

The Spice Walk stepping out for CHILDREN 1st

An innovative idea which combines exercise with a bit of eating and a bit of fundraising will start at 3:00pm on 17 November 2013 in Leith.

Capital curry kings Khushi's and Mithas cook up a walking challenge for one of Scotland's leading children's charities.

Spanning Edinburgh's Leith Walk, from Antigua Street to the Dock, Khushi's and Mithas Indian restaurants will be heating up the streets of the capital this November as staff invite the general public to join them in a fundraising walk to raise money for Scotland's vulnerable children and families.

Khushi's restaurant has been part of the fabric of Edinburgh since 1947 and its current locations in Leith will be the base for the November 17th event, starting at 3pm and finishing at 5pm. Staff will also be fundraising for CHILDREN 1st within the restaurants in the run up to the event.

Walking can be great fun for all ages. CHILDREN 1st believe every child deserves a happy, healthy and safe childhood. Kushi's and Mithas hope that the public will join in this healthy approach to fundraising for vulnerable children in Scotland.

Participants in the Spice Walk will receive free t-shirts and after the challenge supporters will enjoy free samples of Khushi's famous Indian food.

THE IDEA: Walking can be great fun for all ages. Not everyone likes running but we all walk every day. Let's all go out to the great outdoors and push ourselves for a good cause with a walk for charity. Families and friends can join our team to make a real difference for children in Scotland.

Why are we walking?

More than 2,700 vulnerable children were reported as victims last year, but thousands more will have suffered in silence with no record of the atrocities against them. Recorded crimes involving sexual abuse against children – rapes, sexual assaults, indecent images, online pornography, sexually coercive conduct – have all increased in the last year.

Children 1st say that

*1/4 of all children in Scotland are estimated to be growing up in poverty and disadvantage
1 in 6 children experience abuse or neglect at the hands of their parents.
4,500 children in Scotland run away from home every year due to an environment of violence and neglect.
Around 50,000 children are living with domestic abuse and its impacts in Scotland.*

If you would like to join the fundraisers, send your name, address, telephone number and t-shirt size to kate@mithas.co.uk

Submitted by [Kate Lenart](#)

