

The VSF Newsletter - 2nd Edition

What's coming up?



February is **National Heart Month!**

During February, **48** young people in the UK aged 15-35 could possibly lose their life to Sudden Cardiac Arrest!
That could be somebody from within your family or circle of friends.
Do something about it and get involved!
See our website for further details

Charity Golf Day at Hillside Golf Club, Southport

On Thursday 7th April 2016 we will be launching our inaugural and annual Charity Golf Day – hosted on the fantastic links of Hillside Golf Club, Southport described by Greg Norman as **“the best back 9 holes I’ve ever played!”**



Ladies Lunch

In April we are looking to host a Ladies Lunch, we are just deciding on a venue. Come and enjoy a fantastic dining experience in stylish surroundings.

VSF Summer Ball

We are looking to celebrate Summer this year with a glitzy, glamorous Summer Ball! The details have yet to be confirmed but we can assure you that it will be one not to miss! Watch this space!



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

For any unanswered questions, email us on: info@vsf.org.uk



Special Mentions to Special People

All these amazing people have raised funds for the VSF in the last 4 months!



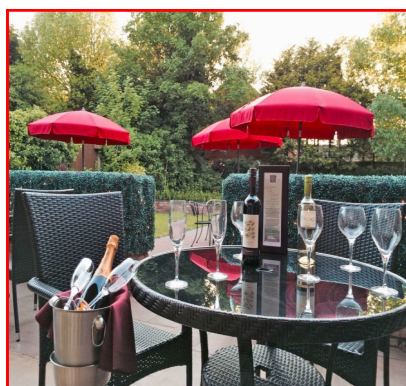
Brendan Riley brought his Comedy Club back to Southport to support us on Thursday 8th October 2015. The whole night was a great success - Jonny Awsum brought the house down! We raised **£990!**



On 12th September last year Helen Mawson ran the Great North Run! Helen, a good friend of Chris', took on the gruelling 13.1 mile course and raised an amazing **£360!**



One of our main sponsors, Elite Gym, Southport held another one of their successful Elite Fighting Championships at the Prince of Wales Hotel Southport on Sunday 15th November and raised **£236.65**



The Fox & Goose Sound Lounge, located in Cable St, Southport have revived 'Southport Rocks' with live music events every weekend. Thanks to Ian Campbell they are continuing to raise around **£300** every month!



Karen Hincks, a great supporter of the VSF, organised a charity dinner at the locally acclaimed Bistro Six30 and raised a massive **£515!**



In memory of their great friend Chris Tansey, Johanna Flynn and Jake Steers held a charity golf tournament on Saturday 5th September. A phenomenal sum of **£2226** was raised for our charity!



Special Mentions to Special People



A huge thank you to Mark Lawrenson, he celebrates his 5th year as a Patron of the VSF.



Upton Cricket Club, Cheshire have chosen VSF as their Charity of the Year for 2016.



Nelson Hotel Group are running a "Charitable Chocolate Challenge" through all their hotels during Heart Month



Andy McGarry, Head Coach at Liverpool Tennis Club, has agreed to become our Patron.

Fancy a Challenge?

These amazing people are raising funds by undertaking one of our Challenges!



Tony Bennett and his colleagues are taking on the 3 Peaks Challenge.



Ron, Tony, Tracey and Steve are signed up for the Grand Canyon Trek.



Andy Findlay is doing the London to Paris Bike Ride.



Lisa Kemp is hoping to complete the Seville Marathon.

Could this be you?

Do you want to take on an exhilarating challenge and raise money for a worthy cause at the same time?

Why not look on our website at all the UK and International challenges and choose one!

For more info please contact our head of fundraising - ron@vsf.org.uk. He's done a lot of the challenges himself!



Successful Heart Screenings

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)

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!

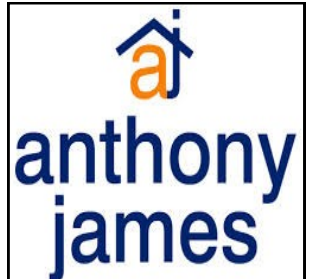
Please help the VSF raise funds to provide more FREE heart screenings? The next young death could be your son, daughter, friend or work colleague!

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



SCARISBRICK
HALL
SCHOOL

Anthony James Estate Agents with Scarisbrick Hall School's PFA sponsored a very successful heart screening on Saturday 19th September 2015. We screened 79 young people on the day and of those, 15 were referred for further investigation.



Forthcoming screenings



Saturday 30th January 2016
Neston Cricket Club, South
Wirral 9am—3.30pm



March 2016—TBC
Southport College
Details to follow on our
website.

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

Vital Signs Foundation - Charity No. 114 0141