

## The VSF Newsletter - 11th Edition

### April - August 2018

**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)



Footballer Ryan Higgins was forced to retire from playing at the age of 23 due to a heart condition.

He underwent a series of tests after his sister suffered a heart attack. She was defibrillated 12 times and had emergency surgery to survive. He was diagnosed with ARVD, a very serious hereditary heart condition.

Another example of why you should get heart-checked.

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!**

### What's coming up?

#### **£ ON THE BILL - CHRISTMAS 2018**

Such a simple way to raise money during the festive season, whilst enjoying your favourite food or tipple.

Restaurants/Bars support VSF by asking their customers to donate an extra £1 on top of their bill. The extra £1s fund a FREE heart screening day in your local area. Do you know a restaurant or bar who would support our £ on the Bill Christmas campaign?

Let us know - we need your support.

Bistrot Vérité  
*Birkdale*



Proudly supporting the

**VITAL SIGNS  
FOUNDATION (VSF)**



VITAL SIGNS  
FOUNDATION  
The heart screening charity

We would really love you to get involved with fundraising with us - have a great time and support our FREE heart screening programme.

Keep checking our website for updated info on upcoming events:

[www.vsf.org.uk](http://www.vsf.org.uk) or email [info@vsf.org.uk](mailto:info@vsf.org.uk)



## Successful Heart Screenings

To date we have screened **2082** people!

**15** 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.



ILLINGWORTH SEDDON  
— CHARTERED FINANCIAL PLANNERS —

Our second heart screening in Chester in April was extremely well attended, in total we screened 96 young people. We came across one person with a very serious undiagnosed heart condition.

Our Chris Haw Memorial Screening in May was extra special as we screened our 2000th person, Bethany Milton. We screened 88 young people on the day and one person was referred for further tests.



Chris Haw



It was three years in June since Chris Tansey died due to a sudden cardiac arrest, the screening in his memory was attended by every single person who booked on. Everyone was given the all clear.

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



20 Oct 2018  
The Community Hub,  
Everton  
Sponsored by Medicash  
Book your place!



24th Nov 2018 TBC  
Tarporley area  
Venue TBC

In 2018/19 we will also be holding FREE heart screenings in the Wirral, Liverpool, Crosby, Southport and Chester 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](http://www.vsf.org.uk) Email: [info@vsf.org.uk](mailto:info@vsf.org.uk)

Vital Signs Foundation - Charity No. 114 0141



## Charity of the Year 2018



We couldn't be more thankful to Upton Cricket Club for the effort they have put into raising vital funds for us since 2016.

Ricky Tomlinson, together with Jez Lamb (chairman) and Brian Shenton (President), presented Steve with a cheque for £5000 at their Comedy Night in June.

The amount of money Upton Cricket Club and everyone involved have raised for Vital Signs Foundation (VSF) since they started to fundraise for us in January 2016 exceeds £5000. What an outstanding achievement!

Tony Barker has been a great supporter of ours for quite a while now, ever since attending our very first Charity Golf Day. Since then he has raised money for us by sourcing an excellent auction prize for our golf day each year, as well as then buying at least one of the auction items on the day.

This year, he has been Captain of Breightmet Golf Club and chose VSF as his charity of choice. His Captain's Drive -In together with his Captain's Weekend was well supported and he managed to raise £1055! Absolutely brilliant Tony!

Or as he put it "Rock on Tommy!"



**Could your workplace be our Charity of the Year for 2018?**  
**Contact us for more details and fundraise for your local community!**

## 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!







## VSF Annual Charity Golf Day - June 2018

What a fantastic day – we had the weather, old friends from past charity golf days as well as new friends! I think the course made a few people hot under the collar – it was the rough!

The Happy Gilmore Foursomes were our men's winners, and I think they were quite happy with that! Our winning ladies team, The Eaton Belles, brought a touch of glamour to the evening that's for sure.

We raised a grand total of £10,000! This money has been ring-fenced towards us purchasing our own Echocardiogram machine so we can deliver midweek screenings, and heart screen even more young people.



## VSF - Very Special Folk

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.



On Saturday 12th May 2018, at our Southport College screening, we screened our 2000th person! What lovely people Bethany Milton and her mum Stella were. It was extra special because this screening was in memory of Chris Haw—the reason why we all do what we do.



Congratulations to Chris Kendall and our very own Steve Haw for completing the gruelling challenge of playing 18 holes of golf in Scotland, England and Wales – all within the one day.

Together they have raised the grand total of just under £2000! What a fantastic achievement! Well worth the aching legs the next day hey boys!



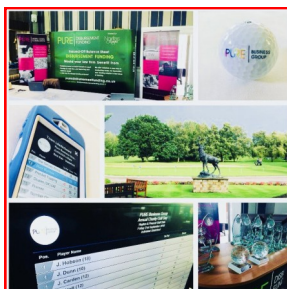
Thanks again to Vinny Cassidy, a long standing supporter of ours, for completing another cycling challenge to raise over £300 for VSF. Vinny, and his wife Pam, have fundraised for VSF for quite a few years now. They work very closely with the team at Rainhill JFC and raise funds in various ways throughout the year to fund a heart screening in their local area.

For more information about the VSF: Online [www.vsf.org.uk](http://www.vsf.org.uk) Email: [info@vsf.org.uk](mailto:info@vsf.org.uk)

Vital Signs Foundation - Charity No. 114 0141



## Special Mentions to Special People



Huge thanks go to an extremely kind couple for their very generous donation of £3000 to fund a screening day in Bolton

Special thanks to everyone at Absolute Yoga in Crosby for raising £500 at their fundraising yoga sessions in June.

Sincere thanks to everyone involved in the PURE group charity golf day—the total raised was doubled by the CEO to £2400!

North West Ambulance Service raised £206 at their dress down event for us in May this year. Thanks for choosing VSF!

Thank you to Gilbert Andrew and Raymond Christian for their donation of £800 from their Ireland golf trip

**As we are a small charity a little bit of money goes a long way. If 10 people each raise £300 that pays for a FREE heart screening - £3000! 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!



Claire Dickens is taking on 17.1 miles of The Sandstone Trail in Chester, starting with a 655 ft climb! She is taking on this mighty challenge on Sunday 30th September 2018 and we wish her the very best!



On Sunday 14th October Steph Pipe will take on the Manchester Half Marathon. Her family have been affected by an undiagnosed heart condition and she decided that she wanted to fundraise for us. Good luck!

### 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](mailto:info@vsf.org.uk).