

The VSF Newsletter - 6th Edition

January - March 2017

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?



CHARITY GOLF DAY

Friday 16th June 2017 will see Hillside Golf Club in Southport host our annual VSF Charity Golf Day sponsored by I-PAYE - UK and European Umbrella Service.

All 23 teams have been sold and it promises to be as great a day as last year - just keep your fingers crossed for lovely weather!

i - paye
employing experts worldwide

POUND ON THE BILL

What an easy way for everyone to donate to our charity!

Eat delicious food at your favourite restaurant and simply donate £1 on the bill. Auberge, Bistrot Verite and The Office in Southport took part in February and it was a great success. Watch this space for further details as to which of Southport's finest eateries are taking part.



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



Special Mentions to Special People

These fantastic restaurants have raised funds for the VSF by taking part in our Pound on the Bill campaign during February!



Thank you to all the staff and customers at Auberge - a massive £971 was raised! Absolutely brilliant!



Thank you to all the staff and customers at Bistrot Verité—a huge £300 was raised! Thank you to everyone who donated.



Thank you to all the staff and customers at The Office – a fantastic £140 was raised! Thank you so much.



Alongside our main sponsors I-PAYE, these companies have sponsored our Charity Golf Day at Hillside Golf Club on Friday 16th June 2017 - thanks guys!



Charity of the Year 2017



VSF are delighted to announce that we have been chosen as Charity of the Year 2017 by Paymentsshield, Southport. They have already raised over £400 and we look forward to working with them on our Corporate Challenge!



Special Mentions to Special People



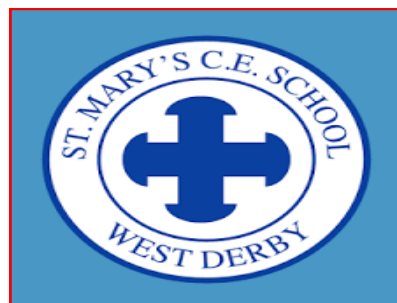
Hemby Charitable Trust awarded us a grant of £2000 - we can now start to purchase our own screening equipment . Thank you!



A special thank you to the family and friends of the late Ian Munro from Blackpool for kindly choosing to donate £299 to VSF.



Our patron, Andrew McGarry, is holding a Charity Golf Weekend in May and donating funds raised to VSF. Thanks Andrew!



St. Mary's School are to continue to support us from Feb Heart Month until the end of the year by holding various fundraisers. More details in next newsletter. Thanks all!

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 - £4000! 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!



Team Pardelli are taking on The Ben Nevis Challenge in June 17 in memory of Chris Tansey.



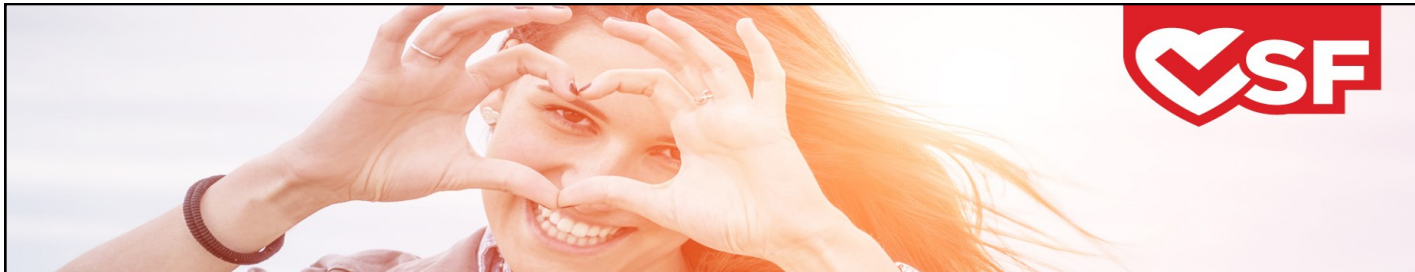
Jon Hutchinson takes on Tough Mudder in July 17 in memory of James Moorfoot.



Team T-Money are taking on The Ben Nevis Challenge in June 17 in memory of Chris Tansey.

Could this be you?

Do you want to take on an exhilarating challenge and raise money for a worthy cause at the same time? For more info please contact info@vsf.org.uk.



Successful Heart Screenings

To date we have screened over 1300 people!
Since our last newsletter, this is what's been happening with our FREE heart screenings.



We held a FREE heart screening at Overchurch Primary School, Upton on Saturday 21st January 2017. This screening was sponsored by Upton Cricket Club who chose us as their Charity of the Year
We screened 72 young people on the day and had 1 person referred to Liverpool Heart and Chest Hospital for further tests.

On Sunday 12th March we delivered another FREE Heart Screening in memory of Crosby resident, Chris Tansey at Garston Urban Village Hall in South Liverpool.

77 young people aged between 15 – 35 were screened and 1 person was referred 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!

Forthcoming screenings



Sat 22nd April 17
Rainhill High School,
Rainhill
9.30am—4pm



June 17 Date TBC
Christleton High
School, Chester
9.30am—4pm

In 2017 we will also be holding FREE heart screenings in Everton and 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



VSF - **V**ery **S**pecial **F**olk

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!

Turley

Turley in Manchester have donated to our charity for the last 3 years - donations total over £6000! We cannot thank all the staff enough. Details of a Manchester screening in September will follow soon. Thank you Jack Haw!

We really can't thank the family and friends of the late Chris Tansey enough - they are faithful supporters of our life-saving service and have raised huge sums of money which enables us to carry on with this work. Full details of what they have all achieved are always in our newsletters. Thank you so very much!



Upton Cricket Club in the Wirral are fantastic supporters of VSF. They raised over £2000 for us last year. The cricket season has just started and they are well underway with fundraising. Good luck!

Paul Hughes and his team at I-PAYE are so supportive of what we do. They are main sponsors of our Charity Golf Day in June this year and have raised a phenomenal amount of money for us in the last year. We appreciate every penny, thanks guys!



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!

