

## The VSF Newsletter - 10th Edition

### January to March 2018

**Did you know that in the last 7 days at least 12 apparently fit and healthy young people aged 35 and under have collapsed and died from an undiagnosed heart condition?**

\* source—Cardiac Risk in the Young (CRY)



Footballer Mitchell Joseph aged 33 from South Wales, collapsed on the football pitch and died on 14th January 2018. He was due to get married later this year.

Another tragic young death!

Our goal is to deliver our FREE heart screening program to young people aged 16 to 35 across the North West of England to reduce the number of sudden young deaths in the UK from undiagnosed heart conditions.

**With your support we can help the people you love!**

### What's coming up?



#### Giving on the Green

Friday 15th June 2018

A Charity Golf Day to raise funds for the Vital Signs Foundation (VSF)  
Hosted by: **Hillside Golf Club**  
Sponsored by: **i-pay and spi accountancy**

Bacon roll & hot drink on arrival

Best 2 from 4 b(90% H/C)

Nearest the pin

Longest drive

Putting competition

2 course evening meal

Prizes, raffles, giveaways

£440 per team

To register, contact Steve  
Mob: 07769 944100 Email: [info@vsf.org.uk](mailto:info@vsf.org.uk)  
[www.vsf.org.uk](http://www.vsf.org.uk) Charity No: 1140141

#### CHARITY GOLF DAY

Friday 15th June 2018 will see Hillside Golf Club in Southport host our annual VSF Charity Golf Day sponsored by I-PAYE. All 23 teams have been sold but we still have some sponsorship packages available. Why not advertise your company on the greens of one the most prestigious golf clubs? Contact [info@vsf.org.uk](mailto:info@vsf.org.uk)

We would really love you to come along to any of our events, have a great time and support our FREE heart screening programme.

Keep checking our website for updated information on current and upcoming events: [www.vsf.org.uk](http://www.vsf.org.uk) or email [info@vsf.org.uk](mailto:info@vsf.org.uk)



## Special Mentions to Special People

### February Heart Month



A huge Thank You to Myles Carr and all his staff and customers at Little Tap, tapas restaurant and bar in Tarporley, Cheshire for raising a huge £1060 with their £ on the Bill campaign. Fantastic effort!

Laura Scott, our Ambassador, raised over £300 by organising a Valentine Sweets and Cake Stall at Kings School, Chester. Well done Laura!



## VSF - Very Special Folk

We may only be a small charity but we have some very big-hearted supporters who go out of their way to ensure, through giving their time and effort, that we can continue with the great work we do.



### Paymentshield, Southport

Back in March last year we were delighted to be chosen by the Charity Committee at Paymentshield to be their charity of the year - little did we know how well they would do!

From cake sales to book sales, car washes to competitions, 3 Peaks Challenge to 24 hour go-kart challenge, car boot sales and wardrobe challenges, auctions and raffles, literally every staff member from top to bottom got involved.

Very importantly to us, they have thoroughly enjoyed themselves!

We are delighted to announce that the grand total raised is a phenomenal **£12,000!**

We would like to say a huge thank you to Rob Evans, the Chief Executive and to the Charity Committee members - Petronella, John, Andrew, Sian, Danielle and Yvette.

**Could your workplace be our Charity of the Year for 2018?**

**Contact us for more details and fundraise for your local community!**





## Special Mentions to Special People



Thanks to all the very talented Art students at Christleton High School, we are about to start selling Art for Heart greetings cards.  
Keep checking our website!

We are delighted to announce that Sophie Hedgecoe has agreed to come onboard as an Ambassador for the VSF. Welcome to the team Sophie!

St Mary's Primary in Liverpool spent last year raising funds in various ways and managed to raise £1000! Thank you to all the staff, parents and pupils!

Thank you to everyone at 16th Liverpool Boys Brigade for generously donating £250. This is their second donation to us and have raised in total £550. Many thanks for your generosity!

**As we are a small charity a little bit of money goes a long way. If 10 people each raise £300 that pays for a FREE heart screening - £3000! This actually means that the money you raise has potentially helped to save a life! How rewarding is that?**

## Fancy a Challenge?

These amazing people are raising funds by undertaking a Challenge!



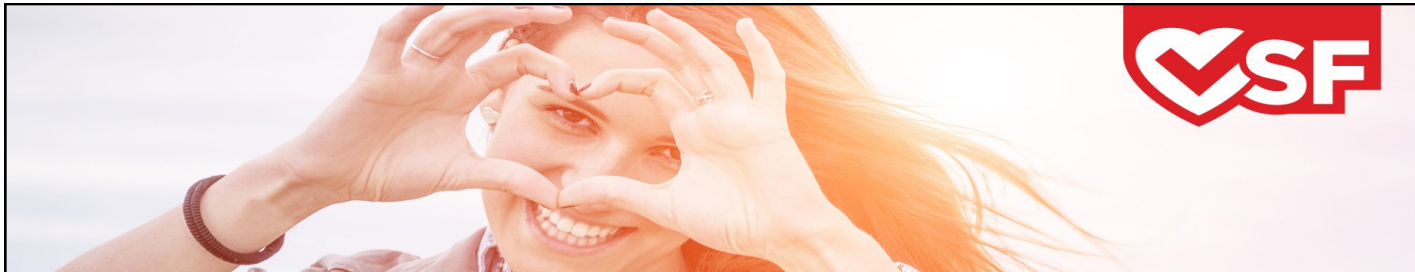
On 8th June 2018 Chris Kendall and Steve Haw are taking on a HUGE golfing challenge by attempting to play 3 rounds of golf on 3 different courses in 3 different countries, and ALL within 24 hours!! Please support them  
[www.justgiving.com/fundraising/steve-haw](http://www.justgiving.com/fundraising/steve-haw)



Trustee, Laurence Sullivan, is taking on a half-marathon later this year and raising funds for VSF. Let's support him!  
[www.justgiving.com/fundraising/laurence-sullivan](http://www.justgiving.com/fundraising/laurence-sullivan)

### Could this be you?

Do you want to take on an exhilarating challenge and raise money for a worthy cause at the same time?  
Or, maybe you would rather raise funds by having a cake sale or a sponsored silence?  
You may have an idea that nobody has tried yet, and it's tailored just to suit you?  
Why not raise funds whilst enjoying doing the things you love?  
For more info please contact Tracey at [info@vsf.org.uk](mailto:info@vsf.org.uk).



## Successful Heart Screenings

To date we have screened **1845** people!

**14** of those people were diagnosed with serious life-threatening issues!

Since our last newsletter, this is what's been happening with our FREE heart screenings.



**88 young people** were screened at our heart screening in Paymentshield's offices in Southport on Sat 3rd February 2018. Thankfully, nobody presented with any serious issues so everyone went away feeling much happier knowing they had a healthy heart!

In the time you have read this, another young person will have collapsed and died from a Sudden Cardiac Arrest and another family's life will be changed forever!

Please help the VSF raise funds to provide more FREE heart screenings.

The next young death could be your son, daughter, friend or work colleague!

## Forthcoming screenings

Sat 14th Apr 2018  
Christleton High  
School, Chester  
sponsored by  
Illingworth Seddon



Sat 12th May 2018  
Chris Haw Memorial  
Screening  
Southport College,  
Southport



Some of our FREE heart screening days are sponsored by generous people who fundraise or by companies who support what we do. Medicash last year committed to sponsoring FREE heart screenings at Everton FC for 3 years. Contact us if you would like to fundraise and sponsor a screening day.

**In 2018 we will also be holding FREE heart screenings in the Wirral, Crosby, Everton and Chester so please keep checking our website for more details for these very important screenings.**

For more information about the VSF: Online [www.vsf.org.uk](http://www.vsf.org.uk) Email: [info@vsf.org.uk](mailto:info@vsf.org.uk)

Vital Signs Foundation - Charity No. 114 0141





## Charity of the Year 2018

Our charity partners, Upton Cricket Club, have been raising more funds, and awareness. Since the beginning of 2018 they have raised almost £700! They are taking on a different fundraising challenge every month and have so far raised just short of £4000 in total!



Great effort by Jez Lamb, Tom Marsland, Sophie Hedgecoe and Alison Green for surviving Dry January. It was well worth it as they raised over £400! Well done to Brian Shenton who ran the Manchester to Sowerby Bridge Ultra Marathon last month -31 miles. He raised £108!



We have two great supporters who have chosen VSF as their Charity of the Year 2018. Chloe Ellison, from Sovini, organised for us to be their charity of choice. We are extremely grateful to her and all the employees at Sovini. Tony Barker is the new Captain of Brightmet Golf Club and chose us as his charity of choice. His Captain's drive-in has already raised £400!



**Could your workplace be our Charity of the Year for 2018?**  
**Contact us for more details and fundraise for your local community!**

## The Team

A huge Thank You goes to all our team – our trustees, physiologists, cardiologists, paramedics and volunteers.

We really are so lucky to have such dedicated, professional and friendly people who are committed to our charity.

These are the people who deliver the FREE heart screenings and we couldn't do it without them.  
 Thank you!

