

THE BRITISH AND IRISH HYPERTENSION SOCIETY

England & Wales · Charity number 287635

Details

Other names BRITISH HYPERTENSION SOCIETY

Status Registered

Legal form Other

Registered 1983-11-29

Register [View on the Charity Commission register](#)

Contact

Address British Irish Hypertension Society
Unit 2
3 Quality Street
Edinburgh
EH4 5BP

Phone 01313364203

Email administrator@bihs.org.uk

Website www.bihs.org.uk

Activities

Objects: THE ADVANCEMENT OF KNOWLEDGE AND DISSEMINATION OF INFORMATION CONCERNING THE PATHOPHYSIOLOGY, EPIDEMIOLOGY, DETECTION, INVESTIGATION AND TREATMENT OF ARTERIAL HYPERTENSION AND RELATED VASCULAR DISEASES.

Activities: The BIHS produces guidelines for the management of hypertension, undertakes validation of new blood pressure measurement devices and runs an educational programme to support doctors and other healthcare workers involved in understanding the basis of hypertension and improving its treatment.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£232,078	£224,166	-	-
2023-12-31	£186,677	£157,295	-	-
2022-12-31	£125,120	£222,928	-	-
2021-12-31	£274,281	£159,431	-	-
2020-12-31	£51,129	£100,975	-	-

Trustees

Name	Role	Appointed
Dr Helen Warren		2024-09-10
Dr James Peter Sheppard		2021-09-14
Dr Luca Faconti		2019-09-17
Dr Manish Saxena		2024-09-10
Dr Ryan McNally		2024-09-10
Professor Ian Wilkinson		2021-09-14
Professor Phil Chowienczyk		2023-09-19
Sam Olden		2022-09-13

THE BRITISH AND IRISH HYPERTENSION SOCIETY

England & Wales - Charity number 287635

Accounts

Trustees' Annual Report for the period

	Period start date	Period end date	
From	01 01 2024	To 31 12 2024	

Section A Reference and administration details



Charity name **BRITISH and IRISH HYPERTENSION SOCIETY**

Other names charity is known by **BIHS**

Registered charity number (if any) **287635**

Charity's principal address **Unit 2, Q Court,
Quality Street, Edinburgh, EH4 5BP**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ian Wilkinson	President	19.09.2023 – 31.12.2024	
2	Phil Chowienczyk	Vice President	19.09.2023 – 31.12.2024	
3	James Sheppard	Secretary	14.09.2021 – 31.12.2024	
4	Luca Faconti	Treasurer	13.09.2022 – 31.12.2024	
5	Sinead McDonagh	Young Investigator Representative	13.09.2022 – 09.09.2024	
6	Ryan McNally	Young Investigator Representative	09.09.2024 – 31.12.2024	
7	Pauline Swift	Ordinary Member	14.09.2021 – 09.09.2024	
8	Helen Warren	Ordinary Member	09.09.2024 – 31.12.2024	
9	Philip Lewis	Ordinary Member	14.09.2021 – 09.09.2024	
10	Manish Saxena	Ordinary Member	09.09.2024 – 31.12.2024	
11	Pankaj Gupta	Ordinary Member	13.09.2022 – 31.12.2024	
12	Sam Olden	Ordinary Member	13.09.2022 – 31.12.2024	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	HJS (Reading) Limited – part of 'Fortus'	3 Richfield Place, Richfield Avenue, Reading, Berks, RG1 8EY.

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(e.g. trust deed, constitution)</small>	Constitution (adopted 21 st October 1983, amended 24 th September 1984, 15 th September 2009, 9 th September 2013, 22 nd September 2014, 21 st September 2015, 22 nd September 2016, 25 th September 2018, 13 th September 2022)
How the charity is constituted <small>(e.g. trust, association, company)</small>	Association
Trustee selection methods <small>(e.g. appointed by, elected by)</small>	Trustees are elected to membership of the Executive Committee by BIHS Members at the Annual Business Meeting which primarily takes place in September, following a call for nominations earlier in the year

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Ordinary and Associate Membership and Fellowship of the BIHS is open to all registered healthcare professionals and clinical practitioners active in the field of hypertension and cardiovascular disease prevention in the United Kingdom and the Republic of Ireland. Affiliate membership may be granted to healthcare professionals residing outside the United Kingdom and Republic of Ireland at the discretion of the Executive Committee. It includes consultants, clinicians, nurses, physiologists, pharmacists, allied healthcare professionals, and other scientists. Applications for membership are considered throughout the year. Membership of the Society currently stands at 332. Only members and fellows resident in the United Kingdom and Republic of Ireland are eligible for election to the Executive Committee.

The management of the BIHS is undertaken by an elected Executive Committee of 9 persons (Trustees), led by the President and Vice President. Four Standing Committees and two special interest Groups, and one communication panel have also been established to help the Executive Committee manage the day-to-day activities of the Society (at least one Trustee sits on each of the Standing Committees, which are required to submit regular reports to the Executive Committee on its activities).

The major risks to the continuation of the Society's programme of educational activities are from a decrease in income from its industrial partners (see under 'Reserves Policy'). Minimal fees to cover administration costs only have been introduced for various projects.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the Charity is to promote the advancement of knowledge and dissemination of information concerning the pathophysiology, epidemiology, detection, investigation and treatment of arterial hypertension and related cardiovascular diseases

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the

The Trustees have read the guidance issued by the Charity Commission relating to public benefit and can confirm that the above activities of the BIHS benefit the public in general by improving knowledge in the field of hypertension and cardiovascular disease, fostering the translation of novel clinical research and basic science into best clinical practice and therefore improving healthcare. The charity has a track record of producing internationally renowned guidelines for the management of hypertension which are widely adopted in primary care in the UK and elsewhere. There are no

statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

restrictions to this overall benefit in healthcare, as outlined in the Charity Commission guidance (e.g. in terms of access, geography, membership, ability to pay etc.).

The Society exists to advance medical and scientific knowledge in the field of hypertension, to promote the prevention, detection and treatment of high blood pressure, and to improve public health outcomes. Activities during 2024 focused on supporting research, education, and dissemination of best practice, as well as developing the Society's long-term strategy and governance.

Progress into 2025

The Society has continued to strengthen its role as the leading authority on hypertension, broadening its remit to encompass prevention of related illnesses such as cardiovascular disease, kidney disease, dementia, diabetes and obesity. A member survey in September 2024 confirmed overwhelming support for a greater focus on prevention as well as treatment, with members calling for more public-facing activity and closer collaboration with Blood Pressure UK (BPUK).

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Members of the Society who facilitate/contribute to the Education programmes, do so on a voluntary basis.

The Society has opted to invest into an Ethical Investment fund.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Governance and Strategic Planning

During 2024, Trustees defined a clear vision and purpose for the Society, following consultation with members and stakeholders. Strategic priorities were established across education, research, accreditation, policy and public engagement.

Progress into 2025

A restructure and governance proposal was presented at the April 2025 Board meeting and endorsed in principle. Membership webinars have been held to prepare for the September 2025 AGM vote on the proposal. Trusteeship training and role reviews have been initiated. Committee Terms of Reference are being refined, with the Guidelines Committee transitioning to a **Policy and Guidelines Committee** to ensure implementation of guidance, and the BP Committee broadening its scope to cover new technologies and validation.

Operations and Transition

The Society operated throughout 2024 with support from In Conference. Following member feedback and trustee review, it was agreed to transition to an in-house operational team to provide greater accountability, continuity and responsiveness. Preparatory work included a detailed needs assessment and transition planning.

Progress into 2025

The operational handover from In Conference was completed in May 2025. A new BIHS "virtual office" has been established, with Standard Operating Procedures, Microsoft 365 and SharePoint systems in place. A new website and membership CRM were launched in May, incorporating registration, abstract submission and exhibition management. Finance and administration have been transitioned in-house, although finalisation of banking mandates is ongoing.

Policy and Advocacy

In 2024, the Society engaged in key policy initiatives, contributing expert evidence to national consultations, including the NHS 10-Year Plan and the Men's Health Strategy. Work also began to strengthen external visibility and policy influence.

Progress into 2025

The Society has since submitted responses to NHS reform proposals and registered as a stakeholder in the NICE Quality Standard on Obesity. A structured public affairs plan is under development with external expertise. The Society's strategy now explicitly positions BIHS as the **ultimate authority on blood pressure and prevention**, shaping both guidelines and policy, and ensuring that standards are implemented in practice.

Education and Research

Throughout 2024, the Society's committees advanced guideline development and supported collaborative research, including exploration of a national hypertension registry. Early discussions were also held on creating a Summer School to build capacity in future leaders.

Progress into 2025

The Research Committee launched a Delphi project with the British Heart Foundation to set research priorities, with the first survey round completed. The Committee continues to explore collaboration with the RaDaR platform to establish a national hypertension registry, supported by charitable and legacy funding. The Education Committee has been reviewed, with renewed emphasis on digitisation of content, webinars, and CPD accreditation. The Foundation for Circulatory Health agreed funding for the **Emerging Hypertension Leaders Summer School**, launching in Cambridge in 2025 with reserved places for participants from lower-income countries.

Sponsorship and Partnerships

In 2024, the Society launched its new corporate sponsorship programme, *Prevention Partners*, designed to provide sustainable year-round engagement with industry and technology partners. Early discussions were held with several companies.

Progress into 2025

By May 2025, AstraZeneca and Recor had confirmed sponsorship, with further partners in discussion. A multi-year grant agreement is under discussion to support specific educational activities. Sponsorship for the 2025 Annual Scientific Meeting already exceeds 2024 levels. Formal affiliation agreements with the UK Kidney Association and British Cardiovascular Society have been launched, further embedding BIHS within the broader cardiovascular and prevention landscape.

Public Engagement and Campaigns

In 2024, the Society began developing public-facing awareness campaigns, with initial concepts tested with industry partners. Feedback from members confirmed a strong appetite for BIHS to play a greater public role alongside BPUK.

Progress into 2025

Campaign activity has since expanded, including blood pressure testing events with Arsenal Women's Football Club in April 2025, podcasts released during May Measure Month, and alignment with BPUK for joint outreach. The Society is exploring new models of care, aiming to involve a wider range of health professionals and community providers who deliver blood pressure checks, so they can benefit from BIHS knowledge and expertise. All standing committees now carry a responsibility for communication, following the decision to bring the Communications function in-house.

Plans for the Future

The Trustees are committed to ensuring that BIHS remains a relevant and authoritative society with a clear focus on both treatment and prevention. Priorities for 2025 include:

- Finalising the restructure and governance review, with membership approval at the September AGM.
- Consolidating the website and CRM as the operational backbone of the Society.
- Delivering the inaugural Summer School and expanding CPD-accredited education.
- Strengthening policy influence through the Policy and Guidelines Committee.
- Expanding the Prevention Partners programme and external affiliations.
- Raising public awareness through joint campaigns with BPUK and partnerships.
- Supporting new models of care by extending BIHS expertise to a broader health workforce engaged in blood pressure measurement and prevention.

Section D**Achievements and performance****Section E****Financial review**

Brief statement of the charity's policy on reserves

The accounts of the Society are in good order. The Trustees present aim is to maintain reserves at four times the annual direct charitable expenditure to guarantee sustainable charitable activities in the event of unfavourable financial circumstances and in particular loss of income from industrial partners. The Trustees are due to revisit the policy in the coming months in light of the current transition that is underway.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

In addition to membership subscription fees, ad hoc financial support from industry helps to fund the Society's programme of educational activities. We aim to make our events self-supporting with this assistance. Donations from our industrial partners are made on the condition that all activities undertaken by the Society are managed by the Trustees alone, and that sponsors are not involved with any decision-making.


The Society has made a long-term investment in an ethical investment fund with CCLA. The Trustees are conscious of the need to maximise returns whilst having regards to ethical considerations and intend to revisit the investment policy in the coming months.

Section F**Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Ian Wilkinson

Position (e.g. Sec, Chair, etc.)

President

Date

28 Sep 2025

Charity registration number 287635 (England and Wales)

BRITISH AND IRISH HYPERTENSION SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024

BRITISH AND IRISH HYPERTENSION SOCIETY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Dr L Faconti
Professor I Wilkinson
Dr J Sheppard
Mr S Olden
Dr Pankaj Gupta
Professor P Chowienczyk
Dr R McNally (Appointed 10 September 2024)
Dr Helen Warren (Appointed 10 September 2024)
Dr Manish Saxena (Appointed 10 September 2024)

Charity number (England and Wales)

287635

Principal address

c/o In Conference Limited
Unit 2
3 Quality Street
Edinburgh
Scotland
EH4 5BP

Independent examiner

HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

BRITISH AND IRISH HYPERTENSION SOCIETY

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BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 Charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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.



Mark Rogers FCCA

HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated: 27/10/25

BRITISH AND IRISH HYPERTENSION SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:							
Donations and legacies	3	-	-	-	18	-	18
Charitable activities	4	154,468	60,000	214,468	118,148	-	118,148
Investments	5	17,610	-	17,610	17,198	-	17,198
Total income		172,078	60,000	232,078	135,364	-	135,364
Expenditure on:							
Charitable activities	6	211,730	12,436	224,166	157,295	-	157,295
Total expenditure		211,730	12,436	224,166	157,295	-	157,295
Net gains/(losses) on investments	11	15,744	-	15,744	51,313	-	51,313
Net income/(expenditure) and movement in funds		(23,908)	47,564	23,656	29,382	-	29,382
Reconciliation of funds:							
Fund balances at 1 January 2024		720,554	5,000	725,554	691,172	5,000	696,172
Fund balances at 31 December 2024		696,646	52,564	749,210	720,554	5,000	725,554

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

BRITISH AND IRISH HYPERTENSION SOCIETY

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets			-		-
Current assets					
Debtors	13	21,120		21,779	
Investments	14	651,444		634,829	
Cash at bank and in hand		130,367		112,771	
		<u>802,931</u>		<u>769,379</u>	
Creditors: amounts falling due within one year	15	<u>(53,721)</u>		<u>(43,825)</u>	
Net current assets			<u>749,210</u>		<u>725,554</u>
Income funds					
Restricted funds	17		52,564		5,000
Unrestricted funds			696,646		720,554
			<u>749,210</u>		<u>725,554</u>

The accounts were approved by the Trustees on29/9/2025

Luca Faconti

.....
Dr L Faconti

Trustee

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" 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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity 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 Charity. 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 Charity 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

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.

Expenditure is accounted for on the accruals basis.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

Charity registration number 287635 (England and Wales)

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Current assets					
Debtors	13	21,120		21,779	
Investments	14	651,444		634,829	
Cash at bank and in hand		130,367		112,771	
		<u>802,931</u>		<u>769,379</u>	
Creditors: amounts falling due within one year	15	<u>(53,721)</u>		<u>(43,825)</u>	
Net current assets			<u>749,210</u>		<u>725,554</u>
Income funds					
Restricted funds	17		52,564		5,000
Unrestricted funds			696,646		720,554
			<u>749,210</u>		<u>725,554</u>

The accounts were approved by the Trustees on29/9/2025

Luca Faconti

.....
Dr L Faconti

Trustee

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" 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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity 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 Charity. 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 Charity 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

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.

Expenditure is accounted for on the accruals basis.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

THE BRITISH AND IRISH HYPERTENSION SOCIETY

England & Wales - Charity number 287635

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2023	To	31	12	2023

Section A

Reference and administration details

Charity name **BRITISH and IRISH HYPERTENSION SOCIETY**

Other names charity is known by **BIHS**

Registered charity number (if any) **287635**

Charity's principal address
Unit 2, Q Court,
Quality Street, Edinburgh, EH4 5BP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Terence McCormack	President	14.09.2021 – 18.09.2023	
2	Ian Wilkinson	President Vice President	19.09.2023 - 31.12.2023 14.09.2021 – 18.09.2023	
3	Phil Chowienczyk	Vice President	19.09.2023 – 31.12.2023	
4	James Sheppard	Secretary	14.09.2021 – 31.12.2023	
5	Luca Faconti	Treasurer	13.09.2022 – 31.12.2023	
6	Sinead McDonagh	Young Investigator Representative	13.09.2022 – 31.12.2023	
7	Pauline Swift	Ordinary Member	14.09.2021 - 31.12.2023	
8	Philip Lewis	Ordinary Member	14.09.2021 - 31.12.2023	
9	Pankaj Gupta	Ordinary Member	13.09.2022 – 31.12.2023	
10	Sam Olden	Ordinary Member	13.09.2022 – 31.12.2023	
13				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	HJS (Reading) Ltd	3 Richfield Place, Richfield Avenue, Reading, Berks, RG1 8EQ.

Name of chief executive or names of senior staff members (Optional information)

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Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution (adopted 21 st October 1983, amended 24 th September 1984, 15 th September 2009, 9 th September 2013, 22 nd September 2014, 21 st September 2015, 22 nd September 2016, 25 th September 2018, 13 th September 2022
How the charity is constituted (e.g. trust, association, company)	Association
Trustee selection methods (e.g. appointed by, elected by)	Trustees are elected to membership of the Executive Committee by BIHS Members at the Annual Business Meeting following a call for nominations earlier in the year

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Ordinary and Associate Membership and Fellowship of the BIHS is open to all registered healthcare professionals and clinical practitioners active in the field of hypertension and cardiovascular disease prevention in the United Kingdom and the Republic of Ireland. Affiliate membership may be granted to healthcare professionals residing outside the United Kingdom and Republic of Ireland at the discretion of the Executive Committee. It includes consultants, clinicians, nurses, physiologists, pharmacists, allied healthcare professionals, and other scientists. Applications for membership are considered throughout the year. Membership of the Society currently stands at 286. Only members and fellows resident in the United Kingdom and Republic of Ireland are eligible for election to the Executive Committee.

The management of the BIHS is undertaken by an elected Executive Committee of 10 persons (Trustees), led by the President and Vice President. Four Standing Committees and two special interests have also been established to help the Executive Committee manage the day-to-day activities of the Society (at least one Trustee sits on each of the Standing Committees, which are required to submit regular reports to the Executive Committee on its activities).

The major risks to the continuation of the Society's programme of educational activities are from a decrease in income from its industrial partners (see under 'Reserves Policy'). Minimal fees to cover administration costs only have been introduced for various projects.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the Charity is to promote the advancement of knowledge and dissemination of information concerning the pathophysiology, epidemiology, detection, investigation and treatment of arterial hypertension and related cardiovascular diseases

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that

- Educational Meetings: Each year, the Society aims to run a main Scientific Meeting. Educational programmes are under review and online options are being explored. Various other meetings are held during the year; in collaboration with other cognate societies and/or as ad hoc meetings on specific topics
- Guidelines and Scientific Statements: The Society is a stakeholder in various National Institute for Clinical Excellence Guidelines relating to cardiovascular disease and issues statements in response to relevant media reports
- Website: The BIHS website (www.bihsoc.org) provides a valuable educational resource for healthcare professionals working in the field of high blood pressure. These resources have been increased and enhanced over the last few years and

trustees have had regard to the guidance issued by the Charity Commission on public benefit)

the website has been redesigned and upgraded in line with new technologies. The new website was launched at the end of 2017. New resources are added as they become available through development.

- Blood Pressure Measurement: The BIHS undertakes reviews of blood pressure monitors to ensure their suitability for sale to the public and has produced a DVD on the correct procedures for blood pressure measurement. As part of the Society's increasing engagement in improving blood pressure measurement, we undertake active validation of new blood pressure devices for the measurement of blood pressure, thus ensuring that devices sold in the UK provide accurate measurements so that members of the public can be treated appropriately by their physicians.
- Collaborative Research: The Society has a policy to encourage and endorse suitable research projects and is actively seeking the views of the public to establish where there is a need for research into topic areas that they feel are needed.
- Early Career Researchers' Network: The Society has set up a new group to encourage younger members to share their research and to become more involved in the Society's activities. The aim is to nurture and mentor young researchers for future population benefit.
- At the beginning of 2019 the Journal of Human Hypertension became the official journal of the BIHS. An agreement was made with the journal whereby the Society purchases an annual online subscription for its members in return for free publication of the Annual Scientific Meeting abstracts and space in the journal for the Society to publish statements on topical issues, scientific papers and promotional advertisements for its activities. Members receive their subscription without charge as a benefit of membership. Papers and statements published by the Society are of an educational nature with the aim of the dissemination of best practice amongst healthcare professionals for the ultimate benefit of patients.

The Trustees have read the guidance issued by the Charity Commission relating to public benefit and can confirm that the above activities of the BIHS benefit the public in general by improving knowledge in the field of hypertension and cardiovascular disease, fostering the translation of novel clinical research and basic science into best clinical practice and therefore improving healthcare. The charity has a track record of producing internationally renowned guidelines for the management of hypertension which are widely adopted in primary care in the UK and elsewhere. There are no restrictions to this overall benefit in healthcare, as outlined in the Charity Commission guidance (e.g. in terms of access, geography, membership, ability to pay etc.).

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Members of the Society who facilitate/contribute to the Education programmes, do so on a voluntary basis.

The Society has opted to invest into an Ethical Investment fund.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Guidelines Standing Committee

Enquiries

General enquiries and requests for information by telephone and email are handled by the secretariat on a daily basis.

Newsletter

Regular Newsletters are circulated to BIHS members by e-mail highlighting the recent publications made by the committee.

Website (www.bihsoc.org)

The BIHS website is updated regularly with statements and responses to articles by the guideline committee. Information is posted in the news section of the website.

Statements

Statements are issued by the BIHS and uploaded onto the website as and when appropriate.

- BIHS Statement on Renal Denervation (RDN) following publication of the NICE Interventional Procedures Guidance IPG754: Percutaneous transluminal renal sympathetic denervation for resistant hypertension. 1st March 2023.
- Adult hypertension referral pathway and therapeutic management: British and Irish Hypertension Society position statement
- Diagnosis and management of primary hyperaldosteronism in patients with hypertension: a practical approach endorsed by the British and Irish Hypertension Society
- BIHS Statement on NICE Guideline NG238: Cardiovascular disease: risk assessment and reduction, including lipid modification [NG238] Published: 14 December 2023.
- BIHS Statement on Referral to a Hypertension Specialist

Journal of Human Hypertension

Two scientific papers submitted by members of the Society were published under the auspices of the BIHS in the Journal. The abstracts for the ASM were also published online: Journal of Human Hypertension; <https://doi.org/10.1038/s41371-024-00908-3>

Blood Pressure (BP) Measurement Standing Committee

Review of Blood Pressure Monitors

Newly validated devices are reviewed and added to our website list. The committee will also review derivative devices of monitors currently on the list. The BIHS website is updated regularly with comment on topical issues, new educational resources for health professionals and newly validated BP monitors. The website aims to provide a source of information on hypertension and cardiovascular disease for health professionals. The list of validated blood pressure monitors is also accessed by patients to inform their purchases.

Validation Service

Due to difficulties in recruitment of participants and the added complication of the new requirements of the universal protocol which would require new contracting arrangements, the BIHS Validation Service has been suspended for the foreseeable future.

NHS England

The Working Party is collaborating with NHS England on a major purchasing exercise on BP home monitors (>200,000 plus 16,000 for maternity services). NHSE is insisting that all monitors are BIHS approved and our members are fast-tracking the approval process.

Review of BP monitor List

A review is underway of all current BP monitors published on our website list to determine that they meet the criteria to remain on the list. A PHD fellow has been recruited to support in this role and will receive funding from the ESH legacy fund to undertake the review. They have been appointed to the BIHS funded fellowship aiming to update our validation list through a formal systematic review with the aim of professionalising this important aspect of our work. Expected end date of review will be 2024.

Educational Programmes Standing Committee

Educational Programmes

The committee is looking to reestablish the BIHS 'Ambassador' programme, whereby training is taken to the workforce at their place of work. This was first trialled in 2022 and has been extremely successful. Training 'Ambassadors' have been recruited from the membership, but programme delivery has yet to begin. A suggested programme to run local programmes in 2024 was approved.

All BIHS events are evaluated by delegates and comments are used to inform programme development for future training.

Joint Meetings

The joint meeting with ISH and ESH was delivered virtually in 2021, and discussions are in place to bid for a joint meeting in the next few years. For the Annual Scientific Meeting in 2023, we were joined by Scottish Heart & Arterial disease Prevention (SHARP) for a joint session showcasing the latest scientific advances in the management of hypertension and cardiovascular disease risk.

Omron Academy

The BIHS is working with Omron to deliver BP management programmes in Europe and further afield, particularly in developing countries. The learning outcomes are based on BIHS training days for the multi-disciplinary team to encompass a holistic view of diagnosing and managing hypertension using NICE/BIHS Guidelines. Since the first 'Trainer' day in 2014, the Academy programme has already been delivered to doctors, nurses and pharmacists from Romania, United Arab Emirates, Kazakhstan, Ukraine, Russia, Spain, Argentina, Peru, Mexico and Columbia. The Trainers will subsequently support and deliver the programme in their own countries.

Furthermore, the Training Programme has been launched in East Asia with the first 'Training the Trainers' meeting held in Thailand in December 2017 followed by one in the Philippines in November 2018. Programme slides have recently been reviewed for teaching in Vietnam. The programme continues to expand, and an online programme is now underway. The committee is in contact with Omron to oversee the content added to their online programme.

BIHS Collaborative Research Standing Committee

The committee is working to begin supporting some new novel research ideas. They are looking at the two following areas:

- A trial in young obese hypertensive metabolic syndrome patients using ?GLP-1A (MSi/ PS)
- Implementation/ hybrid implementation-effectiveness cluster RCT of digital intervention to improve BP management in primary care using EHR and CPRD linkage (PS)

The committee reviews research programme proposals from members with a view to BIHS endorsement and support which will add weight to grant applications. They have endorsed two programmes this year.

The BIHS has joined the British Heart Foundation, Cardiovascular Research Collaborative to assist research priority setting using Delphi process.

Clinical Practitioners Special Interest Group

The group is involved in organising a clinical session at the BIHS Annual Scientific Meeting, as well as a meet and greet session during the morning break. This is to entice new members and to give them representation in the membership. A set of Learning Competencies for Nurses has been developed and are available on the website for free access. Work is ongoing for learning competencies for Pharmacists.

Early Career Researchers Special Interest Group

The group actively plan a packed session for all early career researchers attending the annual business meeting. Their session is a mix of icebreakers, workshops and lectures. They also planned an exclusive social gathering for those in attendance at the meeting so that they could meet other students and learn about becoming part of the group. The group has an active presence on social media, adding posts and videos to the BIHS social media accounts to engage virtually with our members.

Communication Panel

The communication panel is a newly introduced initiative by the Society, to help with the promotion of the society, what we do, who we are and why people should become members. The panel create Quarterly membership newsletters announcing areas of interest within the area of hypertension for our members, and spotlighting the work the society is completing. They also offer Editorial support to the EXEC. Including collating comments and responding to NICE on guideline publications, and drafting membership emails.

Activities currently in progress

Spring Newsletter – will also include new papers published, feedback on recent membership surveys (e.g. Young HT Survey); reports from ECRs attending international conferences; plans for World Hypertension Day 2024

New Hypertension Awareness Campaign – Joint project with Blood pressure UK to run a awareness campaign for rising levels of hypertension in the community. This will consist of short videos of Celebrities talking about their experiences of hypertension. Planning and funding applications underway.

Section E

Financial review

Brief statement of the charity's policy on reserves

The accounts of the Society are in good order. In view of reduced support from industry the Trustees have approved a strategy to maintain the balance of the accounts to a sum approximately four times the annual direct charitable expenditure to guarantee sustainable charitable activities in the event of unfavourable financial circumstances.

Details of any funds materially in deficit**Further financial review details (Optional information)**

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any

In addition to membership subscription fees, ad hoc financial support from industry helps to fund the Society's programme of educational activities. We aim to make our events self-supporting with this assistance. Donations from our industrial partners are made on the condition that all activities undertaken by the Society are managed by the Trustees alone, and that sponsors are not involved with any decision-making.

The Society has made a long-term investment in an ethical investment fund, which was approved by all Trustees. The interest from the investment has been agreed to fund three Young Investigators Oral Prizes at the Annual Scientific Meeting. The winners will be given the opportunity of presenting their abstract at one of the following years' meetings of the High Blood Pressure Research Council of Australia, the American Heart Association Council for Hypertension, or the Italian Hypertension Society. The investment will provide up to £1,500, £1,000 and £500 respectively towards travel and subsistence.

ethical investment policy adopted.

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Section F Other optional information

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) 

Full name(s) **Ian Wilkinson**

Position (e.g. Sec, Chair, etc.) **President**

Date **10 Sep 2024**

Charity registration number 287635

BRITISH AND IRISH HYPERTENSION SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

BRITISH AND IRISH HYPERTENSION SOCIETY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Dr L Faconti
Professor T McCormack
Professor I Wilkinson
Dr J Sheppard
Dr P Swift
Dr P Lewis
Mr S Olden
Dr Pankaj Gupta
Dr Sinead McDonagh
Professor P Chowienczyk

(Appointed 19 September
2023)

Charity number

287635

Principal address

c/o In Conference Limited
Unit 1 Q Court
3 Quality Street
Edinburgh
Scotland
EH4 5BP

Independent examiner

HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

BRITISH AND IRISH HYPERTENSION SOCIETY

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BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

HJS (Reading) Ltd

HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated: *9/10/24*

BRITISH AND IRISH HYPERTENSION SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Income from:			
Donations and legacies	3	18	1,421
<u>Charitable activities</u>			
Conference and meetings		46,950	39,570
Membership fees		17,123	12,921
ASM Social programme		3,825	3,587
OMRON licensing agreement		17,000	17,000
ASM Exhibition and sponsorship		33,250	23,700
Derivative device applications		-	10,000
Investments	4	17,198	16,921
Total income		135,364	125,120
Expenditure on:			
Charitable activities	5	157,295	148,818
Total expenditure		157,295	148,818
Net gains/(losses) on investments	10	51,313	(74,110)
Net income/(expenditure) and movement in funds		29,382	(97,808)
Reconciliation of funds:			
Fund balances at 1 January 2023		691,172	788,980
Fund balances at 31 December 2023		720,554	691,172

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

BRITISH AND IRISH HYPERTENSION SOCIETY

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets			-		-
Current assets					
Debtors	12	21,779		50,633	
Investments	13	634,829		602,730	
Cash at bank and in hand		112,771		54,221	
		<u>769,379</u>		<u>707,584</u>	
Creditors: amounts falling due within one year	14	<u>(48,825)</u>		<u>(16,412)</u>	
Net current assets			<u>720,554</u>		<u>691,172</u>
Income funds					
Unrestricted funds			<u>720,554</u>		<u>691,172</u>
			<u>720,554</u>		<u>691,172</u>

The accounts were approved by the Trustees on

10/3/2024

Dr L Faconti
Trustee



BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011, 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 Charity is a Public Benefit Entity as defined by FRS 102.

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

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. 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 Charity 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

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.

Expenditure is accounted for on the accruals basis.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	18	421
Stanley Pearl essay fund	-	1,000
	<u>18</u>	<u>1,421</u>

4 Investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Dividends and interest receivable	17,198	16,921
	<u>17,198</u>	<u>16,921</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

5 Charitable activities

	Conferences and information services	Support costs	Total 2023	Total 2022
	£	£	£	£
Charitable activities	88,488	-	88,488	88,106
Dr Grayson Fund	151	-	151	150
	<hr/>	<hr/>	<hr/>	<hr/>
	88,639	-	88,639	88,256
Share of support costs (see note 6)	-	68,656	68,656	60,562
	<hr/>	<hr/>	<hr/>	<hr/>
	<u>88,639</u>	<u>68,656</u>	<u>157,295</u>	<u>148,818</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

6 Support costs allocated to activities

	2023 £	2022 £
Admin costs	66,245	61,689
Finance costs	1,440	1,182
Exchange rate differences (support)	971	(2,309)
	<u>68,656</u>	<u>60,562</u>
Analysed between:		
Charitable activities	<u>68,656</u>	<u>60,562</u>

7 Net movement in funds

	2023 £	2022 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	<u>1,500</u>	<u>1,500</u>

8 Trustees

None of the trustees or committee members (or any persons connected with them) received any remuneration during the year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	<u>-</u>	<u>-</u>

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

10 Net gains/(losses) on investments

	2023 £	2022 £
Unrealised gain/(loss) on COIF account	<u>51,313</u>	<u>(74,110)</u>

11 Taxation

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

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

12 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	808	4,358
Other debtors	18,552	38,138
Prepayments and accrued income	2,419	8,137
	<u>21,779</u>	<u>50,633</u>

13 Current asset investments

	2023	2022
	£	£
Unlisted investments	634,829	602,730
	<u>634,829</u>	<u>602,730</u>

14 Creditors: amounts falling due within one year

	Notes	2023	2022
		£	£
Deferred income	15	5,000	5,000
Trade creditors		17,308	7,077
Accruals		26,517	4,335
		<u>48,825</u>	<u>16,412</u>

15 Deferred income

	2023	2022
	£	£
Arising from Stanley Pearl essay fund	5,000	5,000
	<u>5,000</u>	<u>5,000</u>

Deferred income is included in the financial statements as follows:

	2023	2022
	£	£
Deferred income is included within:		
Current liabilities	5,000	5,000
	<u>5,000</u>	<u>5,000</u>
Movements in the year:		
Deferred income at 1 January 2023	5,000	-
Resources deferred in the year	-	5,000
	<u>5,000</u>	<u>5,000</u>
Deferred income at 31 December 2023	<u>5,000</u>	<u>5,000</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

16 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. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2023	Incoming resources	Resources expended	Gains and losses	At 31 December 2023
	£	£	£	£	£
General funds	691,172	135,364	(157,295)	51,313	720,554
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 January 2022	Incoming resources	Resources expended	Gains and losses	At 31 December 2022
	£	£	£	£	£
General funds	788,980	125,120	(148,818)	(74,110)	691,172
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

17 Related party transactions

During the year the society reimbursed travel expenses amounting to £1,912 (2022 £821). The number of trustees and committee members involved was 6 (2022 5).

Charity registration number 287635

BRITISH AND IRISH HYPERTENSION SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023

BRITISH AND IRISH HYPERTENSION SOCIETY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Dr L Faconti
Professor T McCormack
Professor I Wilkinson
Dr J Sheppard
Dr P Swift
Dr P Lewis
Mr S Olden
Dr Pankaj Gupta
Dr Sinead McDonagh
Professor P Chowienczyk

(Appointed 19 September
2023)

Charity number

287635

Principal address

c/o In Conference Limited
Unit 1 Q Court
3 Quality Street
Edinburgh
Scotland
EH4 5BP

Independent examiner

HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

BRITISH AND IRISH HYPERTENSION SOCIETY

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Independent examiner's report	1
Statement of financial activities	2
Balance sheet	3
Notes to the financial statements	4 - 10

BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

HJS (Reading) Ltd

HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated: *9/10/24*

BRITISH AND IRISH HYPERTENSION SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Income from:			
Donations and legacies	3	18	1,421
<u>Charitable activities</u>			
Conference and meetings		46,950	39,570
Membership fees		17,123	12,921
ASM Social programme		3,825	3,587
OMRON licensing agreement		17,000	17,000
ASM Exhibition and sponsorship		33,250	23,700
Derivative device applications		-	10,000
Investments	4	17,198	16,921
Total income		135,364	125,120
Expenditure on:			
Charitable activities	5	157,295	148,818
Total expenditure		157,295	148,818
Net gains/(losses) on investments	10	51,313	(74,110)
Net income/(expenditure) and movement in funds		29,382	(97,808)
Reconciliation of funds:			
Fund balances at 1 January 2023		691,172	788,980
Fund balances at 31 December 2023		720,554	691,172

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

BRITISH AND IRISH HYPERTENSION SOCIETY

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets			-		-
Current assets					
Debtors	12	21,779		50,633	
Investments	13	634,829		602,730	
Cash at bank and in hand		112,771		54,221	
		<u>769,379</u>		<u>707,584</u>	
Creditors: amounts falling due within one year	14	<u>(48,825)</u>		<u>(16,412)</u>	
Net current assets			<u>720,554</u>		<u>691,172</u>
Income funds					
Unrestricted funds			<u>720,554</u>		<u>691,172</u>
			<u>720,554</u>		<u>691,172</u>

The accounts were approved by the Trustees on

10/3/2024

Dr L Faconti
Trustee



BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011, 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 Charity is a Public Benefit Entity as defined by FRS 102.

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

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. 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 Charity 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

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.

Expenditure is accounted for on the accruals basis.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	18	421
Stanley Pearl essay fund	-	1,000
	<u>18</u>	<u>1,421</u>

4 Investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Dividends and interest receivable	17,198	16,921
	<u>17,198</u>	<u>16,921</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

5 Charitable activities

	Conferences and information services	Support costs	Total 2023	Total 2022
	£	£	£	£
Charitable activities	88,488	-	88,488	88,106
Dr Grayson Fund	151	-	151	150
	<hr/>	<hr/>	<hr/>	<hr/>
	88,639	-	88,639	88,256
Share of support costs (see note 6)	-	68,656	68,656	60,562
	<hr/>	<hr/>	<hr/>	<hr/>
	<u>88,639</u>	<u>68,656</u>	<u>157,295</u>	<u>148,818</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

6 Support costs allocated to activities

	2023 £	2022 £
Admin costs	66,245	61,689
Finance costs	1,440	1,182
Exchange rate differences (support)	971	(2,309)
	<u>68,656</u>	<u>60,562</u>
Analysed between:		
Charitable activities	<u>68,656</u>	<u>60,562</u>

7 Net movement in funds

	2023 £	2022 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	<u>1,500</u>	<u>1,500</u>

8 Trustees

None of the trustees or committee members (or any persons connected with them) received any remuneration during the year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	<u>-</u>	<u>-</u>

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

10 Net gains/(losses) on investments

	2023 £	2022 £
Unrealised gain/(loss) on COIF account	<u>51,313</u>	<u>(74,110)</u>

11 Taxation

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

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

12 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	808	4,358
Other debtors	18,552	38,138
Prepayments and accrued income	2,419	8,137
	<u>21,779</u>	<u>50,633</u>

13 Current asset investments

	2023	2022
	£	£
Unlisted investments	634,829	602,730
	<u>634,829</u>	<u>602,730</u>

14 Creditors: amounts falling due within one year

	Notes	2023	2022
		£	£
Deferred income	15	5,000	5,000
Trade creditors		17,308	7,077
Accruals		26,517	4,335
		<u>48,825</u>	<u>16,412</u>

15 Deferred income

	2023	2022
	£	£
Arising from Stanley Pearl essay fund	5,000	5,000
	<u>5,000</u>	<u>5,000</u>

Deferred income is included in the financial statements as follows:

	2023	2022
	£	£
Deferred income is included within:		
Current liabilities	5,000	5,000
	<u>5,000</u>	<u>5,000</u>
Movements in the year:		
Deferred income at 1 January 2023	5,000	-
Resources deferred in the year	-	5,000
	<u>5,000</u>	<u>5,000</u>
Deferred income at 31 December 2023	<u>5,000</u>	<u>5,000</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

16 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. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2023	Incoming resources	Resources expended	Gains and losses	At 31 December 2023
	£	£	£	£	£
General funds	691,172	135,364	(157,295)	51,313	720,554
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 January 2022	Incoming resources	Resources expended	Gains and losses	At 31 December 2022
	£	£	£	£	£
General funds	788,980	125,120	(148,818)	(74,110)	691,172
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

17 Related party transactions

During the year the society reimbursed travel expenses amounting to £1,912 (2022 £821). The number of trustees and committee members involved was 6 (2022 5).

THE BRITISH AND IRISH HYPERTENSION SOCIETY

England & Wales - Charity number 287635

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2022	To	31	12	2022

Section A Reference and administration details

Charity name BRITISH and IRISH HYPERTENSION SOCIETY

Other names charity is known by BIHS

Registered charity number (if any) 287635

Charity's principal address Unit 2, Q Court,
Quality Street, Edinburgh, EH4 5BP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Terence McCormack	President	14.09.2021 – 31.12.2022	
2	Ian Wilkinson	Vice President	14.09.2021 - 31.12.2022	
3	James Sheppard	Secretary	14.09.2021 – 31.12.2022	
4	Christian Delles	Treasurer	01.01.2021 – 13.09.2022	
5	Luca Faconti	Young Investigator Representative	01.01.2021 – 13.09.2022	
		Treasurer	13.09.2022 – 31.12.2022	
6	Abdul-Majeed Salmasi	Ordinary Member	01.01.2021 – 13.09.2022	
7	Stephen Walsh	Ordinary Member	01.01.2021 – 13.09.2022	
8	Sinead McDonagh	Young Investigator Representative	13.09.2022 – 31.12.2022	
9	Pauline Swift	Ordinary Member	14.09.2021 - 31.12.2022	
10	Philip Lewis	Ordinary Member	14.09.2021 - 31.12.2022	
11	Pankaj Gupta	Ordinary Member	13.09.2022 – 31.12.2022	
12	Sam Olden	Ordinary Member	13.09.2022 – 31.12.2022	
13				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Fortus	3 Richfield Place, Richfield Avenue, Reading, Berks, RG1 8EY.

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution (adopted 21 st October 1983, amended 24 th September 1984, 15 th September 2009, 9 th September 2013, 22 nd September 2014, 21 st September 2015, 22 nd September 2016, 25 th September 2018, 13 th September 2022
How the charity is constituted (e.g. trust, association, company)	Association
Trustee selection methods (e.g. appointed by, elected by)	Trustees are elected to membership of the Executive Committee by BIHS Members at the Annual Business Meeting following a call for nominations earlier in the year

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Ordinary and Associate Membership and Fellowship of the BIHS is open to all registered healthcare professionals active in the field of hypertension and cardiovascular disease prevention in the United Kingdom and the Republic of Ireland. Affiliate membership may be granted to healthcare professionals residing outside the United Kingdom and Republic of Ireland at the discretion of the Executive Committee. It includes clinicians, nurses, physiologists and other scientists. Applications for membership are considered throughout the year. Membership of the Society currently stands at 302. Only members and fellows resident in the United Kingdom and Republic of Ireland are eligible for election to the Executive Committee.

The management of the BIHS is undertaken by an elected Executive Committee of 9 persons (Trustees), led by the President and Vice President. Four Standing Committees and two special interests have also been established to help the Executive Committee manage the day-to-day activities of the Society (at least one Trustee sits on each of the Standing Committees, which are required to submit regular reports to the Executive Committee on its activities).

The major risks to the continuation of the Society's programme of educational activities are from a decrease in income from its industrial partners (see under 'Reserves Policy'). Minimal fees to cover administration costs only have been introduced for various projects.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within

The object of the Charity is to promote the advancement of knowledge and dissemination of information concerning the pathophysiology, epidemiology, detection, investigation and treatment of arterial hypertension and related cardiovascular diseases

- Educational Meetings: Each year, the Society aims to run a main Scientific Meeting. Educational programmes are under review and online options are being explored. Various other meetings are held during the year; in collaboration with other cognate societies and/or as ad hoc meetings on specific topics

this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- Guidelines and Scientific Statements: The Society is a stakeholder in various National Institute for Clinical Excellence Guidelines relating to cardiovascular disease and issues statements in response to relevant media reports
- Website: The BIHS website (www.bihsoc.org) provides a valuable educational resource for healthcare professionals working in the field of high blood pressure. These resources have been increased and enhanced over the last few years and the website has been redesigned and upgraded in line with new technologies. The new website was launched at the end of 2017. New resources are added as they become available through development.
- Blood Pressure Measurement: The BIHS undertakes reviews of blood pressure monitors to ensure their suitability for sale to the public and has produced a DVD on the correct procedures for blood pressure measurement. As part of the Society's increasing engagement in improving blood pressure measurement, we undertake active validation of new blood pressure devices for the measurement of blood pressure, thus ensuring that devices sold in the UK provide accurate measurements so that members of the public can be treated appropriately by their physicians.
- Collaborative Research: The Society has a policy to encourage and endorse suitable research projects and is actively seeking the views of the public to establish where there is a need for research into topic areas that they feel are needed.
- Young Investigators' Network: The Society has set up a new group to encourage younger members to share their research and to become more involved in the Society's activities. The aim is to nurture and mentor young researchers for future population benefit.
- At the beginning of 2019 the Journal of Human Hypertension became the official journal of the BIHS. An agreement was made with the journal whereby the Society purchases an annual online subscription for its members in return for free publication of the Annual Scientific Meeting abstracts and space in the journal for the Society to publish statements on topical issues, scientific papers and promotional advertisements for its activities. Members receive their subscription without charge as a benefit of membership. Papers and statements published by the Society are of an educational nature with the aim of the dissemination of best practice amongst healthcare professionals for the ultimate benefit of patients.

The Trustees have read the guidance issued by the Charity Commission relating to public benefit, and can confirm that the above activities of the BIHS benefit the public in general by improving knowledge in the field of hypertension and cardiovascular disease, fostering the translation of novel clinical research and basic science into best clinical practice and therefore improving healthcare. The charity has a track record of producing internationally renowned guidelines for the management of hypertension which are widely adopted in primary care in the UK and elsewhere. There are no restrictions to this overall benefit in healthcare, as outlined in the Charity Commission guidance (e.g. in terms of access, geography, membership, ability to pay etc.).

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Members of the Society who facilitate/contribute to the Education programmes, do so on a voluntary basis.

The Society has opted to invest into an Ethical Investment fund.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The activities and achievements of the charity during 2022 were still somewhat affected by the COVID 19 Pandemic, however, the Society refreshed their structure by updating the constitution and changing the working parties to standing committees. In addition it hosted two successful webinars for their members and other contacts. In addition, the Society managed to run a successful Annual Scientific Meeting in York in September.

Further activities were:

BIHS Guidelines and Information Service Working Party – Changed to Guideline Standing Committee

Enquiries

General enquiries and requests for information by telephone and email are handled by the Information Service on a daily basis.

Newsletter

Regular Newsletters are circulated to BIHS members by e-mail.

Website (www.bihsoc.org)

The BIHS website is updated regularly with comment on topical issues, new educational resources for health professionals and newly validated BP monitors. The website aims to provide a source of information on hypertension and cardiovascular disease for health professionals. The list of validated blood pressure monitors is also accessed by patients to inform their purchases.

Statements

In response to media controversy, statements are issued by the BIHS and uploaded onto the website as and when appropriate. In 2021, the Society released a statements on infection control in the use of BP monitoring equipment and statement regarding risks and management in relation to hypertension and COVID – 19.

Journal of Human Hypertension

Six scientific papers submitted by members of the Society were published under the auspices of the BIHS in the Journal. The abstracts for the ASM were also published online: J Hum Hypertens 2021;35(Suppl 1):1-19.

BIHS Blood Pressure (BP) Measurement Working Party

Review of Blood Pressure Monitors

Newly validated devices are reviewed and added to our website list together with any other changes to current information.

Validation Service

Due to difficulties in recruitment of participants due to the COVID-19 pandemic and the added complication of the new requirements of the universal protocol which would require new contracting arrangements, the BIHS Validation Service has been suspended for the foreseeable future.

NHS England

The Working Party is collaborating with NHS England on a major purchasing exercise on BP home monitors (>200,000 plus 16,000 for maternity services). NHSE is insisting that all monitors are BIHS approved and our members are fast-tracking the approval process.

BIHS Educational Programmes Working Party

Educational Programmes

The pilot run in Sussex of the BIHS 'Ambassador' programme, whereby training is taken to the workforce at their place of work has been extremely successful. Training 'Ambassadors'

have been recruited from the membership but programme delivery has been halted due to the pandemic. A suggested programme to run online webinars in 2022 was approved.

All BIHS events are evaluated by delegates and comments are used to inform programme development for future training.

Joint Meetings

The joint meeting with ISH and ESH was postponed to 2021 and delivered virtually. A collaboration with the International Paediatric Hypertension Association (IPHA) is in discussion for the delivery of a UK training programme.

Social Media

Members of the Working Party have set up a Facebook page to advertise BIHS meetings and a YouTube page to host videos of BIHS meeting presentations for free access. The Society's Twitter account is used to present updates before during and after the Annual Scientific Meeting and for other ad hoc meetings as required.

Omron Academy

The BIHS is working with Omron to deliver BP management programmes in Europe and further afield, particularly in developing countries. The learning outcomes are based on BIHS training days for the multi-disciplinary team to encompass a holistic view of diagnosing and managing hypertension using NICE/BIHS Guidelines. Since the first 'Trainer' day in 2014, the Academy programme has already been delivered to doctors, nurses and pharmacists from Romania, United Arab Emirates, Kazakhstan Ukraine, Russia, Spain, Argentina, Peru, Mexico and Columbia. The Trainers will subsequently support and deliver the programme in their own countries.

Furthermore, the Training Programme has been launched in East Asia with the first 'Training the Trainers' meeting held in Thailand in December 2017 followed by one in the Philippines in November 2018. Programme slides have recently been reviewed for teaching in Vietnam. The programme continues to expand and an online programme is now underway.

BIHS Collaborative Research Working Party

The Working Party is supporting research projects in cognitive decline in hypertension; comparison of diuretics as a follow-on from the PATHWAY studies; immediate post stroke interventions; drug screening in the elderly; Nocturnal Dosing (TIME), non-adherence to anti-hypertensive medication; increased risk of cardiovascular disease due to complications in pregnancy; BP measurement in the leg; hypertension in young adults and has contributed to setting up a register for, fibromuscular dysplasia.

The Working Party reviews research programme proposals from members with a view to BIHS endorsement and support which will add weight to grant applications.

The BIHS has joined the British Heart Foundation, Cardiovascular Research Collaborative.

Nurses & Allied Health Professionals (AHP) Working Party

The Working Party is involved in the Non-medical Prescribers training programme and the Nurses & AHP Hypertension Update programme for which 'Learning Outcomes' have been developed and approved, as well as organising a clinical session at the BIHS Annual Scientific Meeting. A set of Learning Competencies for Nurses has been developed and are available on the website for free access.

Young Investigators Working Party

The Working Party has developed a mentoring programme for young investigators who are able to seek advice from senior members of the Society on their research and career development. It has also developed a communications strategy to improve the dissemination

Section D

Achievements and performance

of information for the benefit of healthcare professionals and the general public which will be fully adopted in 2022.

Section E

Financial review

Brief statement of the charity's policy on reserves

The accounts of the Society are in good order. In view of reduced support from industry the Trustees have approved a strategy to maintain the balance of the accounts to a sum approximately four times the annual direct charitable expenditure to guarantee sustainable charitable activities in the event of unfavourable financial circumstances.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

In addition to membership subscription fees, ad hoc financial support from industry helps to fund the Society's programme of educational activities. We aim to make our events self-supporting with this assistance. Donations from our industrial partners are made on the condition that all activities undertaken by the Society are managed by the Trustees alone, and that sponsors are not involved with any decision-making.

The Society has made a long-term investment in an ethical investment fund, which was approved by all Trustees. The interest from the investment has been agreed to fund three Young Investigators Oral Prizes at the Annual Scientific Meeting. The winners will be given the opportunity of presenting their abstract at one of the following years' meetings of the High Blood Pressure Research Council of Australia, the American Heart Association Council for Hypertension, or the Italian Hypertension Society. The investment will provide up to £1,500, £1,000 and £500 respectively towards travel and subsistence.

Section F

Other optional information

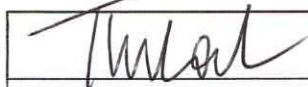
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Terence McCormack

Position (e.g. Sec, Chair, etc.)

President

Date

20 Sep 2023

BRITISH AND IRISH HYPERTENSION SOCIETY

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BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2022.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

HJS (Reading) Ltd
HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated:
19 Sep 2023

BRITISH AND IRISH HYPERTENSION SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Income from:			
Donations and legacies	3	1,421	2,000
Charitable activities			
Conferences and meetings		39,570	197,394
Membership subscriptions		12,921	14,109
Social programmes			
		3,587	3,617
OMRON licensing agreement		17,000	17,000
Exhibition and sponsorship		23,700	13,000
Derivative device applications		10,000	11,000
Investments	4	16,921	16,161
Total income		<u>125,120</u>	<u>274,281</u>
Expenditure on:			
Charitable activities	5	<u>148,818</u>	<u>159,431</u>
Net gains/(losses) on investments	9	<u>(74,110)</u>	<u>70,794</u>
Net (expenditure)/income for the year/ Net movement in funds		<u>(97,808)</u>	<u>185,644</u>
Fund balances at 1 January 2022		<u>788,980</u>	<u>603,336</u>
Fund balances at 31 December 2022		<u><u>691,172</u></u>	<u><u>788,980</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRITISH AND IRISH HYPERTENSION SOCIETY

BALANCE SHEET

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets			-		-
Current assets					
Debtors	11	50,633		16,148	
Investments	12	602,730		723,330	
Cash at bank and in hand		54,221		81,088	
		<u>707,584</u>		<u>820,566</u>	
Creditors: amounts falling due within one year	13	<u>(16,412)</u>		<u>(31,586)</u>	
Net current assets			<u>691,172</u>		<u>788,980</u>
Income funds					
Unrestricted funds			<u>691,172</u>		<u>788,980</u>
			<u>691,172</u>		<u>788,980</u>

The accounts were approved by the Trustees on 19 Sep 2023


 Professor T McCormack
 Trustee

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011, 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 Charity is a Public Benefit Entity as defined by FRS 102.

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

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. 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 Charity 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 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

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.

Expenditure is accounted for on the accruals basis.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	421	1,000
Stanley Pearl essay fund	1,000	1,000
	<u>1,421</u>	<u>2,000</u>

4 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Dividends and interest receivable	16,921	16,161
	<u>16,921</u>	<u>16,161</u>

BRITISH AND IRISH HYPERTENSION SOCIETY
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022

5 Charitable activities	Conferences and information services £	Support costs £	Total 2022 £	Total 2021 £
Charitable activities	88,106	-	88,106	106,180
Dr Grayson Fund	150	-	150	-
	<u>88,256</u>	<u>-</u>	<u>88,256</u>	<u>106,180</u>
Share of support costs (see note 6)	-	60,562	60,562	53,251
	<u>88,256</u>	<u>60,562</u>	<u>148,818</u>	<u>159,431</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

6 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Exchange (gains)/losses	(2,309)	-	(2,309)	6,347	-	6,347
Admin costs	61,689	-	61,689	45,942	-	45,942
Finance costs	1,182	-	1,182	962	-	962
	<u>60,562</u>	<u>-</u>	<u>60,562</u>	<u>53,251</u>	<u>-</u>	<u>53,251</u>
Analysed between						
Charitable activities	<u>60,562</u>	<u>-</u>	<u>60,562</u>	<u>53,251</u>	<u>-</u>	<u>53,251</u>

Support costs includes payments to the Independent Examiner of £1,500 (2021- £1,500) for Independent Examination fees.

7 Trustees

None of the trustees or committee members (or any persons connected with them) received any remuneration during the year.

8 Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Total	<u>-</u>	<u>-</u>

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

9 Net gains/(losses) on investments

	2022	2021
	£	£
Unrealised gain/(loss) on COIF account	<u>(74,110)</u>	<u>70,794</u>

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

11 Debtors	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	4,358	3,258
Other debtors	38,138	11,828
Prepayments and accrued income	8,137	1,062
	<u>50,633</u>	<u>16,148</u>

12 Current asset investments	2022	2021
	£	£
Unlisted investments	<u>602,730</u>	<u>723,330</u>

13 Creditors: amounts falling due within one year		2022	2021
	Notes	£	£
Deferred income	14	5,000	-
Trade creditors		7,077	29,586
Accruals and deferred income		4,335	2,000
		<u>16,412</u>	<u>31,586</u>

14 Deferred income	2022	2021
	£	£
Arising from Stanley Pearl essay fund	<u>5,000</u>	<u>-</u>

Deferred income is included in the financial statements as follows:

	2022	2021
	£	£
Deferred income is included within:		
Current liabilities	<u>5,000</u>	<u>-</u>
Movements in the year:		
Deferred income at 1 January 2022	-	-
Resources deferred in the year	5,000	-
Deferred income at 31 December 2022	<u>5,000</u>	<u>-</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

15 Related party transactions

During the year the society reimbursed travel expenses amounting to £1,587 (2021 £nil). The number of trustees and committee members involved was 6 (2021 nil).

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2022	To	31	12	2022

Section A Reference and administration details

Charity name BRITISH and IRISH HYPERTENSION SOCIETY

Other names charity is known by BIHS

Registered charity number (if any) 287635

Charity's principal address Unit 2, Q Court,
Quality Street, Edinburgh, EH4 5BP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Terence McCormack	President	14.09.2021 – 31.12.2022	
2	Ian Wilkinson	Vice President	14.09.2021 - 31.12.2022	
3	James Sheppard	Secretary	14.09.2021 – 31.12.2022	
4	Christian Delles	Treasurer	01.01.2021 – 13.09.2022	
5	Luca Faconti	Young Investigator Representative	01.01.2021 – 13.09.2022	
		Treasurer	13.09.2022 – 31.12.2022	
6	Abdul-Majeed Salmasi	Ordinary Member	01.01.2021 – 13.09.2022	
7	Stephen Walsh	Ordinary Member	01.01.2021 – 13.09.2022	
8	Sinead McDonagh	Young Investigator Representative	13.09.2022 – 31.12.2022	
9	Pauline Swift	Ordinary Member	14.09.2021 - 31.12.2022	
10	Philip Lewis	Ordinary Member	14.09.2021 - 31.12.2022	
11	Pankaj Gupta	Ordinary Member	13.09.2022 – 31.12.2022	
12	Sam Olden	Ordinary Member	13.09.2022 – 31.12.2022	
13				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Fortus	3 Richfield Place, Richfield Avenue, Reading, Berks, RG1 8EY.

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution (adopted 21 st October 1983, amended 24 th September 1984, 15 th September 2009, 9 th September 2013, 22 nd September 2014, 21 st September 2015, 22 nd September 2016, 25 th September 2018, 13 th September 2022
How the charity is constituted (e.g. trust, association, company)	Association
Trustee selection methods (e.g. appointed by, elected by)	Trustees are elected to membership of the Executive Committee by BIHS Members at the Annual Business Meeting following a call for nominations earlier in the year

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Ordinary and Associate Membership and Fellowship of the BIHS is open to all registered healthcare professionals active in the field of hypertension and cardiovascular disease prevention in the United Kingdom and the Republic of Ireland. Affiliate membership may be granted to healthcare professionals residing outside the United Kingdom and Republic of Ireland at the discretion of the Executive Committee. It includes clinicians, nurses, physiologists and other scientists. Applications for membership are considered throughout the year. Membership of the Society currently stands at 302. Only members and fellows resident in the United Kingdom and Republic of Ireland are eligible for election to the Executive Committee.

The management of the BIHS is undertaken by an elected Executive Committee of 9 persons (Trustees), led by the President and Vice President. Four Standing Committees and two special interests have also been established to help the Executive Committee manage the day-to-day activities of the Society (at least one Trustee sits on each of the Standing Committees, which are required to submit regular reports to the Executive Committee on its activities).

The major risks to the continuation of the Society's programme of educational activities are from a decrease in income from its industrial partners (see under 'Reserves Policy'). Minimal fees to cover administration costs only have been introduced for various projects.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within

The object of the Charity is to promote the advancement of knowledge and dissemination of information concerning the pathophysiology, epidemiology, detection, investigation and treatment of arterial hypertension and related cardiovascular diseases

- Educational Meetings: Each year, the Society aims to run a main Scientific Meeting. Educational programmes are under review and online options are being explored. Various other meetings are held during the year; in collaboration with other cognate societies and/or as ad hoc meetings on specific topics

this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

- Guidelines and Scientific Statements: The Society is a stakeholder in various National Institute for Clinical Excellence Guidelines relating to cardiovascular disease and issues statements in response to relevant media reports
- Website: The BIHS website (www.bihsoc.org) provides a valuable educational resource for healthcare professionals working in the field of high blood pressure. These resources have been increased and enhanced over the last few years and the website has been redesigned and upgraded in line with new technologies. The new website was launched at the end of 2017. New resources are added as they become available through development.
- Blood Pressure Measurement: The BIHS undertakes reviews of blood pressure monitors to ensure their suitability for sale to the public and has produced a DVD on the correct procedures for blood pressure measurement. As part of the Society's increasing engagement in improving blood pressure measurement, we undertake active validation of new blood pressure devices for the measurement of blood pressure, thus ensuring that devices sold in the UK provide accurate measurements so that members of the public can be treated appropriately by their physicians.
- Collaborative Research: The Society has a policy to encourage and endorse suitable research projects and is actively seeking the views of the public to establish where there is a need for research into topic areas that they feel are needed.
- Young Investigators' Network: The Society has set up a new group to encourage younger members to share their research and to become more involved in the Society's activities. The aim is to nurture and mentor young researchers for future population benefit.
- At the beginning of 2019 the Journal of Human Hypertension became the official journal of the BIHS. An agreement was made with the journal whereby the Society purchases an annual online subscription for its members in return for free publication of the Annual Scientific Meeting abstracts and space in the journal for the Society to publish statements on topical issues, scientific papers and promotional advertisements for its activities. Members receive their subscription without charge as a benefit of membership. Papers and statements published by the Society are of an educational nature with the aim of the dissemination of best practice amongst healthcare professionals for the ultimate benefit of patients.

The Trustees have read the guidance issued by the Charity Commission relating to public benefit, and can confirm that the above activities of the BIHS benefit the public in general by improving knowledge in the field of hypertension and cardiovascular disease, fostering the translation of novel clinical research and basic science into best clinical practice and therefore improving healthcare. The charity has a track record of producing internationally renowned guidelines for the management of hypertension which are widely adopted in primary care in the UK and elsewhere. There are no restrictions to this overall benefit in healthcare, as outlined in the Charity Commission guidance (e.g. in terms of access, geography, membership, ability to pay etc.).

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Members of the Society who facilitate/contribute to the Education programmes, do so on a voluntary basis.

The Society has opted to invest into an Ethical Investment fund.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The activities and achievements of the charity during 2022 were still somewhat affected by the COVID 19 Pandemic, however, the Society refreshed their structure by updating the constitution and changing the working parties to standing committees. In addition it hosted two successful webinars for their members and other contacts. In addition, the Society managed to run a successful Annual Scientific Meeting in York in September.

Further activities were:

BIHS Guidelines and Information Service Working Party – Changed to Guideline Standing Committee

Enquiries

General enquiries and requests for information by telephone and email are handled by the Information Service on a daily basis.

Newsletter

Regular Newsletters are circulated to BIHS members by e-mail.

Website (www.bihsoc.org)

The BIHS website is updated regularly with comment on topical issues, new educational resources for health professionals and newly validated BP monitors. The website aims to provide a source of information on hypertension and cardiovascular disease for health professionals. The list of validated blood pressure monitors is also accessed by patients to inform their purchases.

Statements

In response to media controversy, statements are issued by the BIHS and uploaded onto the website as and when appropriate. In 2021, the Society released a statements on infection control in the use of BP monitoring equipment and statement regarding risks and management in relation to hypertension and COVID – 19.

Journal of Human Hypertension

Six scientific papers submitted by members of the Society were published under the auspices of the BIHS in the Journal. The abstracts for the ASM were also published online: J Hum Hypertens 2021;35(Suppl 1):1-19.

BIHS Blood Pressure (BP) Measurement Working Party

Review of Blood Pressure Monitors

Newly validated devices are reviewed and added to our website list together with any other changes to current information.

Validation Service

Due to difficulties in recruitment of participants due to the COVID-19 pandemic and the added complication of the new requirements of the universal protocol which would require new contracting arrangements, the BIHS Validation Service has been suspended for the foreseeable future.

NHS England

The Working Party is collaborating with NHS England on a major purchasing exercise on BP home monitors (>200,000 plus 16,000 for maternity services). NHSE is insisting that all monitors are BIHS approved and our members are fast-tracking the approval process.

BIHS Educational Programmes Working Party

Educational Programmes

The pilot run in Sussex of the BIHS 'Ambassador' programme, whereby training is taken to the workforce at their place of work has been extremely successful. Training 'Ambassadors'

have been recruited from the membership but programme delivery has been halted due to the pandemic. A suggested programme to run online webinars in 2022 was approved.

All BIHS events are evaluated by delegates and comments are used to inform programme development for future training.

Joint Meetings

The joint meeting with ISH and ESH was postponed to 2021 and delivered virtually. A collaboration with the International Paediatric Hypertension Association (IPHA) is in discussion for the delivery of a UK training programme.

Social Media

Members of the Working Party have set up a Facebook page to advertise BIHS meetings and a YouTube page to host videos of BIHS meeting presentations for free access. The Society's Twitter account is used to present updates before during and after the Annual Scientific Meeting and for other ad hoc meetings as required.

Omron Academy

The BIHS is working with Omron to deliver BP management programmes in Europe and further afield, particularly in developing countries. The learning outcomes are based on BIHS training days for the multi-disciplinary team to encompass a holistic view of diagnosing and managing hypertension using NICE/BIHS Guidelines. Since the first 'Trainer' day in 2014, the Academy programme has already been delivered to doctors, nurses and pharmacists from Romania, United Arab Emirates, Kazakhstan Ukraine, Russia, Spain, Argentina, Peru, Mexico and Columbia. The Trainers will subsequently support and deliver the programme in their own countries.

Furthermore, the Training Programme has been launched in East Asia with the first 'Training the Trainers' meeting held in Thailand in December 2017 followed by one in the Philippines in November 2018. Programme slides have recently been reviewed for teaching in Vietnam. The programme continues to expand and an online programme is now underway.

BIHS Collaborative Research Working Party

The Working Party is supporting research projects in cognitive decline in hypertension; comparison of diuretics as a follow-on from the PATHWAY studies; immediate post stroke interventions; drug screening in the elderly; Nocturnal Dosing (TIME), non-adherence to anti-hypertensive medication; increased risk of cardiovascular disease due to complications in pregnancy; BP measurement in the leg; hypertension in young adults and has contributed to setting up a register for, fibromuscular dysplasia.

The Working Party reviews research programme proposals from members with a view to BIHS endorsement and support which will add weight to grant applications.

The BIHS has joined the British Heart Foundation, Cardiovascular Research Collaborative.

Nurses & Allied Health Professionals (AHP) Working Party

The Working Party is involved in the Non-medical Prescribers training programme and the Nurses & AHP Hypertension Update programme for which 'Learning Outcomes' have been developed and approved, as well as organising a clinical session at the BIHS Annual Scientific Meeting. A set of Learning Competencies for Nurses has been developed and are available on the website for free access.

Young Investigators Working Party

The Working Party has developed a mentoring programme for young investigators who are able to seek advice from senior members of the Society on their research and career development. It has also developed a communications strategy to improve the dissemination

Section D

Achievements and performance

of information for the benefit of healthcare professionals and the general public which will be fully adopted in 2022.

Section E

Financial review

Brief statement of the charity's policy on reserves

The accounts of the Society are in good order. In view of reduced support from industry the Trustees have approved a strategy to maintain the balance of the accounts to a sum approximately four times the annual direct charitable expenditure to guarantee sustainable charitable activities in the event of unfavourable financial circumstances.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

In addition to membership subscription fees, ad hoc financial support from industry helps to fund the Society's programme of educational activities. We aim to make our events self-supporting with this assistance. Donations from our industrial partners are made on the condition that all activities undertaken by the Society are managed by the Trustees alone, and that sponsors are not involved with any decision-making.

The Society has made a long-term investment in an ethical investment fund, which was approved by all Trustees. The interest from the investment has been agreed to fund three Young Investigators Oral Prizes at the Annual Scientific Meeting. The winners will be given the opportunity of presenting their abstract at one of the following years' meetings of the High Blood Pressure Research Council of Australia, the American Heart Association Council for Hypertension, or the Italian Hypertension Society. The investment will provide up to £1,500, £1,000 and £500 respectively towards travel and subsistence.

Section F

Other optional information

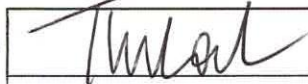
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Terence McCormack

Position (e.g. Sec, Chair, etc.)

President

Date

20 Sep 2023

THE BRITISH AND IRISH HYPERTENSION SOCIETY

England & Wales - Charity number 287635

Accounts

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2021	To	31	12	2021

Section A Reference and administration details



Charity name **BRITISH and IRISH HYPERTENSION SOCIETY**

Other names charity is known by **BIHS**

Registered charity number (if any) **287635**

Charity's principal address
Unit 2, Q Court,
Quality Street, Edinburgh, EH4 5BP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Una Martin	President	17.09.2019 – 14.09.2021	
2	Terence McCormack	Vice President	17.09.2019 – 14.09.2021	
		President	15.09.2021 – 31.12.2021	
3	Carmel McEniery	Secretary	22.09.2016 – 14.09.2021	
4	Christian Delles	Treasurer	12.09.2017 – 31.12.2021	
5	Mark Glover	Ordinary Member	25.09.2018 – 14.09.2021	
6	Chakravarthi Rajkumar	Ordinary Member	25.09.2018 – 14.09.2021	
7	Stephen Walsh	Ordinary Member	17.09.2019 – 31.12.2021	
8	Luca Faconti	Young Investigator Representative	17.09.2019 – 31.12.2021	
9	Abdul-Majeed Salmasi	Ordinary Member	17.09.2019 – 31.12.2021	
10	Ian Wilkinson	Vice President		
11	James Sheppard	Secretary	14.09.2021 - 31.12.2021	
12	Pauline Swift	Ordinary Member	14.09.2021 - 31.12.2021	
13	Philip Lewis	Ordinary Member	14.09.2021 - 31.12.2021	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Fortus	3 Richfield Place, Richfield Avenue, Reading, Berks, RG1 8EY.

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(e.g. trust deed, constitution)</i>	Constitution (adopted 21 st October 1983, amended 24 th September 1984, 15 th September 2009, 9 th September 2013, 22 nd September 2014, 21 st September 2015, 22 nd September 2016, 25 th September 2018)
How the charity is constituted <i>(e.g. trust, association, company)</i>	Association
Trustee selection methods <i>(e.g. appointed by, elected by)</i>	Trustees are elected to membership of the Executive Committee by BIHS Members at the Annual Business Meeting following a call for nominations earlier in the year

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Ordinary and Associate Membership and Fellowship of the BIHS is open to all registered healthcare professionals active in the field of hypertension and cardiovascular disease prevention in the United Kingdom and the Republic of Ireland. Affiliate membership may be granted to healthcare professionals residing outside the United Kingdom and Republic of Ireland at the discretion of the Executive Committee. It includes clinicians, nurses, physiologists and other scientists. Applications for membership are considered throughout the year. Membership of the Society currently stands at 298. Only members and fellows resident in the United Kingdom and Republic of Ireland are eligible for election to the Executive Committee.

The management of the BIHS is undertaken by an elected Executive Committee of 9 persons (Trustees), led by the President and Vice President. Seven Working Parties have also been established to help the Executive Committee manage the day-to-day activities of the Society (at least one Trustee sits on each of the Working Parties, which are required to submit regular reports to the Executive Committee on its activities).

The major risks to the continuation of the Society's programme of educational activities are from a decrease in income from its industrial partners (see under 'Reserves Policy'). Minimal fees to cover administration costs only have been introduced for various projects.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had

The object of the Charity is to promote the advancement of knowledge and dissemination of information concerning the pathophysiology, epidemiology, detection, investigation and treatment of arterial hypertension and related cardiovascular diseases

- Educational Meetings: Each year, the Society aims to run a main Scientific Meeting. Educational programmes are under review and online options are being explored. Various other meetings are held during the year; in collaboration with other cognate societies and/or as ad hoc meetings on specific topics
- Guidelines and Scientific Statements: The Society is a stakeholder in various National Institute for Clinical Excellence Guidelines relating to cardiovascular disease and issues statements in response to relevant media reports
- Website: The BIHS website (www.bihsoc.org) provides a valuable educational resource for healthcare professionals working in the field of high blood pressure. These resources have been increased and enhanced over the last few years and

regard to the guidance issued by the Charity Commission on public benefit)

the website has been redesigned and upgraded in line with new technologies. The new website was launched at the end of 2017. New resources are added as they become available through development.

- Blood Pressure Measurement: The BIHS undertakes reviews of blood pressure monitors to ensure their suitability for sale to the public and has produced a DVD on the correct procedures for blood pressure measurement. As part of the Society's increasing engagement in improving blood pressure measurement, we undertake active validation of new blood pressure devices for the measurement of blood pressure, thus ensuring that devices sold in the UK provide accurate measurements so that members of the public can be treated appropriately by their physicians.
- Collaborative Research: The Society has a policy to encourage and endorse suitable research projects and is actively seeking the views of the public to establish where there is a need for research into topic areas that they feel are needed.
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- At the beginning of 2019 the Journal of Human Hypertension became the official journal of the BIHS. An agreement was made with the journal whereby the Society purchases an annual online subscription for its members in return for free publication of the Annual Scientific Meeting abstracts and space in the journal for the Society to publish statements on topical issues, scientific papers and promotional advertisements for its activities. Members receive their subscription without charge as a benefit of membership. Papers and statements published by the Society are of an educational nature with the aim of the dissemination of best practice amongst healthcare professionals for the ultimate benefit of patients.

The Trustees have read the guidance issued by the Charity Commission relating to public benefit, and can confirm that the above activities of the BIHS benefit the public in general by improving knowledge in the field of hypertension and cardiovascular disease, fostering the translation of novel clinical research and basic science into best clinical practice and therefore improving healthcare. The charity has a track record of producing internationally renowned guidelines for the management of hypertension which are widely adopted in primary care in the UK and elsewhere. There are no restrictions to this overall benefit in healthcare, as outlined in the Charity Commission guidance (e.g. in terms of access, geography, membership, ability to pay etc.).

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Members of the Society who facilitate/contribute to the Education programmes, do so on a voluntary basis.

The Society has opted to invest into an Ethical Investment fund.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The activities and achievements of the charity during 2021 were still affected by the COVID 19 Pandemic, however, the Society contributed heavily to the postponed Hypertension 2020 Meeting which was held virtually in April 2021 in collaboration with the International Society of Hypertension and the European Society of Hypertension. In addition, the Society managed to run a successful Annual Scientific Meeting in Brighton in September.

Further activities were:

BIHS Guidelines and Information Service Working Party*Enquiries*

General enquiries and requests for information by telephone and email are handled by the Information Service on a daily basis.

Newsletter

Regular Newsletters are circulated to BIHS members by e-mail.

Website (www.bihsoc.org)

The BIHS website is updated regularly with comment on topical issues, new educational resources for health professionals and newly validated BP monitors. The website aims to provide a source of information on hypertension and cardiovascular disease for health professionals. The list of validated blood pressure monitors is also accessed by patients to inform their purchases.

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Six scientific papers submitted by members of the Society were published under the auspices of the BIHS in the Journal. The abstracts for the ASM were also published online: J Hum Hypertens 2021;35(Suppl 1):1-19.

BIHS Blood Pressure (BP) Measurement Working Party*Review of Blood Pressure Monitors*

Newly validated devices are reviewed and added to our website list together with any other changes to current information.

Validation Service

Due to difficulties in recruitment of participants due to the COVID-19 pandemic and the added complication of the new requirements of the universal protocol which would require new contracting arrangements, the BIHS Validation Service has been suspended for the foreseeable future.

NHS England

The Working Party is collaborating with NHS England on a major purchasing exercise on BP home monitors (>200,000 plus 16,000 for maternity services). NHSE is insisting that all monitors are BIHS approved and our members are fast-tracking the approval process.

BIHS Educational Programmes Working Party*Educational Programmes*

The pilot run in Sussex of the BIHS 'Ambassador' programme, whereby training is taken to the workforce at their place of work has been extremely successful. Training 'Ambassadors' have been recruited from the membership but programme delivery has been halted due to the pandemic. A suggested programme to run online webinars in 2022 was approved.

All BIHS events are evaluated by delegates and comments are used to inform programme development for future training.

Joint Meetings

The joint meeting with ISH and ESH was postponed to 2021 and delivered virtually. A collaboration with the International Paediatric Hypertension Association (IPHA) is in discussion for the delivery of a UK training programme.

Social Media

Members of the Working Party have set up a Facebook page to advertise BIHS meetings and a YouTube page to host videos of BIHS meeting presentations for free access. The Society's Twitter account is used to present updates before during and after the Annual Scientific Meeting and for other ad hoc meetings as required.

Omron Academy

The BIHS is working with Omron to deliver BP management programmes in Europe and further afield, particularly in developing countries. The learning outcomes are based on BIHS training days for the multi-disciplinary team to encompass a holistic view of diagnosing and managing hypertension using NICE/BIHS Guidelines. Since the first 'Trainer' day in 2014, the Academy programme has already been delivered to doctors, nurses and pharmacists from Romania, United Arab Emirates, Kazakhstan, Ukraine, Russia, Spain, Argentina, Peru, Mexico and Columbia. The Trainers will subsequently support and deliver the programme in their own countries.

Furthermore, the Training Programme has been launched in East Asia with the first 'Training the Trainers' meeting held in Thailand in December 2017 followed by one in the Philippines in November 2018. Programme slides have recently been reviewed for teaching in Vietnam. The programme continues to expand and an online programme is now underway.

BIHS Collaborative Research Working Party

The Working Party is supporting research projects in cognitive decline in hypertension; comparison of diuretics as a follow-on from the PATHWAY studies; immediate post stroke interventions; drug screening in the elderly; Nocturnal Dosing (TIME), non-adherence to anti-hypertensive medication; increased risk of cardiovascular disease due to complications in pregnancy; BP measurement in the leg; hypertension in young adults and has contributed to setting up a register for, fibromuscular dysplasia.

The Working Party reviews research programme proposals from members with a view to BIHS endorsement and support which will add weight to grant applications.

The BIHS has joined the British Heart Foundation, Cardiovascular Research Collaborative.

Nurses & Allied Health Professionals (AHP) Working Party

The Working Party is involved in the Non-medical Prescribers training programme and the Nurses & AHP Hypertension Update programme for which 'Learning Outcomes' have been developed and approved, as well as organising a clinical session at the BIHS Annual Scientific Meeting. A set of Learning Competencies for Nurses has been developed and are available on the website for free access.

Young Investigators Working Party

The Working Party has developed a mentoring programme for young investigators who are able to seek advice from senior members of the Society on their research and career development. It has also developed a communications strategy to improve the dissemination of information for the benefit of healthcare professionals and the general public which will be fully adopted in 2022.

Brief statement of the charity's policy on reserves

The accounts of the Society are in good order. In view of reduced support from industry the Trustees have approved a strategy to maintain the balance of the accounts to a sum approximately four times the annual direct charitable expenditure to guarantee sustainable charitable activities in the event of unfavourable financial circumstances.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

In addition to membership subscription fees, ad hoc financial support from industry helps to fund the Society's programme of educational activities. We aim to make our events self-supporting with this assistance. Donations from our industrial partners are made on the condition that all activities undertaken by the Society are managed by the Trustees alone, and that sponsors are not involved with any decision-making.

The Society has made a long-term investment in an ethical investment fund, which was approved by all Trustees. The interest from the investment has been agreed to fund three Young Investigators Oral Prizes at the Annual Scientific Meeting. The winners will be given the opportunity of presenting their abstract at one of the following years' meetings of the High Blood Pressure Research Council of Australia, the American Heart Association Council for Hypertension, or the Italian Hypertension Society. The investment will provide up to £1,500, £1,000 and £500 respectively towards travel and subsistence.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s) **Terence McCormack**

Position (e.g. Sec, Chair, etc.) **President**

Date

13/09/2022

Charity Registration No. 287635

BRITISH AND IRISH HYPERTENSION SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

BRITISH AND IRISH HYPERTENSION SOCIETY

CONTENTS

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BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2021.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

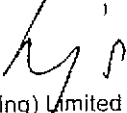
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.


HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated: 28/9/22

BRITISH AND IRISH HYPERTENSION SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds 2021 £	Unrestricted funds 2020 £
<u>Income from:</u>			
Donations and legacies	3	2,000	112
<u>Charitable activities</u>			
Conferences and meetings		197,394	1,259
Membership subscriptions		14,109	13,684
Social programmes		3,617	-
OMRON licensing agreement		17,000	17,000
Exhibition and sponsorship		13,000	-
Derivative device applications		11,000	2,000
Investments	4	16,161	17,074
Total income		274,281	51,129
<u>Expenditure on:</u>			
Charitable activities	5	159,431	100,975
Net gains/(losses) on investments	9	70,794	32,181
Net income/(expenditure) for the year/ Net incoming/(outgoing) resources		185,644	(17,665)
<u>Other recognised gains and losses</u>			
Other gains or losses	10	-	1,869
Net movement in funds		185,644	(15,796)
Fund balances at 1 January 2021		603,336	619,132
Fund balances at 31 December 2021		788,980	603,336

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.


BRITISH AND IRISH HYPERTENSION SOCIETY

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets			-		-
Current assets					
Debtors	11	16,148		13,554	
Investments	12	723,330		533,963	
Cash at bank and in hand		81,088		74,477	
		<u>820,566</u>		<u>621,994</u>	
Creditors: amounts falling due within one year	13	<u>(31,586)</u>		<u>(18,658)</u>	
Net current assets			<u>788,980</u>		<u>603,336</u>
Income funds					
Unrestricted funds			<u>788,980</u>		<u>603,336</u>
			<u>788,980</u>		<u>603,336</u>

The accounts were approved by the Trustees on 13/09/2022


.....
Professor T McCormack
Trustee

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011 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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. 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 Charity 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 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies (Continued)

1.5 Expenditure

Expenditure is accounted for on the accruals basis.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Donations and gifts	2,000	112

4 Investments

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Dividends and interest receivable	16,161	17,074

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

5 Charitable activities	Conferences and information services £	Support costs £	Total 2021 £	Total 2020 £
Charitable activities	105,180	-	105,180	54,549
Share of support costs (see note 6)	-	54,251	54,251	46,426
	<u>105,180</u>	<u>54,251</u>	<u>159,431</u>	<u>100,975</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

6 Support costs

	Support costs £	Governance costs £	2021 Support costs £	Governance costs £	2020 £
Depreciation	-	-	-	232	232
Exchange Losses	6,347	-	6,347	-	-
Admin costs	46,942	-	46,942	45,606	45,606
Finance costs	962	-	962	588	588
	<u>54,251</u>	<u>-</u>	<u>54,251</u>	<u>46,426</u>	<u>46,426</u>
Analysed between					
Charitable activities	<u>54,251</u>	<u>-</u>	<u>54,251</u>	<u>46,426</u>	<u>46,426</u>

Support costs includes payments to the Independent Examiner of £1,500 (2020- £1,500) for Independent Examination fees.

7 Trustees

None of the trustees or committee members (or any persons connected with them) received any remuneration during the year.

8 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Total	<u>-</u>	<u>-</u>

9 Net gains/(losses) on investments

	2021 £	2020 £
Unrealised gain/(loss) on COIF account	<u>70,794</u>	<u>32,181</u>

10 Other gains or losses

	2021 £	2020 £
Foreign exchange gains	<u>-</u>	<u>1,869</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

11	Debtors	2021	2020
		£	£
	Amounts falling due within one year:		
	Trade debtors	3,258	38
	Other debtors	11,828	5,615
	Prepayments and accrued income	1,062	7,901
		<u>16,148</u>	<u>13,554</u>
12	Current asset investments	2021	2020
		£	£
	Unlisted investments	<u>723,330</u>	<u>533,963</u>
13	Creditors: amounts falling due within one year	2021	2020
		£	£
	Other taxation and social security	-	2,583
	Trade creditors	29,586	2,308
	Other creditors	-	195
	Accruals and deferred income	2,000	13,572
		<u>31,586</u>	<u>18,658</u>

14 Related party transactions

During the year the society reimbursed travel expenses amounting to £nil (2020 £1,698). The number of trustees and committee members involved was nil (2020 7).

Charity Registration No. 287635

**BRITISH AND IRISH HYPERTENSION SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

BRITISH AND IRISH HYPERTENSION SOCIETY

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Independent examiner's report	1
Statement of financial activities	2
Balance sheet	3
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BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2021.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

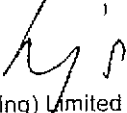
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.


HJS (Reading) Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated: 28/9/22

BRITISH AND IRISH HYPERTENSION SOCIETY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Income from:			
Donations and legacies	3	2,000	112
Charitable activities			
Conferences and meetings		197,394	1,259
Membership subscriptions		14,109	13,684
Social programmes		3,617	-
OMRON licensing agreement		17,000	17,000
Exhibition and sponsorship		13,000	-
Derivative device applications		11,000	2,000
Investments	4	16,161	17,074
Total income		274,281	51,129
Expenditure on:			
Charitable activities	5	159,431	100,975
Net gains/(losses) on investments	9	70,794	32,181
Net income/(expenditure) for the year/ Net incoming/(outgoing) resources		185,644	(17,665)
Other recognised gains and losses			
Other gains or losses	10	-	1,869
Net movement in funds		185,644	(15,796)
Fund balances at 1 January 2021		603,336	619,132
Fund balances at 31 December 2021		788,980	603,336

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.


BRITISH AND IRISH HYPERTENSION SOCIETY

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets			-		-
Current assets					
Debtors	11	16,148		13,554	
Investments	12	723,330		533,963	
Cash at bank and in hand		81,088		74,477	
		<u>820,566</u>		<u>621,994</u>	
Creditors: amounts falling due within one year	13	<u>(31,586)</u>		<u>(18,658)</u>	
Net current assets			<u>788,980</u>		<u>603,336</u>
Income funds					
Unrestricted funds			<u>788,980</u>		<u>603,336</u>
			<u>788,980</u>		<u>603,336</u>

The accounts were approved by the Trustees on 13/09/2022


.....
Professor T McCormack
Trustee

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011 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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

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The financial statements are prepared in sterling, which is the functional currency of the Charity. 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 Charity 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 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies (Continued)

1.5 Expenditure

Expenditure is accounted for on the accruals basis.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

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The Charity 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 Charity's balance sheet when the Charity 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.

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Basic financial liabilities

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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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Donations and gifts	2,000	112

4 Investments

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Dividends and interest receivable	16,161	17,074

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

5 Charitable activities	Conferences and information services £	Support costs £	Total 2021 £	Total 2020 £
Charitable activities	105,180	-	105,180	54,549
Share of support costs (see note 6)	-	54,251	54,251	46,426
	<u>105,180</u>	<u>54,251</u>	<u>159,431</u>	<u>100,975</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

6 Support costs

	Support costs £	Governance costs £	2021 Support costs £	Governance costs £	2020 £
Depreciation	-	-	-	232	232
Exchange Losses	6,347	-	6,347	-	-
Admin costs	46,942	-	46,942	45,606	45,606
Finance costs	962	-	962	588	588
	<u>54,251</u>	<u>-</u>	<u>54,251</u>	<u>46,426</u>	<u>46,426</u>
Analysed between Charitable activities	<u>54,251</u>	<u>-</u>	<u>54,251</u>	<u>46,426</u>	<u>46,426</u>

Support costs includes payments to the Independent Examiner of £1,500 (2020- £1,500) for Independent Examination fees.

7 Trustees

None of the trustees or committee members (or any persons connected with them) received any remuneration during the year.

8 Employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
Total	<u>-</u>	<u>-</u>

9 Net gains/(losses) on investments

	2021 £	2020 £
Unrealised gain/(loss) on COIF account	<u>70,794</u>	<u>32,181</u>

10 Other gains or losses

	2021 £	2020 £
Foreign exchange gains	<u>-</u>	<u>1,869</u>

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

11	Debtors	2021	2020
		£	£
	Amounts falling due within one year:		
	Trade debtors	3,258	38
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	Unlisted investments	<u>723,330</u>	<u>533,963</u>
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	Other taxation and social security	-	2,583
	Trade creditors	29,586	2,308
	Other creditors	-	195
	Accruals and deferred income	2,000	13,572
		<u>31,586</u>	<u>18,658</u>

14 Related party transactions

During the year the society reimbursed travel expenses amounting to £nil (2020 £1,698). The number of trustees and committee members involved was nil (2020 7).

THE BRITISH AND IRISH HYPERTENSION SOCIETY

England & Wales - Charity number 287635

Accounts



Trustees' Annual Report for the period

	Period start date			Period end date			
From	01	01	2020	To	31	12	2020

Section A Reference and administration details

Charity name **BRITISH and IRISH HYPERTENSION SOCIETY**

Other names charity is known by **BIHS**

Registered charity number (if any) **287635**

Charity's principal address **Unit 1, Q Court,
Quality Street, Edinburgh, EH4 5BP**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Una Martin	President	17.09.2019 – 31.12.2020	
2	Terence McCormack	Vice President	17.09.2019 – 31.12.2020	
3	Carmel McEniery	Secretary	22.09.2016 – 31.12.2020	
4	Christian Delles	Treasurer	12.09.2017 – 31.12.2020	
5	Mark Glover	Ordinary Member	25.09.2018 – 31.12.2020	
6	Chakravarthi Rajkumar	Ordinary Member	25.09.2018 – 31.12.2020	
7	Stephen Walsh	Ordinary Member	17.09.2019 – 31.12.2020	
8	Luca Faconti	Young Investigator Representative	17.09.2019 – 31.12.2020	
9	Abdul-Majeed Salmasi	Ordinary Member	17.09.2019 – 31.12.2020	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Accountant	Fortus	3 Richfield Place, Richfield Avenue, Reading, Berks, RG1 8EY.

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution (adopted 21 st October 1983, amended 24 th September 1984, 15 th September 2009, 9 th September 2013, 22 nd September 2014, 21 st September 2015, 22 nd September 2016, 25 th September 2018)
How the charity is constituted (e.g. trust, association, company)	Association
Trustee selection methods (e.g. appointed by, elected by)	Trustees are elected to membership of the Executive Committee by BIHS Members at the Annual Business Meeting following a call for nominations earlier in the year

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Ordinary and Associate Membership and Fellowship of the BIHS is open to all registered healthcare professionals active in the field of hypertension and cardiovascular disease prevention in the United Kingdom and the Republic of Ireland. Affiliate membership may be granted to healthcare professionals residing outside the United Kingdom and Republic of Ireland at the discretion of the Executive Committee. It includes clinicians, nurses, physiologists and other scientists. Applications for membership are considered throughout the year. Membership of the Society currently stands at 295. Only members and fellows resident in the United Kingdom and Republic of Ireland are eligible for election to the Executive Committee.

The management of the BIHS is undertaken by an elected Executive Committee of 9 persons (Trustees), led by the President and Vice President. Seven Working Parties have also been established to help the Executive Committee manage the day-to-day activities of the Society (at least one Trustee sits on each of the Working Parties, which are required to submit regular reports to the Executive Committee on its activities).

The major risks to the continuation of the Society's programme of educational activities are from a decrease in income from its industrial partners (see under 'Reserves Policy'). Minimal fees to cover administration costs only have been introduced for various projects.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The object of the Charity is to promote the advancement of knowledge and dissemination of information concerning the pathophysiology, epidemiology, detection, investigation and treatment of arterial hypertension and related cardiovascular diseases

- Educational Meetings: Each year, the Society aims to run a main Scientific Meeting. Educational programmes are under review and online options are being explored. Various other meetings are held during the year; in collaboration with other cognate societies and/or as ad hoc meetings on specific topics
- Guidelines and Scientific Statements: The Society is a stakeholder in various National Institute for Clinical Excellence Guidelines relating to cardiovascular disease and issues statements in response to relevant media reports
- Website: The BIHS website (www.bihsoc.org) provides a valuable educational resource for healthcare professionals working in the field of high blood pressure. These resources have been increased and enhanced over the last few years and the website has been redesigned and upgraded in line with new technologies. The new website was launched at the end of 2017. New resources are added as they become available through development.
- Blood Pressure Measurement: The BIHS undertakes reviews of blood pressure monitors to ensure their suitability for sale to the public and has produced a DVD on the correct procedures for blood pressure measurement. As part of the

Society's increasing engagement in improving blood pressure measurement, we undertake active validation of new blood pressure devices for the measurement of blood pressure, thus ensuring that devices sold in the UK provide accurate measurements so that members of the public can be treated appropriately by their physicians.

- Collaborative Research: The Society has a policy to encourage and endorse suitable research projects and is actively seeking the views of the public to establish where there is a need for research into topic areas that they feel are needed.
- Young Investigators' Network: The Society has set up a new group to encourage younger members to share their research and to become more involved in the Society's activities. The aim is to nurture and mentor young researchers for future population benefit.
- At the beginning of 2019 the Journal of Human Hypertension became the official journal of the BIHS. An agreement was made with the journal whereby the Society purchases an annual online subscription for its members in return for free publication of the Annual Scientific Meeting abstracts and space in the journal for the Society to publish statements on topical issues, scientific papers and promotional advertisements for its activities. Members receive their subscription without charge as a benefit of membership. Papers and statements published by the Society are of an educational nature with the aim of the dissemination of best practice amongst healthcare professionals for the ultimate benefit of patients.

The Trustees have read the guidance issued by the Charity Commission relating to public benefit, and can confirm that the above activities of the BIHS benefit the public in general by improving knowledge in the field of hypertension and cardiovascular disease, fostering the translation of novel clinical research and basic science into best clinical practice and therefore improving healthcare. The charity has a track record of producing internationally renowned guidelines for the management of hypertension which are widely adopted in primary care in the UK and elsewhere. There are no restrictions to this overall benefit in healthcare, as outlined in the Charity Commission guidance (e.g. in terms of access, geography, membership, ability to pay etc.).

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Members of the Society who facilitate/contribute to the Education programmes, do so on a voluntary basis.

The Society has opted to invest into an Ethical Investment fund.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The activities and achievements of the charity during 2020 were affected by the COVID 19 Pandemic, however, the Society contributed heavily to the postponed Hypertension 2020 Meeting that was due to be held in May 2020 in collaboration with the International Society of Hypertension and the European Society of Hypertension. In addition, the Annual Scientific Meeting to be held on the 28th and 29th May 2020 was cancelled.

Further activities were:

BIHS Guidelines and Information Service Working Party

Enquiries

General enquiries and requests for information by telephone and email are handled by the Information Service on a daily basis.

Newsletter

Regular Newsletters are circulated to BIHS members by e-mail.

Website (www.bihsoc.org)

The BIHS website is updated regularly with comment on topical issues, new educational resources for health professionals and newly validated BP monitors. The website aims to provide a source of information on hypertension and cardiovascular disease for health professionals. The list of validated blood pressure monitors is also accessed by patients to inform their purchases.

Statements

In response to media controversy, statements are issued by the BIHS and uploaded onto the website as and when appropriate. In 2020, the Society released statements in response to the COVID -19 pandemic.

Journal of Human Hypertension

Six scientific papers submitted by members of the Society were published under the auspices of the BIHS in the Journal.

BIHS Blood Pressure (BP) Measurement Working Party*Review of Blood Pressure Monitors*

Newly validated devices are reviewed and added to our website list together with any other changes to current information.

Validation Service

Due to difficulties in recruitment of participants due to the COVID-19 pandemic and the added complication of the new requirements of the universal protocol which would require new contracting arrangements, the BIHS Validation Service has been suspended for the foreseeable future. However, the Working Party is investigating an international collaboration along with the World Hypertension League and others, AIM-BP, to produce a standardised list of the most accurate, validated monitors that provides the information users/patients need e.g. cost, cuff size etc

NHS England

The Working Party is collaborating with NHS England on a major purchasing exercise on BP home monitors (>200,000 plus 16,000 for maternity services). NHSE is insisting that all monitors are BIHS approved and our members are fast-tracking the approval process.

BIHS Educational Programmes Working Party

Due to the COVID-19 pandemic, many conferences and training programmes were either cancelled, postponed or translated to a virtual platform.

Educational Programmes

The pilot run in Sussex of the BIHS 'Ambassador' programme, whereby training is taken to the workforce at their place of work has been extremely successful. Training 'Ambassadors' have been recruited from the membership but programme delivery has been halted due to the pandemic. We are aiming to provide online courses in 2021.

Hypertension Training for Non-medical Prescribers and Hypertension & CV Risk Update for Nurses & AHPs

The Learning Outcomes for these programmes have been updated and posted on the BIHS website.

All BIHS events are evaluated by delegates and comments are used to inform programme development for future training.

Joint Meetings

The BIHS collaborates with other organisations to deliver educational meetings and symposia. A webinar organised by the Royal College of Physicians in October was very successful. Unfortunately, the joint meeting with ISH and ESH was postponed to 2021 and delivered virtually. A collaboration with the International Paediatric Hypertension Association (IPHA) is in discussion for the delivery of a UK training programme.

Hypertension Specialist Recognition

The BIHS recognises trainees who have successfully completed the CPT curriculum which includes four new modules; Clinical Toxicology, Hypertension & Cardiovascular Risk, Research and Clinical Trials. Successful candidates are recognised as BIHS Hypertension Specialists.

The Working Party continues to lobby for the establishment of a medical hypertension/cardiovascular risk sub-specialty.

Social Media

Members of the Working Party have set up a Facebook page to advertise BIHS meetings and a YouTube page to host videos of BIHS meeting presentations for free access. The Society's Twitter account is used to present updates before during and after the Annual Scientific Meeting and for other ad hoc meetings as required.

Outreach Educational Programmes

The Society has collaborated with the Public Health Foundation India (PHFI) to develop a hypertension training programme which has delivered its first 2-phased programme to doctors across India. Phase 3 is now underway.

Omron Academy

The BIHS is working with Omron to deliver BP management programmes in Europe and further afield, particularly in developing countries. The learning outcomes are based on BIHS training days for the multi-disciplinary team to encompass a holistic view of diagnosing and managing hypertension using NICE/BIHS Guidelines. Since the first 'Trainer' day in 2014, the Academy programme has already been delivered to doctors, nurses and pharmacists from Romania, United Arab Emirates, Kazakhstan Ukraine, Russia, Spain, Argentina, Peru, Mexico and Columbia. The Trainers will subsequently support and deliver the programme in their own countries.

Furthermore, the Training Programme has been launched in East Asia with the first 'Training the Trainers' meeting held in Thailand in December 2017 followed by one in the Philippines in November 2018. Programme slides have recently been reviewed for teaching in Vietnam. The programme continues to expand and an online programme is now underway.

BIHS Collaborative Research Working Party

The Working Party is supporting research projects in cognitive decline in hypertension; comparison of diuretics as a follow-on from the PATHWAY studies; immediate post stroke interventions; drug screening in the elderly; Nocturnal Dosing (TIME), non-adherence to anti-hypertensive medication; increased risk of cardiovascular disease due to complications in pregnancy; BP measurement in the leg; hypertension in young adults and has contributed to setting up a register for, fibromuscular dysplasia.

The Working Party reviews research programme proposals from members with a view to BIHS endorsement and support which will add weight to grant applications.

The BIHS has joined the British Heart Foundation, Cardiovascular Research Collaborative.

Nurses & Allied Health Professionals (AHP) Working Party

The Working Party is involved in the Non-medical Prescribers training programme and the Nurses & AHP Hypertension Update programme for which 'Learning Outcomes' have been developed and approved, as well as organising a clinical session at the BIHS Annual Scientific Meeting. A set of Learning Competencies for Nurses has been developed and are available on the website for free access.

COVID-19

The Working Party is working on a statement on Keeping Patients Safe during the pandemic based on current infection control practices when administering 24-hour BP monitoring.

Malawi Project

Two members of the Working Party organised a voluntary trip in October 2013 to deliver an educational package to allied health professionals in Malawi on behalf of the BIHS. The aim was to enable nurses and health workers to set up and manage hypertension clinics in rural areas. The trip was overwhelmingly successful and the project is ongoing in spite of floods and various challenges to overcome. A local nurse is supported by the BIHS to liaise and assist with the development of rural hypertension clinics by offering ongoing mentorship to Health Care Workers and ensuring they have functioning blood pressure measuring equipment. The BIHS provides funding and mentoring support for the nurse who is undertaking an MSc in Public Health.

May Measurement Month (MMM)

The Society has actively participated since the inception in 2017 in the Global initiative MMM, launched by the International Society of Hypertension to raise awareness of the importance of blood pressure screening globally. Trustees of the Society have been the national co-ordinators in 2017, 2018 and 2019 and have supported logistically and with the activities of members to the success of MMM. Members of the BIHS have also participated in the publication of the results obtained so far. MMM was paused in 2020 due to the pandemic but will hopefully resume next year.

Young Investigators Working Party

The Working Party has developed a mentoring programme for young investigators who are able to seek advice from senior members of the Society on their research and career development. It has also developed a communications strategy to improve the dissemination of information for the benefit of healthcare professionals and the general public.

Section E

Financial review

Brief statement of the charity's policy on reserves

The accounts of the Society are in good order. In view of reduced support from industry the Trustees have approved a strategy to maintain the balance of the accounts to a sum approximately four times the annual direct charitable expenditure to guarantee sustainable charitable activities in the event of unfavourable financial circumstances.

Details of any funds materially in deficit**Further financial review details (Optional information)**

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

In addition to membership subscription fees, ad hoc financial support from industry helps to fund the Society's programme of educational activities. We aim to make our events self-supporting with this assistance. Donations from our industrial partners are made on the condition that all activities undertaken by the Society are managed by the Trustees alone, and that sponsors are not involved with any decision-making.

The Society has made a long-term investment in an ethical investment fund, which was approved by all Trustees. The interest from the investment has been agreed to fund three Young Investigators Oral Prizes at the Annual Scientific Meeting. The winners will be given the opportunity of presenting their abstract at one of the following years' meetings of the High Blood Pressure Research Council of Australia, the American Heart Association Council for Hypertension, or the Italian Hypertension Society. The investment will provide up to £1,500, £1,000 and £500 respectively towards travel and subsistence.

Section F Other optional information

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Una Martin

Full name(s)

Una Martin

Position (e.g. Sec, Chair, etc.)

President

Date

13/9/2021

Draft Financial Statements at 31 August 2021 at 17:29:17

Charity Registration No. 287635

**BRITISH AND IRISH HYPERTENSION SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

BRITISH AND IRISH HYPERTENSION SOCIETY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr U Martin Dr C McEniery Professor C Delles Professor C Rajkumar Dr M Glover Dr S Walsh Dr L Faconti Professor T McCormack Dr A-M Salmasi
Charity number	287635
Principal address	c/o In Conference Limited Unit 1 Q Court 3 Quality Street Edinburgh Scotland EH4 5BP
Independent examiner	Fortus South Limited 3 Richfield Place Richfield Avenue Reading Berkshire RG1 8EQ

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BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2020.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Fortus South

Fortus South Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated: *12/10/21*

Draft Financial Statements at 31 August 2021 at 17:29:17
BRITISH AND IRISH HYPERTENSION SOCIETY

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2020**

	Notes	Unrestricted funds 2020 £	Unrestricted funds 2019 £
<u>Income from:</u>			
Donations and legacies	3	112	318
Charitable activities	4	33,943	110,641
Investments	5	17,074	17,520
Total income		51,129	128,479
<u>Expenditure on:</u>			
Charitable activities	6	100,975	145,860
Net gains/(losses) on investments	10	32,181	84,080
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(17,665)	66,699
<u>Other recognised gains and losses</u>			
Other gains or losses	11	1,869	(2,081)
Net movement in funds		(15,796)	64,618
Fund balances at 1 January 2020		619,132	554,514
Fund balances at 31 December 2020		603,336	619,132

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRITISH AND IRISH HYPERTENSION SOCIETY**BALANCE SHEET****AS AT 31 DECEMBER 2020**

	Notes	2020		2019	
		£	£	£	£
Fixed assets					
Tangible assets	12		-		232
Current assets					
Debtors	13	13,554		35,982	
Investments	14	533,963		574,635	
Cash at bank and in hand		74,477		41,742	
		<u>621,994</u>		<u>652,359</u>	
Creditors: amounts falling due within one year	15	<u>(18,658)</u>		<u>(33,459)</u>	
Net current assets			603,336		618,900
Total assets less current liabilities			<u>603,336</u>		<u>619,132</u>
Income funds					
Unrestricted funds			603,336		619,132
			<u>603,336</u>		<u>619,132</u>

The accounts were approved by the Trustees on 12/9/2021

Uwe Martin
 Dr U Martin
 Trustee

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011 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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. 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 Charity 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 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

(Continued)

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

1.5 Expenditure

Expenditure is accounted for on the accruals basis.

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	20% straight line
----------	-------------------

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 net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

BRITISH AND IRISH HYPERTENSION SOCIETY**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 DECEMBER 2020****1 Accounting policies****(Continued)*****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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2020	2019
	£	£
Donations and gifts	112	318
	<u>112</u>	<u>318</u>

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BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

4 Charitable activities	Conferences and meetings		Membership subscriptions		OMRON licensing agreement		PHFI training programme		Derivative device applications		Total	
	£	£	£	£	£	£	£	£	£	£	£	£
Sales within charitable activities	9	13,684	17,000	-	-	2,000	32,693	110,641				
ASM funding-grant	1,250	-	-	-	-	-	1,250	-				
	<u>1,259</u>	<u>13,684</u>	<u>17,000</u>	<u>-</u>	<u>-</u>	<u>2,000</u>	<u>33,943</u>	<u>110,641</u>				

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

5 Investments

	Unrestricted funds	Unrestricted funds
	2020 £	2019 £
Interest receivable	17,074	17,520

Draft Financial Statements at 31 August 2021 at 17:29:17
BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

6 Charitable activities	Conferences and information services	Support costs	Total 2020	Total 2019
	£	£	£	£
Charitable activities	54,549	-	54,549	95,088
Share of support costs (see note 7)	-	46,426	46,426	50,772
	<u>54,549</u>	<u>46,426</u>	<u>100,975</u>	<u>145,860</u>

BRITISH AND IRISH HYPERTENSION SOCIETY**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 DECEMBER 2020**

7 Support costs	Support costs £	Governance costs £	2020 £	Support costs £	Governance costs £	2019 £
Depreciation	232	-	232	117	-	117
Admin costs	45,606	-	45,606	49,444	-	49,444
Finance costs	588	-	588	1,211	-	1,211
	<u>46,426</u>	<u>-</u>	<u>46,426</u>	<u>50,772</u>	<u>-</u>	<u>50,772</u>
Analysed between						
Charitable activities	<u>46,426</u>	<u>-</u>	<u>46,426</u>	<u>50,772</u>	<u>-</u>	<u>50,772</u>

Support costs includes payments to the Independent Examiner of £1,500 (2019- £1,500) for Independent Examination fees.

8 Trustees

None of the trustees or committee members (or any persons connected with them) received any remuneration during the year.

9 Employees

The average monthly number of employees during the year was:

2020 Number	2019 Number
-	1
<u>-</u>	<u>1</u>

10 Net gains/(losses) on investments

	2020 £	2019 £
Unrealised gain/(loss) on COIF account	<u>32,181</u>	<u>84,080</u>

11 Other gains or losses

	2020 £	2019 £
Foreign exchange gains	<u>1,869</u>	<u>(2,081)</u>

BRITISH AND IRISH HYPERTENSION SOCIETY**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 DECEMBER 2020****12 Tangible fixed assets**

	Computer £
At 1 January 2020	583
Disposals	(583)
At 1 January 2020	351
Eliminated in respect of disposals	(351)
Carrying amount	

13 Debtors

	2020 £	2019 £
Amounts falling due within one year:		
Trade debtors	38	38
Other debtors	5,615	33,145
Prepayments and accrued income	7,901	2,799
	<u>13,554</u>	<u>35,982</u>

14 Current asset investments

	2020 £	2019 £
Unlisted investments	533,963	574,635
	<u>533,963</u>	<u>574,635</u>

15 Creditors: amounts falling due within one year

	Notes	2020 £	2019 £
Other taxation and social security		2,583	1,782
Deferred income	16	-	1,500
Trade creditors		2,308	12,755
Other creditors		195	1,407
Accruals and deferred income		13,572	16,015
		<u>18,658</u>	<u>33,459</u>

16 Deferred income

	2020 £	2019 £
Arising from 2020 Exhibition sponsorship	-	1,500
	<u>-</u>	<u>1,500</u>

17 Related party transactions

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

17 Related party transactions

(Continued)

During the year the society reimbursed travel expenses amounting to £1,698 (2019 £6,000). The number of trustees and committee members involved was 7 (2019 7).

Draft Financial Statements at 31 August 2021 at 17:29:17

Charity Registration No. 287635

**BRITISH AND IRISH HYPERTENSION SOCIETY
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

BRITISH AND IRISH HYPERTENSION SOCIETY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr U Martin Dr C McEniery Professor C Delles Professor C Rajkumar Dr M Glover Dr S Walsh Dr L Faconti Professor T McCormack Dr A-M Salmasi
Charity number	287635
Principal address	c/o In Conference Limited Unit 1 Q Court 3 Quality Street Edinburgh Scotland EH4 5BP
Independent examiner	Fortus South Limited 3 Richfield Place Richfield Avenue Reading Berkshire RG1 8EQ

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BRITISH AND IRISH HYPERTENSION SOCIETY

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF BRITISH AND IRISH HYPERTENSION SOCIETY

I report to the trustees on my examination of the financial statements of British and Irish Hypertension Society (the Charity) for the year ended 31 December 2020.

Responsibilities and basis of report

As the trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Fortus South

Fortus South Limited
3 Richfield Place
Richfield Avenue
Reading
Berkshire
RG1 8EQ

Dated: *12/10/21*

Draft Financial Statements at 31 August 2021 at 17:29:17
BRITISH AND IRISH HYPERTENSION SOCIETY

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 DECEMBER 2020**

	Notes	Unrestricted funds 2020 £	Unrestricted funds 2019 £
<u>Income from:</u>			
Donations and legacies	3	112	318
Charitable activities	4	33,943	110,641
Investments	5	17,074	17,520
Total income		51,129	128,479
<u>Expenditure on:</u>			
Charitable activities	6	100,975	145,860
Net gains/(losses) on investments	10	32,181	84,080
Net (expenditure)/income for the year/ Net (outgoing)/incoming resources		(17,665)	66,699
<u>Other recognised gains and losses</u>			
Other gains or losses	11	1,869	(2,081)
Net movement in funds		(15,796)	64,618
Fund balances at 1 January 2020		619,132	554,514
Fund balances at 31 December 2020		603,336	619,132

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

BRITISH AND IRISH HYPERTENSION SOCIETY**BALANCE SHEET****AS AT 31 DECEMBER 2020**

	Notes	2020		2019	
		£	£	£	£
Fixed assets					
Tangible assets	12		-		232
Current assets					
Debtors	13	13,554		35,982	
Investments	14	533,963		574,635	
Cash at bank and in hand		74,477		41,742	
		621,994		652,359	
Creditors: amounts falling due within one year	15	(18,658)		(33,459)	
Net current assets			603,336		618,900
Total assets less current liabilities			603,336		619,132
Income funds					
Unrestricted funds			603,336		619,132
			603,336		619,132

The accounts were approved by the Trustees on 12/9/2021

Uwe Martin
 Dr U Martin
 Trustee

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

Charity information

British and Irish Hypertension Society is a registered charity further details can be found at www.bhsoc.org.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011 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)". The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. 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 Charity 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 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 Charity.

1.4 Income

Income is recognised when the Charity 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.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

(Continued)

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods and services provided in the normal course of business, net of discounts and VAT.

1.5 Expenditure

Expenditure is accounted for on the accruals basis.

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	20% 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 net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the Charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The Charity 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 Charity's balance sheet when the Charity 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.

BRITISH AND IRISH HYPERTENSION SOCIETY**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 DECEMBER 2020****1 Accounting policies****(Continued)*****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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2020	2019
	£	£
Donations and gifts	112	318
	<u>112</u>	<u>318</u>

Draft Financial Statements at 31 August 2021 at 17:29:17
BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

4 Charitable activities	Conferences and meetings		Membership subscriptions		OMRON licensing agreement		PHFI training programme		Derivative device applications		Total	
	£	£	£	£	£	£	£	£	£	£	£	£
Sales within charitable activities	9	13,684	17,000	-	-	2,000	32,693	110,641				
ASM funding-grant	1,250	-	-	-	-	-	1,250	-				
	<u>1,259</u>	<u>13,684</u>	<u>17,000</u>	<u>-</u>	<u>-</u>	<u>2,000</u>	<u>33,943</u>	<u>110,641</u>				

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

5 Investments

	Unrestricted funds	Unrestricted funds
	2020 £	2019 £
Interest receivable	17,074	17,520

Draft Financial Statements at 31 August 2021 at 17:29:17
BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2020

6 Charitable activities	Conferences and information services	Support costs	Total 2020	Total 2019
	£	£	£	£
Charitable activities	54,549	-	54,549	95,088
Share of support costs (see note 7)	-	46,426	46,426	50,772
	<u>54,549</u>	<u>46,426</u>	<u>100,975</u>	<u>145,860</u>

BRITISH AND IRISH HYPERTENSION SOCIETY**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 DECEMBER 2020**

7 Support costs	Support costs £	Governance costs £	2020 £	Support costs £	Governance costs £	2019 £
Depreciation	232	-	232	117	-	117
Admin costs	45,606	-	45,606	49,444	-	49,444
Finance costs	588	-	588	1,211	-	1,211
	<u>46,426</u>	<u>-</u>	<u>46,426</u>	<u>50,772</u>	<u>-</u>	<u>50,772</u>
Analysed between						
Charitable activities	<u>46,426</u>	<u>-</u>	<u>46,426</u>	<u>50,772</u>	<u>-</u>	<u>50,772</u>

Support costs includes payments to the Independent Examiner of £1,500 (2019- £1,500) for Independent Examination fees.

8 Trustees

None of the trustees or committee members (or any persons connected with them) received any remuneration during the year.

9 Employees

The average monthly number of employees during the year was:

2020 Number	2019 Number
-	1
<u>-</u>	<u>1</u>

10 Net gains/(losses) on investments

	2020 £	2019 £
Unrealised gain/(loss) on COIF account	<u>32,181</u>	<u>84,080</u>

11 Other gains or losses

	2020 £	2019 £
Foreign exchange gains	<u>1,869</u>	<u>(2,081)</u>

BRITISH AND IRISH HYPERTENSION SOCIETY**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 DECEMBER 2020****12 Tangible fixed assets**

	Computer £
At 1 January 2020	583
Disposals	(583)
At 1 January 2020	351
Eliminated in respect of disposals	(351)
Carrying amount	

13 Debtors

	2020 £	2019 £
Amounts falling due within one year:		
Trade debtors	38	38
Other debtors	5,615	33,145
Prepayments and accrued income	7,901	2,799
	<u>13,554</u>	<u>35,982</u>

14 Current asset investments

	2020 £	2019 £
Unlisted investments	533,963	574,635
	<u>533,963</u>	<u>574,635</u>

15 Creditors: amounts falling due within one year

	Notes	2020 £	2019 £
Other taxation and social security		2,583	1,782
Deferred income	16	-	1,500
Trade creditors		2,308	12,755
Other creditors		195	1,407
Accruals and deferred income		13,572	16,015
		<u>18,658</u>	<u>33,459</u>

16 Deferred income

	2020 £	2019 £
Arising from 2020 Exhibition sponsorship	-	1,500
	<u>-</u>	<u>1,500</u>

17 Related party transactions

BRITISH AND IRISH HYPERTENSION SOCIETY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

17 Related party transactions

(Continued)

During the year the society reimbursed travel expenses amounting to £1,698 (2019 £6,000). The number of trustees and committee members involved was 7 (2019 7).