



The Iona Community's Welcome Centre
Inside the main entrance



For more information, including information, including you can help, how you can to Jann please contact Jann please contact Jann at The Argyll Hotel, at The Argyll Hotel always welcome!



The NTS Shelter

In an exterior cabinet to the right of the entrance

How to use a defibrillator

Defibrillators are very easy to use. Although they don't all look the same, they all function in broadly the same way.

If you come across someone who is not breathing or breathing erratically, the most important thing is to call 999 and start CPR. If you're on your own, don't interrupt the CPR to go and get a defibrillator. When you can, send someone else to find one. Once the defibrillator is open, all you have to do is follow the spoken instructions.