



## NAT's Firewalk 2015

### FAQs

**Q: Why would I do this?!**

**A:** Admit it – you're already a little bit tempted or you wouldn't be reading this! The NAT Firewalk promises to be a night of amazing adrenaline real challenge – overcoming your fears and feeling brilliant for doing it, and then celebrating with friends at the legendary Royal Vauxhall Tavern.

If that's not enough temptation, then consider the difference you'll make by raising awareness and cash for NAT so we can continue our work, more vital than ever, fighting the stigma that people living with HIV face on a day-to-day basis, educating the public and campaigning for change.

**Q: When is it?**

**A:** Remember, remember the 5<sup>th</sup> of November! Registration is from 6.15pm. Your pre-challenge briefing will start at 6.45pm, and the firewalk begins at 8.00pm.

**Q: Where is it?**

**A:** The firewalk itself will take place in Vauxhall Pleasure Gardens, SE11 5HY. However registration will take place at the Royal Vauxhall Tavern, 372 Kennington Ln, London SE11 5HY so please do head there first.

**Q: What's the commitment?**

**A:** *We ask you to pay a small registration fee of £15 to secure your place, and to commit to raise a minimum of £150 through sponsorship.*

**Q: Sponsorship? How does that work?**

**A:** Fear not! Raising money through sponsorship is simple. Once you register we'll send you a pack full of information about NAT, and with ideas for how you can raise the minimum (or blow us away by beating the target!). [Click here](#) to set up an online fundraising page and pay your registration fee, and then you're good to go. You can collect sponsorship via your page, which will take card payments and process the money, as well as collecting the gift aid. If you'd prefer to go old school, let us know and we'll send you a paper sponsorship form and arrange to take your registration fee another way.

**Q: How does it all work on the night?**

**A:** You should get to the Royal Vauxhall tavern for 6.15pm. We'll register you, and get you to sign a consent form, and then give you a security wrist band to show you're one of us! You'll then attend a training seminar with everyone else who is participating, which lasts about an hour. You should definitely get your friends and family to come and support you, but they won't be able to attend the

briefing so you should ask them to arrive at the Vauxhall Pleasure Gardens (just next to RVT) for just before 8.00pm. After the briefing, we'll walk together to the hot coals, and we'll each use what we've learned to complete the walk, under the expert guidance of the Survivorbility Ltd team, who are experts in organising Firewalk. Once that's done, its back to the RVT to toast our success!

**Q: What's the best thing to wear on the night?**

**A:** Casual clothing rules! All you need to do is roll up the bottom of your trousers or dress mainly not to get dirty. Obviously tights and stockings would need to be removed before the fire walk itself. It's advisable to bring some wet wipes and/or an old towel as your feet will be very sooty from walking on the fire bed and your socks will get filthy.

**Q: Do I actually walk on a flaming fire?**

**A:** No, you walk on the fire bed itself, which are really the red-hot glowing embers of the wood. The fire will have been burning for approx 2 hours so by the time you come out of the briefing flames might be seen on the wood to each side of the fire lane but not on the part you'll be walking down. You will NOT walk on the actual flames.

**What about insurance and health and safety issues?**

Put simply, this is an adult activity and as the children's programme Blue Peter often reminded us 'please do not try these events at home'! Survivorbility, which will be organising the event, is an experienced and trusted company with qualified staff, and they will look after you! Firewalks, when conducted properly are safe and accidents are incredibly rare. But of course, as with any activity involving fire, there is a small amount of risk, and though we'll have insurance, we'll explain all the risks to you carefully on the night and ask you to sign a disclaimer confirming that you understand the risks, that you're participating of your own free will and that you will not be under the influence when you do it.

**Q: This is the longest FAQ in the world, but I still have questions!**

**A:** That's fine! Just drop us an email at [fundraising@nat.org.uk](mailto:fundraising@nat.org.uk) or call the Fundraising Team on 020 7814 6767.