

The VSF Newsletter End of 2017 Edition

2017 has been a very successful year for VSF

We are privileged to have great supporters who have raised phenomenal amounts of money for us, as well as raise vital awareness!



The late Chris Tansey has the most amazing friends and family who have kindly chosen to fundraise for our charity since his passing.

In 2017 they have raised between them **over £8000!**

This money has contributed to **hundreds** of young people being heart screened.

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

Charity of the Year 2017

Paymentshield - our Charity Champions!

What an amazing group of kind-spirited and generous people!

They have spent the last year raising money in so many different ways -

literally everybody, including the management, have got involved!

From cake sales, wardrobe challenges, car washes and raffles to a pub quiz, race night, 5-a-side football and the 3 Peaks Challenge! Andy Fowler even donated his £200 5 year service award!

The grand total raised is over **£7000!**



Upton Cricket Club in the Wirral have raised over £1000 this year - on top of the £2100 last year! Fantastic!

Turley

Turley, planners in Manchester have chosen us for the last 3 years and donated over £6000! Brilliant!

The Trustees would like to sincerely thank everyone involved in fundraising for us as our Charity of the Year - it's enabled us to screen **hundreds** of young people!

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 16 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!

Charity of the Year 2018



Tony Barker is to be Captain of Brightonmet Golf Club 2018 and has kindly chosen VSF as his charity of choice. Thank you so much Tony!



We are thrilled to announce that Upton Cricket Club have chosen to raise funds for VSF for a third year running—thanks guys!

What's coming up in 2018?



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! Just email for the details.



£1 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.
Do you know a restaurant who would like to take part? If so, let us know.

Take part in The Coin Collection Challenge!

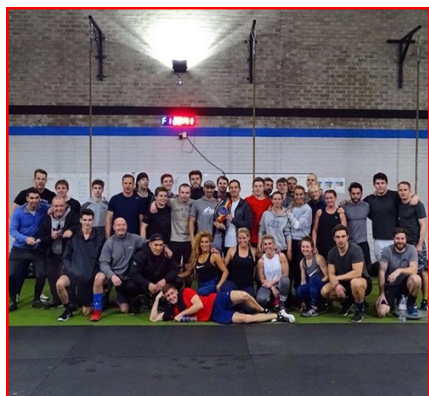
You can do this challenge at work, in school, at your sports club, in the pub - anywhere! Full details can be downloaded from our website.
Have some fun and get involved!





Special Mentions to Special People

All these amazing people have raised funds for the VSF in the last 3 months!



A huge thank you to Medicash, and Mike Salla at EITC, for continuing to support and fund our annual heart screening day at Goodison Park. This year it was held in the new Community Hub.



In October Peak Performance Liverpool held their annual Chris Tansey Athlete Cup. This Crossfit event is now in its 3rd year and was a huge success. They raised a huge £1010! We are very thankful that they donate their funds to us.



In November, Laura Scott and her mum Alison set up a stall at Kings School, Chester's Christmas Fair selling Christmas cards and heart baubles designed by the pupils at the school. They raised £110.50. Thanks ladies!



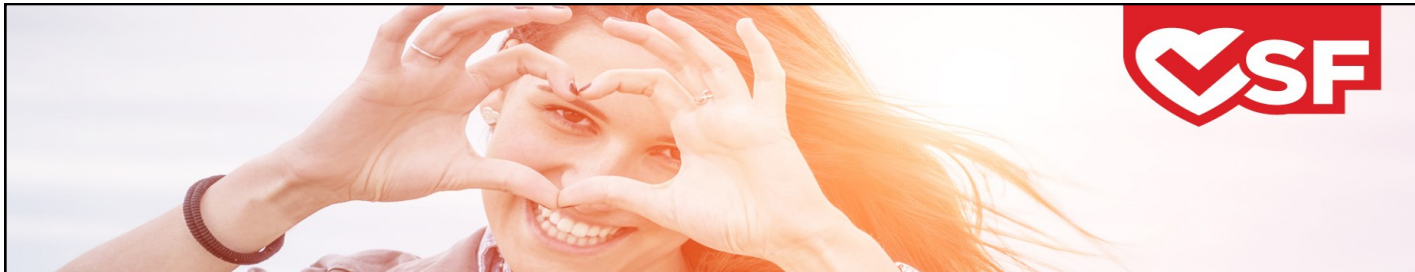
All the pupils, parents and staff at St Mary's School in West Derby, Liverpool have been raising funds and awareness in a great variety of ways. It helped to pay towards a heart screening day at the school in November.



Thank you to every one of you who voted for us in the Aviva Community Fund bid - all 900 of you! Unfortunately we weren't chosen as finalists but we feel like winners because of all the votes we received!



Thank you to Chloe Ellison and everyone at Sovini for choosing VSF as one of the charities the company will be donating to during the year. Watch this space for further details of their fundraising.



Successful Heart Screenings

To date we have screened over **1750** people!

14 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.



88 young people were screened at our heart screening at Everton's Community Hub near Goodison Park on Sat 14th October.

3 people were found to have very significant issues, **2** of them are undergoing further tests

Very importantly, the conditions found are hereditary.

84 young people were screened at our heart screening on Sat 11th Nov at St Mary's School in West Derby, Liverpool.

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 3rd Feb 2018

Paymentshield, Southport



Sat 14th Apr 2018
Christleton High School, Chester

In 2018 we will also be holding FREE heart screenings in Southport, Crosby and Everton 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



Heart Screenings Update

This year we have screened just short of **600** young people

We referred **10** of those for further tests.

44 of those people had blood pressure issues

Of those people referred these are the outcomes so far:

confirmed congenital heart defect,

confirmed Hypertrophic Cardiomyopathy,

suspected Brugada syndrome which is hereditary,

suspected Long QT,

suspected ARVC with no symptoms and

suspected Wolff-Parkinson-White with no symptoms, this is another hereditary condition.

We are delighted to announce we have purchased our ECG machines - thanks to funding from Hemby Charitable Trust & Paymentsshield. We will now be able to screen more young people!

On New Years Eve 2017, Daniel Parry from Liverpool, aged 27, collapsed and died from an undiagnosed heart condition. Another tragic life lost - our condolences go to his family and friends

From November this year we increased the age criteria at our screenings to 16. This is due to our focus on young adults which is aged 16 and over, rather than paediatric which is under 16

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!

