



Hughes Syndrome Foundation

Help us save lives
by joining us on our
**ROYAL PARK
RAMBLE**

Sunday 23rd May 2010

Hughes Syndrome is a blood disorder that affects over 600,000 people in the UK alone. The condition is relatively new and often goes undetected or misdiagnosed.

The Hughes Syndrome Foundation is dedicated to raising awareness of Hughes Syndrome so that more people receive the treatment they need quickly.

Hughes Syndrome is responsible for at least a fifth of young strokes, heart attacks and deep vein thrombosis. It causes headaches, migraines, fatigue, memory loss and dizziness. It is also one of the leading treatable causes of recurrent miscarriage.

The ramble is approximately 4 miles long and is led by an experienced guide – it should take about two hours to complete. You, your family, friends, children and pets are all very welcome.

Starting at St Thomas' Hospital at 11.00am on Sunday 23rd May 2010, we ramble through St James' Park, then stroll through Green Park and into part of Hyde Park, taking in the London

sights including Big Ben and the Houses of Parliament, Westminster Abbey and Buckingham Palace before we loop back to St Thomas' for refreshments and certificates.

For more information and sponsorship forms, please contact Kate Hindle at the Hughes Syndrome Foundation on 0207 188 8217 or email us at hsf@btconnect.com.