

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 **35 screenings** with **3109** young people benefiting from the work we do. In fact, we have found that **19** 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

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