



VITAL SIGNS
FOUNDATION
The heart screening charity



The Hearty Pancake Party Guide

Pancake Day: 13th February 2018



EVERY WEEK in the UK, 12 apparently fit and healthy young people die from undiagnosed heart conditions.

The Vital Signs Foundation (VSF) was formed following the tragic and sudden death of Chris Haw aged just 25.



Chris was a much loved son, brother, grandson and friend to many people throughout his local community and across the NW. He died, aged 25 from Sudden Cardiac Arrest. He was a fit and healthy young man who presented no previous heart conditions whatsoever.

Our goal is to deliver a successful FREE heart screening program across the North West of England to reduce the number of sudden young deaths in the UK from undiagnosed heart conditions.

Holding a Hearty Pancake Party

A pancake party is a really fun and easy way for people to support the work we do at the VSF. It's easy, cheap and lots of fun!



When?

You can hold your party on Pancake Day itself or any other day during Pancake Week.



Where?

Decide on your venue - is it at home, at school, in a hall or a club? How many guests can your venue cope with?



Who?

Invite friends, family, neighbours, work colleagues etc? As the party is about raising awareness and funds as well as having fun, it's worth inviting as many people as possible.



What do you need?

Making pancakes is simple - just flour, eggs and milk is needed. Or, buy a ready made pancake mix! Even easier, buy ready made pancakes! Then it's just the toppings - sugar, lemons, fruit, chocolate...you decide! Easy!

TIPS AND IDEAS

If you are having an afternoon party it works well to make your pancakes and have some fun with them before serving a well deserved cup of tea or coffee. If you are having an evening party you may want to have wine as well/instead. Here are a few other ideas:

- Have a pancake tossing competition
- Hold a quiz using the facts and figures provided in this pack
- Make it competitive - who has made the best pancake?
- Have a pancake race - depending on the weather!
- Have a pancake decorating competition. Make it more difficult by doing it blindfold!

DONATIONS

You're holding an event for a great cause, raising funds so VSF can continue to provide FREE professional heart screenings to people aged 16-35.

We can provide you with Hearty Pancake Party envelopes for your guests' donations. You could charge people a set donation to come to your party or just let them decide for themselves.

You could raise money in other ways eg. raffle, draws, games etc though some people prefer to ask for just one donation – leaving people to enjoy themselves! You know your guests and what will work best for them.

GIFT AID

Remember that donations can be eligible for Gift Aid, this adds an 25%. So, on every £100 raised we gain another £25! The envelopes we provide have gift aid information on them. All you have to do is give them out and collect them in!

SIMPLE PANCAKE RECIPE

100g plain
flour

2 large eggs

300ml milk

This makes 12
pancakes

1. Put the flour, eggs, milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. Set aside for 30 mins to rest if you have time, or start cooking straight away.
2. Set a medium frying pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 min on each side until golden.
3. Serve with your favourite filling!



Let us know about your party

We would really love you to take lots of photos of your Hearty Pancake Party. Share your photos on Instagram, Facebook, Twitter etc - as well as showing people the amazing time you've had you will also be helping to spread awareness of the work we do.

Before the party

Once you've decided to host a party then contact us on the details below.

We will take the necessary details and forward to you the party invites and donation envelopes. We really do just want you to make the pancakes and have a great time!

After the party

We are very excited to hear how your party went - we will put your photos together with the amount raised on our website, in our quarterly newsletter and it may also feature in the local paper!

Really importantly, thank your guests on our behalf! Tell them how much they helped raise and direct them to our website so they can see photos of themselves at your party.

Getting your donation to us is easy:

- Send your cheque, made payable to Vital Signs Foundation, to us at 8 Chester Avenue, Southport, PR9 7ET.

Contact details: Online: www.vsf.org.uk

Email: info@vsf.org.uk

Telephone: 07889 154047

Thank you for your support!