

## VSF Newsletter - End of 2018 Edition

What a fantastic year 2018 has been for our charity!  
We are extremely privileged to have been supported by some amazing people,  
they have helped us to raise awareness as well as save lives!

### Heart Screenings Review for 2018

We have now screened **2277** people, we screened our 2000th person in June!  
We have identified **15** young people with serious life-threatening issues!  
During 2018 we have screened just over **500** young people :  
**8** of those young people were referred for further heart related tests,  
**17** were referred back to their GP for other serious issues  
**25** were referred back to their GP for blood pressure issues  
One of those people referred for further heart related tests was diagnosed with  
a serious case of Cardiomyopathy and has since had an  
implantable cardioverter-defibrillator (ICD) fitted.  
Together with your help, we really are making a huge difference to people's lives!

### Charity of the Year Review 2018



Upton Cricket Club - our Charity Champions!

Back in 2016, Jez Lamb and Brian Shenton gave the club a target, for that year, of just under £2000. Not only did they achieve that target, but they decided to carry on fundraising for us during 2017 and during this year.

They have to date raised a phenomenal £5685!

What an absolutely fantastic achievement!

This money has now funded 2 heart screenings in the Upton area!  
We would like to express huge thanks to everyone at Upton Cricket Club – from Jez Lamb, Brian Shenton, Tom Marsland and Sophie Hedgecoe to all the players, coaches, staff, parents, husbands and wives for all their contributions.

You should all be extremely proud of yourselves!

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!



## Heart Screening Update from September to December 2018

Since our last newsletter, this is what's been happening with our FREE heart screenings.



On 20th October 2018 we held our annual FREE heart screening at Everton FC Community Hub. We screened 96 young people. Out of those - 3 people needed to be referred for further tests, 6 people were advised to see their GP for other issues and 6 people were given blood pressure/lifestyle advice. We gave a lot of people peace of mind with regard to their heart health.

On 24th November 2018 at Macdonald Portal Hotel, Golf & Spa in Tarporley. The event was funded by Myles Carr and the guys at Little Tap, as well as lots of fantastic people from Tarporley. 99 people were screened and the majority went away with smiles on their faces, having had their heart checked and been told all was well.

There were a number that were 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 in 2019



12 Jan 2019  
St Mary's Church,  
Upton, Wirral  
Book your place!  
Email [info@vsf.org.uk](mailto:info@vsf.org.uk)



Feb 2019  
Hugh Baird College,  
Liverpool  
Date TBC

**In 2019 we will also be holding FREE heart screenings in Liverpool, Crosby, Southport, Chester and potentially Bolton, so please keep checking our website for more details for these very important screenings.**

**Alternatively, email Tracey at [info@vsf.org.uk](mailto:info@vsf.org.uk) to be put on the mailing list**

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 2019



**EATON**  
GOLF CLUB

A huge Thank You to Roy Claxton, a supporter of ours who has attended our charity golf days, for choosing our charity to raise funds for during his year as Captain at Eaton Golf Club in Chester.

He is hopeful he will raise enough funds to hold a screening event in his local area in 2019. We wish him a happy year as Captain!

BNI Mariners in Southport are a group of local Merseyside businesses who work together to help each other increase their profits and support each other in business. They have chosen VSF as their Charity of the Year for 2019 and have took up the VSF Corporate Challenge. They have split into teams of 4 and the aim for each team is to take the £200 given to them and turn it into £500 or more by any innovative fundraising way they can. Watch this space for updates as to how they're getting on!



## Could we be your workplace's Charity of the Year 2019?

How about getting your work colleagues to take on the Corporate Challenge?

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

## What's coming up in 2019?

Bistrot Vérité  
*Birkdale*



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**VITAL SIGNS  
FOUNDATION (VSF)**

### £ ON THE BILL - FEBRUARY HEART MONTH 2019

It's a simple way to raise money whilst enjoying your favourite food or tippie. 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 campaign?

### ANNUAL CHARITY GOLF DAY - 2019

2019 will see us hold our 4th annual charity golf day and we have gone for a change of venue - all will be revealed in the New Year! Watch this space for more details—they're coming soon!



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)

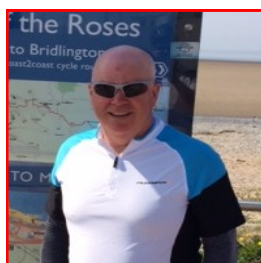
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## VSF - Very Special Folk

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.



Vinny Cassidy, a long standing supporter of ours, 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. This year they raised over £1000.

Thank you so much to Vinny, Pam and everyone at Rainhill JFC for your support!



Tony Barker from Bolton has been a supporter of ours since attending our very first Charity Golf Day in 2016. Since then, he has raised money for us by sourcing valuable auction prizes, as well as buying a fair few! This year, he has been Captain at Brightmet Golf Club in Bolton and chose VSF as his charity of choice.

He raised a total of £1055 - thank you very much Tony!



Special thanks go to Tom Marsland and Sophie Hedgecoe who have literally spent the whole of 2018 fundraising for VSF - they undertook a different challenge every month! From dry January to meat free May, ending with a cheese free December! They have been relentless in their fundraising and have helped Upton Cricket Club raise over £5500!



Huge thanks to Mark and Lyn Cunningham from Anthony James Estate Agents in Southport. They have supported our charity from the very beginning and have raised thousands of pounds for us. This year, instead of paying for Christmas drinks at their offices, they bought 50 tickets for our Christmas Comedy Bingo Night. Thanks guys!



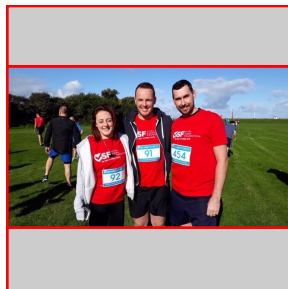
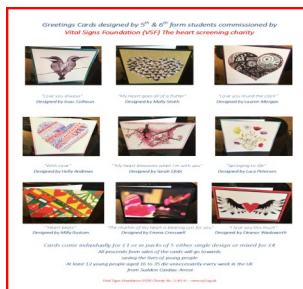
A huge Thank You goes to all our team - from the Trustees, consultant cardiologists, physiologists, paramedics, volunteers and everyone else involved! We really are so lucky to have such a dedicated, professional and friendly team who are committed to our charity. These are the people who deliver FREE heart screenings and help us make a huge difference in young people's lives!

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)

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## Special Mentions to Special People



Huge thanks to the students at Christleton High School - they designed "heart" greetings cards and sold them for £218

Well done to Steph Pipe, who took on the Manchester Half Marathon in October. She raised just under £1000.

Ben Sharples, Jen Warner and Sean White raised £272 at the Southport 10k, which was match funded by HMP Liverpool

A huge thank you to everyone at the 16th Liverpool Boys Brigade for donating £250 at their annual Carol Concert.

Thank you to Nettl.com and Peter Hulse for designing and printing the VSF Christmas cards - they sold out within a couple of weeks!

**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!



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Auberge Brasserie, a French restaurant in Southport and Little Tap, a tapas bar in Tarporley, Cheshire have both announced that they will be taking part in our £ on the Bill campaign during February Heart Month.

Why not book into the Auberge Brasserie and taste their exquisite cuisine and/or pop along to Little Tap and sample their divine tapas dishes? Not only will you have the best February food, you will be raising funds for a screening in those areas!



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## 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).