

Heartstart Cowal

Scotland · Charity number SC053277

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2024-04-15
Register	View on the OSCR register

Contact

Address
Riviera
Shore Road
Strone
Dunoon
PA23 8TB

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the saving of lives'

What the charity does: The charity primarily provides training, free of charge, to members of the public and schools, in basic emergency life saving procedures

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: The organisation's purposes are: a) To contribute to a reduction in the likelihood of premature and unnecessary sudden death resulting from heart attack and other life-threatening situations b) To undertake or promote any charitable work approved by the Board and in particular:- (1) To provide free of charge Emergency Basic Life Support Training to all members of Cowal based communities from children to adult members of the public. (2) To purchase defibrillators and other associated medical equipment, as may be determined from time to time by the Board, for the use in emergency medical treatment in the locality of Cowal, Argyll c) To the advancement of health

Geography

- **Main operating location:** Argyll And Bute
- **Geographical spread:** A specific local point, community or neighbourhood

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£4,456	£3,337	-	0
2025-03-31	£16,986	£5,078	-	0

Accounts

HEARTSTART COWAL

Trustees Annual Report

Registered Charity number: SC053277

The Trustees present their report and accounts for the first period ended 31 March 2026

The address of the principal office of the charity

Charity's principal address : Riviera, Shore Road, Strone, Dunoon PA23 8TB

Names of the charity trustees on date of approval of Trustee' Annual Report

Stephen Raymond Abbott

Rebecca Jane Abbott

Tracey Jayne Whitfield

Lindsay Thomson

Names of all other charity trustees

All as above. No other Trustees served during the financial period covered by the accounts the annual report forms part of.

Type of governing document

The charity was formed under a Constitution adopted on 15 April 2024.

Trustee recruitment and appointment

New Trustees are appointed at the discretion of existing Trustees. During the year a new Trustee was appointed, being Lindsay Thomson.

Charitable purposes

The organisation's purposes are:

- a) To contribute to a reduction in sudden death events resulting from out of hospital cardiac arrests and other life-threatening situations
- b) To undertake or promote any charitable work approved by the Board and in particular:-
 - (1) To provide free of charge Emergency Basic Life Support Training to all members of Cowal based communities from children to adults.
 - (2) To purchase defibrillators and other associated medical equipment, as may be determined from time to time by the Board, for the use in emergency medical treatment in the locality of Cowal, Argyll
- c) To the advancement of health

Summary of the main activities and achievements of the charity

The first period of the charity was 15 April 2024 to 31 March 2025. This has been the second year to 31 March 2026.

Heartstart Cowal was setup to essentially re-start The Heartstart/Save A Life for Scotland Program post Covid. Like many groups Covid essentially ceased its operations completely.

The primary objective of Heartstart/Save A Life for Scotland is to help reduce the current death rates of out of hospital cardiac arrests by running emergency basic life support training sessions to all members of society from children through to mature adults. All training sessions are offered free. We do attempt to secure some grant funding where able and of course we also rely heavily on donations.

Upon re-start we became a small group of circa 5 volunteer personnel but have managed to increase that now to circa 12 volunteer instructors and assistants with 5 coordinators based throughout The Cowal peninsula. To alleviate long distance travel, we now have three groups within one, the original group based in Dunoon with two satellite groups based in Strachur and Tighnabruaich.

We were very fortunate to inherit a small amount of training equipment but through grants and donations we have been able to acquire more modern kit including, trainer defibrillators, mannikins, choke-vests, projectors, printers etc as well as being able to purchase ancillary items such as kit cleaning and hygiene products. We now also have an IT infrastructure which allows us to function anywhere in Cowal.

A lot of time has been invested by several members in establishing/creating networks with local community groups/councils (Dunoon Rotary, Inner Wheel, Community Shed, A & B GIVE, ARC, PSYV - to name a few), emergency services, schools etc to ensure they are aware of what we offer and deliver, and that we are prepared to support them whenever possible.

Since April 2025 to end March 2026 Heartstart Cowal has successfully delivered training to almost 500 children and adults. We know our training has influenced several medical incidents, but due to data protection laws we are unable to quantify the exact effect overall. Over time we hope that the OHCA (out of hospital cardiac arrest) rates drop in Cowal but we will never be in a position to directly connect our work with that outcome. The current trend in Scotland is now a 10% survival rate as opposed to 8% previously.

One of the main successes in 2024-2025 has been the creation of The Heartstart Buddy Program at Dunoon Grammar School and we are proud to continue that programme into 2026. There are now three teachers there who are volunteer Heartstart Instructors along with several S6 students. This allows the school to essentially self-teach their students and allows the trained S6 ones to help us at primary schools nearby. For them this vital work gains credits for their Saltire program also.

Nearly all the local schools partake in Health Week which normally runs during May and Heartstart forms an important part of that syllabus.

As a secondary function Heartstart Cowal instructors are often asked about defibrillators- mainly since we normally ask our course attendees if they know where their nearest defibrillators are and if they do not, we show them The Defibfinder website which displays the nearest units to their locations and whether they are operational or not. Within Cowal area this has flagged that many units which were originally generously donated by individuals have been or are sitting in a defibrillator cabinet totally unmaintained and not listed on The Circuit. This therefore means that the emergency services are entirely unaware of its existence and therefore The Scottish Ambulance Service cannot direct emergency personnel and or members of the public to this invaluable resource.

This year (thanks to a valuable donation by Dunoon Rotary Club) several Public Access Defibrillator (PAD) units have been restored to full active status. With the need to get a defibrillator on a cardiac arrest patient within 10 minutes maximum (preferably 5 or less) this has also shown some communities are woefully lacking in this resource.

Equally important though is the amazing communities within Cowal who have looked at their immediate situations and taken it upon themselves to put units in place.

The Charity received total donations of £4,456 during this year.

There was one donation received in the year for Restricted purposes totalling £2,300.

Our vision for 2026-2027

The past 12 months or so has very much been about consolidating the group infrastructure in terms of modern equipment, contacts, personnel etc. The coordinators are looking to further embed Heartstart within all the communities of Cowal and continually underpin/re-enforce the education/training already delivered.

We currently have a modest social media presence, we have started to develop a web page to make the training resources readily available to all. This should be live very shortly.

Like any good organisation the group is only as good as the people within it, and we are blessed with several invested and dedicated volunteers who drive Heartstart forward. We have people from all walks of life from doctors, nurses and paramedics to members of the community who have trained under the Heartstart program.

However, every one of us has commitments and full lives – we urgently need more people to help us deliver this work and spread the workload that we currently have. We will always welcome new volunteer members and there will need to be an ongoing recruitment drive.

Policy on reserves

At 31 March 2026 the unrestricted general reserves stood at £8,333. The Trustees are very pleased with the success of grant application and donations from organisations and the members of the public in the period. The reserves will be used to start paying volunteers for travel expenses, cost of uniform and the primary aim is to renew the equipment.

The Charity benefitted from the volunteers who have given of their own free time to provide the training courses to the public.

Financial Review

A surplus of £1,119 arose during the year on normal activities.

Signed on behalf of the Trustees



RJ Abbott (Treasurer)

Heartstart Cowal

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Statement of Assets and Liabilities**At 31 March 2026**

	2026	2025
<u>Fixed Assets</u>		
Equipment	2,092	1,368
<u>Current Assets</u>		
HSBC account	10,935	10,540
	-----	-----
Net Funds	£13,027	£11,908
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Represented By:**Accumulated Funds**

General Fund Unrestricted	8,333	5,867
Restricted - Highgate Hall	2,712	4,106
Restricted - Argyll and Bute Council	0	1,935
Restricted - Dunoon Rotary	1,982	0
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	£13,027	£11,908
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These accounts were approved by the Trustees on 28/4/26 and signed on their behalf by:



R J Abbott - Treasurer

Heartstart Cowal**Receipts and Payment account for the year ended 31 March 2026**

	2026	p/e 31 March 2025
Receipts		
Donations	4,456	16,986
Payments		
Donations given back to community	1,090	4,410
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	3,366	12,576
Expenses		
Trainers t shirts	396	87
Trainer mileage expenses	377	29
Equipment accessories	738	149
Stationery	200	3
Bank charges	20	30
Promotional and fundraising costs	516	200
Room hire	0	30
Software subscriptions	0	140
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	2,247	668
	-----	-----
Net receipts for the year/period	£1,119	£11,908
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Accounts

HEARTSTART COWAL

Trustees Annual Report

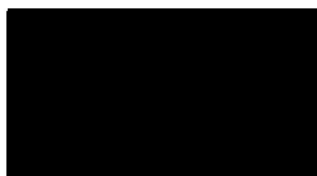
Registered Charity number: SC053277

The Trustees present their report and accounts for the first period ended 31 March 2025

The address of the principal office of the charity

Charity's principal address : Riviera, Shore Road, Strone, Dunoon PA23 8TB

Names of the charity trustees on date of approval of Trustee' Annual Report



Names of all other charity trustees

All as above. No other Trustees served during the financial period covered by the accounts the annual report forms part of.

Type of governing document

The charity was formed under a Constitution adopted on 15 April 2024.

Trustee recruitment and appointment

New Trustees are appointed at the discretion of existing Trustees.

Charitable purposes

The organisation's purposes are:

- a) To contribute to a reduction in the likelihood of premature and unnecessary sudden death resulting from heart attack and other life-threatening situations

b) To undertake or promote any charitable work approved by the Board and in particular:-

(1) To provide free of charge Emergency Basic Life Support Training to all members of Cowal based communities from children to adult members of the public.

(2) To purchase defibrillators and other associated medical equipment, as may be determined from time to time by the Board, for the use in emergency medical treatment in the locality of Cowal, Argyll

c) To the advancement of health

Summary of the main activities and achievements of the charity

This has been the first period of the charity from 15 April 2024 to 31 March 2025

Heartstart Cowal was setup to essentially re-start The Heartstart/Save A Life for Scotland Program post Covid. Like many groups Covid essentially ceased its operations completely.

The primary objective of Heartstart/Save A Life for Scotland is to help reduce the current death rates of out of hospital cardiac arrests by running emergency basic life support training sessions to all members of society from children through to mature adults. All training sessions are offered free. We do attempt to secure some grant funding where able and of course we also rely heavily on donations.

Upon re-start we became a small group of circa 5 volunteer personnel but have managed to increase that now to circa 12 volunteer instructors and assistants with 5 coordinators based throughout The Cowal peninsula. To alleviate long distance travel, we now have three groups within one, the main group based in Dunoon with two satellite groups based in Strachur and Tighnabruaich.

We were very fortunate to inherit a small amount of training equipment but through grants and donations we have been able to acquire more modern kit including, trainer defibrillators, mannikins, choke-vests, projectors, printers etc as well as being able to purchase ancillary items such as kit cleaning and hygiene products. We now also have an IT infrastructure which allows us to function anywhere in Cowal.

A lot of time has been invested by several members in establishing/creating networks with local community groups/councils (Dunoon Rotary, Inner Wheel, Community Shed, A & B GIVE, ARC, PSYV - to name a few), emergency services, schools etc to ensure they are aware of what we offer and deliver, and that we are prepared to support them whenever possible.

Since April 2024 to end March 2025 Heartstart Cowal has successfully delivered training to almost 190 primary and secondary aged children & 210 adults. We know our training has influenced at least two serious medical incidents (those attendees chose to advise us) but due to data protection laws we are unable to quantify the exact effect overall. Over time we hope that the OHCA (out of hospital cardiac arrest) rates drop in Cowal but we will never be in a position to directly connect our work with that outcome.

One of the main successes in 2024-2025 has been the creation of The Heartstart Buddy Program at Dunoon Grammar School. There are now three teachers there who are volunteer Heartstart Instructors along with several S6 students. This allows the school to essentially self-teach their students and allows the trained S6 ones to help us at primary schools nearby. For them this vital work gains credits for their Saltire program also.

Nearly all the local schools partake in Health Week which normally runs during May and Heartstart forms an important part of that syllabus.

As a secondary function Heartstart Cowal instructors are often asked about defibrillators- mainly since we normally ask our course attendees if they know where their nearest defibrillators are and if they do not, we show them The Defibfinder website which displays the nearest units to their locations and whether they are operational or not. Within Cowal area this has flagged that many units which were originally generously donated by individuals have been or are sitting in a defibrillator cabinet totally unmaintained and not listed on The Circuit. This therefore means that the emergency services are entirely unaware of its existence and therefore The Scottish Ambulance Service cannot direct emergency personnel and or members of the public to this invaluable resource.

With the need to get a defibrillator on a cardiac arrest patient within 10 minutes maximum (preferably 5 or less) this has also shown some communities are woefully lacking in this resource. In The case of Kilmun Community Council area, one defibrillator had been sitting in a cabinet for over 5 years unmaintained and unregistered. Another had been left in a greenhouse. Both these units are now fully operational and registered. In addition, a unique opportunity presented itself whereby Heartstart Cowal was able to secure funding of £5,500 from The Highgate Hall Trust for 3 additional defibrillators specifically for Kilmun CC, two of which are already in situ and handed over to Kilmun CC with the third awaiting installation.

Furthermore, at a recent meeting we spoke The Dunoon Rotary Club about these issues. As a result of their amazing work, they have afforded us some £2,300 to bring existing defibrillators within Dunoon and Cowal back to life. The first of which has been the unit at Dunoon Police Station!

Equally important though is the amazing communities within Cowal who have looked at their immediate situations and taken it upon themselves to put units in place.

The Charity received total donations of £16,986 during this first period.

There were 3 donations received in total for Restricted purposes totalling £11,643.

Our vision for 2025-2026

The past 12-18 months or so has very much been about establishing the group infrastructure in terms of modern equipment, contacts, personnel etc. The coordinators are looking to further embed Heartstart within all the communities of Cowal and continually underpin/re-enforce the education/training already delivered.

We currently have a small social media presence, but we also need to develop a web page to make the training resources readily available to all.

Like any good organisation the group is only as good as the people within it, and we are blessed with several invested and dedicated volunteers who drive Heartstart forward. We have people from all walks of life from doctors, nurses and paramedics to members of the community who have trained under the Heartstart program.

However, every one of us has commitments and full lives – we urgently need more people to help us deliver this work and spread the workload that we currently have. We will always welcome new volunteer members and there will need to be an ongoing recruitment drive.

Policy on reserves

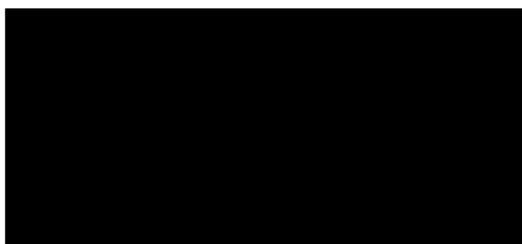
At 31 March 2025 the unrestricted general reserves stood at £5867. The Trustees are very pleased with the success of grant application and donations from organisations and the members of the public in the period. The reserves will be used to start paying volunteers for travel expenses, cost of uniform and the primary aim is to renew the equipment.

The Charity benefitted from the volunteers who have given of their own free time to provide the training courses to the public.

Financial Review

A surplus of £11,908 arose during the period on normal activities.

Signed on behalf of the Trustees



Heartstart Cowal**Statement of Assets and Liabilities****At 31 March 2025****2025**Fixed Assets

Equipment 1,368

Current Assets

HSBC account 10,540

Net Funds £11,908

Represented By:**Accumulated Funds**

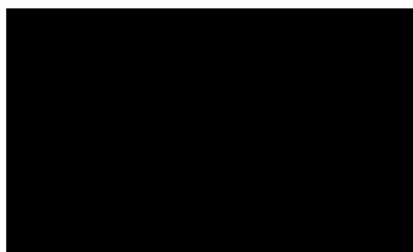
General Fund Unrestricted 5,867

Restricted - Highgate Hall 4,106

Restricted - Argyll and Bute Council 1,935

£11,908

These accounts were approved by the Trustees on 22/5/2025 and signed on their behalf by:



Heartstart Cowal**Receipts and Payment account****For the period ended 31 March 2025****2025****Receipts**

Donations	16,986
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Payments

Donations given back to community	4,410

	12,576

Expenses

Trainers t shirts	87
Trainer mileage expenses	29
Equipment accessories	149
Stationery	3
Bank charges	30
Promotional and fundraising costs	200
Room hire	30
Software subscriptions	140

	668

Net receipts for the period	£11,908

Heartstart Cowal**Notes to the accounts at 31 March 2025****Accounting policies****Accounting basis**

The Charities Accounts (Scotland) regulations 2008 set out the requirements for the TAR for charities preparing receipts and payments accounts. These accounts can be prepared by all non-company charities whose gross annual income is less than £25,000 and where there is no requirement within the charity's governing document or by funders to prepare accrued accounts.

Depreciation

No depreciation has been provided in this first period of the charity