

## About Us



Chris Haw was an outgoing and very popular 25 year old. He loved music, had a great circle of friends, a really close family and was apparently fit and healthy. But one day, Chris suddenly passed away due to Sudden Cardiac Arrest (SCA).



VSF is a charity set up by Chris's family to provide **FREE** and effective heart screening events for young people – to detect the early signs of Sudden Cardiac Arrest and save lives.

**Vital Signs Foundation (VSF)** is a small charity which is making a massive difference in identifying previously undiagnosed heart defects, potentially saving lives in young people aged 16 – 35 from Sudden Cardiac Arrest.

**It costs VSF £3000 to deliver a FREE professional heart screening**

It is a non-invasive, pain-free service headed by a Consultant Cardiologist and specialist team.

The first symptom of an undetected heart problem is usually death, as an average of **12 fit and healthy young people die each week.**

But a simple screening can help to change that and save lives.

It is good work and hundreds of young people benefit each year. Better to have a quick and easy screening providing reassurance than the devastation that bereavement causes to family and friends.

To date we have delivered **28 screenings** with **2534** young people benefiting from the work we do. In fact, we have found that **15** of those people had life-threatening heart conditions that they were completely unaware of.

**Now we need your help. To continue our good work, we need you to support us. Help us today because tomorrow you may be the one who needs helping!**

For more information, email [info@vsf.org.uk](mailto:info@vsf.org.uk)

Website: [www.vsf.org.uk](http://www.vsf.org.uk) Twitter: [@vsfheartcheck](https://twitter.com/vsfheartcheck) Facebook: [thevitalsignsfoundation](https://www.facebook.com/thevitalsignsfoundation)