Docusign Envelope ID: 633F20E7-A833-888D-81DE-952528FA8764

May Measurement Month (MMM)

Trustees' Annual Report for the period 1 January 2025 – 31 December 2025

Charity Number: 1196683

Version: V1

May Measurement Month
7 Bell Yard, London, WC2A 2JR | Registered Charity No: 1196683
info@maymeasure.org | www.maymeasure.org

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1. Introduction

1.1 Overview

This Trustees' Annual Report outlines the activities, achievements and financial performance of May Measurement Month (MMM), a registered charity (Charity Number: 1196683) focused on raising awareness about the importance of measuring blood pressure (BP) and promoting early diagnosis and management of high BP (hypertension).

1.2 Charity Objectives

The primary objectives of MMM are to:

- Raise awareness of health issues surrounding high BP and emphasize the importance of regular blood pressure measurement
- Encourage and facilitate opportunistic BP screenings in local communities
- Collecting data from participating countries across the globe on BP levels and associated health issues to provide robust scientific data to assist governments with improving local BP screening facilities and associated health policies.
- Support research and advocacy efforts to improve global hypertension management.

1.3 Structure, Governance and Management

MMM is governed by a board of trustees who are responsible for the strategic direction and oversight of the charity. Trustees are appointed based on their expertise and commitment to the charity's mission. Day-to-day operations are managed by a dedicated team of staff and volunteers.

1.4 MMM Trustees and Management Team

MMM Board of Trustees
Professor Neil Reginald Poulter
Professor Aletta Elisabeth Schutte
Professor Markus Peter Schlaich
Professor Georgios Stergiou
Dr Thomas Beaney
David Somen

MMM Administration Team

Mrs Harsha McArdle	Campaign Manager
Dr Gaia Kiru	Scientific Consultant

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2. Achievements and Performance

2.1 Key Activities and Achievements

During the reporting period, MMM:

- Co-ordinated BP screening events in 76 countries (see Appendix 1), reaching 774,510 individuals.
- Developed and distributed educational materials on hypertension prevention and management.
- Partnered with global health organisations and clinics to provide training and resources for BP detection and management.

2.2 Beneficiaries and Impact

Since its launch in 2017, MMM BP screening has been carried out in nearly 8 million people globally resulting in just over 1.5 million individuals being identified as having untreated or inadequately controlled hypertension. Countless others have been made aware of the impact of BP through MMM educational and awareness initiatives. Early detection and management of hypertension have been shown to significantly reduce the risk of cardiovascular disease and stroke.

3. Financial Review

3.1 Income and Expenditure

MMM's total income for the reporting period was £377,071, and total expenditure was £391,721

3.2 Reserves Policy

MMM maintains a reserves policy to ensure sufficient funds are available to cover operational costs and any unexpected expenses. At the end of the reporting period, MMM held reserves of £123,095.

3.3 Financial Stability

MMM continues to diversify its income streams and seek funding opportunities to ensure long-term financial sustainability.

4. Plans for the Future

4.1 Strategic Priorities

MMM's strategic priorities for the next reporting period include:

- Expanding BP screening events in new countries and communities.
- Enhancing partnerships with global health organisations and organisations – including International Society of Hypertension (ISH), World Heart Federation (WHF), AF-SCREEN, Servier, Omron, Medtronic and AstraZeneca.
- Developing innovative educational and awareness campaigns in new areas of screening closely associated with high BP such as atrial fibrillation and diabetes.

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4.2 Key Initiatives

To achieve MMM's strategic priorities in the coming year, the charity proposes to implement the following strategies and actions:

- Expand BP screening and awareness in new countries and communities.
- Enhance relationships with Global Health Organisations and Industry Partners.
- Develop innovative educational and awareness campaigns in new research areas and provide educational materials and screening for areas closely associated with high BP including atrial fibrillation and other BP related conditions.

By implementing these strategies and actions, MMM will work towards achieving its strategic priorities for the next reporting period, expanding its reach, and making a significant impact on global hypertension awareness and control.

Docusign Envelope ID: 633F20E7-A833-888D-81DE-952528FA8764

5. Financial Reporting

5.1 Statement of Financial Activities for the Period Ended 31 December 2025

	Note	2025 £	2024 £
Income			
Cash Donations		185,484	171,234
Donations of equipment		191,587	108,480
Total Income		**377,071**	**279,714**
Expenditure			
Devices Donated		(191,587)	(108,480)
Devices, Printing & Distribution Expenses		(5,199)	(24,601)
Advertising & Marketing		(18,000)	(17,482)
Administrative and Management Fees		(103,208)	(100,670)
Research		(16,557)	(15,207)
Postage & Courier Costs		(16,979)	(28,603)
IT Software & Consumables		(7,950)	(11,926)
Legal Expenses		(99)	(90)
Charitable Donations Provided to a number of LMIC Countries to Support MMM Activities (see appendix 2)		(14,738)	(32,812)
Insurance		(5,645)	(6,297)
Bank Fees		(369)	(365)
Accountancy Fees		(600)	(1,013)
Rent		-	-
Irrecoverable VAT & Other Costs		(21,363)	(46,633)
Total Expenditure		(402,293)	(394,179)
Net Expenditure before other recognised gains and losses		**(25,222)**	**(114,465)**
Other recognised gains and losses			
Realised profit/(loss) on foreign currency transactions		(26,955)	25
Unrealised profit/(loss) on revaluation of cash reserves		24,910	(18,108)
Net income for the year		**(27,267)**	**(132,548)**

All the charities activities derive from continuing operations.

Docusign Envelope ID: 633F20E7-A833-888D-81DE-952528FA8764

5.2 Balance Sheet as at 31 December 2025

	Note	2025	2024
		£	£
Current Assets			
Cash at bank and in hand		123,095	150,362
Accounts Receivable		-	-
Other Debtors		-	-
Creditors: Amounts falling due within one year		-	-
Net Current Assets		123,095	150,362
Net Assets		**123,095**	**150,362**
Funds of the charity:			
Unrestricted funds		123,095	150,362
Total Funds		**123,095**	**150,362**

The financial statements on pages 5 to 9 were approved by the trustees, and authorised for issue on 27 October 2026 and signed on their behalf by:

Signed by:
Professor Neil R Poulter
3BAB752217914FA...

Professor Neil Poulter
Chair of Trustees, May Measurement Month

Docusign Envelope ID: 633F20E7-A833-888D-81DE-952528FA8764

5.3 Notes to the Financial Statements *for the Year Ended 31 December 2025*

1 Accounting Polices

Statement of Compliance
The financial statements have been prepared in accordance with 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 UKL and Republic of Ireland (FRS 102) (Effective 1 January 2015) – (Charities SOPR (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of Preparation
May Measure Month meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement
The charity has turnover below £500,000 and therefore under Bulletin 1 published on 2 February 2016 it has not included a cash flow statement in these financial statements.

Going Concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income
All income is recognised when the Charity is entitled to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount can be reliably measured.

Donations and grants are included in the statement of financial activities when receivable by the Charity. Income from grants is recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure
Expenditure is recognised on an accruals basis as soon as there is a legal or constructive obligation committing the trust to the expenditure, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. Expenditure includes any VAT which cannot be fully recovered, which is reported as part of the expenditure to which it relates.

Investments
Fixed asset investments, other than programme related investments, are included at market value at the balance sheet date. Realised gains and losses on investments are calculated as the difference between sales proceeds and their market value at the start of the year, or their subsequent cost, and are charged or credited to the Statement of Financial Activities in the period of disposal.

Unrealised gains and losses represent the movement in the market values during the year and are credited or charged to the Statement of Financial Activities based on the market value at the year end.

Debtors and creditors
Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

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5.4 Notes to the Financial Statements *for the Year Ended 31 March 2024*

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustee's discretion in furtherance of the objectives of the charity.

Staff

No staff are employed, and no remuneration or reimbursed expenses were paid to trustees during the year.

Related Party Transactions

There were no related party transactions requiring disclosure in the year.

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6. Declaration

6.1 Trustee Approval

We, the undersigned Trustees, have approved this annual report on 27 October 2026

Professor Neil Reginald Poulter	Signed by: Professor Neil R Poulter 3BAB752217914FA...
Professor Aletta Elisabeth Schutte	Signed by: Professor Alta Schutte BE84D40620D648C...
Professor Markus Peter Schlaich	DocuSigned by: Professor Markus Schlaich F0C993D55B96498...
Professor Georgios Stergiou	DocuSigned by: Professor George Stergiou 09CAC57ED02943D...
Dr Thomas Beaney	Signed by: Dr Thomas Beaney 8579CC089E7C48E...
David Somen	Signed by: 1DA4367BEF824FA...

Docusign Envelope ID: 633F20E7-A833-888D-81DE-952528FA8764

Appendix 1

Countries that participated in MMM25

1 Afghanistan
2 Albania
3 Algeria
4 Andorra
5 Angola
6 Argentina
7 Armenia
8 Australia
9 Bahrain
10 Bangladesh
11 Belgium
12 Belize
13 Bolivia
14 Botswana
15 Brazil
16 Bulgaria
17 Burundi
18 Cameroon
19 Canada
20 Chad
21 Chile
22 China
23 Colombia
24 Comoros
25 Congo, Republic of the
26 Croatia
27 Cyprus
28 Democratic Republic of Congo
29 Egypt
30 England
31 France
32 Georgia
33 Ghana
34 Greece
35 Honduras
36 Hungary
37 Iceland
38 Italy
39 Kazakhstan
40 Kenya
41 Lebanon
42 Libya
43 Malawi
44 Malaysia
45 Mali
46 Mauritius
47 Mexico
48 Nepal
49 Niger
50 Nigeria
51 Oman
52 Pakistan
53 Paraguay
54 Peru
55 Philippines
56 Poland
57 Portugal
58 Romania
59 Rwanda
60 Scotland
61 Slovakia
62 Slovenia
63 South Africa
64 South Korea
65 Sri Lanka
66 Sudan
67 Sweden
68 Thailand
69 UAE
70 Uganda
71 Ukraine
72 Venezuela
73 Vietnam
74 Wales
75 Zambia
76 Zimbabwe

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Appendix 2

Countries who received donations from MMM charity to carry out MMM BP screening activity in their country

1. Burundi*
2. Egypt
3. Ghana
4. India
5. Malawi
6. Rwanda*
7. Sri Lanka
8. Sudan
9. Uganda

**Campaign donations were approved and received in both countries; however, due to internal constraints within each country, the allocated funds were deferred to the following campaign year.*

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Chair of Trustees, May Measurement Month

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5.3 Notes to the Financial Statements *for the Year Ended 31 December 2025*

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Docusign Envelope ID: 633F20E7-A833-888D-81DE-952528FA8764

5.4 Notes to the Financial Statements *for the Year Ended 31 March 2024*

Cash and cash equivalents

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Related Party Transactions

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Docusign Envelope ID: 633F20E7-A833-888D-81DE-952528FA8764

6. Declaration

6.1 Trustee Approval

We, the undersigned Trustees, have approved this annual report on 27 October 2026

Professor Neil Reginald Poulter	Signed by: Professor Neil R Poulter 3BAB752217914FA...
Professor Aletta Elisabeth Schutte	Signed by: Professor Alta Schutte BE84D40620D648C...
Professor Markus Peter Schlaich	DocuSigned by: Professor Markus Schlaich F0C993D55B96498...
Professor Georgios Stergiou	DocuSigned by: Professor George Stergiou 09CAC57ED02943D...
Dr Thomas Beaney	Signed by: Dr Thomas Beaney 8579CC089E7C48E...
David Somen	Signed by: 1DA4367BEF824FA...

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Appendix 1

Countries that participated in MMM25

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14 Botswana
15 Brazil
16 Bulgaria
17 Burundi
18 Cameroon
19 Canada
20 Chad
21 Chile
22 China
23 Colombia
24 Comoros
25 Congo, Republic of the
26 Croatia
27 Cyprus
28 Democratic Republic of Congo
29 Egypt
30 England
31 France
32 Georgia
33 Ghana
34 Greece
35 Honduras
36 Hungary
37 Iceland
38 Italy
39 Kazakhstan
40 Kenya
41 Lebanon
42 Libya
43 Malawi
44 Malaysia
45 Mali
46 Mauritius
47 Mexico
48 Nepal
49 Niger
50 Nigeria
51 Oman
52 Pakistan
53 Paraguay
54 Peru
55 Philippines
56 Poland
57 Portugal
58 Romania
59 Rwanda
60 Scotland
61 Slovakia
62 Slovenia
63 South Africa
64 South Korea
65 Sri Lanka
66 Sudan
67 Sweden
68 Thailand
69 UAE
70 Uganda
71 Ukraine
72 Venezuela
73 Vietnam
74 Wales
75 Zambia
76 Zimbabwe

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Appendix 2

Countries who received donations from MMM charity to carry out MMM BP screening activity in their country

1. Burundi*
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7. Sri Lanka
8. Sudan
9. Uganda

**Campaign donations were approved and received in both countries; however, due to internal constraints within each country, the allocated funds were deferred to the following campaign year.*

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Charity Name **May Measurement Month (MMM)**		
On accounts for the year ended	31 December 2025	**Charity no (if any)**	1196683
Set out on pages	(remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2024.

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

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants of England and Wales.

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:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- 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.

Signed:		**Date:**	18/10/2026
Name:	Edward Case		

Relevant professional qualification(s) or body (if any):	FCA, Institute of Chartered Accountants of England and Wales

Address:	Underhill, Dartmouth Road
	Stoke Fleming, Devon
	TQ6 0QY