

Beat SCAD Walk 2022 & Research Update

This year's Beat SCAD walk will be held in Leicestershire on **Saturday 11 June**. It's a great opportunity for Spontaneous Coronary Artery Dissection (SCAD) survivors, families and friends to meet, network and support each other, as well as to raise money to help Beat SCAD continue its work.

Venue

Bosworth Battlefield Heritage Centre and Country Park (www.leicscountryparks.org.uk/bosworth-battlefield-country-park). The Park is close to the M1, M6, M42 and M69. Buses run from Leicester to Market Bosworth, which is three miles away and taxis are available.

The Park includes a network of surfaced trails that radiate from the Bosworth Battlefield Visitor Centre.

Facilities

The park complex includes a visitor centre, tourist information room, public toilets, gift shop and museum.

Times

12pm The Beat SCAD team will be at the venue. Please bring a picnic lunch and join us before we set off for the walk.

1.30pm The walk will start.

3.30pm Dr Adlam's talk in The Heritage Room in the Visitor Centre

The venue closes promptly at 5pm, but we will be able to use the picnic area after that.

Registration

Tickets cost £12 per adult (children under 16 go free). Please register here: tinyurl.com/2p95k8a5. The ticket price is refundable until Monday 6 June, however the Eventbrite fee (included in the ticket price) is non-refundable.

Meeting place

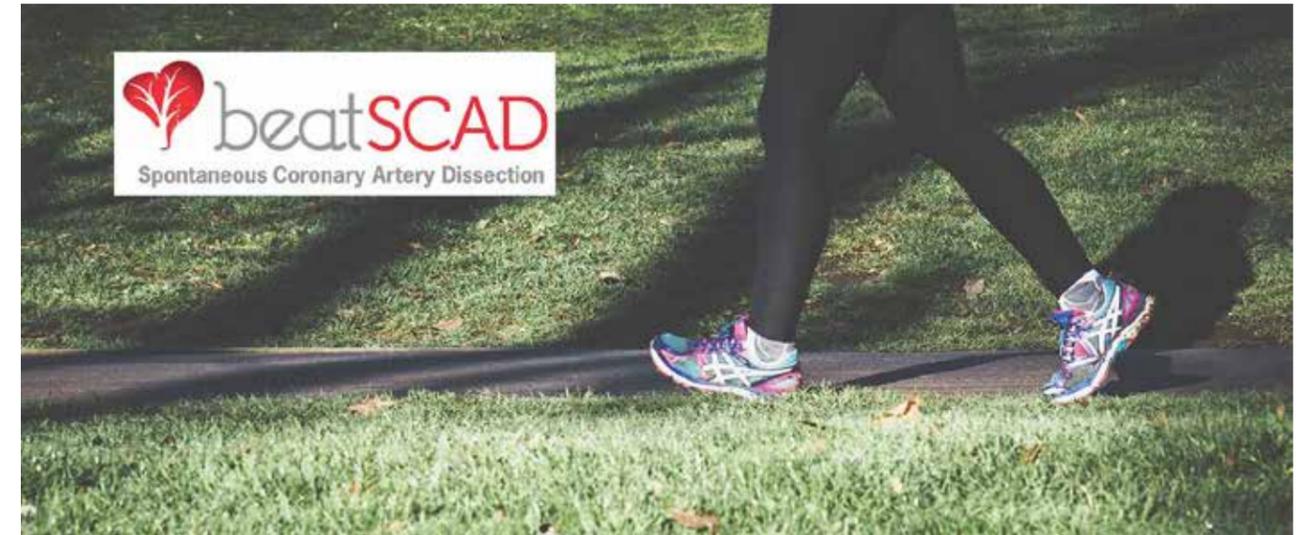
We will meet at one of the picnic areas near the visitor centre complex. Walk out of the car park at the top where you drove in, turn left and walk down keeping the visitor centre complex on your left. Note: If you take another exit from the car park you will be on the wrong side of the complex. If it is raining we can meet in the Tithe Barn Café. The Heritage Room in the Visitor Centre will also be available from 1pm.

Car park

There is a pay and display car park, £2.50 for the day – no change given so bring the correct change. You can also pay using the paybyphone app. Instructions are displayed on the car parking machines.

Refreshments

Refreshments are available at Tithe Barn Café at Bosworth Battlefield at the start of all walks.



Walking route

There are various walking routes ranging from 1km to 5km, to suit all abilities, so feel free to choose the best option for you. Information points along the paths describe the historical facts about the area.

We will be doing two circuits of the Battlefield Trail, which totals approx 4km – you can download a pdf of the route here www.bosworthbattlefield.org.uk/visit-us/country-park

All paths are man made and most routes are suitable for disability scooters, wheelchairs and pushchairs.

Don't forget

Please wear appropriate clothing and footwear and bring waterproofs and umbrellas just in case!

Bring plenty of water and snacks to see you through the afternoon.

Further information

For more information about SCAD and Beat SCAD, please have a look at our website (www.beatscad.org.uk) or email us at contactus@beatscad.org.uk.

Please note, we will be taking photos and videos, which will be used on our website, newsletters, and other promotional and educational material. If you do not wish to appear in these, please let one of the Trustees know on the day.

Raising money – More research to beat SCAD!

The cost of the ticket for the walk goes towards covering expenses, such as venue hire and filming. However, we also need to raise money to continue research into SCAD.

We are currently fundraising to support the work of a new Clinical Research Fellow who will join Dr Adlam's research project in August 2022 tinyurl.com/mw7uze5c. You, your family, friends and colleagues can donate at this link www.justgiving.com/campaign/beatSCAD-moreresearch or you can set up your own fundraising page and link it to this fundraising campaign.

You can also use the sponsorship form in this pack and ask friends, family, colleagues to contribute.

