

# Stroke association

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## Fundraisers set to face the heat at firewalk

The Stroke Association is calling out for thrill-seekers to walk barefoot across burning coals at a firewalk, at 6pm on Thursday 09 February at Sainsbury's in Bishop Auckland.

The challenge will involve full training, before participants will walk across 20 feet of wood embers, burning at temperatures up to 1300°F. The event is being held at Sainsbury's St Helen Auckland, as part of the store's Charity of the Year Partnership with the Stroke Association.

Jo Beverley, Community and Events Fundraiser at the Stroke Association, said:

“The firewalk is an exhilarating experience and a great way to raise money. All the funds raised by our firewalkers will go towards research into preventing strokes, and supporting thousands of stroke survivors and their families rebuild their lives after stroke. We’d encourage anyone from across Bishop Auckland and surrounding area to sign up to what is set to be our hottest challenge yet.”

Lynn Bennett said: “Through its Local Charity Partnership scheme, Sainsbury’s has helped to raise so much awareness for local charities, along with vital funds too. This year customers and colleagues voted for the Stroke Association as Bishop Auckland’s Charity of the Year. After speaking to customers and colleagues I was shocked at how many said they personally had been affected by a stroke, be it themselves a family member or a friend. My colleagues and I are so excited for this opportunity to help raise vital funds to help those who are currently living with the devastating effects of stroke, as well as their families and carers.”

The firewalk costs £20 to register and participants are asked to raise £80 in sponsorship. For more information call 0330 330 0740 email [supportercare@stroke.org.uk](mailto:supportercare@stroke.org.uk) or visit [www.stroke.org.uk/events/sporting-fundraising/sainsburys-firewalk](http://www.stroke.org.uk/events/sporting-fundraising/sainsburys-firewalk)

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A stroke is a brain attack which happens when the blood supply to the brain is cut off, caused by a clot or bleeding in the brain. There are around 152,000 strokes in the UK every year and it is one of the largest causes of disability. There are over 1.2 million people in the UK living with the effects of stroke.

Stroke Association is a charity. We believe in life after stroke and together we can conquer stroke. We work directly with stroke survivors and their families and carers, with health and social care professionals and with scientists and researchers. We campaign to improve stroke care and support people to make the best recovery they can. We fund research to develop new treatments and ways of preventing stroke. The Stroke Helpline (0303 303 3100) provides information and support on stroke. More information can be found at [www.stroke.org.uk](http://www.stroke.org.uk)

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