British Society for Research on Ageing

IMPACT REPORT 2025

From 1 April 2024 to 31 March 2025



BSRA

Leading Science for Lifelong Health

REGISTERED CHARITY NO. 1174127

2025 IMPACT REPORT

BSRA

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WELCOME

A note from David Weinkove, Chair of the BSRA



2025 was a very busy and productive year as Chair of the BSRA, and I am proud of the progress we have made.

I spent much of the year travelling around the country advocating for ageing research and talking about the BSRA. I work with a dynamic group of committed trustees, and it is always a pleasure to meet up with them in person, and connect with senior leaders at their institutions so they appreciate the impact BSRA trustees have by contributing to the society. I am grateful to all of our board for their energy, commitment and enthusiasm.

We have also been able to hand over increasing amounts of operational work to our CEO, which has allowed me to focus on developing wider relationships. Along with BSRA Trustee, Jon Houseley, I interviewed over 40 people for a report into the barriers to ageing research for Lord Kakkar. It was fascinating to get so many perspectives, and I'm grateful to everyone who gave their time.

I believe the relationships we are building with industry and disease-specific charities, as well as the work we are doing to engage with the wider public, lays the foundation for future years of growth and development.

I'm grateful to everyone who is engaged and supportive of the BSRA, and excited to see what we can achieve together moving forward.



Professor David Weinkove

CHAIR OF THE BSRA BOARD OF TRUSTEES

A YEAR OF PROGRESS



An update from Sally Bird, BSRA CEO

2025 has been a really exciting year for the BSRA as we have developed new initiatives and laid some really solid foundations for future growth.

It was an inspiration to attend my first Annual Scientific Meeting in Manchester and meet so many of our members. I am not a scientist by training, and the fantastic speakers representing different areas of ageing research together showed what might be possible in the future given the right support and resource.

Whilst our scientist members are always at the heart of what we do, I believe that by opening up the BSRA and connecting with a wider audience, we will ultimately be able to achieve even more. So I am particularly pleased that we successfully launched our Public Lecture Series in October 2025. The response to this initiative has proved that there is an appetite from members of the public to connect with scientists in the field.

A key part of our strategy in 2026 is to build on our momentum as we look to grow the role and influence of the BSRA at the heart of this community of researchers. We will continue to build relationships that can increase our impact, provide more opportunities for our members, and raise the awareness - and funding - needed to help transform the health of our ageing society, and allow each of us to enjoy good health for as many years as possible as we age.



Sally Bird

BSRA CEO

WHY AGEING RESEARCH?

We are the British Society for Research on Ageing. We believe that by supporting research that helps understand the **biological processes of ageing**, we are investing in the **prevention** of many major diseases.

Our scientist members come from over **50 UK academic institutions** and work in many different fields including (but not limited to) the immune system, dementia, cardiovascular disease, muscle, the menopause, senescence, circadian rhythms, lifestyle factors and model organisms (worms, mice, fish).

Despite these differences, they are all driven by the same two observations:

Ageing is the greatest risk factor for disease

The ageing process is not fixed and can be modified

Everybody ages, but *every body* ages differently. By understanding the different biological processes that affect how we age, we will be able to help everyone live healthier lives for longer.







WHAT DO WE DO?

Our Vision

The BSRA encourages and supports research that will ultimately help people slow biological ageing and thereby remain free of disease for longer. We have **FIVE PILLARS** that shape our activities:

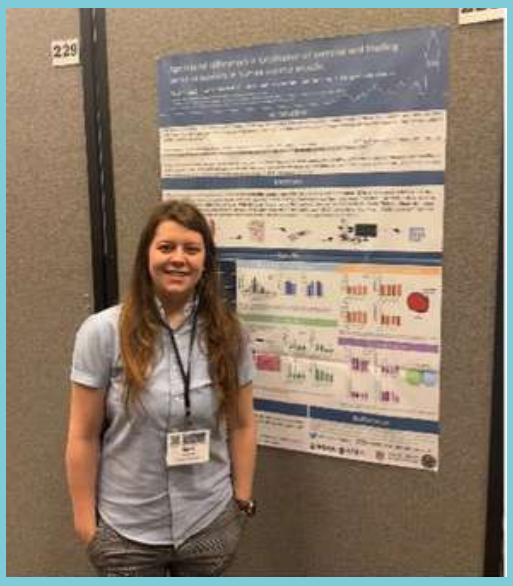
1. **Bring scientist members together** to support each other and discuss the best research avenues to understand and slow human biological ageing
2. **Educate the general public** on what we know about the biology of ageing and the need for further evidence-based research
3. **Advocate for more funding** for high quality research on ageing through engagement with policy makers and key opinion leaders
4. **Raise money to provide grants** to support excellent research into ageing
5. **Enable translation of research** by relevant stakeholders including industry developing interventions, clinicians and public health practitioners.

The BSRA supports talented researchers, often at the beginning of their career. Many senior researchers have gone on to great things having started out with a small grant from the BSRA, like Marie:

Case Study

Marie Korzepa, University of Birmingham, was awarded a **BSRA Travel Grant** to present at her first international conference, AGE 2024 in the US. Her talk was about immunofluorescence microscopy-based work, comparing skeletal muscle cross sections in young and old humans.

> ***"The award allowed me the unique opportunity to exchange ideas and talk to other people working on other models of ageing and make collaborations outside of the UK.'***



2025 IN IMAGES



































OUR IMPACT 2025 IN NUMBERS*

*as at 31 March 2026

on the up

BSRA Membership

active paid members	up 25%
income from membership	up 73.5%
UK institutions represented	54

Annual Scientific Meeting

total delegates	up 37%
poster presenters	80
income from sponsorship	up 20%

compared with 2024

Grant Awards

number of awardees	up 33%

Academic Seminars

average attendance	up 20%

‘Meet the Scientist’ Public Webinars

total subscribers	521
top audience	192

NEW
in Oct 2025

2025: A YEAR OF EXPANSION



1 Bringing Together Scientist Members

74th Annual Scientific Meeting

Our flagship event of the year is our Annual Scientific Meeting (ASM). In 2024, this was held at Manchester Metropolitan University and brought together **185 delegates, 33 speakers** and **80 poster presenters** for **3 days** of stimulating talks and networking opportunities, supported with generous financial backing from the organisations listed on page 16.

Poster Presentation Awards:
First prize - Payal Ganguly (University of Leeds)
Second prize - Jordan Acheson (Manchester Metropolitan University)
Third prize - Marie Korzepa (University of Birmingham)

Case Study: Korenchevsky Prize Winner

This highly competitive prize is awarded each year at the ASM for best Early Career Researcher (ECR) elevated Oral Presentation. In 2025, the prize went to Loren Kell of the University of Oxford.



The Korenchevsky Prize includes flights and registration for the **American Aging Association's annual meeting** (Utah in 2026) and an oral presentation slot there, platforming the best ECR research from BSRA membership to our trans-Atlantic partners.

Read Loren's blogpost about her amazing experience on the BSRA website.

2025: A YEAR OF EXPANSION



1 Bringing Together Scientist Members

Membership

Our recruitment drive saw BSRA **membership grow by 25%** in 2025. We developed systems to identify which institutions and geographical regions were well-represented - and where we might find new members. There's more work still do to, but greater engagement through increased social media and email campaigns raised awareness about what the BSRA offers our members.

Academic Seminars

Six online talks by leading researchers from the **UK, US, Denmark** and **Portugal** were attended by an average of **60 scientists** from across the UK and beyond. These talks encourage researchers to engage with expertise in the biology of ageing in areas outside their own, to further the crossover of ideas.

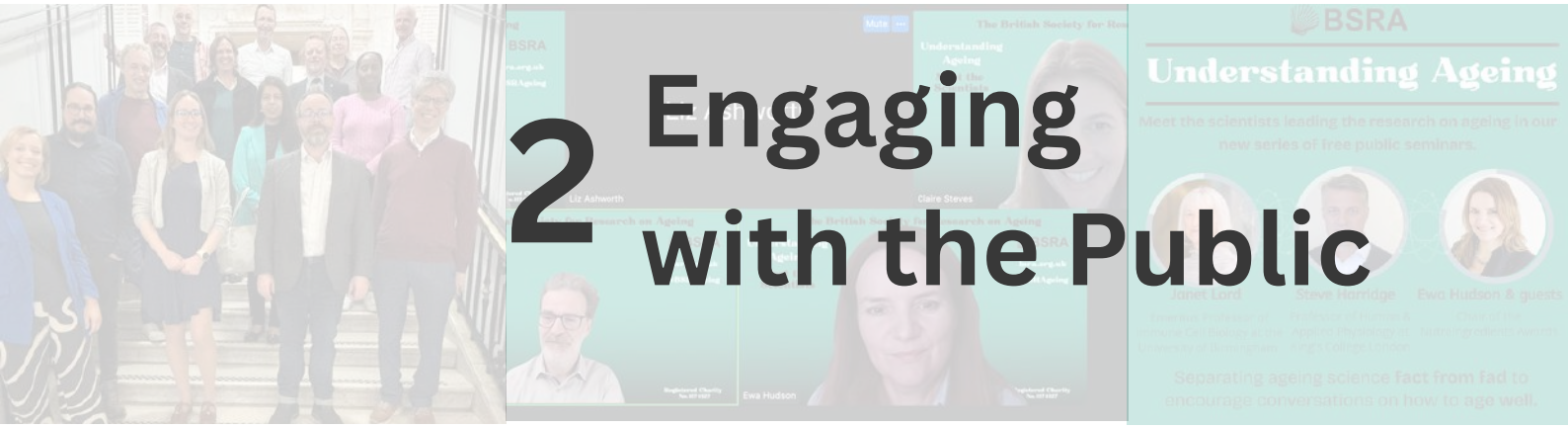
International Partnerships

We were delighted to form an official agreement with the **Dutch Society for Research on Ageing (DuSRA)** to build a unified voice for the field and advance the study of ageing through greater international collaboration.



BSRA Chair, David Weinkove, with incoming Co-Chair of the DuSRA Board, Dr Joris Deelen

2025: A YEAR OF NEW INITIATIVES



Public webinars

October 2025 saw the launch of **Understanding Ageing: Meet the Scientists**, a brand new webinar series to help members of the public hear directly about the science of ageing from experts in the field. Our biggest audience of the season watched special guest and dance-enthusiast Angela Rippon challenge our expert, Professor Steve Harridge, to name an exercise more beneficial to health than dancing! The **BSRA YouTube channel** was launched to host recordings and increase access to the BSRA and our scientist experts.



Citizen Science

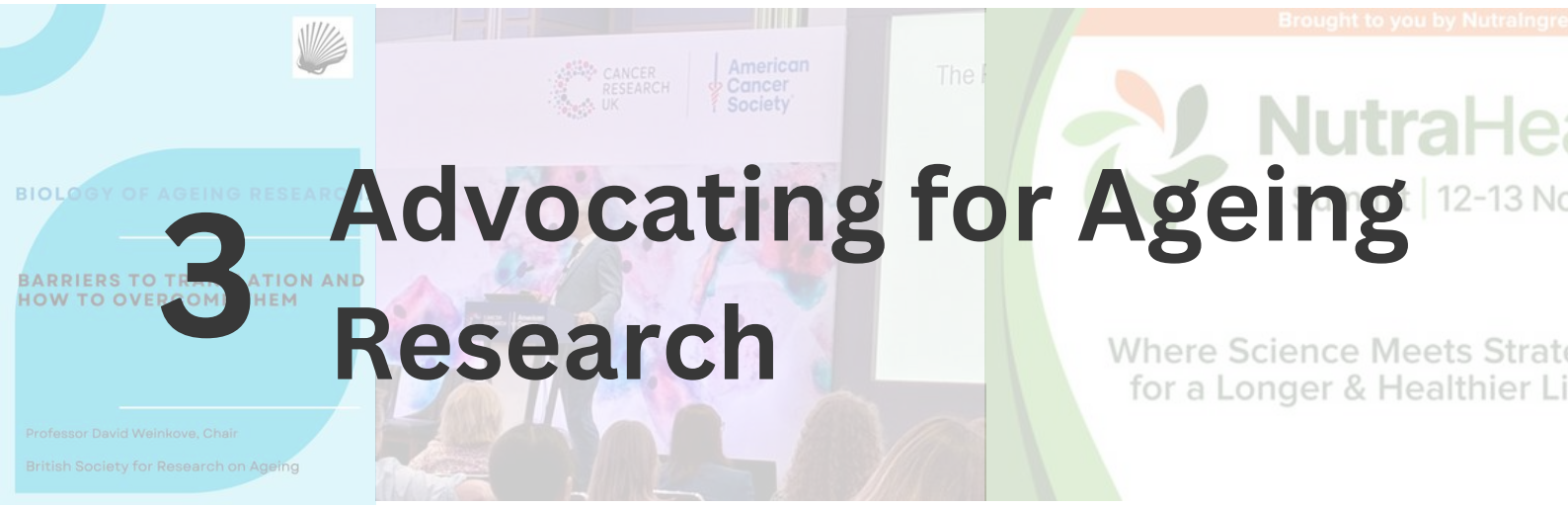
Our **Citizen Science Workshop**, funded by the Vivensa Foundation, brought together a range of experts and members of the public at Westminster University to explore the exciting potential for citizen science in ageing research. Watch this space!



Healthy Match Days

We put together a proposal for a **Healthy Match Day** project promoting ageing research through a range of health activities and advice at football grounds. Originally considered by Nottingham Forest Football Club, we are currently looking for clubs that may want to pilot this exciting project.

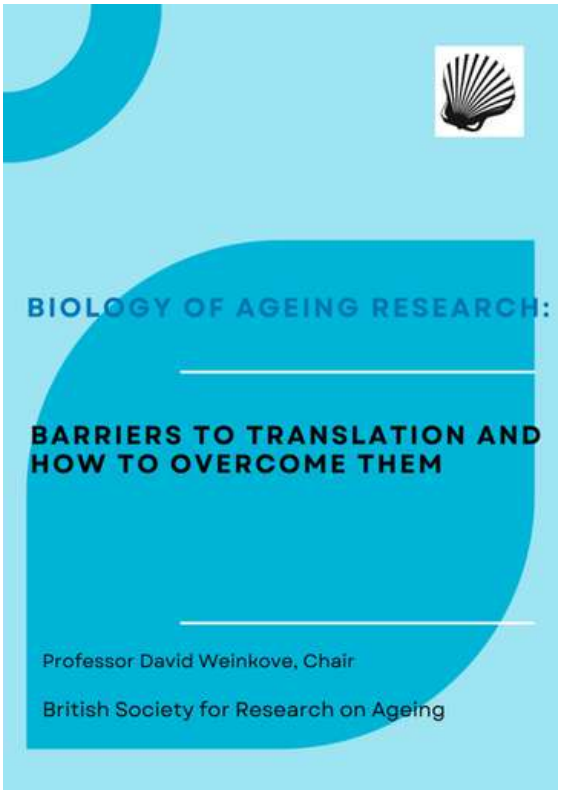
2025: A YEAR OF LEADERSHIP



3 Advocating for Ageing Research

The **Chair of the BSRA, Professor David Weinkove**, spent much of 2025 visiting academic institutions, industry, government and third sector organisations throughout the UK, to advocate for ageing research and encourage greater collaboration.

Professor Lord Kakkar, Chair of the Office for Strategic Coordination of Health Research (OSCHR), invited Prof Weinkove to produce a **report outlining the barriers to translation for researchers in the biology of ageing.** Together with BSRA Trustee, Jon Houseley, a Group Leader at the Babraham Institute, he spoke to over 40 people, including prominent researchers in the field, clinicians, funders, investors and industrialists.



The resulting report outlines the challenging reality facing many UK ageing researchers, but also includes **eight key recommendations for improving barriers to translation**. Find the Executive Summary, with a link to the full report on the BSRA website.

2025: A YEAR OF LAYING FOUNDATIONS



4 Raising money to fund research

This objective divides into two distinct but connected areas of work: raising money so that we can support BSRA members. 2025 was a year of laying foundations: preparing the organisation so we can raise more funds and support the careers of more BSRA members.

Our 2025 Grant Winners

Summer Studentships:

Shashank Rao (Professor Anna Murray), University of Exeter
Phoebe Bedford (Dr Chiara Herzog), King's College London

Travel Grants:

Sakina Amina, University of Oxford
Noemi Cherestes, University of Westminster
Mark Tomás McAulay, University of Salford
Laura Sinclair, University of Exeter

Small Research Grants:

Archie Belfield, University of Birmingham
Connor Stead, Liverpool John Moores University

Case Study: Summer Studentship

'I was lucky enough to be awarded a BSRA Summer Studentship to gain six weeks of hands-on experience in ageing research. I worked with Dr. Chiara Herzog at Twins UK (part of King's College London) to carry out computational analyses of epigenetic data. This experience was a fantastic insight into the world of ageing research; I gained new skills, met a range of researchers, and was inspired to continue pursuing work in this field.'



Phoebe Bedford, left, with Dr Chiara Herzog



4 Raising money to fund research

Case Study: Small Research Grant

Research takes time, so it also takes time to know the full impact of our grants. We were delighted to hear from BSRA member, Amanda Veiga Sardeli, from the University of Birmingham, who received a Small Research Grant in 2023 to study the impact of physical activity on immune cells in ageing.

The support from the BSRA led to the publication of a paper in *Aging Cell* on 21 May 2025.

Congratulations Amanda!



Amanda, on the right, with colleague and former BSRA Trustee, Prof Niharika Duggal

Six for 2026 Fundraising campaign

The end of 2025 saw the launch of a new **Six for 2026 fundraising campaign**, where we looked to build on the momentum of the year to raise enough money to fund six Small Research Grants, six Travel Grants and six Summer Studentships in 2026. [**Spoiler alert**: at the time of writing, we have surpassed this target. Details to follow in the 2026 Report]

2025: A YEAR OF RELATIONSHIPS



5 Enabling translation of research

Charity Partnerships

One of the main aims of research on the biology of ageing is to find ways to keep people healthier for longer. Those working on the prevention of specific diseases have the same aim. There are therefore mutual benefits of working together and by doing so provide a clear route to translation of research on the biology of ageing.

The BSRA partnered with Cystic Fibrosis Trust as part of a commitment to help find out more about future health challenges facing people with CF as they age. UK CF Registry data shows that one in six people with CF in the UK are over 40 years old, as advances in treatment increase life expectancy. The partnership reflects a practical step to encourage tangible translation opportunities for ageing research.

We have also developed closer links with Cancer Research UK after Chair, David Weinkove, attended a workshop they hosted and then represented the British Society for Research on Ageing at the Cancer Prevention Conference 2025 in London in late June run by CRUK and The American Cancer Society.

Industry Partnerships

David Weinkove also represented the Society at Nutra Healthspan Summit in November in London, an international gathering bringing together scientists, industry leaders in the nutrition space, and innovators working to extend healthy human lifespan. For the BSRA, engaging with industry and translation-focused events is a key way to realise our commitment to building relationships that generate translation opportunities for basic research.

OUR SUPPORTERS

thank you

to everyone that supported the BSRA in 2025, including our members for their participation, engagement and commitment.

The BSRA financial year runs from 1 December each year, and in the period December 2024 - December 2025, we are grateful for the support from:

Mr Lee Dalchow
Dr Tabitha Francis
J Granville
Professor Janet Lord
The late Barbara Marsh
The Seavets
The Chernajovsky Foundation
Ms Andriana Sotiris
Dr Thomas Tompkins
Mr Lewis Wakeland
Prof David Weinkove
Ms Pauline Varughese
The Vivensa Foundation

These donations were crucial in allowing us to develop our **public engagement programme**, **support talented young researchers** and run our **academic seminar series**.

The BSRA relies on membership fees and donations for all operational costs, so each contribution really does help us further our goal to **help everyone live healthier lives for longer**.

OUR SUPPORTERS

thank you

We are also grateful to the following organisations whose sponsorship of our 74th ASM in Manchester contributed to a hugely successful event:



Biotechnology and Biological Sciences Research Council

ALTOS™

Pharma Nord
Pioneers in Nutritional Healthcare



nagi bioscience

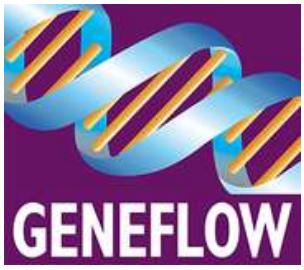


Calibre SCIENTIFIC

HTC Health

abbvie





Magnitude Biosciences



OXFORD Immune Algorithmics®

CliniSciences

Study Set Go
We accelerate human research

OUR ORGANISATION

The BSRA achieves so much through its dynamic volunteer Board of Trustees, supported only by a part-time CEO.

BSRA Trustees as at March 2026:

Prof David Weinkove (Chair)
Dr Paul Potter (Treasurer)
Dr James Murray (Hon. Sec)
Dr Bradley Elliott (Comms lead)
Dr Sophie Joanisse (Grants lead)
Prof Ira Milosevic (ASM lead)
Dr Jon Houseley
Dr Jonathan Lewis
Dr Diana Marcu
Dr Paul Morgan
Dr Charalompos (Babis) Rallis
Dr Laura Sinclair








We are also hugely grateful to the following outgoing Trustees in 2025 for their time, energy and commitment:

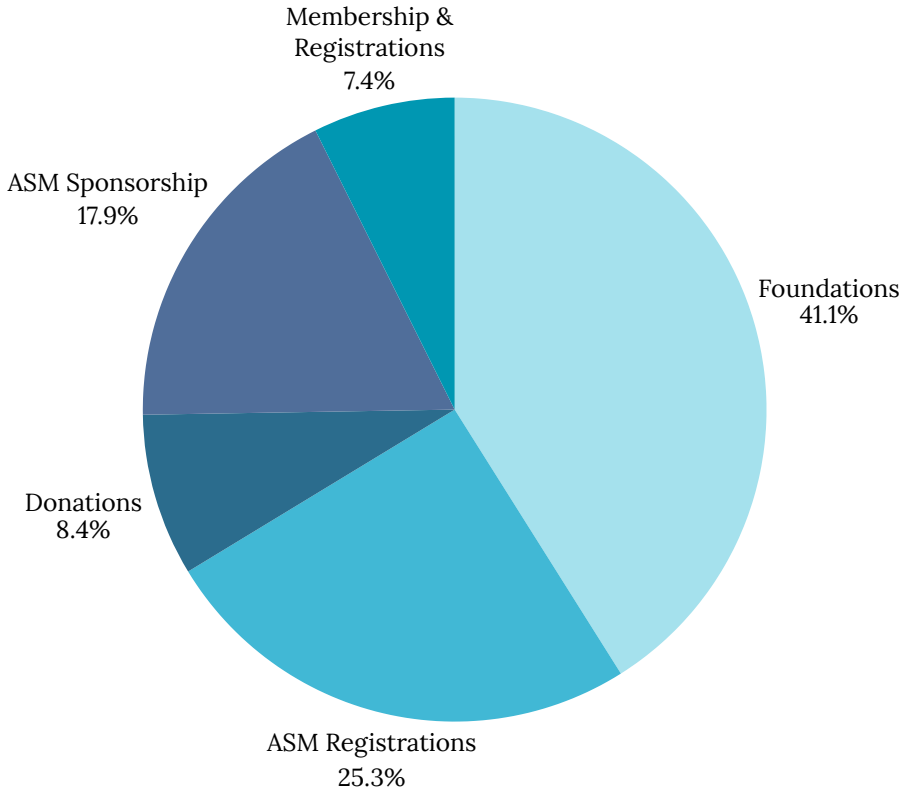
Dr Niharika Duggal, Elizabeth Mills, Ben Raven, Tina Woods, Dr Hector Zenil

OUR FINANCES

TOTAL INCOME 2024-2025

£140,264

Membership income **up 73%**
Donations income **up 54%**

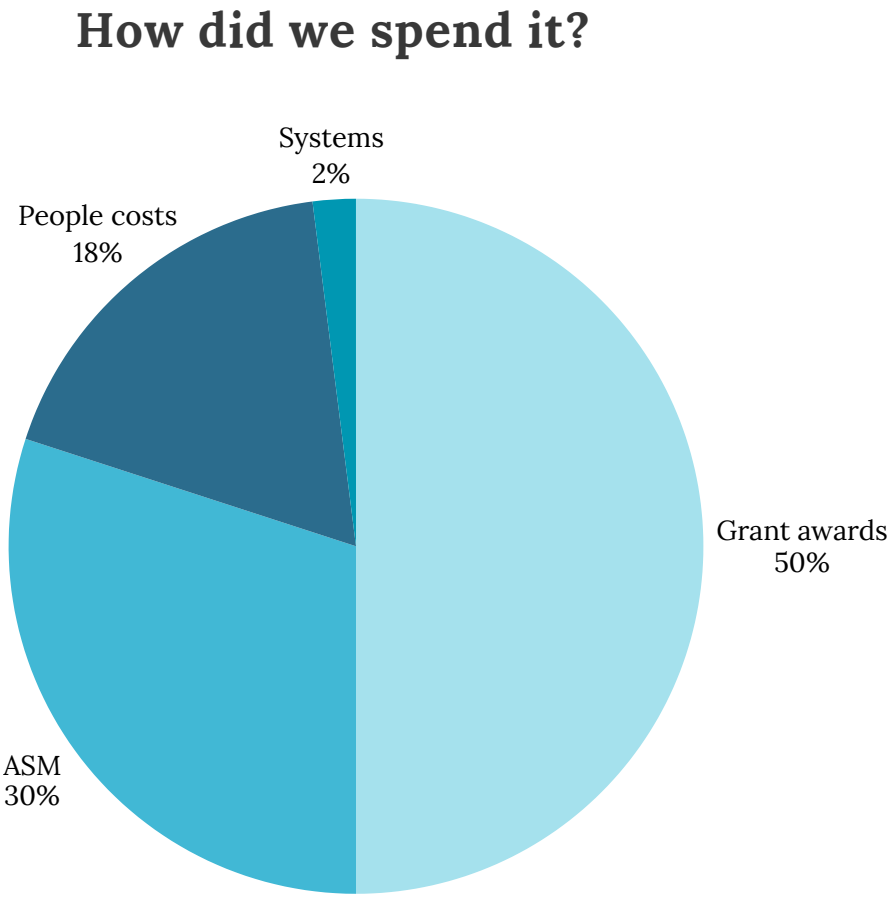


The figures presented here for the 2024-25 financial year are subject to external audit. Until the annual report and accounts are published later in the year, the figures presented in this report remain provisional.

OUR FINANCES

TOTAL EXPENDITURE 2024-2025

£154,436



Two factors explain the overall deficit for the year of just over £14,000:

- delays in payment promised against expenditure incurred at the September Annual Scientific Meeting (c.£7K)
- a decision by the board to invest in paid support that can help build foundations for the future



LOOKING AHEAD

For Scientists

At a time when academic institutions are facing significant challenges, the BSRA has identified EIGHT priorities to increase support for scientists across the ageing research community:

1. Mark the BSRA's **landmark 75th ASM at the University of Oxford** with an event that includes exceptional science and excellent networking opportunities for the ageing research community

2. Raise funds to **increase our grant awards programme** and support a greater proportion of BSRA members

3. **Grow membership** at under-represented institutions and geographical regions through greater outreach and visibility

4. Invite speakers for the 2026 Academic Lecture Series to increase engagement across the ageing community, **including among industry and clinicians**

5. Identify ways in which the BSRA can better support **Early Career Researchers** to help them remain in ageing research at a vulnerable point in their careers

6. Continue to build high-level relationships with government bodies and funders to **advocate for ageing research**, and its potential to support our ageing population

7. Increase the BSRA's **connections with industry** to link scientist members with wider translation opportunities

8. Further relationships with **charity partners** to provide tangible opportunities for ageing researchers to collaborate in projects that target disease prevention



LOOKING AHEAD

For Non-Scientists

As a registered charity, the BSRA operates in a sector that is also facing greater need and more competition for resources than ever before. The second priority of our work is therefore to develop BSRA's wider charitable objectives so the organisation can grow sustainably and increase fundraising capacity in order to better support the ageing research community.

We have identified **FIVE** primary objectives for 2026 which will help us lay the foundations for future development:

1. Build on the public engagement success of 2025 through regular **online public webinars** that allow the public to hear directly from expert scientists

2. Develop our **communications strategy** so that the BSRA presents a clear, coherent and visible message as a trusted voice on ageing research

3. Explore ways for the BSRA to **create a dialogue with the public** to help shape advocacy initiatives and research priorities

4. Commission a **rebrand and new website** to update the BSRA's online presence and better serve our different stakeholders

5. Undertake a strategic approach to identify potential **fundraising avenues** and plan for future investment to realise them

THE BRITISH SOCIETY FOR RESEARCH ON AGEING





www.bsra.org.uk **info@bsra.org.uk**

The British Society for Research on Ageing is a registered charity in England, no. 1174127.

BSRA