



The VSF Newsletter End of 2016 Edition

What a fantastic year 2016 was for our little charity - here's a look back at our history in numbers since we started in 2010!

13

FREE
heart screening
days held

1200+

Young people
heart screened
aged between 15
and 35

8

People found to
have serious
undiagnosed heart
conditions

39

People referred
for further tests
due to issues
found

1200+

Families who
know their loved
ones have been
heartchecked

13

Communities we've
raised awareness of
Sudden Cardiac
Death

17

Friendly and
professional VSF
team members who
provide a great
service

38

Teams, individuals
or companies who
have raised funds
for us.



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?



What better time to get involved and reduce the number of sudden deaths in young people and raise funds to provide FREE heart screenings!

After all, it could be a member of your family or circle of friends ?

Hold a Hearty Pancake Party!

A pancake party is a fun and easy way for people to support the work we do at the VSF. It's easy, cheap and lots of fun!

Join us in having fun and raising awareness during National Heart Month – it's "flipping" easy! Full details are downloadable from our website.



Take part in The Coin Collection Challenge!

You can do this challenge at work, in school, at your sports club, at Scouts/Brownies, in the pub, your favourite restaurant - anywhere!

Full details are downloadable from our website.

Have some fun and get involved!

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

To book tickets email 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 4 months!



In October 2016 friends of Chris Tansey came together to take part in the second Chris Tansey Trophy golf day. Once again they kindly chose our charity to donate their funds to—a huge £1162! Thank you to everyone involved!



In September 2016 Peak Performance held their second year of the Chris Tansey Athlete Cup in memory of their great friend. They very kindly chose our charity to donate the £1018 raised - thank you very much!



Upton Cricket Club in the Wirral chose us to be their Charity of 2016 and raised a huge £2100 in total. We have formed a great relationship and they have announced that they are going to raise funds for us in 2017 as well - thank you so much guys!



Holly Fitzgerald and her great team at The Alchemist, Liverpool created a “Pound on the Bill” campaign during Christmas and New Year—they raised an amazing £1839! Thank you so much to everyone who took part and donated £1—



Tony Barker, a great supporter since our golf day in April, has become Club Captain at Brightmet Golf Club for 2017 and has chosen VSF as the Captain's Charity. We look forward to working with you!



Everton in the Community have been great supporters of ours for a few years now. Their funders, Mediacash, have announced that they will fund heart screenings at Goodison Park for the next 3 years—fantastic news!



Special Mentions to Special People



Paul, Shaun, Sue and everyone at i - paye have been great supporters of ours during 2016—thank you!



Chris Tansey's friends and family have raised such a lot of money in 2016 for VSF in his memory. Thank you!



A huge thank you to Jez, Brian, Will and everyone at Upton Cricket Club for raising funds for us in 2016 - here's to 2017!



In 2016 Jules and the great people in the Therapy Team of LHCH raised a phenomenal sum of money—thanks!

As we are a small charity a little bit of money goes a long way – £400 raised by just 10 people pays for a FREE heart screening! 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 have raised funds by undertaking a Challenge!



Stacey Fielding and friends took on Snowdon



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



Andy Findlay did a 300 mile bike ride.



Jay, Shaun, Sean and Jordan are taking on the Ben Nevis Challenge.

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.



Successful Heart Screenings

To date we have screened over 1200 people!
Since our last newsletter, this is what's been happening with our FREE heart screenings.



We held a FREE heart screening at Kings School, Chester on Saturday 17th September 2016.

We screened over 70 young people on the day and had 3 people who were referred for further tests - one of them with a serious issue.

On Saturday 12th November 2016 we held a FREE heart screening at Goodison Park, home of Everton FC.

We screened 75 young people and referred 3 of those for further tests—one of them had a serious issue.



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



Saturday 21st Jan 2017
Upton Cricket Club,
Wirral
9.30am—4pm



March 2017—TBC
The City of Liverpool
College
9am—4pm

In 2017 we will also be holding FREE heart screenings in Central Liverpool, Everton, Rainhill 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 Email: info@vsf.org.uk

Vital Signs Foundation - Charity No. 114 0141