

A WALK OF ICE AND FIRE

01.04.2023 | 18:00

CODDENHAM CENTRE, IPSWICH, IP6 9SR

FUNDRAISING CHALLENGE

DO YOUR FEET DARE?

This event may be on Saturday 1st April but it's no joke! Choose to walk across broken glass (ICE) or hot coals (FIRE) to raise vital funds for Suffolk Mind. For those chasing that extra adrenaline hit, you're able to do both the ice and fire walks on the same night.

Join us for a spectacular night of live entertainment, music and ice and fire themed food (fiery **hot** dogs and **ice** cream).

ONE WALK (ICE OR FIRE)	£35 (plus suggested sponsorship of £175)
BOTH WALKS	£42.50 (plus suggested sponsorship of £225)
GUEST TICKET (ADULT)	£10 (limited to one per walker)
GUEST TICKET (CHILD)	£6 (under 16, limited to two per walker)

To take part, visit suffolkmind.org.uk and head to our events page or scan the QR code.

 mind Suffolk

