



The VSF Newsletter

Bistro Six 30 Charity Dinner
Thursday 24th September

What's coming up?

www.bigcomedyuk.com

VSF
VITAL SIGNS
FOUNDATION
The heart screening charity

Charity Comedy Night
Thursday 8th October
The Office Bar and Restaurant

Brendan Riley
"A great Comere"
The Guardian

Jonny Awsum
"Truly Awesome"
Daily Telegraph

Daliso Chabonda
"Brilliant comic"
The Guardian

Doors 7.00 Tickets £30.00
Includes 3 course meal
Call: 07769944100
Contact: info@vsf.org.uk

Raisings funds for

VSF
VITAL SIGNS
FOUNDATION
The heart screening charity

The Office Restaurant 9B Hoghton Street Southport PR90TE

Comedy Night
Thursday 8th October



Giving on the Green

A Charity Golf Outing benefitting the
Vital Signs Foundation (VSF)
Hosted by:
The West Lancashire Golf Club

Launching in 2016

Shotgun start
4-person scramble
3 course dinner and comedian
Nearest the pin contest
Longest drive contest
Mulligans for purchase
Prizes, raffles, giveaways
Price per team £400

To register, contact Ron Hutchinson
Mobile: 07969 292042 Email: ron@vsf.org.uk
www.vsf.org.uk Reg'd Charity No: 1140141

Charity Golf Day
West Lancashire
Golf Club



Live Bands Charity Day
Sunday 11th October

Come and Support us:

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

For any unanswered questions, email us on: info@vsf.org.uk



Special mentions to special people:



VSF owe a huge debt of gratitude to Vinny and Pam Cassidy who have raised a FANTASTIC total of £1293—see our website for how they did it!



Tarleton Photographer Graham Moreton completed the beautiful but gruelling Coast to Coast Bike ride for the VSF and raised £197!



Merseyside Fire & Rescue Service Watch Managers Bill Green and Darren Evans went head to head at this year's Southport Marine Lake Sprint Triathlon in aid of the VSF. They raised £318. Who won? It depends on who you speak to!



Dave, Steve and Paul Marsters along with their nephew Elliot and 8 other friends took on a massive 215 mile Trans-pennine coast to coast cycle challenge and raised £1335!



A massive THANK YOU to Karen Hincks who has organised the Charity Dinner at Bistro Six30 in September. Earlier in the year Karen and her fantastic friends raised an amazing £377 at a sponsored bag pack at the M&S outlet store in Bootle Strand Shopping Centre .



Special mentions to special people:



The Fox and Goose Sound Lounge, Southport have helped VSF revive 'Southport Rocks' with live music events every weekend . They are raising around £150 every week!

On Sunday 23rd August Chloe Ellison and her friends were braving the elements scaling Mount Snowden in memory of their great friend Chris Tansey. The money they have raised so far for our charity is phenomenal – they are at £850 and counting! Absolutely fantastic girls!



On the morning of Saturday 12th September keep your eyes peeled to BBC One for a lovely lady wearing a red VSF t-shirt – it will be Helen Mawson running the Great North Run!

Fancy a challenge yourself?



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 our head of fundraising - ron@vsf.org.uk. He's done a lot of the challenges himself!



Successful Screenings:



We have had a very successful year for our FREE heart screenings!

It's thanks to you and everyone who has fundraised, attended one of our events, made a donation or simply been supportive to us that our screenings can take place.

Here's where we have screened this year:



Did you know that in the last 7 days at least 12 apparently fit and healthy young people have collapsed and died from an undiagnosed heart condition? *source—Cardiac Risk in the Young (CRY)

In the time you have read this Post, another young person will have collapsed and died from a Sudden Cardiac Arrest and another families lives 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!

Next Screening:

**Scarisbrick Hall School
& Sixth Form College**
Saturday 19th September
**See website for further
information.**

