BRITISH LYMPHOLOGY SOCIETY

ANNUAL REPORT

2025-26

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Welcome from our Co Chairs

Lorraine Brown and
Yolande Borthwick

This has been another year of significant progress for the British Lymphology Society, marked by growth in our educational offerings, strengthened national and international partnerships, and the successful launch of new guidance that is already shaping clinical practice across the UK. The enthusiasm and engagement from our members — clinicians, educators, researchers and partners — have been a defining feature of the year and continue to drive the BLS forward.

A major highlight was the publication of the 5S approach in October 2025, which has provided a long-needed common language for lymphoedema diagnosis. Its reception — nationally and internationally — has demonstrated the appetite for clear, practical guidance that supports consistency in diagnosis terms. Services have already begun using the 5S to benchmark practice, building it into digital templates to support audit and outcome measures in practice.

Alongside this progress, we remain acutely aware of the pressures facing lymphoedema services across the UK. During the year, the BLS was informed of several services closing due to succession-planning challenges or funding constraints. Despite the dedication of clinicians working in increasingly stretched environments, provision remains inconsistent, with gaps in access, commissioning and workforce capacity. The BLS continues to advocate for equitable, sustainable services, drawing on emerging evidence, member feedback and the lived experience of patients.
Promoting professional standards has remained a core pillar of our work. Over the past year:

- We delivered new guidance documents, a full programme of webinars for our awareness campaign, and two conferences — the National Lymphoedema Conference and the BLS Scientific Conference — as well as two study days for generalists. All were met with consistently high attendance, strong engagement and positive feedback.
- We attended and presented at four UK conferences and at the ALA in Australia, showcasing BLS guidance and strengthening international collaboration.

Member feedback has been clear: accessible, practical education is one of the most valued aspects of BLS membership. We will continue to invest in this area, with plans to expand our digital learning offering and strengthen collaboration with universities and training providers.

Thank you,

Lorraine and Yolande

Who we are

Co-Chairs	Lorraine Brown (Term 3, Year 3) Yolande Borthwick (Term 2, Year 2)
Vice Chair	Vacant
Treasurer	Peter Hooper - Smith (Term 2, Year 1)
Trustees	Rebecca Elwell (Term 3, Year 2) Rachael Hutton (Term 2, Year 3) Tamara Kosevic (Term 2, Year 1) Katie Riches (Term 3, Year 1) Karen Cooper (Term 1, Year 2) Malgorzata Tatar-Grycuk (Term 1, Year 2) Nicole Faccio (Term 1, Year 1) Alexis Turner (Term 1, Year 1) Mark Pearson (Term 1, Year 1) (resigned May 2026) Carla Zanichelli Vives (resigned November 2025) Margaret Sneddon (resigned November 2025)
Co-opted Trustees	Cheryl White (resigned February 2026) Emma Underwood
Members	624
Friends	1416

The British Lymphology Society

Our mission is to raise the standard of lymphoedema care across the UK. Over the past year we have continued to strengthen our role as a professional voice, shaping best practice and expanding support for those living with lymphoedema, and those who treat the condition.

Our purpose: We strive for better outcomes for people with lymphoedema, to enable them to live full and active lives.

Our Vision: To be the most trusted and accessible source of expert knowledge on lymphoedema; a strong voice, advocating for the lymphoedema community.

Our Values: We celebrate the experience and passion of our community and seek to build genuine relationships by empowering people to be actively involved in our mission.

Our Mission: To produce the highest quality content, making it readily available through impartial and evidence-based resources. To campaign for equity of access to effective treatment and to support patients and practitioners.

Our strategic priorities for 2025-28:

- Producing high quality evidence – based resources and educational content
- Driving continuous improvement in treatment and equitable access to lymphoedema services through our campaigns and educational outputs
- Supporting and strengthening our campaigns by ensuring they are as data-driven as possible
- Strengthening our engagement and collaborations to achieve better outcomes for all
- Diversifying and growing our income

Governing document

The charity registered with the Charity Commission on 3 September 2019, under registration number 1185148 and is a charitable incorporated organisation - CIO.

Risk Management

The BLS maintains a proactive approach to risk through regular assessments with key stakeholders and project leads, systematically mapping potential financial, operational, regulatory, and reputational risks. Risks are evaluated in line with the Charity Commission's Risk Management Framework (CC26), with strengthened financial controls and enhanced data and cyber security measures implemented over the past year. We are pleased to report that no incidents occurred during the year.

Policies and Procedures

The BLS has created and updated the following policies this year:

- Clinical Enquiry Process (February 2026)
- Complaints and Concerns Policy (February 2026)
- Content Use and Citation Policy (February 2026)
- Trustee Appointment Process (May 2026)
- Expenses Claim Form (June 2026)

Other Key Personnel and Details

Patrons: Professor Peter Mortimer, Trisha Goddard, Professor Vaughan Keeley, Professor Kristiana Gordon

Contracts
Charity Director: Kate Sinclair, contracted from 1st April 2022, reviewed annually and renewable every year.
Administration: Effective Business Management, contracted from 2015, reviewed annually and renewable every two years.

ALT Agency from May 2017 (Web design and support).

Accountably Ltd from August 2018
(Independent Examiner)

Banking: Virgin Money PLC, 30 St Vincent Place, Glasgow, G1 2HL and Lloyds Bank PLC, Blackheath, London.

Official Address: British Lymphology Society (from 1st August 2016) P.O. Box 7153, 59 Birmingham Road, Lichfield, WS14 4JW

Governance and the Board of Trustees

The BLS is fortunate to be led by a committed Board of Trustees who give their time voluntarily, alongside demanding clinical, academic and leadership roles across the UK. Their ability to balance these responsibilities — and still drive forward the work of the BLS — is a testament to their professionalism, efficiency and shared commitment to improving lymphoedema care.

We wish to express our gratitude to the three Trustees who concluded their service this year. **Margaret Sneddon** departs following nine years of remarkable leadership and vision, having been instrumental in defining the charity's strategic path. **Cheryl White** receives our sincere thanks for her longstanding commitment as Editor for 16 years and her significant impact across numerous Board initiatives. We also recognise **Carla Zanichelli Vives** for the professional expertise and valuable perspective she contributed during her tenure. Their collective dedication has been vital to our progress and is very much appreciated. Cheryl and Carla remain active members of the BLS contributing to our work.

The Board is responsible for the governance of the BLS, ensuring it remains financially sound, transparent and aligned with our charitable objectives.
This year, we undertook a review to ensure the BLS continues to operate with robust governance processes and policies in line with Charity Commission guidance, reflecting the organisation's ongoing development and fulfilment of its scope of work.

As part of this work, the Board reviewed the nomination and application process for Trustees, including the management of potential conflicts of interest at the nomination stage. This has led to a more formalised process whereby Trustee nominations are reviewed by the Board before being presented for membership nomination.

Trustees guide the strategic direction of the BLS, shaping its priorities and ensuring its work reflects the needs of members, services and the wider lymphoedema community.

This year's **strategy day** on 19th May 2026 was productive, giving the opportunity to come together to discuss the priorities and strategy for the BLS in the short and long term. It left us energised and aligned around our next steps, with a renewed focus on strengthening national standards, raising awareness and supporting the workforce. The aim is to continue to build on the work being undertaken, such as amplifying the impact of the 5S approach and the cellulitis document by uniting it with the minimum data set and the service development document plans. The enthusiasm and clarity of purpose shown by the Trustees reaffirmed the strength of the passion within the Board, and this momentum will carry into the year ahead.

We would like to extend a thank you to all the members who have helped throughout the year with our documents, webinars, conference presentations and all the promotion of the BLS that you do in your everyday roles. This is very much appreciated.

Key Achievements and Highlights

Celebrating 40 Years of the BLS

This year, the British Lymphology Society proudly celebrated its 40th anniversary, marking four decades of advancing lymphoedema care, education, research and professional collaboration across the UK and beyond. The anniversary provided an important opportunity to reflect on the BLS's journey since its founding, recognising the dedication of the clinicians, researchers, trustees, members and patient advocates who have helped shape the field over the last forty years.

The celebrations brought together colleagues and friends from across the lymphology community to honour the BLS's history and the progress achieved over four decades. A special anniversary dinner formed the centrepiece of the celebrations, offering members an opportunity not only to reconnect and celebrate together, but also to recognise the lasting impact of the BLS on professional practice, education and patient care. Reflections on the history of the BLS highlighted both how far the specialty has come and the strength of the community that continues to drive it forward.

The anniversary was also a moment to celebrate the collaborative spirit that has always underpinned the BLS's work. Longstanding members, new professionals entering the field, industry partners and international colleagues all contributed to a sense of shared purpose and optimism for the future. While the occasion celebrated past achievements, it also reinforced the Society's ongoing commitment to innovation, partnership and improving outcomes for people living with lymphoedema.

Reaching this 40-year milestone is a significant achievement for the BLS and an important reminder of the passion, expertise and commitment that continue to sustain and strengthen the organisation today.

Our community's incredible generosity was on full display this year through outstanding fundraising events. Highlights included an extraordinary effort by Neil Basil who tackled the Chester Marathon, raising a fantastic £5,000+. We also hosted a unique charity auction featuring a collection of iconic lymphoedema books, alongside a raffle filled with wonderfully generous prizes that contributed an additional £500. Prizes included a clinical opportunity to shadow a national centre of excellence. We are deeply grateful to everyone who donated, and participated; these vital funds directly support our ongoing mission and make a tangible difference in the lives of those with lymphoedema.

2025 Conference

The 2025 British Lymphology Society Annual Conference took place in October in Chester, bringing together professionals from across the lymphology community for two days of education, collaboration and shared learning. Held at Chester Racecourse, the conference provided an excellent setting for delegates to connect with colleagues, exchange ideas and explore the latest developments in lymphoedema care and research.

The conference programme reflected the breadth and diversity of the lymphology field, with presentations and discussions spanning clinical practice, research, service development and patient experience. Delegates heard from leading national and international speakers, with sessions providing valuable insight into complex clinical cases, emerging evidence and innovation within lymphoedema management. Interactive discussion remained a key strength of the conference, with question-and-answer sessions generating thoughtful debate and shared learning among attendees.

As ever, lots of engagement through the Whova conference platform further enhanced the delegate experience, supporting networking, discussion and ongoing interaction before, during and after the event. The strong level of participation demonstrated the continued value members place on professional connection and collaboration within the BLS community.
Alongside the scientific programme, the conference also created space to reflect on the lived experience of lymphoedema and the importance of person-centred care. The closing keynote from BLS Trustee Nicole Faccio offered an inspiring and deeply personal perspective on living and thriving with lymphoedema, reinforcing the importance of compassion, advocacy and partnership in care.
The conference was well attended and received highly positive feedback from delegates, speakers and partners. It successfully combined high-quality education with opportunities for networking and collaboration, reflecting the continued strength and ambition of the BLS and its members.

New Guidance and Resources

Over the past year, the BLS has continued to develop and update a range of guidance documents and professional resources to support best practice in lymphoedema care across different settings and disciplines.

Key publications and resources launched during the year included:

- **Lymphoedema Clinical Definitions and Assessment Guide 5S:** The BLS launched the new 5S assessment document to support structured and consistent clinical assessment of lymphoedema. The resource has already generated significant interest across the profession, and abstracts relating to the work are being submitted to a number of national conferences to support wider dissemination and discussion.
- **The Impact of Obesity on Lymphoedema - with Omniamed/Wounds UK:** This new document explores the relationship between obesity and lymphoedema, highlighting the clinical challenges, impact on patients and considerations for management and care planning. The resource received a positive response following launches at the BLS Conference and the Wounds UK conference in November 2025.
- **Lymphoedema Management in Primary Care - with Mark Allen Healthcare:** Recognising the important role of primary care in early identification and ongoing management of lymphoedema, the BLS developed a new resource aimed at supporting clinicians working in community and primary care settings. The document provides practical guidance to improve recognition, referral and management pathways. This document introduces the concept of lymphoedema first aider, level one and two first aider, please see the document for further details.
- **Updated Guidelines on the Management of Cellulitis in Lymphoedema:** The BLS updated its cellulitis guidelines to reflect current evidence and clinical practice. The revised guidance continues to support healthcare professionals in the prevention, recognition and management of cellulitis in people living with lymphoedema.
- **Updated QR Code Booklet:** During the year, the BLS also updated its QR code booklet, making it easier for members, healthcare professionals and patients to access key guidance documents, educational materials and support resources digitally.

Lymphoedema Awareness Month 2026

This year, we expanded our annual awareness campaign from a single awareness week to the first-ever national Lymphoedema Awareness Month. The extended programme created more opportunities to engage healthcare professionals, patients, carers and the wider public in conversations about lymphoedema, early recognition and access to treatment and support.

Throughout the month, the BLS delivered a programme of free educational webinars and new resources to improve understanding of lymphoedema. The campaign encouraged participation from across the UK, and members hosted local events and information stands in community settings, including health centres, shopping centres and public venues.

Webinar sessions were aimed at both healthcare professionals and the public, covering a range of practical and educational topics relevant to people living with lymphoedema and those involved in their care. Collectively, the webinars attracted more than 1,000 attendees across the month, demonstrating growing interest in lymphoedema education and awareness.
The webinars:

- **Nicole Faccio** — From diagnosis to daily life: how I've made lymphoedema work for me
- **Professor Kristiana Gordon** — Lymphoedema – why we treat it the way we do
- **Cheryl White & Carla Zanichelli Vives** — Activity & movement: the hidden lymphatic gem!
- **Debbie Provan & Justine Whitaker** — How does what you eat and drink affect lymphoedema and its treatment?
- **Natalie Phillips (Haddenham Healthcare Ltd)** — Do you have lymphoedema? Getting the most from your treatment.

The month also saw the launch and trial of a new public information leaflet, **Your Lymphatic System: How to Keep Healthy and Why It Is Important**. As part of the campaign, the BLS trialled a drop-shipping model for leaflet distribution, enabling members and supporters to request materials directly for use in local awareness events and community engagement activities. The pilot helped extend the reach of campaign resources while supporting members to deliver local awareness initiatives more efficiently.

The move from Awareness Week to Awareness Month reflects our continued commitment to raising the profile of lymphoedema nationally and ensuring that more people are reached by our messages, so that they can understand the signs, symptoms and impact of the condition.

The BLS would like to thank all of the speakers, webinar hosts and sponsors who contributed their time, expertise and support to help make the first Lymphoedema Awareness Month such a success.

National Representation and Outreach

The BLS continues to attend conferences and educational events aimed at healthcare professionals. We focus our attention on reaching those who see lymphoedema in their daily practice, but who might not have had any formal training.

This year, we promoted our most recently launched documents, and the Lymphoedema Clinical Definitions and Assessment Guide 5S has been a particularly popular speaking topic at healthcare conferences.
Conference or events we have attended and /or presented at:

- Lindsay Leg Club - Exhibitor
- National Lymphoedema Conference - presentations of primary care document and Lymphoedema Clinical Definitions and Assessment Guide 5S
- National Wound Care Conference - Promotion of the 5S guide
- Wound Care Today - Ran a masterclass on the 5S Guide
- Society of Tissue Viability - Abstract on the 5S Guide
- Worcester Breast Unit Patient Conference - Exhibitor
- Foot and Ankle conference - Exhibitor
- Australian Lymphoedema Association Conference - Half-day workshop on the 5S Guide and two abstract presentations, patient feedback form and a summary of BLS guidance documents

Webinars we have presented:

- Australian Lymphoedema Association webinar May 2026 on lymphoedema management in primary care, presenter Yolande Borthwick
- Society of Tissue Viability Webinar June 2026 on Lymphoedema Clinical Definitions and Assessment Guide 5S, presenter Yolande Borthwick

Summary of 5S Conference Presentations

The BLS launched the Lymphoedema Clinical Definitions and Assessment Guide 5S in October 2025. Since the launch, the BLS has promoted the guide to generalists and specialists at these conferences and events.

- BLS Introduction to lymphoedema study day in Chester, 6th October 2025, study day presenter Lorraine Brown.
- National Lymphoedema Conference, 5th February 2026, invited update presenter Lorraine Brown
- Wound Care Today, 18th March 2026, workshop presenters Tamara Kosevic, Cheryl White, Jane Wigg
- Society of Tissue Viability, 23rd April 2026, abstract presenter Yolande Borthwick

- Australasian Lymphology Association Conference, 30th April 2026, workshop presenters Lorraine Brown and Rebecca Elwell.
- BLS introduction to lymphoedema study day in Bristol, 4th June 2026, study day presenter Yolande Borthwick

The BLS team have shared the document with all the lymphoedema health care professional training schools in the UK, and feedback has been positive that the approach is already used or will be incorporated. The BLS plan is to continue to present the 5S approach to clinical assessment at webinars, and encourage members to use this at local teaching.

Launch of the first free "Introduction to Lymphoedema" study day

BLS held the first study day, which was the day before our two-day scientific conference. The study day was for generalist practitioners who come across lymphoedema patients day to day. We had a variety of attendees from community and practice nurses to podiatrists, vascular specialists, oncology nurses, AHPs and complementary therapists.

This free event had excellent attendance and representation from all over the UK. The content has been outstandingly evaluated, and our pre-post quiz showed good improvement in understanding from the attendees. The content included assessment, examination and measurement, along with treatments such as compression skin care and exercises, all the lymphoedema fundamentals.

In June we held our second study day in Bristol, and delegates came from all over the UK, showing us that there really is a call for high quality educational events specialising in lymphoedema. The BLS plans to hold two 'Introduction to Lymphoedema' Study Days annually, in at least two different locations.

Financial Security of the BLS

We are pleased to report an increase in sponsorship from our corporate partners over the past year. This additional income has enabled the BLS to expand a number of our activities, including offering more delegate places at the annual conference, supporting our first study day and delivering the Lymphoedema Awareness Month webinar programme. These opportunities have helped us extend access to education, share knowledge more widely and strengthen engagement across the lymphoedema community.

In line with our commitment to sustainability and good governance, the funding and donations are directly reinvested into the work of the BLS and the delivery of our activities, while maintaining an appropriate level of reserves to ensure the charity's long-term stability.

News & Views: Sharing Knowledge and Driving Practice

The BLS's quarterly publication, *News & Views*, continues to be an important resource for healthcare professionals working in lymphoedema care. The newsletter supports members by sharing updates in clinical practice, research, education and service development from across the lymphoedema community. Regular features include summaries of clinical enquiries, updates on research activity, member surveys and developments in best practice guidance. The publication also provides an opportunity to share educational resources, highlight innovation in practice and promote professional development across the membership.

News & Views continues to play an important role in connecting members and encouraging collaboration across the profession, ensuring that members' experiences and insights help shape the work and priorities of the BLS.
This year also marked the end of an era as co-opted trustee Cheryl White stepped down from her role with the BLS. Cheryl has been the editor of *News & Views* for almost two decades and has made an enormous contribution to the publication and to the wider work of the BLS during that time. We are very grateful for her commitment, energy and dedication over many years. While we are sad to see Cheryl leave the role, we are delighted that she is moving on to exciting new adventures and wish her every success for the future.

Voice, Advocacy & Partnerships

The BLS continues to influence public policy and raise the profile of lymphoedema through strategic collaborations with organisations including Legs Matter, NICE, Macmillan, the Pelvic Radiation Disease Association, Cancer Alliances, and TCST. These partnerships help shape standards of care, support research, and enhance awareness of lymphoedema across the healthcare system. Working with patient associations including LSN, the LWO Community and LymphoedemaUnited.

Collaborative work with publishers has resulted in the development of new clinical guidance documents, while a partnership with Cancer Alliance has enabled funding for the first BLS study day, further extending the BLS's impact and reach. The BLS maintains collaborative relationships with international lymphoedema associations and charities like ours, and shares best practice, new developments and information with our international colleagues.

This year we have seen a significant increase in the number of press enquiries we have received, on a range of interesting topics including cosmetic lymphatic drainage, lymphatic health and the use of fitness devices to aid the lymphatic system.

Scientific Committee (BLSSC) Report 2025 - 26

Committee Members: Emma Underwood (Chair), Fran Campbell (Vice Chair), Dr Ambreen Chohan, Prof Kristiana Gordon, Dr Garry Cooper, Dr Catherine O'Leary, Dr Catherine Mitchell, Patryk Gawrysiak, Preksha Vivekanandan (Honorary), Laura Henry (Honorary), Rebecca Elwell (Co-opted Conference Organiser).

During 2025/26, the Scientific Committee (SC) met online to continue to support the BLS Board with the overall aim of promoting research and service development in the field of lymphoedema in the UK.

Changes to membership: Prof Kristiana Gordon and Dr Ambreen Chohan were both elected for a second term. It was agreed that, although the terms of the SC state that there would be at least one new member each year, as these members had unique and valuable skills and there had been three new members in 2024 and would be at least two vacancies in 2026, this exception was warranted.

Changes to the Terms of Reference: the SC terms of reference have been further reviewed and updated to allow the chair and vice chair to join directly in instances where there would be no one within the SC to take on these roles.

Core SC Roles:

Abstract submissions: The SC managed the abstract submission process and anonymous peer review selection for the 2025 conference, attracting 38 submissions. Contributions spanned national, international and interdisciplinary work, underscoring the conference's growing reach and relevance to attract robust scientific work that underpins the annual conference.

Poster and presentation marking: the revised marking criteria and process for both the poster and oral presentations were implemented for the second year. Feedback from committee members using the new system highlighted how much smoother and more intuitive the marking process has become, and the system is now being centralised as a result. BLS Admin played a key role in shifting all marking forms onto the BLS Google platform, meaning every form and scoring record now sits within a single, secure BLS file network. This has strengthened consistency, improved oversight, and created a cleaner, more reliable workflow for future cycles. The SC will continue to review this process and make improvements where needed. The SC continues to be responsible for scoring of both the oral and poster presentations at the conference and awarding the best novice and experienced presenter awards.

SC membership: the SC maintains a strong, visible presence at the conference—chairing sessions, running the SC stand, supporting poster presenters, and spotlighting key SC initiatives.

The Case Report Competition: the case report competition was revised for 2026 with the intention of specifically nurturing novice writers, whilst acknowledging the valuable contribution that more experienced writers make to the knowledge base.

Scientific Committee (BLSSC) Report 2025 - 26 cont.

Two separate categories were created, Novice and Experienced, with a prize for both categories. In addition, mentorship was offered to the Novice winner to prepare their case report for publication. SC members delivered a focused presentation on the value of the case study competition, directly contributing to the highest number of entries the competition has ever received. This year, we received 5 entries, 3 novice and 2 experienced. The winners were:

- **Novice - Rebecca Williams**: *"Management of secondary lymphoedema following amputation".*
- **Experienced - Jesús Baltasar González Rubiño**: *"Rare presentation of AWS successfully managed with manual therapy: a case study."*

The novice winner will be mentored by a member of the BLS board, and both these case studies will be published in the Chronic Oedema Supplement. We would like to thank the British Journal of Community Nursing for their ongoing support and partnership.

The Lymphoedema Research Development Grant (LRDG) (2025)

We were pleased to receive a grant application from Ms Susan Witt for her feasibility study: *Measuring the direct impact of temperature on the lymphatic system and mechanical properties of skin*. Following rigorous review and amendments, the proposal was approved. Unfortunately, despite the awardees' best efforts, ethical approval could not be secured within the timeframe required by the grant, and the offer was subsequently withdrawn.

This outcome is in no way a reflection on the quality of the study or the commitment of the research team. We recognise the significant challenges involved in coordinating ethical approvals—particularly across international boundaries—and commend the team for their dedication to advancing lymphatic research.

We are pleased to announce that the 2024 LRDG awardee has completed their study, David Florentin (Swansea Bay UHB - Lymphoedema Network Wales), and we look forward to the publication of the results in due course.

The SC refined the grant process by updating the Terms of Reference and guidance, introducing a mandatory Gantt chart for all applications. This simple change has improved project planning, made feasibility clearer, and streamlined the administration of the grant.

Australasian Lymphoedema Association (ALA) reciprocal conference agreement and additional travel bursary

There were two entries to the ALA reciprocal conference place and travel bursary in 2026; both applicants had had several abstracts submitted specifically promoting the work of the BLS. As the applicants were the co-chairs of the BLS, the SC was asked to review the applications. Following discussion with the remaining board members, it was agreed that, as both applicants were promoting the work of the BLS and attendance at the conference was a valuable opportunity for the co-chairs to strengthen our international partnership, the bursary would be extended

Scientific Committee (BLSSC) Report 2025 - 26 cont.

to both applicants. The co-chairs, Yolande Borthwick and Lorraine Brown, had planned to attend the 2026 ALA conference; however, due to unforeseen circumstances, only Lorraine attended, and therefore, only one person received the bursary.

Other Scientific Committee Activities and Contributions:

Requests for the BLS to promote external research studies: the SC reviews requests for the promotion of external studies and also acts in an advisory capacity, reviewing study protocols and making recommendations to the researcher.

News and Views: SC members continue to contribute articles to the newsletter on a range of research and clinical evidence publication topics, and contribute to the research round-up.

Clinical Enquiries: the SC led a review of the clinical enquiries process and procedures, which have subsequently been revised and a more robust system implemented, including the use of external advisors to ensure breadth and depth of responses. These continue to be published in News and Views to widen the impact of these responses.

Clinical advisors to external bodies: SC members represent the BLS as clinical experts and advisors to bodies such as NICE when clinical reviews relevant to Lymphoedema are being conducted or when national/international guidelines are being created.

Contributing to specific BLS workstreams: members of the SC have been part of specific working subgroups of the Board, including the following initiatives: assets, cellulitis consensus group, primary care cellulitis education and breast lymphoedema.

Fundraising: members of the SC helped with fundraising for the LRDG along with other members of the board.

Honorary members: the development of honorary members is progressing as a sustained, purposeful part of the BLS SC. These members have been mentored by a member of the SC, and they have made an invaluable contribution to a range of SC activities, supported by other SC members, in order to develop their skills.

Emma Underwood (SC Chair)
Fran Campbell (Vice Chair)

Financial Information

In 2026 the BLS generated a surplus of £23k (£19k: 2025) as income of £270k exceeded expenditure of £248k. BLS income in 2026 of £270k was £55k higher than in 2025 (£215k: 2025) and comprised:

- Conference income of £172k was £37k higher than in 2025 (£135k: 2025) due to an increase in sponsor income which included 3 new sponsors plus additional funding from sponsors to support our inaugural Chester Study Day
- Advertising & other of £27k was £16k higher than in 2025 (£11k: 2025) this includes
    - £8k received from the BLS Children with Lymphoedema Special Interest Group (BLSCLSIG) to fund future Lymphaletics events;
    - £6k raised from sponsored events and raffle sales; and
    - £1k higher donations and £1k higher advertising revenue.
    - Membership subscriptions of £63k were £4k higher than 2025 (£59k: 2025) due to an increase in members and membership rate increase
    - Bank interest of £8k was £2k lower than in 2025 due to lower interest rates

The BLS spent £248k in 2026 which was £53k higher than spent in 2025 (£195k: 2025). The main increase in expenditure was on BLS Conference which at £138k was £48k higher than in 2025. The increase in spend arose as we introduced the Chester Study Day, expanded Lymphoedema Awareness from a week (LAW) to a month (LAM) and we incurred additional spend as we celebrated the BLS' 40th Anniversary.

The reserves policy of the charity to maintain unrestricted funds which have not been designated for a specific use of twelve months' expenditure. The policy ensures that reserves at this level will be sufficient so that in the event of a significant drop in funding, that the trustees will be able to continue the charity's activities while consideration is given to ways in which additional funds may be raised. The twelve months' expenditure level of reserves was achieved throughout the financial year.

Looking Ahead: August 2026 – July 2027

The year ahead promises to be another busy and exciting period for the BLS!

A key event in the calendar will be the Annual Conference, taking place at Chester Racecourse from 5–7 October 2026. The conference continues to grow as an important national event for lymphoedema professionals, bringing together clinicians, researchers, industry partners and people with lived experience to share knowledge, showcase innovation and strengthen professional networks. The 2026 conference will also include a dedicated half-day lipoedema programme delivered in partnership with Lipoedema UK.

Over the coming year, we also look forward to launching a new BLS website. The updated site will provide a more accessible and user-friendly experience for members, healthcare professionals and the public, with improved navigation, easier access to resources and a stronger platform for education, events and member engagement.

Following the success of the first Lymphoedema Awareness Month in March 2026, planning is already underway for a refreshed and expanded awareness campaign in 2027. The BLS aims to build on the strong engagement seen this year with new content, wider public reach and further opportunities for members and partners to get involved in raising awareness of lymphoedema and lymphatic health.

Alongside these major projects, the BLS will continue developing guidance, collaborating on documents, supporting research activity, strengthening partnerships and creating opportunities for education and professional development across the lymphoedema community.

Thank you

We are deeply grateful to our passionate trustees, staff, corporate members, partners, and supporters. Your dedication, expertise, and commitment have enabled BLS to grow from strength to strength, advancing lymphoedema care, education, and research across the UK.

Signed Accounts

INDEPENDENT EXAMINER

Jonathan Bardolph ACA,FCCA & BFP has been re-appointed as independent examiner for the ensuing year.

Approved by order of the board of trustees on 18 Jul 2026
and signed on its behalf by:



.....
Lorraine Brown

British Lymphology Society CIO
Independent Examiner's Report to the Trustees
for the year ended 31 March 2026

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 March 2026.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts as carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. the accounting records were not kept in accordance with section 130 the Charities Act; or
2. the accounts did not accord with the accounting records; or
3. the accounts did 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 accounts to be reached.

J Bardolph

.....
J Bardolph ACA, FCCA, BFP
Independent Examiner

Accountably Ltd
1st Floor, Unit 12
Compass Point
Ensign Way
Hamble
Southampton
Hampshire
SO31 4RA

24 Jul 2026
.....

British Lymphology Society CIO
Statement of Financial Activities
for the year ended 31 March 2026

	Notes	Unrestricted fund £	Restricted fund £	2026 Total funds £	2025 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	2	62,637	-	62,637	58,542
Charitable activities	3	199,559	-	199,559	146,133
Investment income	4	7,687	289	7,976	10,209
Total incoming resources		269,883	289	270,172	214,884
RESOURCES EXPENDED					
Charitable activities	5	243,819	-	243,819	190,758
Governance costs	6	3,754	-	3,754	4 ,762
Total resources expended		247,573	-	247,573	195,520
NET INCOMING RESOURCES and net income for the year		22,310	289	22,599	19,364
Net movement in funds		22,310	289	22,599	19,364
RECONCILIATION OF FUNDS					
Total funds brought forward	10	285,867	23,220	309,087	289,723
TOTAL FUNDS CARRIED FORWARD	10	308,177	23,509	331,686	309,087

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes form part of these financial statements.

British Lymphology Society CIO
Balance Sheet
as at 31 March 2026

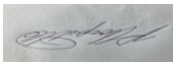
	Notes		2026 Total funds £		2025 Total funds £
FIXED ASSETS					
Intangible fixed assets	7		25,672		23,910
CURRENT ASSETS					
Debtors	8	75,856		93,962	
Cash at bank		319,391		312,903	
		395,247		406,865	
CREDITORS					
Amountsfallingdue within one year	9	(89,233)		(121,688)	
NET CURRENT ASSETS			306,014		285,177
NET ASSETS			331,686		309,087
FUNDS	10				
Unrestricted funds:			308,177		285,867
Restricted funds			23,509		23,220
TOTAL FUNDS			331,686		309,087

The financial statements were approved by the Board of Trustees on 08 Jul 2026 and were signed on its behalf by:



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Chairperson - Yolande Borthwick



.....

Treasurer - Peter Hooper-Smith

The notes form part of these financial statements.

1 ACCOUNTING POLICIES

(a) Basis of preparation of the accounts

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to the accounts. The accounts have been prepared in accordance with the Statement of Recommended Practice: 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) effective January 2019.

(b) Funds

General funds represent the funds of the charity that are not subject to any restrictions regarding their use and are available for application for general purposes. Funds designated for a particular purpose by the charity are also unrestricted. Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(c) Incoming resources

Donations, legacies and other forms of voluntary income are recognised as incoming resources when receivable, except in so far as they are incapable of financial measurement.

Trading income is shown net of related expenses as this better reflects the contribution of these activities to the charity.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

(d) Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity. Governance costs are those associated with the governance arrangements of the charity.

(e) Intangible fixed assets

Depreciation is provided so as to write off the cost of the asset, less its estimated residual value over the useful economic life of that asset, as follows:

Website development	20% straight line

(f) Taxation

The charity is exempt from corporation tax on its charitable activities.

2 VOLUNTARY INCOME

	Unrestricted funds £	Restricted funds £	Total funds 2026 £	Total funds 2025 £
Membership subscriptions	62,637	-	62,637	58,542
	62,637	-	62,637	58,542

3 CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds 2026 £	Total funds 2025 £
Conference	172,155	-	172,155	135,082
Advertising and other services	27,404	-	27,404	11,051
	199,559	-	199,559	146,133

4 INVESTMENT INCOME

	Unrestricted funds £	Restricted funds £	Total funds 2026 £	Total funds 2025 £
Interest receivable	7,687	289	7,976	10,209

5 EXPENDITURE - Charitable activities

	Unrestricted funds £	Restricted funds £	Total funds 2026 £	Total funds 2025 £
Office and administration costs	61,660	-	61,660	63,221
Website, computer and internet costs	3,747	-	3,747	2,444
Newsletter	4,038	-	4,038	3,793
Conference	142,230	-	142,230	89,698
Promotional items and surveys	2,518	-	2,518	2,839
Wages and expenses	29,626	-	29,626	28,763
	243,819	-	243,819	190,758

6 EXPENDITURE - Governance costs

	Unrestricted funds £	Restricted funds £	Total funds 2026 £	Total funds 2025 £
Book-keeping	642	-	642	569
Independent examiner	2,010	-	2,010	1,800
Insurance	1,092	-	1,092	1,036
Committee meetings	10	-	10	1,321
Exchange differences	-	-	-	36
	3,754	-	3,754	4,762

7 INTANGIBLE FIXED ASSETS

	2026 £	Total £
Cost		
At 1st April 2025	23,910	23,910
Additions	1,762	1,762
Disposals	-	-
At 31 March 2026	25,672	25,672
Amortisation		
At 1 April 2025	-	-
Charge for the year *	-	-
On disposals	-	-
At 31 March 2026	-	-
Net book value		
At 31 March 2026	25,672	25,672
At 31 March 2025	23,910	23,910

* The trustees have decided not to amortise until the website is operational

8 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026 £	2025 £
Trade debtors	36,960	66,935
Other debtors	38,896	27,027
	75,856	93,962

9 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2026 £	2025 £
Trade creditors	11,936	108
Deferred income	72,938	117,383
Accrued charges	4,359	4,197
	89,233	121,688

10 MOVEMENT ON UNRESTRICTED AND RESTRICTED FUNDS

	Balance at 1 April 2025 £	Incoming resources £	Outgoing resources £	Transfers between funds £	Balance at 31 March 2026 £
Unrestricted General fund	285,867	269,883	(247,573)	-	308,177
Restricted fund: Scientific research	23,220	289	-	-	23,509
	309,087	270,172	(247,573)	-	331,686

11 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Intangible fixed assets £	Net current assets £	Total £
Unrestricted:			
General fund	25,672	282,505	308,177
Restricted:			
Scientific research	-	23,509	23,509
	25,672	306,014	331,686

12 OTHER BENEFITS RECEIVED BY THE CHARITY

We are grateful to our corporate members for their generosity and their support in the 2025 conference. In addition, thank you to all who sponsor us in formal and informal ways.

13 TRUSTEES REMUNERATION AND EXPENSES

The following trustees received reimbursement of expenses during the year, predominantly relating to travel and subsistence:

	£
K Riches	63
M Sneddon	574
R Elwell	306
L Brown	513
C White	1,711
Y Borthwick	645
P Hooper-Smith	644
E Underwood	510
T Kosevic	96
K Cooper	101
N Faccio	404

No trustee nor anyone connected with them received any remuneration during the period in respect of their services as trustees.

BRITISH LYMPHOLOGY SOCIETY

ANNUAL REPORT TO END OF JULY 2026
ANNUAL GENERAL MEETING 6TH OCTOBER 2026
REGISTERED CHARITY 1185148