

## The VSF Newsletter - 3rd Edition

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)

Our goal is to deliver our FREE heart screening program to young people aged 15 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?



#### Comedy Night

Brendan Riley and his talented bunch of comedians are back in Southport on Thursday 29th September to entertain us again. We hold this event every year and it never fails to make everyone's face ache with laughter! A 3 course meal and great comedy all for £30 - an awesome night! Contact us to get your tickets!

#### Autumn Ball

Put a bit of glamour into your life and join us at our Autumn Ball at the luxurious Formby Hall Golf Resort & Spa on Saturday 15th October 2016. With a delicious three course dinner to feast on, Chris Brown from The Supper Club in Liverpool to entertain you and a DJ keeping you dancing until 1am - this event promises to be a resounding success! Tickets cost £50 per person and all proceeds go to paying for another FREE heart screening in the North West. Tickets now on sale!



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)

To book tickets email [info@vsf.org.uk](mailto:info@vsf.org.uk) or ring Tracey on 07889 154047



## Special Mentions to Special People

All these amazing people have raised funds for the VSF in the last 5 months!



April saw our inaugural Charity Golf Day at Hillside Golf Club - what a great success! A huge "Thank You" to everyone who took part and supported us. In total, we raised just over £8500! Full details are on our website

# Turley

Nelson Hotel Group, Cheshire ran "Charitable Chocolate Challenge" at The Grosvenor Pulford Hotel & Spa, The Pheasant Inn, The Fishpool Inn and The Bear's Paw during Feb's National Heart Month raising £155.48. Thank you!



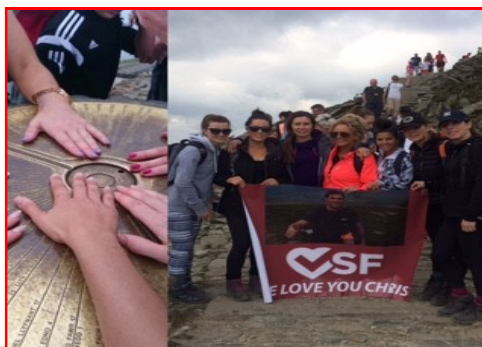
Turley Associates in Manchester are such a kind group of people! This year they donated £2107! Last year they donated £2,000 to us. With the money donated by Turley we are going to host a FREE Heart screening in Manchester in early 2017.



Stacey Fielding and her friends raised a staggering £5,000 trekking up Snowdon in June! Stacey lost her boyfriend Chris Tansey to SCA last year. This money will pay for a FREE heart screening in the South Liverpool area early 2017 and will be dedicated to Chris.



The therapy team from Liverpool Heart and Chest Hospital scaled Snowdon, Scafell and Ben Nevis in just less than 24 hours—raising a whopping £5000! Congratulations! Thank you!



A huge "Congratulations" to Upton Cricket Club in the Wirral—they have raised a huge £1000 for us so far and just want to raise more! We cannot thank them enough for all they're doing. Thanks guys!

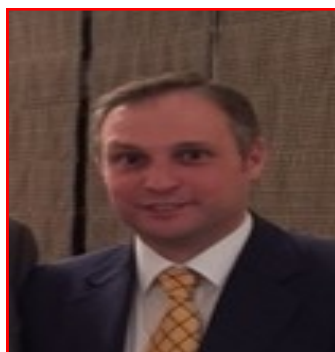




## Special Mentions to Special People



Huge thanks to Kenny Dalglish and Alan Hansen for signing HGC flags which sold for £600 at auction on our golf day.



Neil Hanmer of Barclays not only took part in our golf day in April but he match-funded it as well -raising £1000!



Veronica & Trish, volunteered at our golf day. They raised £225 by organising an afternoon tea at HGC – thank you!



Tony Clark from Plane Swing has been a great supporter of ours since the golf day - thank you!



Thank you to Paymentsshield, Southport - great supporters. £200 donated in May!

## Fancy a Challenge?

These amazing people are raising funds by undertaking a Challenge!



Stacey Fielding and friends took on Snowdon in June



Tony Bennett and his colleagues took on the 3 Peaks Challenge in June.



Andy Findlay is doing the London to Paris Bike Ride in Sept.



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

### 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 [info@vsf.org.uk](mailto:info@vsf.org.uk).



## Successful Heart Screenings



**Wirral based Neston Cricket Club sponsored a FREE heart screening at their sports club on Saturday 30th January 2016.**

What a great day we had with a great bunch of people!

We screened 72 people and thankfully no referrals were made. A lot of young people went home satisfied with their healthy hearts!

**We held a FREE heart screening at Southport College on Saturday 5th March 2016 after receiving funds from Community Link Foundation - we had a fantastic turn out!**

We screened over 70 young people on the day and had 2 people who were referred to Liverpool Heart and Chest Hospital for further tests.



**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 January, this is what's been happening with our FREE heart screenings.

## Forthcoming screenings



Saturday 17th Sept 16  
The King's School,  
Chester  
9am—4pm



Oct/Nov 2016 –TBC  
Everton in the  
Community, Everton FC  
9am—4pm

In Early 2017 we will also be holding FREE heart screenings in South Liverpool and in Greater Manchester 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**



## 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. Here they are!



Phil, Jake and the rest of the guys at Elite Gym, Southport fundraise for us at every one of their Fighting Championship events and have been there for us right from the start. They have raised so far a total of around £4000! They are great supporters of what we do and we thank them immensely.

Karen Hincks, a lovely lady from Ainsdale, has been a great supporter of ours for the last couple of years. She has solely organised charity dinners and bag packs raising over £1000! Karen is now organising our Autumn Ball at Formby Hall in October. Thank you Karen!



Paul Hughes and his team at i-pay are a fantastic bunch of people. They're so supportive of what we do. At our charity golf day they sponsored holes, put in a team, bought auction prizes and then made a very generous donation - in total raising funds of just short of £4000! They are even hosting a golf day of their own next month to raise funds! Thanks guys, we really appreciate it.

A huge Thank You goes to all our team – our trustees, physiologists, cardiologists, paramedics -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!

