



FEBRUARY IS NATIONAL HEART MONTH

Take part in The Coin Collection Challenge!

Help VSF raise - Valuable Screening Funds

The VSF are asking you to have some fun, donate your coins and help to potentially save lives in young people aged 16 – 35 from Sudden Cardiac Arrest by taking part in The Coin Collection Challenge!

Where?

You can do this challenge - at work, in school, at your sports club, at Scouts or Brownies, in the pub, your favourite restaurant - anywhere!
It could be done in a big space like a playground, hall or sports pitch or in a small space such as a classroom, an office desk or a windowsill! It depends on the challenge you choose.

How?

Here are a few challenges we have come up with but, of course, you may have some great ideas of your own:

- **Coin Stack Challenge** - build the widest, the tallest, the most valuable, the most creative stack of coins!
- **Penny Wars** -each group, class, team, school year, office department has a large see-through collecting jar. Teams then compete to see who can fill their jar with the most pennies. **BUT**-the key aim is to fill your jar with anything other than pennies by adding £1 coins and banknotes to your jar. The winner is the jar with the best total in!
- **Gimme 5!** - who actually uses 5p coins? See how many discarded, unused and unloved 5p coins you can collect in the month. We love them!
- **Wall of the Heart** - attach coins to the wall in the shape of a heart (in a safe and secure area.) This could be done in a school hall, office reception, behind the bar at your local pub or restaurant.

How?

- **Heart Art** - build a heart shape out of coins, maybe even set up a temporary Heart Art Gallery! At school you could have a competition as to who has drawn/painted the best heart picture and then ask parents to buy their child's creation. Draw a heart in chalk on the playground and fill it with coins. Mark out a temporary heart on your sports pitch and fill it with hearts. Let your creative juices go wild!
- **Pennies for the Heart** – what do we all do with the pennies at the end of our wage at the end of the month? Not much I imagine. Why not donate them to us? You could even set it up so that they are automatically put into our charity account? You get to keep the pounds and we save lives with the pennies!
- **Guess the number** - create competitions where people have to pay to guess the number of coins or sweets in a jar, how many tennis balls fill a tennis court, how many footballs fill a pitch, how many coins will it take to go all the way around your playground. Just choose a suitable prize and away you go!

Why?

So, why would you go the trouble of taking up one of our challenges?

EVERY WEEK in the UK, 12 apparently fit and healthy young people die from undiagnosed heart conditions.

The Vital Signs Foundation (VSF) was formed following the tragic and sudden death of Chris Haw aged just 25.

Chris was a much loved son, brother, grandson and friend to many people throughout his local community and across the NW. He died, aged 25 from Sudden Cardiac Arrest. He was a fit and healthy young man who presented no previous heart conditions whatsoever.

We deliver a **FREE** successful heart screening program across the North West of England - but we need your help to continue our good work.

It costs £3000 for us to hold a FREE heart screening - if 10 people each raise £300 it pays for a screening which could potentially help to save a life!

For more information about the VSF: www.vsf.org.uk info@vsf.org.uk

Vital Signs Foundation - charity no. 114 0141

