

The VSF Newsletter - 7th Edition

April - June 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)



"A talented artist described as the "life and soul of every party" has tragically died in her sleep at the age of 19."

Louise Carmon, of Widnes, passed away suddenly in her sleep on June 11.

Another tragic and avoidable young death!

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?



Paymentshield have a whole schedule of fundraising events planned for 2017. Below are a few you could come along and support!

5-A-SIDE FOOTBALL

Ainsdale 3G on Liverpool Road is the venue for Paymentshield's 5-a-side football tournament. Its £5 per person with a BBQ afterwards. If you fancy a bit of fundraising footy then let us know!

PUB QUIZ

Are you an avid Pub Quiz fan? Then get along to The Guelder Rose in Southport on Friday 28th July for Paymentshield's Charity Pub Quiz. Just a few pounds to enter and great prizes to be won!

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 or email info@vsf.org.uk



Special Mentions to Special People



The Ben Nevis Challenge 2017

Congratulations to Team Pardelli and Team T-money for not only completing the Ben Nevis Challenge, which consists of 25 miles of cycling and kayaking around Loch Lochy, but for raising just under a staggering £4500 between them! Both teams took on the challenge in memory of their friend Chris Tansey. He will be immensely proud of all of you!



Stacey Fielding is an avid supporter of VSF after losing her boyfriend Chris Tansey two years ago to Sudden Cardiac Arrest. She continues to fundraise in his memory. Please donate to her Justgiving page.



A very special thank you to Brian Shenton for all the marathons he is doing to raise awareness and funds for VSF -keep up the good work Brian, we really appreciate all that you do!



Charity of the Year 2017



Paymentshield chose VSF as their Charity of the Year for 2017. How lucky were we to be chosen by such a kind-spirited group of people! They have really got behind the great work we do and are determined to raise as much money as they can! Their target is £5000. They have raised half of that already and they only got started in April, absolutely brilliant! They are the proof that a few people each raising a few hundred pounds can lead to a lot of money being raised. Here are some of the ways they've raised money so far!

Charity Car Boot Sale - £150.00

Grand National Sweepstake - £100.00

Easter Raffle £103.00

Charity Cake Sale & Merchandise £256.68

Yorkshire 3 Peaks Challenge (total to be confirmed, but over £600.00)

Book Sale £70 +

Wardrobe Challenge £143



Special Mentions to Special People



What a great group of lovely people at Absolute Yoga in Crosby—they hosted their annual fundraising day on Sunday 4th June and raised over £600! Absolutely fantastic!



A special thank you to the family of the late Susan Leach from Bolton for kindly choosing to donate £100 to VSF. Susan had planned to take part in our golf day.



Thanks to Tom, Brian and all the guys at Upton Cricket Club for all the funds they are continuing to raise for us this season. We are extremely grateful.



St. Mary's School are continuing 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. If 10 people each raise £400 that 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!



Chris Kendall and a group of friends are attempting to **play 3 rounds of golf in Scotland, Wales and England all in 24 hours!** Let's help him achieve this - contact VSF if you have any helpful advice as to how it can be done.



Jon Hutchinson is taking on Yorkshire's Tough Mudder in July in memory of James Moorfoot. Please support him on his Justgiving page

Could this be you?

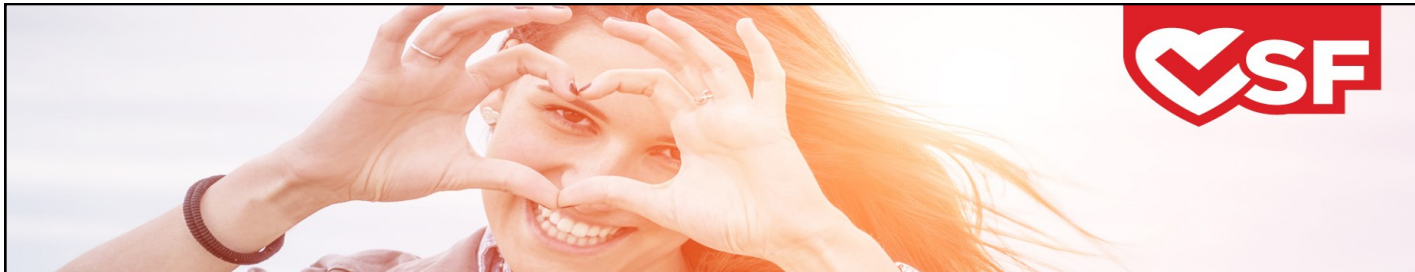
Do you want to take on an exhilarating challenge and raise money for a worthy cause at the same time?

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.



Successful Heart Screenings

To date we have screened over 1600 people!
10 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.



We held a FREE heart screening at Rainhill High School on Saturday 22nd April 2017. This screening was in memory of Chris Haw and this day would have been Chris' 36th birthday. He is the reason why we do what we do.
We screened 81 young people on the day and 2 people were referred for further tests.

On Saturday 10th June we delivered another FREE Heart Screening in memory of Crosby resident, Chris Tansey at Crosby Lakeside Adventure Centre in Crosby.

Over 120 young people were screened and 1 person was found to have a significant life threatening issue. They were 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



Saturday 1st July 17
Christleton High
School, Chester
9.30am—4pm



Sept 2017 - date
TBC
Manchester area

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

VSF Charity Golf Day - Friday 16th June 2017

The golf day this year was a phenomenal success and a fantastic day's golf was had by all at the prestigious Hillside Golf Club, as well as a very entertaining evening!

A huge thank you to everyone who took part and supported the event.

The total sum raised was £10,500!



Special thanks goes to Paul and Shaun at **i-payee**. They are so supportive of what we do. They were our main sponsors this year and put in 2 teams, bought auction items and then donated an extra £1000! Employees Kelly and Sam volunteered on the day and were amazing - we cannot thank you enough guys!

A special mention goes to Ken Inglis and his team for their continued support - they sponsored the putting green, put 2 teams in and bought auction items.



Many thanks to these guys for their sponsorship on the day.



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!

