

The VSF Newsletter - 7th Edition

July– September 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)



Tragic bodybuilder Sam Standerwick, aged 25, from Llanddulas in Conwy, North Wales died in his sleep just days before he was due to propose to his girlfriend.

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?

Vote for us in the Aviva Community Fund

Voting is open 24 Oct - 21 Nov

You can cast up to 10 votes to support our project by registering at avivacommunityfund.co.uk

 **Community Fund**
Retirement | Investments | Insurance | Health



VOTE FOR US!

We need your support to help us win funding from the Aviva Community Fund! Your vote will increase our chances of winning up to £25,000!

If we win, we will buy screening equipment that will allow us to screen midweek as well as Saturdays - more than doubling the number of young people we can screen. Only projects with the most votes become finalists so please get behind us and make a difference in your local community - help us save young lives!

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



Pam & Vinny Cassidy and Rainhill Utd JFC

Vinny and Pam Cassidy, together with all the great guys and girls at Rainhill United U16 football club are fantastic supporters of ours and have been raising money for us for a number of years. They raised £1200 from a sponsored bike ride and a collection at their presentation day. A huge thank you goes to everyone who supported them!



Thank you to Waitrose, Chester for choosing VSF as a charity to raise funds for at their store during the Summer. A total of £295 was raised which will go towards funding a heart screening day in Chester in the New Year!

Waitrose



ILLINGWORTH SEDDON
— CHARTERED FINANCIAL PLANNERS —

Illingworth Seddon, Chester generously donated £1000 towards hosting a sponsored screening in early 2018. Keep checking out the website for more details

Charity of the Year 2017



Paymentshield - our Charity Partners for 2017 have been very busy fundraising over the last 3 months.

Their target for the year was £5000—and they've absolutely smashed it! They have raised a whopping £5856 and they still have just less than 3 months of the year left - fantastic guys!

They're having a Race Night at Southport FC on Thursday 26th October to raise more funds so why not come along and join in the fun!

Contact us via our website if you're interested



Could your workplace be our Charity of the Year for 2018?

How about taking on the Corporate Challenge?

Contact us for more details and fundraise for your local community!



Special Mentions to Special People



Laura Scott has very kindly decided to become an Ambassador for VSF—she will assist with raising awareness of the need for young people to be heart screened. Welcome Laura!



Our charity partners, Upton Cricket Club, have been raising more funds over the season. Since the beginning of 2016 they have raised £3108.06! Thanks guys!



We have a new Trustee here at VSF! Laurence Sullivan, one of our favourite paramedics, thankfully accepted the offer of the position. Welcome Lol!



Thank you to everyone at 16th Liverpool Boys Brigade for allowing Tony to present the awards at their presentation evening—and for generously raising £300 in a collection on the night!

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.



Congratulations to Jon Hutchinson and his friends for taking on Yorkshire's Tough Mudder in July. They raised £577 in memory of the late James Moorfoot.

Could this be you?

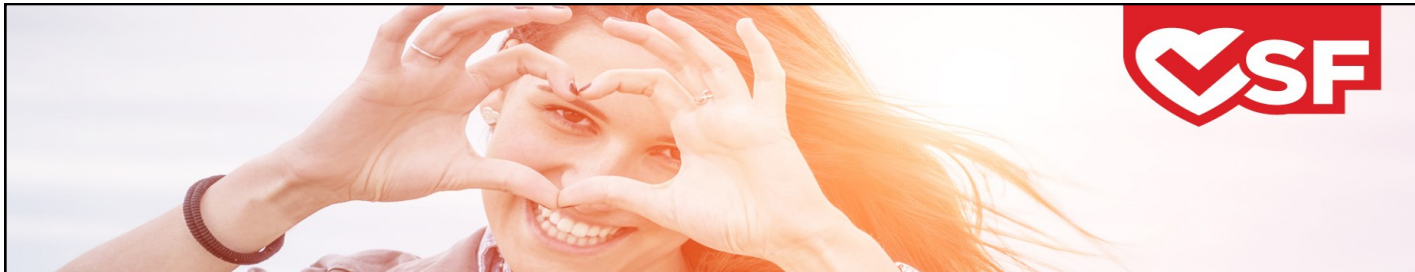
Do you want to take on an exhilarating challenge and raise money for a worthy cause at the same time?

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!

11 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.



Christleton High School

On Saturday 1st July we delivered a FREE Heart Screening at Christleton High School in Chester.

84 young people were screened and **1 person** was found to have a very significant issue. They were referred for further tests.

This screening was funded by the Therapy Team at Liverpool Heart and Chest Hospital who scaled the 3 Peaks and raised £5000.

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 14th Oct 17
Everton FC Community
Hub
9.30am—4pm



Saturday 11th Nov 17
St. Mary's CE School,
West Derby,
Liverpool
9.30am—4pm



Some of our FREE heart screening days are sponsored by generous people who fundraise or by companies who support what we do. Medicash last year committed to sponsoring FREE heart screenings at Everton FC for 3 years. Contact us if you would like to fundraise and sponsor a screening day.

In 2018 we will also be holding FREE heart screenings in Chester, Southport, Manchester, 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.



The late Chris Tansey has the most amazing friends and family. Since his passing, just over 2 years ago, aged 28, they have raised between them **over £18,000!**

This money has enabled **451** young people to be heart screened. It has helped **63** people who were found to have blood pressure and other minor issues to seek help from their GP.

Most importantly, 6 of those people screened were found to have a serious undiagnosed heart condition.

What a difference all of you have made to the lives of these people and their friends and families.

We are extremely grateful that you choose our charity to donate your funds to.

The Team

A huge Thank You goes to all our team – our trustees, physiologists, cardiologists, paramedics and volunteers.

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!

