



**Heartstart Malvern
Trustees' Annual Report
and Accounts**

1 September 2021 to 31 August 2022

Charity Registration Number: 1170697

Introduction

Heartstart Malvern was founded in 2016. Its aim is to increase the chance of survival for people suffering from a cardiac arrest in Malvern and the surrounding area.

The survival rate from cardiac arrest in the United Kingdom is about 10%, and in other European countries it is about 25%. There are some situations in the United Kingdom (e.g., gymnasiums and airports) where the survival rate has been reported to be as high as 50%, as a result of people being trained and starting cardio-pulmonary resuscitation (CPR) immediately after the patient has collapsed and then using a public access defibrillator to try and restart the patient's heart.

Heartstart Malvern is trying to increase the survival rate from cardiac arrest in the Malvern area by providing free resuscitation training and installing public access defibrillators. The resuscitation training includes basic cardio-pulmonary resuscitation and how to use a defibrillator. This training is delivered in a variety of settings including schools, community groups and at places of work.

All of Heartstart Malvern's activities are delivered by volunteers, including 14 trainers and 6 Trustees. This ensures that every single penny donated to Heartstart Malvern will be spent on its charitable objectives. The contributions made by volunteers are an integral part of Heartstart Malvern's success. The Trustees of Heartstart Malvern would like to acknowledge and thank all of its volunteers for the enormous amount of time which they have given freely to the charity over the last 12 months.

During the year we were pleased to welcome Mrs Lucy Chevevix-Trench as our Patron. Lucy is the eldest daughter of Lady Morrison who was our first Patron. The Trustees were delighted that Lucy accepted our invitation to become our Patron.

This Trustee's Report provides an overview of Heartstart Malvern's activities for the period 1 September 2021 to 31 August 2022.

The Impact of COVID

The pandemic had a significant impact on Heartstart Malvern's activities for the second consecutive year, resulting in a significant reduction in the number of people being trained and fundraising activities. A couple of trainers sadly decided not to continue with Heartstart Malvern after the pandemic due to health-related issues.

Despite the pandemic, the Trustees continued to meet remotely during this period. The main focus of these meeting was to review the COVID situation and to make preparations to deliver 'COVID safe' training for once the restrictions were lifted. Much of this work was led by Angela Kirton (Training Co-ordinator).

Training Activity

Our COVID safe training commenced in May 2022. This training was based on guidelines and advice issued by the UK Resuscitation Council. COVID Safe training involved adhering to a number of new infection control measures, working with smaller groups and adapting our training so that rescue breaths were not taught. Although there was a degree of apprehension about restarting training, all of our trainers adapted to the format extremely quickly.

Before the pandemic, Heartstart Malvern was delivering training to almost 1,000 people a year. Despite being unable to deliver training between September 2021 and May 2022, Heartstart Malvern was still able to deliver **32 training sessions** to **488** people during this reporting period. This is quite an achievement for a group of 14 trainers. Unfortunately, a local school cancelled three days of training in July 2022 due to the excessive heat. This could have increased our numbers by another 200 people trained during the period.

The evaluation of our training sessions continues to be extremely positive with 98% of participants saying they would recommend us to family and friends. One of the most important observations from our evaluations continues to be participants confidence levels to undertake CPR and to use a defibrillator after their training. Before training confidence levels for undertaking CPR are noted as 42% and for using an defibrillator as 21%. Post training, this increases to 99% for CPR and 100% for using a defibrillator.

During the reporting period, Heartstart Malvern was able to replace all of our training equipment and to purchase a significant amount of additional training equipment, thanks to a very generous donation of £11,572.08 from the Co-op Community Fund. The additional equipment included training manikins which light up to give a visual indication of how effective rescue breaths and chest compressions are. The balance of the grant was used to meet some of the other ongoing training costs including insurance and general consumables.

As the restrictions around COVID continued to relax towards the end of this reporting period, Heartstart Malvern was in a strong position to resume training at previous levels. There was still a need to deliver training in a COVID Safe way at the end of this period. The additional equipment provided by the Co-op Community Fund was invaluable in supporting COVID Safe training, particularly with large groups such as schools.

Despite the COVID restrictions, this was another successful year for our training. A considerable amount of work was undertaken by Angela Kirton during lockdown to prepare the team to deliver training in a COVID Safe way. Unfortunately, Angela relocated in the early summer and stepped down as a trainer, training co-ordinator and trustee. As one of our first volunteer trainers and a very active Trustee, Angela will be sadly missed. Angela has been replaced by Bob Lillis as our new Training Co-ordinator. Bob has settled into his new role extremely quickly.

Public Access Defibrillators

During the reporting period, three more public access defibrillators were installed, bringing the total number of defibrillators installed by Heartstart Malvern to 32. COVID restrictions

during the period significantly reduced the amount of income and funds available to purchase defibrillators.

In addition to purchasing three new defibrillators and cabinets, we had to continue maintaining our existing defibrillators. The biggest cost for this at the moment is replacing the defibrillator pads which need replacing every two years at a cost of £40 for a set of pads. It is likely that batteries will need replacing at five years and the whole defibrillator at ten years. These will be significant costs which the charity will need to plan for.

Heartstart Malvern launched an appeal for 50 public access defibrillators in 2016. Although we are now over halfway towards this target, there is still a long way to go. There are still many areas in Malvern which do not have a public access defibrillator available. One of our biggest challenges remains identifying suitable locations in residential areas to locate public access defibrillators. With 80% of all cardiac arrests happening at home, it is important for Heartstart Malvern to continue to identify suitable locations in residential areas to install public access defibrillators.

Structure, Governance and Management

Heartstart Malvern is a Charitable Incorporated Organisation and its work is guided by a Constitution. Volunteers are asked to become a Trustee as and when a vacancy arises. Applications are then considered at a Trustees Meeting and formally approved at the next Annual General Meeting. Trustees generally meet once a quarter.

There were 6 Trustees during this reporting period:

- Richard Vakis-Lowe (Chair)
- Catherine Millar (Secretary)
- Melanie Baker (Treasurer)
- Jean Williams (Trainer)
- David Bijl (Trainer)
- Angela Kirton (Training Co-ordinator until resigning in June 2022)

Financial Review

The pandemic had a significant effect income for this reporting period. Heartstart Malvern was fortunate to receive the second and final instalment from the Co-op Community Fund (£8,610.56) in November 2021. As previously reported, this enabled Heartstart Malvern to replace all of its existing training equipment and ongoing training costs.

Heartstart Malvern aims to keep a reserve balance of £5,000 which is thought to be sufficient to cover all running costs (e.g. training and defibrillator consumables) for a 12 month period. The reserve figure was much higher at the end of the previous financial year and this financial year due to uncertainties around COVID.

At the end of the reporting period, Heartstart Malvern had a current account balance of £6,606.70. Although this is a comfortable position for the charity to be in, the Trustees are

mindful that we are currently not being supported by any third-party organisations (e.g., local fundraising groups and other organisations). Third party organisations have provided a significant amount of Heartstart Malvern's income in previous years.

Going forward, the Trustees acknowledge the need for a greater focus on fundraising and in particular, the need to identify sources of sustainable income.

Richard Vakis-Lowe
Chairman Heartstart Malvern
February 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heartstart Malvern	No (if any) 1170697
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Receipts and payments accounts

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For the period from	01/09/2021	To	31/08/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General donations from public	1,130		-	1,130	10,595
Donations through Just Giving	576	-	-	576	-
Grant from Co-op Community Fund	8,611	-	-	8,611	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,317	-	-	10,317	10,595
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,317	-	-	10,317	10,595
A3 Payments					
Internet	127	-	-	127	-
Just Giving	216	-	-	216	-
Electrician	410	-	-	410	-
Consumables	295	-	-	295	-
Uniform and printing	1,731	-	-	1,731	-
Trustee expenses	78	-	-	78	-
Insurance	976	-	-	976	2,090
Defibrillator consumables	2,543	-	-	2,543	1,115
Equipment (Manikins and Defibrillators)	10,325	-	-	10,325	-
Sub total	16,701	-	-	16,701	3,205
A4 Asset and investment purchases, (see table)					
Defibrillator	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,701	-	-	16,701	3,205
Net of receipts/(payments)	- 6,384	-	-	- 6,384	7,390
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	12,991	-	-	12,991	-
Cash funds this year end	6,607	-	-	6,607	7,390

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Current Account Funds	6,607	-	-
		-	-	-
		-	-	-
	Total cash funds	6,607	-	-
	(agree balances with receipts and payments account(s))			

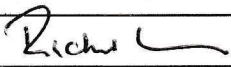

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	N/A	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A		-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	32 defibrillators and cabinets		48,000	12,000
	Training equipment		10,000	7,500
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	None		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Richard Vakis-Lowe	22.02.23
	Robert Lillis	22.02.23