



St Andrew's
Hospice

Fire Walk Information Pack

Register at
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Information Pack

Are you ready to ignite your courage?

Walking across red-hot embers is no small thing, it's an unforgettable and meaningful experience. You will be supporting St Andrew's Hospice but also showing yourself that you can do anything when you channel your inner strength.

Here's everything you need to know before taking part in this fiery fundraiser!

About Us

St Andrew's Hospice provides free holistic care for both adults and children from North East Lincolnshire and surrounding areas, alongside support for their families.

By taking part in our fire walk fundraiser, you're helping us provide vital support and services to people with life-limiting conditions, people who are coming to the end of their life, and support for their families. Every step you take helps us provide care to people that need it the most.

Our care ranges from outpatient visits, overnight stays and respite care to wellbeing programmes and bereavement counselling, alongside many other services that we offer our local community.



What is a Fire Walk?

A fire walk is more than just walking across fire, it's a chance to push your limits, conquer your fears, and prove to yourself that you are stronger than you think!

You will undergo a safety briefing and a confidence-building session before the fire walk takes place, which will provide you with the right tools and mindset to take on this unforgettable challenge.

Once all participants have completed the training, you will be guided outside to the car park where the fire walk will take place. The embers are then raked flat, and you will be invited to take your first steps on the coals!



When and Where?

The fire walk will take place at the hospice, St Andrew's Hospice, Peaks Lane, Grimsby, DN32 9RP on Thursday 8th October 2026.

Arrival from 6:00pm.

The Coffee Retreat will be open from 6:00pm for your spectators to visit while waiting for the fire walk to begin.

On the Night

Arrival and Welcome

There is free onsite parking for you and your spectators, please do be mindful of the size of our car park. Then head to Reception, where our friendly team will meet you and sign you in.

Safety Briefing & Confidence-Building Training

Before the fire walk starts, you must take part in a full safety briefing and receive a confidence-building training session led by the professional instructors from UK Firewalk.

While you are taking part in the guided training sessions, the rest of the UK Firewalk team will be outside preparing the fire walk.

The Big Moment

Once the fire walk has reached a temperature nearing 1200 degrees, you will be invited outside and take your first steps onto the hot coals when you are ready!



Fuel the Flames for Hospice Care

Every step across the red-hot embers, every pound donated and fundraised, will help provide hospice care for our patients and support for our local community.

In order to take part in this event, you'll need to fundraise a minimum of £100 per person, alongside the £30 registration fee. Your fundraising efforts will help us to provide the care that our local community deserves.

Our friendly fundraising team will be on hand to provide any fundraising support that you may need. To contact our fundraising team, please email sahos.fundraising@nhs.net or call them on 01472 350908, and ask for the fundraising team.

Fundraising Tips

Here's a few tips on how to get your fundraising efforts kickstarted:

- A JustGiving page is the quickest and simplest way to fundraise. Your donations you raise come straight to us and you can set up a page in just a few easy steps!
- Using social media is a great and easy way to let people know about your fundraiser and tell your story of why you are taking part.
- Don't forget to Gift Aid! Gift Aid can significantly increase the value of your sponsorship money at no extra cost to you or those who are sponsoring you.



FAQS

Is it real?

Yes, it is very much real! Even though it may sound impossible to walk on fire, many people often describe the feeling as walking on eggshells or hot sand.

Is it dangerous?

All though fire can be dangerous, the event is carried out by trained professionals from UK Firewalk, and all participants will partake in safety briefing.

How hot is it?

The glowing embers often reach temperatures up to 1200 degrees Fahrenheit!

Who can participate?

Anyone aged 12 years or over can take part. Please seek medical advice from your doctor if you are worried or have any queries in relation to your health and the event.

Do I need to fundraise?

We ask all participants that they fundraise a minimum of £100 per participant, these funds help support our vital services we offer!

What should I wear?

There is no special clothing that is required, however it is recommended to wear clothes that you are comfortable in, and that you don't mind getting dirty due to the smoke and ash from the fire.

Flipflops or sliders are also recommended so that you are able to easily remove your footwear.

Do I need to prepare?

There is no need to prepare however we do ask that participants are well hydrated, ensure that your feet are clean and free from any massage/pedicure oils.

Can I consume alcohol?

Participants are not allowed to be under the influence of alcohol or drugs.

Will there be refreshments?

The Coffee Retreat will be open onsite for all participants and visitors.

Thank you for your support!