

Charity registration number 1058944 (England and Wales)

Charity registration number SC040230 (Scotland)

Company registration number 03251531 (England and Wales)

THE BLOOD PRESSURE ASSOCIATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

THE BLOOD PRESSURE ASSOCIATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Guy Biggin, Honorary Treasurer Ms Nirmala Markandu Professor Mark Caulfield Dr Rebecca Suckling Dr Pauline Swift, Chair Morven Lean Mr A S Wooltorton Professor Graham MacGregor (passed away 1 September 2025) Professor Bryan Williams (stepped down 10th December 2025)
Secretary	Dr Pauline Swift
Chief executive officer	Phil Pyatt
Charity number (England and Wales)	1058944
Charity number (Scotland)	SC040230
Company number	03251531
Registered office	The Wolfson Institute of Preventive Medicine Charterhouse Square London EC1M 6BQ
Independent examiner	TC Group Star House Star Hill Rochester Kent ME1 1UX

THE BLOOD PRESSURE ASSOCIATION

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THE BLOOD PRESSURE ASSOCIATION

OBITUARY

FOR THE YEAR ENDED 31 DECEMBER 2025

Obituary: Professor Graham A. MacGregor (1941–2025)

It was with great sadness that we announced the death of Professor Graham A. MacGregor to the Blood Pressure UK (BPUK) community on 1st September 2025.

Graham founded Blood Pressure UK, originally the Blood Pressure Association charity, in 2001. He did this because he believed that everyone, not just doctors, nurses, scientists or policymakers, could take control of their own blood pressure. He believed knowledge was power. Under his leadership, BPUK launched the now famous Know Your Numbers! Week, encouraging millions of people to get their blood pressure measured, often for the first time. Many lives have been changed and saved because of that simple call to action.

Because of his work, millions of people will live longer, healthier lives - mostly without ever having known his name. Every loaf of bread with less salt, every patient who understands their blood pressure, and every policy that protects public health, carries his influence.

Professor Graham A. MacGregor was a physician, hypertension researcher and global public health advocate, recognised internationally for his pioneering work on the relationship between dietary salt, hypertension and cardiovascular disease. Tireless in his campaigning, he held successive governments and the food industry to account, ensuring population salt intake was reduced - work that has saved countless lives.

Educated at Cambridge, he trained in medicine and nephrology at St Thomas' and Charing Cross Hospitals before becoming Professor of Cardiovascular Medicine at St George's, University of London, later joining Queen Mary's Wolfson Institute of Population Health. A founding member of the British Hypertension Society (now BIHS), he served as President from 1999-2001, expanding its remit to engage with public health and policy.

In 1996 he founded Consensus Action on Salt and Health (CASH), now Action on Salt, and later the international World Action on Salt and Health (WASH), positioning the UK as a global exemplar for salt reduction programmes. He extended this impact to sugar, founding Action on Sugar in 2014.

Graham was an extraordinary clinician, scientist, and campaigner who devoted his life to improving the nation's health. He was known for his uncompromising style, formidable energy and unwavering commitment, all delivered with inimitable charm. His prolific research, advocacy and leadership transformed both scientific understanding and public policy. His vision and determination transformed the way we think about salt, sugar, and blood pressure, and his impact will be felt for generations to come.

We send our heartfelt condolences to his family, friends, and the many people across the world who were inspired by him.

He will be greatly missed - but his legacy will continue in every life saved by his vision. Blood Pressure UK will continue his mission with renewed commitment and that is to prevent high blood pressure and empower everyone to take charge of their health.

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

The Trustees (who are also directors of the charity for the purposes of the Companies Act) present their annual report together with the financial statements for the year ended 31 December 2025. The Trustees confirm that the Annual Report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) as amended by Update Bulletin 1 (effective 1 January 2015).

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Company's Constitution, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Policies and objectives

The principal objects of the company are:

- (a) to advance education about and to promote a greater understanding of the condition of high blood pressure among sufferers, carers and medical, nursing and related professions;
 - (b) to promote research into the condition of high blood pressure and the publication of the useful results of such research; and
 - (c) to relieve people suffering from high blood pressure by providing advice and support.
- There have been no changes in these objects since the last annual report.

Blood Pressure Association Mission

"To significantly improve the prevention, diagnosis, management and treatment of high blood pressure in order to prevent death and disability from stroke and heart disease".

This is achieved by increasing awareness across the general population, as well as among specific high-risk groups, through the delivery of information and support services.

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Strategies for achieving objectives

Achievements and performance against constitutional and public benefit objectives:

Blood Pressure UK is a specialised provider of information, education and support, and features a membership structure.

Becoming a member is a powerful way to support people living with high blood pressure as well as being part of the UK's largest blood pressure charity and playing a key role in helping those affected by this serious condition.

We place great importance on ensuring our specialist advice - whether for members, the media, or the public - is balanced, up-to-date, and impartial. We have also continued to grow our core supporting membership and our e-newsletter, *Positive Pressure*, not only as a vital revenue stream but as a way to amplify Blood Pressure UK's voice and better represent the views and experiences of people living with high blood pressure.

Blood Pressure UK benefits from a close association with the Office for Health Improvement and Disparities (OHID), NHS England, British & Irish Hypertension Society, the World Hypertension League, and Consensus Action on Salt, Sugar and Health (CASSH) which represent the wider field of high blood pressure, cardiovascular disease, and public health nutrition. We will continue to strengthen our knowledge base through those associations, to ensure that all advice and information we give is accurate and up to date.

Review of activities

2025 HIGHLIGHTS

BLOOD PRESSURE IN THE NEWS

Blood Pressure UK is recognised as a dedicated centre of expertise for blood pressure and, as such, has had the opportunity to respond to research and developments about blood pressure and healthy lifestyles in the media throughout 2025.

A brief selection of stories covered nationally and locally include:

- **Nutrition Insight** – Salt reduction boosts medication
- **The Daily Express** – Zilebesiran blood pressure jabs
- **The Sun** – Surprising foods that drive up blood pressure
- **The Guardian** – new treatment to could cure 1/20 cases of high blood pressure
- **Saga Magazine** – how to measure blood pressure

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

E-POSITIVE PRESSURE MAGAZINE

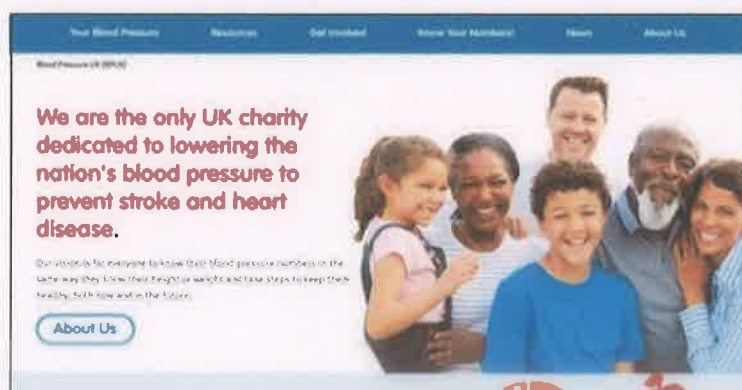
Our E-positive Pressure newsletter is published quarterly, bringing the latest evidence and insightful updates on blood pressure and our charitable work. In 2025 we updated the design to a more modern and easier to read format.



WEBSITE

Our website is going from strength to strength with over 1.6 million users over the last 12 months. The website remains a vital resource to promote the work of Blood Pressure UK as well as enabling the reader to:

- Quickly find the information they are looking for
- Access clear, easy-to-understand content
- Get everything they need to manage their blood pressure confidently



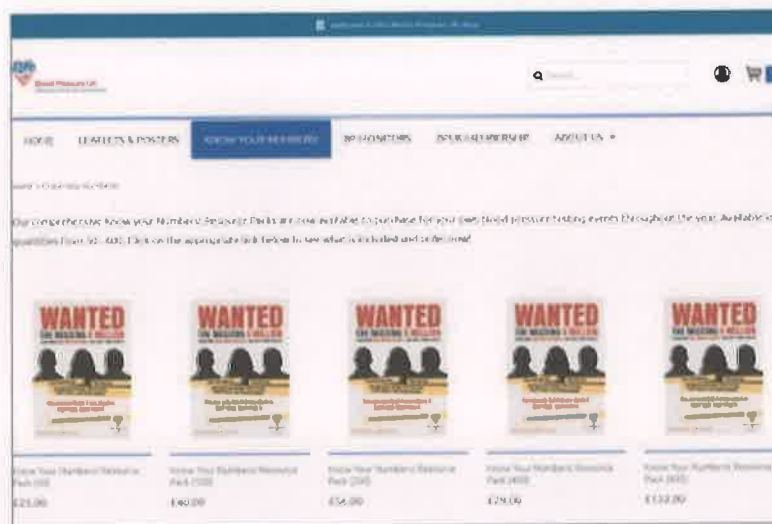
THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

ONLINE SHOP

Our online shop continues to grow, making it easier for people to find and order resources and information – both from the general public and health professionals.



Through our online shop, you can purchase:

- Informative leaflets
- Awareness posters
- Resources for year-round *Know Your Numbers!* events
- Blood Pressure UK membership
- Blood Pressure monitors

All proceeds cover the costs of production as well as Blood Pressure UK's charitable activities.

HELPLINE

Our email helpline remained open to the public, providing support and answering questions about blood pressure. Our Hypertension Nurse Specialist, Nirmala, offered reassurance and expert advice, helping to put people's minds at ease.

'Thank you for your swift reply, and for putting my mind at rest.'
Enquiry to the Helpline

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

PATIENT PANEL

Our Patient Panel had several new members signing up in 2025 – taking its number to just under 40 – which has the aim of helping to shape Blood Pressure UK's charitable activity. We are currently seeking more members and funding to develop this further.

An example of some of the studies we have shared for Patient Panel input include:

University of Leicester - participants for a study - Do you have high blood pressure and take at least three medications for this?

University of Plymouth - Join an expert panel on hypertension

British & Irish Hypertension Society (BIHS) - Patient Panel involvement in the production of x 8 short animated videos to help people understand and manage blood pressure.



THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

December 2025 - Kidneys under Pressure Parliamentary Event

A parliamentary event run jointly with Kidney Care UK looked at the link between blood pressure and hypertension which was attended by several members of the Blood Pressure UK Patient Panel.



The event brought together people with chronic kidney disease and high blood pressure, clinical experts, policy makers and parliamentarians. They had the opportunity to learn more about what it is like to live with these conditions and hear different perspectives on what could make the biggest improvements in care.

7.2 million people have chronic kidney disease (CKD) - a devastating and life-changing diagnosis. Kidney care cost the NHS £6.4 billion in 2023, with increasing prevalence meaning a likely 11% cost increase by 2033. Behind those costs are people enduring a huge toll on their physical and mental health as well as their life chances, education and employment prospects.

Around 16 million UK adults have high blood pressure, but around one in three of these don't know it. Because it often has no symptoms, many people don't know they have it until they experience one of its devastating complications. As well as putting people at risk of heart attack or stroke, high blood pressure is the second leading cause of kidney failure – but public awareness of this link is too low.

Throughout 2026, the staff and trustees along with the Patient Panel will be working closely to help shape the future of the charity.

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

FLAGSHIP CAMPAIGN - KNOW YOUR NUMBERS!

Following the success of the virtual *Know Your Numbers! Week* campaign, we decided to keep the nation checking their blood pressure at home for Know Your Numbers! Week 2025.



For over two decades, *Know Your Numbers! Week* has empowered all adults across the UK to check their blood pressure numbers, and in its 25th year, we proudly continued to lead the nation's flagship blood pressure testing and awareness campaign.

For 2025, we once again brought the campaign online, promoting home blood pressure monitoring and healthy habits from the comfort of home. We distributed packs to our community partners who ran small local events, along with supporting Black on the Square with our corporate partner Kinetik Wellbeing. We also provided the nation with the resources to not only to check their blood pressure, but to get it under control.

In addition to monitoring blood pressure, we placed special emphasis on reducing salt intake – a major factor in high blood pressure - and encouraged healthy lifestyle choices. It was another successful year, delivering impact at a time when it was truly needed.

Our theme for 2025, '**Missing 5 million**', encouraging people to have a blood pressure check as they may be one of the up to 5 million people in the UK who have high blood pressure but are unaware.

This powerful message resonated across the country, creating a vital opportunity to improve blood pressure control now and into the future. Home monitoring remained a key part of that message - providing a simple, accessible way to stay on top of your health.

Participants were encouraged not only to "*know their numbers*," but also to make positive lifestyle changes – eating more fruit and vegetables, reducing salt, and becoming more active.

We also invited our members, supporters, and the wider public to get involved as *Pressure Partners* or to host *Pressure Stations* – where people could get free blood pressure checks in community settings. Everyone was encouraged to help spread the word about the importance of home monitoring.

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

In all, 638 people registered to take part from a wide range of organisations including:

Surrey Police, Solent NHS Trust, Gloucestershire ICB, Govia Thameslink Railway, Humber & Yorkshire ICB, MOD, Liverpool City Council, Rolls Royce PLC, Sir Robert McAlpine, Boots, HMP Bristol, British Steel, Scunthorpe, Various PCNs, Sharps Brewery, Royal Mail, Heineken UK, Cambridgeshire Libraries, NHS Fife, Girlguiding UK, University of Bristol, Tunbridge Wells Borough Council, Birmingham Public Health, London Borough of Sutton, Lancashire County Council, Various Councils across the UK, BUPA Wellness Centre, Various GP surgeries and Pharmacies, Hilton Hotels and Resorts, Hitachi Construction Machinery, Nuffield Health, Essex Police, TransPennine Express, LSE, Network Rail, London Underground, South Western Railway, University of Glasgow, Fujitsu, Royal Berkshire Fire & Rescue, GLA, Ford, The Guinness Partnership.

PUBLIC OPINION SURVEY – Know your Numbers! Week

Blood Pressure UK also carried out a public opinion survey to over 2,000 demographically representative members of the UK population to ascertain their views on questions relating to blood pressure.

Key findings highlighted:

- 43% of those surveyed didn't know their blood pressure numbers
- 79% of people knew high blood pressure could lead to a heart attack and 84% a stroke. Only 24% knew it could cause kidney disease
- 49% of those surveyed said that high blood pressure shows clear symptoms like headache or dizziness
- 92% of those surveyed said they would get their blood pressure checked more regularly if it was easy to do if knew that high blood pressure could be a silent killer and dramatically increase your risk of stroke or heart attack.

MEDIA

A national press release was issued to the media to launch 'the week' (Monday 8th September) based on the survey findings and highlighting the percentage of people in that specific country/region with undiagnosed high blood pressure'. In addition, local press releases targeting 17 major UK cities and 12 regions were issued.

Overall, the *Know Your Numbers! Week* 2025 campaign received widespread media coverage, including:

The Sun	The Scottish Sun	The Mirror	The Scotsman	Edinburgh News
Express	Voice Online	Julian Smith MP – Skipton & Ripon	The People's Friend magazine	Take a Break

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Other highlights include:

- Photo call with Sadiq Khan and Professor Kevin Fenton (London's Public Health Director) on Saturday 6th Sept at Black on the Square
- BBC Radio Leeds – interview with Dr. Pauline Swift – 9th September
- Bolton FM – interview with Dr. Pauline Swift – 10th September
- Word on Health radio – 107 regional stations from the North of Scotland to the Scilly Isles with a collective audience more than 1.5 million listeners. The KYNW story went out to their radio stations and will be featured on their podcast later this month using previous recorded content from Dr Pauline Swift.
- BBC Radio Somerset – covered as a news piece – 10th Sept
- BBC Nottingham TV - Friday 12th September.

During the week, there were **126** pieces of coverage were generated.

National Pharmacy Association (NPA)

- Working in partnership with the National Pharmacy Association, Kinetik Wellbeing and Blood Pressure UK to promote Know your Numbers! Week through up to 6,500 independent pharmacies.



SOCIAL MEDIA

There was lots of activity on both X, Facebook and Instagram with engagement from health professionals, and researchers and the public.

We also launched our new Instagram page during Know Your Numbers! Week.

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

We received online support from individuals using our social media graphic. These included: health professionals, GP surgeries, pharmacies, gyms, care homes, local councils, and libraries to name a few - plus, support from NHS Clinical Commissioning Groups and Trusts, local councils, Non-Governmental Organisations and charities including the British Heart Foundation, the British and Irish Hypertension Society, Stroke Association, NHS, NHS England, the May Measurement Month organisation, Public Health England and from leading researchers. GPs and pharmacists shared the message and posted videos.



We also received support from high-profile decision-makers such as Professor Jamie Waterall, National Lead for Cardiovascular Disease Prevention at PHE, and Dr Shahed Ahmed, National Clinical Director for Cardiovascular Disease Prevention at NHS England.

By encouraging thousands of people each year to get their blood pressure checked, Know your Numbers! Week reaches those who often are completely unaware that they have, or could be at risk of developing, high blood pressure. The ongoing success of Blood Pressure UK and Know your Numbers! Week relies on the participation of hundreds of health professionals who spread the message of the importance of getting blood pressure checks and the support of funders and sponsors. We would like to thank everyone who helped to make Know your Numbers! Week 2025 a success.

CORPORATE WEBINARS

We hosted a series of webinars reaching people in the workplace, explaining why it is important to Know Your Numbers! which included organisations in the voluntary, private sector and public sector.

Feedback from a corporate organisation:

"Thanks so much for the session, it was great! Lots of really helpful information for people to take away."

"Thanks for a very informative session. I look forward to receiving the slides and the Blood Pressure UK website looks helpful including lots of healthy recipes. The seminar really improved my awareness of what I need to change to have a healthier lifestyle - particularly the learning about reducing salt and also how to take more reliable blood pressure readings at home. Thank you."

"What a well-run and very informative webinar, I'm so glad I attended. Gosh Phil was just brilliant."

THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

SUMMARY

The wide level of participation in the Know your Numbers! Week event, and our survey and research findings clearly demonstrate the vital role that Blood Pressure UK has in the prevention and detection of high blood pressure. Over 1.5 million people have received free blood pressure checks and information thanks to annual *Know your Numbers! Week* events over the past twenty-five years. They are the lucky ones who now know what their blood pressure is and steps they may need to take to lower it. With the help of our partners, funders and sponsors we, at Blood Pressure UK, aim to keep up this momentum to reach millions more in our fight to reduce strokes, heart attacks and heart disease caused by high blood pressure.

OUR CORPORATE PARTNERS

Kinetik Wellbeing Roadshows in partnership with Blood Pressure UK

Black on the Square event in Trafalgar Square (6th September 2025) – Attended by the Mayor of London, Sadiq Khan and Professor Kevin Fenton, London Regional Director at Office for Health Improvement and Disparities, Regional Public Health Director at NHS London and the Statutory Health Advisor to the Mayor of London, Sadiq Khan and in partnership with Million Hearts and Minds campaign.



My Blood Pressure – www.mybloodpressure.co.uk

Mybloodpressure.co.uk was launched by Kinetik Wellbeing and supported by Blood Pressure UK in collaboration with British and Irish Hypertension Society and LoSalt.

My Blood Pressure was developed as a free personalised blood pressure companion. Users can take their unique blood pressure readings and enter them in the tool. This offers a comprehensive platform to track, analyse, and gain valuable insights into their blood pressure.

THE BLOOD PRESSURE ASSOCIATION

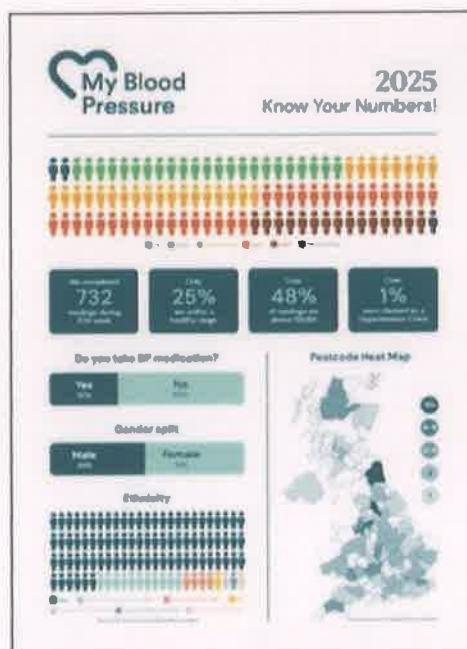
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

My Blood Pressure also provides personalised clinical advice provided by hypertension experts. This helps people to make informed lifestyle changes and take proactive steps towards achieving healthier blood pressure levels.



Some key metrics in 2025:



THE BLOOD PRESSURE ASSOCIATION

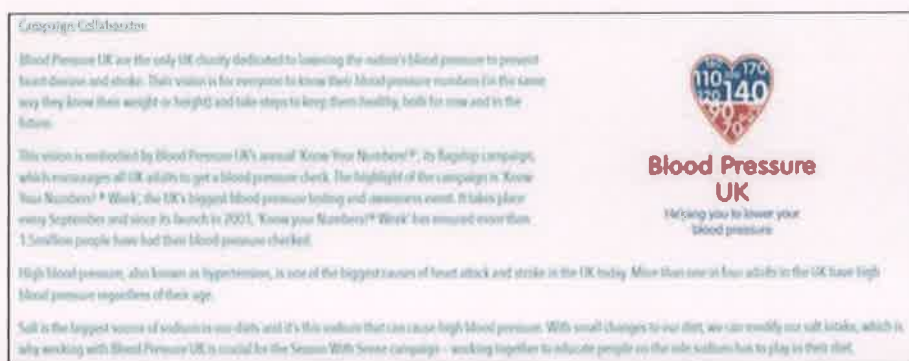
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

LoSalt

For over 10 years, Blood Pressure UK has worked in partnership with LoSalt to help lower the nations salt intake by offering a low sodium alternative.

Through their Season with Sense brand, Blood Pressure UK was able to provide low salt recipes to its members and the wider general public. These were included in the E-Positive Pressure newsletter, and via our social media channels.



MEDTRONIC

Blood Pressure UK's latest corporate partner Medtronic came on board in late 2025.

As a global healthcare technology organisation, they have pioneered some cutting-edge technology including Renal Denervation, a treatment for patients with uncontrolled high blood pressure. They will be working with Blood Pressure UK to help more people to Know Your Numbers!

HOME BLOOD PRESSURE MONITORING HUB

In 2020, we created a collection of home monitoring resources which we made available to view and download in our new home monitoring hub. These resources were used again in 2025 and participants who signed up to be a Pressure Partner or a Patient Ambassador during Know Your Numbers! Week 2025 received these resources via a home monitoring toolkit sent via email from Blood Pressure UK. We also promoted our home monitoring hub throughout the week. We received lots of great feedback on our resources which included a guide to checking your blood pressure at home, a set of testing guidelines for home monitoring for the general public, a home monitoring record card to record your blood pressure numbers on, and video explaining how to measure your blood pressure and what blood pressure numbers mean.



THE BLOOD PRESSURE ASSOCIATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

We also included our lifestyle tips poster, our KYN information leaflet and our A5 how to measure your blood pressure at home booklet, along with short snippets of our video, so they can be shared on social media and relevant websites.

- Whilst there is a wide range of home blood pressure monitors available; it is important to be sure that the blood pressure monitor you choose is accurate and the right cost for you. Remember to choose one with an upper cuff which is the right size for your arm and make sure it is UK approved ideally by the (BIHS) British and Irish Hypertension Society.

Investment policy and performance

The Trustees are empowered by the Memorandum of Association to invest the funds not required for immediate working purposes in such a manner as may be thought fit. During the year, the Trustees invested such funds in interest bearing deposit accounts earning returns at commercial rates of interest.

Financial review

For the tenth year in a row the charity substantially tried to cut its deficits alongside trying to build membership and investing in legacy building to encourage increased income in future years.

Funds Incoming:

The charity received £124,805 from trusts and foundations and from individuals generally. The overall trend in income was upwards, caused principally by a significant legacy. The charity has one commercial partnership.

Funds Expended:

Staff costs are low, and spending was maintained at a similar level to the previous year in other areas, as the charity maintained its commitment to deliver services to its beneficiaries. Only unrestricted funds were received during the year; therefore, the charity opened the year with no restricted fund carried forward and closed the year with only unrestricted fund balances carried forward.

Sources of funding:

Funding was achieved in 2025 through a number of different sources;

- Sales revenues
- Unrestricted voluntary income (donations from the corporate sector, legacies and private individuals).

Reserves policy

The Trustees aim to maintain a level of unrestricted reserves which ensures that there are adequate funds to meet current and known future liabilities. The Trustees consider that holding unrestricted free reserves (including designated funds which are reviewed on an annual basis) equivalent to between six and twelve months operating costs, given the current economic climate, is the minimum required to provide sufficient resources to respond to unexpected adverse changes in the company's funding or activities, which equates to approx. £200,000 based on current costs.

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Public benefit

The charity's objectives are the provision of information and support to those affected by hypertension (high blood pressure), which it does by raising awareness among the whole population, as well as specific target groups at particular risk of the condition, through the provision of information and support services. In addition to providing services for the general public, Blood Pressure UK provides additional resources for those particularly likely to develop the condition, for example, the over 50s and those from a South Asian or African-Caribbean background.

In considering the charity's aims and objectives, the Trustees confirm that they have had due regard to the Charity Commission's guidance on the public benefit requirement of the charity's work; that the charity does no harm or detriment in carrying out its charitable objectives and that the charity provides clear and identifiable benefits to the public in its activities, which in 2025 were:

- A national home blood pressure testing event *'Know Your Numbers! Week'*, which provided free home blood pressure resources free of charge for anyone across the UK. It helped to tackle health inequalities by reaching vast numbers of people who may not otherwise access blood pressure checks
- A media and social media campaign to raise awareness of the health effects of high blood pressure
- The provision of expert and up to date information on all aspects of high blood pressure via the charity's website (including free downloads)
- Updates on the latest news and developments in blood pressure in regular electronic newsletters available to anyone who chooses to sign up to the free service
- The provision of a range of free printed booklets and leaflets on all aspects of high blood pressure, including core materials translated into 32 languages, for people with high blood pressure
- The provision of the charity's helpline, opened up to all members of the public, staffed by a registered hypertension nurse, which offered free information, support and advice to hundreds of people concerned about or affected by hypertension by email
- The provision of an email response service, which provided written information in response to written queries in more detail

The Trustees therefore believe that the charity is carrying out its objectives in a way which benefits the public by helping to raise awareness about the condition (all either free of charge or at nominal cost to beneficiaries).

Structure, governance and management

Constitution

The company is registered as a charitable company and is constituted under a Memorandum of Association dated 18 September 1996. It is registered as a charity number 1059844.

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Method of appointment or election of Trustees

The management of the company is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association. The Trustees meet four times a year; one meeting being the annual general meeting of the company. At the annual general meeting, one third of the trustees are subject to retirement by rotation. New Trustees may be appointed on the recommendation of the Trustee Board or on proper notice of a nomination being given by a Trustee. In addition, Trustees may be recruited through the company's website and by advertising in relevant publications, including national newspapers. A minimum of three Trustees should remain in office at any given time but there is no maximum limit.

Policies adopted for the induction and training of Trustees

New prospective Trustees are invited to meet the staff. They are also included on the BPA's mailing list for governance, the e-newsletter and receive regular updates on the charity's work from the Chief Executive Officer. Trustee Subcommittees (involving Trustees and other stakeholders) are as follows: finance group: Chaired by the Treasurer Guy Biggin.

Organisational structure and decision making

The Board of Trustees are responsible for the management of the company. They delegate the general management and administration of the company to the Chief Executive Officer, who, with the department staff, ensure that the company is run efficiently.

Related party relationships

There are no related party transactions in the year ended 31 December 2025.

Risk management

The Trustees periodically examine the major risks to which the company is exposed, concentrating on areas of potential highest impact including:

- Failure of funding
- External environment
- Governance incl. General Data Protection Regulation
- Reputation with emphasis on the charity's national blood testing event *Know Your Numbers!*[®]

All areas within the charity's risk policy are regularly evaluated by lead individuals. This helps drive review of the policy and the risk register is updated for trustee meetings. The Trustees are satisfied that the system in place is appropriate for managing the company's exposure to the major risks identified.

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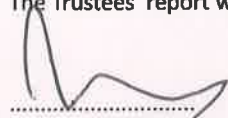
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Independent examination of accounts

As per the statutory requirements an Independent Examination will be done.

The Trustees' report was approved by the Board of Trustees.



Dr. Pauline Swift

Trustee

Dated: 09/07/2026

THE BLOOD PRESSURE ASSOCIATION

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2025

The Trustees (who are also directors of The Blood Pressure Association for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company and charity law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgments and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

THE BLOOD PRESSURE ASSOCIATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE BLOOD PRESSURE ASSOCIATION

I report to the Trustees on my examination of the financial statements of The Blood Pressure Association (the Company) for the year ended 31 December 2025.

Responsibilities and basis of report

As the Trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006 (the 2006 Act). You are satisfied that the financial statements of the Company are not required by charity or company law to be audited and have chosen instead to have an independent examination.

Having satisfied myself that the financial statements of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's financial statements carried out under section 44 (1) (c) of the 2005 Act and section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed the requirements of Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Company is required by company law to prepare its accounts on an accruals basis and is registered as a charity in Scotland your examiner must be a member of a body listed in Regulation 11(2) of the Charities Accounts (Scotland) Regulations 2006 (as amended). I confirm that I am qualified to undertake the examination because I am a member of ACCA, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act and Regulation 4 of the 2006 Accounts Regulations; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

THE BLOOD PRESSURE ASSOCIATION

INDEPENDENT EXAMINER'S REPORT (CONTINUED)

TO THE TRUSTEES OF THE BLOOD PRESSURE ASSOCIATION

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Sally Meah, FCCA

On behalf of TC Group

Star House

Star Hill

Rochester

Kent

ME1 1UX

Dated:

29 July 2026

THE BLOOD PRESSURE ASSOCIATION

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 DECEMBER 2025

		Unrestricted funds 2025 £	Unrestricted funds As restated 2024 £
	Notes		
Income and endowments from:			
Donations and legacies	2	85,322	70,653
Charitable activities	3	39,463	46,336
Other income	4	23	44
Total income		124,808	117,033
Expenditure on:			
Charitable activities	5	134,528	182,944
Total expenditure		134,528	182,944
Net expenditure and movement in funds		(9,720)	(65,911)
Reconciliation of funds:			
Fund balances at 1 January 2025		232,887	298,798
Fund balances at 31 December 2025		223,167	232,887

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE BLOOD PRESSURE ASSOCIATION

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

		2025	2024
	Notes	£	£
Fixed assets			
Tangible assets	11	97	195
Current assets			
Stocks	12	316	-
Debtors	13	4,130	4,099
Cash at bank and in hand		248,393	233,361
		252,839	237,460
Creditors: amounts falling due within one year	14	(29,769)	(4,768)
Net current assets		223,070	232,692
Total assets less current liabilities		223,167	232,887
Net assets excluding pension liability		223,167	232,887
The funds of the Company			
Unrestricted funds		223,167	232,887
		223,167	232,887

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2025.

The directors acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

THE BLOOD PRESSURE ASSOCIATION

STATEMENT OF FINANCIAL POSITION (CONTINUED)

AS AT 31 DECEMBER 2025

The financial statements were approved by the Trustees on

09/07/2026

.....
Dr Pauline Swift, Chair
Trustee

Company registration number 03251531 (England and Wales)

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

Charity information

The Blood Pressure Association is a private company limited by guarantee incorporated in England and Wales. The registered office is The Wolfson Institute of Preventive Medicine, Charterhouse Square, London, EC1M 6BQ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Company's governing document, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended), FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Company is a Public Benefit Entity as defined by FRS 102.

The Company has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the Company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Company.

The charity held no restricted or endowment funds during the year.

1.4 Income

Income is recognised when the Company is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the company, or the company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Charitable activities and Governance costs are costs incurred on the company's educational operations, including support costs and costs relating to the governance of the company apportioned to charitable activities.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computer equipment	33% straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

All assets costing more than £250 are capitalised.

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

1.7 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.8 Financial instruments

The Company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Company's balance sheet when the Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

2 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	32,572	49,653
Legacies receivable	52,750	20,000
Grants	-	1,000
	<u>85,322</u>	<u>70,653</u>

3 Income from charitable activities

	Fundraising 2025 £	Information & Support 2025 £	Raising Membership Awareness 2025 £	2025 £	Total 2025 £
Sales within charitable activities	5,018	630	14,750	19,062	39,460
Performance related grants	3	-	-	-	3
	<u>5,021</u>	<u>630</u>	<u>14,750</u>	<u>19,062</u>	<u>39,463</u>
Analysis by fund					
Unrestricted funds	<u>5,021</u>	<u>630</u>	<u>14,750</u>	<u>19,062</u>	<u>39,466</u>
	<u>5,021</u>	<u>630</u>	<u>14,750</u>	<u>19,062</u>	<u>39,466</u>
Previous year:					
	Fundraising 2024 £	Information & Support 2024 £	Raising Membership Awareness 2024 £	2024 £	Total 2024 £
Sales within charitable activities	<u>8,002</u>	<u>1,333</u>	<u>15,250</u>	<u>21,751</u>	<u>46,336</u>
Analysis by fund					
Unrestricted funds	<u>8,002</u>	<u>1,333</u>	<u>15,250</u>	<u>21,751</u>	<u>46,336</u>

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

4 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	23	44

Other income comprises bank interest of £23 (2024 - £44).

5 Charitable activities

	Fundraising 2025 £	Information & support 2025 £	Raising awareness 2025 £	Membership 2025 £	Total 2025 £	Total 2024 £
Other costs	3,145	-	2,230	3,030	8,405	10,447
Legal and professional fees	1,238	172	9,856	4,703	15,969	16,229
	4,383	172	12,086	7,733	24,374	26,676
Share of support costs (see note 6)	13,662	1,715	40,158	51,899	107,434	153,622
Share of governance costs (see note 6)	346	43	1,017	1,314	2,720	2,646
	18,391	1,930	53,261	60,946	134,528	182,944

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

5 Charitable activities

(Continued)

For the year ended 31 December 2024

	Fundraising	Information & support	Raising awareness	Membership	Total 2024
	£	£	£	£	£
Other costs	4,932	-	597	4,918	10,447
Legal and professional fees	2,803	467	5,341	7,618	16,229
	<u>7,735</u>	<u>467</u>	<u>5,938</u>	<u>12,536</u>	<u>26,676</u>
Share of support costs (see note 6)	26,530	4,418	50,560	72,114	153,622
Share of governance costs (see note 6)	457	76	871	1,242	2,646
	<u>34,722</u>	<u>4,961</u>	<u>57,369</u>	<u>85,892</u>	<u>182,944</u>
Analysis by fund					
Unrestricted funds	<u>34,722</u>	<u>4,961</u>	<u>57,369</u>	<u>85,892</u>	<u>182,944</u>

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

6 Support costs

	Support costs	Governance costs	2025	Support costs	Governance costs	2024
	£	£	£	£	£	£
Staff costs	58,976	-	58,976	123,992	-	123,992
Depreciation	98	-	98	98	-	98
Premises costs	1,805	-	1,805	1,581	-	1,581
Office costs	2,231	-	2,231	3,102	-	3,102
Hotels	436	-	436	170	-	170
Accountancy	14,020	2,720	16,740	15,460	2,645	18,105
Irrecoverable VAT	2,540	-	2,540	3,888	-	3,888
Other costs	4,475	-	4,475	3,729	-	3,729
Bad debt provision	-	-	-	(370)	-	(370)
Subsistence	34	-	34	83	-	83
Consultancy fees	22,819	-	22,819	1,890	-	1,890
	<u>107,434</u>	<u>2,720</u>	<u>110,154</u>	<u>153,623</u>	<u>2,645</u>	<u>156,268</u>
Analysed between						
Charitable activities	<u>107,434</u>	<u>2,720</u>	<u>110,154</u>	<u>153,622</u>	<u>2,646</u>	<u>156,268</u>

Governance costs includes payments to the independent examiner of £1,360 (2024 - £1,322) for completion of the independent examination.

Reclassification has been applied to the comparative figures for the year ended 31 December 2024. Accountancy costs previously included within support costs and governance costs have been reclassified between these headings. The adjustment affects only the allocation of costs between support costs and governance costs and does not impact total expenditure, net income/(expenditure), or the charity's net assets.

7 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Depreciation of owned tangible fixed assets	<u>98</u>	<u>98</u>

8 Trustees

One of the trustees was paid a freelance fee as the charity's hypertension nurse to answer questions through the helpline. None of the other Trustees (or any persons connected with them) received any remuneration or benefits from the Company during the year.

During the year, no Trustees received a reimbursement of expenses (2024 - £Nil).

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

9 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
	1	3
	<u>1</u>	<u>3</u>
Employment costs	2025	2024
	£	£
Wages and salaries	54,676	113,505
Social security costs	1,566	5,512
Other pension costs	2,734	4,975
	<u>58,976</u>	<u>123,992</u>

The key management personnel of the charity comprises, the Chief Executive Officer and Senior Management Team. The total employee benefits of the key management personnel of the Charity were £54,676 (2024 - £113,505).

There were no employees whose annual remuneration was more than £60,000.

10 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

11 Tangible fixed assets

	Computer equipment £
Cost	
At 1 January 2025	26,398
At 31 December 2025	26,398
Depreciation and impairment	
At 1 January 2025	26,203
Depreciation charged in the year	98
At 31 December 2025	26,301
Carrying amount	
At 31 December 2025	97
At 31 December 2024	195

12 Stocks

	2025 £	2024 £
Stock	316	-

13 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Trade debtors	-	1,201
Other debtors	1,000	1,097
Prepayments	3,130	1,801
	4,130	4,099

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

14 Creditors: amounts falling due within one year

	Notes	2025 £	2024 £
Other taxation and social security		558	-
Deferred income	15	15,000	-
Trade creditors		6,416	529
Other creditors		-	402
Accruals		7,795	3,837
		<u>29,769</u>	<u>4,768</u>

15 Deferred Income

	2025 £	2024 £
Other deferred income	15,000	-
	<u>15,000</u>	<u>-</u>

Deferred income is included in the financial statements as follows:

	2025 £	2024 £
Deferred income is included within:		
Current liabilities	15,000	-
	<u>15,000</u>	<u>-</u>
Movements in the year:		
Deferred income at 1 January 2025	-	-
Resources deferred in the year	15,000	-
	<u>15,000</u>	<u>-</u>
Deferred income at 31 December 2025	15,000	-
	<u>15,000</u>	<u>-</u>

At the balance sheet date, deferred income primarily relates to sponsorship received in advance for programmes apportioned in the next financial period.

16 Retirement benefit schemes

	2025 £	2024 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	2,734	4,975
	<u>2,734</u>	<u>4,975</u>

THE BLOOD PRESSURE ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

16 Retirement benefit schemes

(Continued)

The Company operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Company in an independently administered fund.

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used.

	At 1 January 2025	Incoming resources	Resources expended	At 31 December 2025
	£	£	£	£
General funds	232,887	124,808	(134,528)	223,167
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
General funds	298,799	117,032	(182,944)	232,887
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

18 Related party transactions

There are no related party transactions in the current year.