



The Cardiomyopathy Association is a charity that offers information and support to families affected by the inherited heart disease cardiomyopathy and funds medical care.

Registered charity number 803262



What you need to know

Survivorability Limited, the fire walking company that will be running our fire walks, was incorporated in 2003, and the fully qualified and certificated teams of fire masters run events all over the world. The company says these events are designed to be mind-expanding experiences for individuals and groups. But you will also be raising money for the Cardiomyopathy Association (CMA) and having a great time. You will walk bare foot over red hot wood embers with temperatures measuring some 800 degrees C. Fire walking is not about being in touch with one's inner being or mystical mind over matter.

The training

The one-hour training session is based on Neuro Linguistic Programming (NLP) and around current psychological responses to extreme challenges. It does not involve any hypnosis, prior fasting nor other alternative disciplines.

What happens next

After a short safety briefing and demonstration on how to walk on the fire and, when the fire master is happy that the group are in the right frame of mind, the pulse quickening music will begin.

Each firewalker will then show his or her security band to the fire master and will be allowed to cross the fire (approximately five metres long, around six strides). You may, of course, rejoin the queue and walk as many times as you like or until the fire master decides that the fire is no longer walkable. After the fire walk, all participants will go indoors for a short debrief session. A bar is available and spectators are welcome.

Safety precautions

Survivorability claims a 100 per cent injury free event history which is a testimony to its rigorous safety standards. However, accidents can happen. Therefore the event team includes fire trainers who are certificated to Health and Safety at Work (First Aid) Regulations 1981.

All fire walkers will be required to sign a legal disclaimer saying that they fully understand that the activity of fire walking is potentially dangerous. They will also sign to say that they understand that fire walking is not mandatory and that the decision to fire walk is taken of their own free will and they are not under the influence of alcohol or un-prescribed drugs. Anyone considered to be under such influence will be refused entry but a refund will NOT be given.

about our fire walking



To become a fire walker

To register for one of the events, complete the form overleaf and send it, together with a deposit of £30 (earlybird fee of £25 if booked before August 1st, 2009), to Celia Blakeway-Phillips, Fundraising Development Manager, Cardiomyopathy Association, Unit 10, Chiltern Court, Asheridge Road, Chesham, Bucks, HP5 2PX by **Friday, September 11th, 2009**. Cheques should be made payable to the Cardiomyopathy Association.

Further information

If you would like more information, please contact Celia (pictured firewalking) at the address above, call her on 01494 797196/ 07824 844563 or email celia.bp@cardiomyopathy.org

Sponsorship

You are asked to raise a minimum of £100 sponsorship, although many people are likely to exceed this figure. All monies raised will go to the Cardiomyopathy Association.

The Cardiomyopathy Association

The Cardiomyopathy Association (CMA) is a registered charity (no 803262) that provides information and support to people affected by the heart muscle disease cardiomyopathy. The condition, which is often inherited, is **the biggest medical cause of sudden death in the under 35s**. But when found, the condition can usually be successfully treated with most sufferers going on to live long and full lives.

The charity promotes excellence in clinical practice by providing education for doctors and nurses, and funds nurse specialists in clinics in London, Glasgow, Belfast and Sheffield. The CMA also campaigns for more heart checks and gene testing for affected families to find out who is at risk and to save lives. For more information about the charity, call the CMA's free helpline 0800 0181 024 or see the website www.cardiomyopathy.org

Thank you for your support