

03 April 2023

Inspiration Healthcare Group plc
("Inspiration Healthcare", the "Company" or the "Group")

Grant of Options

Inspiration Healthcare Group plc (AIM: IHC), the global medical technology company, announces that it has granted a total of 459,512 nil cost options over ordinary shares of 10 pence each in the capital of the Company ("Options") under the Inspiration Healthcare Group Long Term Incentive Plan (the "LTIP"), including a total of 330,625 Options to four Persons Discharging Managerial Responsibilities ("PDMRs") as detailed below.

The Options are exercisable at nil cost and are subject to operational performance criteria measured over a three year period ending on 31 January 2025.

For further information:

Inspiration Healthcare Group plc

Tel: +44 (0)330 175 0000

Neil Campbell, Chief Executive Officer

Cenkos Securities plc (Nominated Adviser & Broker)

Tel: +44 (0)207 397 8900

Stephen Keys, Katy Birkin, Dan Hodgkinson

Walbrook PR Ltd (Media and Investor Relations)

Tel: +44 (0)20 7933 8780

Anna Dunphy/Stephanie Cuthbert

**NOTIFICATION AND PUBLIC DISCLOSURE OF TRANSACTIONS BY PERSONS DISCHARGING
MANAGERIAL RESPONSIBILITIES AND PERSONS CLOSELY ASSOCIATED WITH THEM**

1	Details of the person discharging managerial responsibilities / person closely associated	
a)	Name	1. Neil Campbell 2. Brook Nolson 3. Martin Pearcy 4. Peter Reynolds
2	Reason for the notification	
a)	Position/status	1. PDMR 2. PDMR 3. PDMR 4. PDMR
b)	Initial notification /Amendment	Initial
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	

a)	Name	Inspiration Healthcare Group plc											
b)	LEI	213800GKFT3ENAPMDL15											
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted												
a)	Description of the financial instrument, type of instrument Identification code	Options over Ordinary Shares of 10p each in the capital of the Company ISIN: GB00BXDZL105											
b)	Nature of the transaction	Grant of Options under the Long Term Incentive Plan											
c)	Price(s) and volume(s)	<table><tr><th>Price(s)</th><th>Volume(s)</th></tr><tr><td>1. Nil</td><td>1. 115,000</td></tr><tr><td>2. Nil</td><td>2. 92,000</td></tr><tr><td>3. Nil</td><td>3. 77,625</td></tr><tr><td>4. Nil</td><td>4. 46,000</td></tr></table>		Price(s)	Volume(s)	1. Nil	1. 115,000	2. Nil	2. 92,000	3. Nil	3. 77,625	4. Nil	4. 46,000
Price(s)	Volume(s)												
1. Nil	1. 115,000												
2. Nil	2. 92,000												
3. Nil	3. 77,625												
4. Nil	4. 46,000												
d)	Aggregated information - Aggregated volume - Price	N/A - single transaction											
e)	Date of the transaction	31 March 2023											
f)	Place of the transaction	Outside of a trading venue											

About Inspiration Healthcare

Inspiration Healthcare (AIM: IHC) is a global provider of medical technology for use in neonatal intensive care & operating theatres. The Company provides high quality innovative products to patients around the world which help to improve patient outcomes and it actively invests in innovative product opportunities and disruptive technologies.

The Company has key own brand products that can be used within the first days of life to help premature and sick babies; helping resuscitation and stabilisation in the first moments of life through to preventing brain damage and both invasive and non-invasive respiratory support in terms of capital equipment and disposable medical devices. Additionally, the Company has its own range of products for maintaining normothermia pre, during and post-surgery.

Since September 2019, the Company has acquired Vio Holdings a designer, manufacturer and supplier of single use respiratory products and sterile medical consumables and S.L.E., a leading designer, manufacturer and global provider of neonatal ventilation products. The Group generates approximately 58% of its revenues from export markets and more than half of its revenues come from its own-branded products.

With product availability actively promoted to over 80 countries through a distribution network, Inspiration

Healthcare's success has been built on continuous innovation, excellent customer service and an inherent commitment to improving patient outcomes, working in close collaboration with key opinion leaders across the globe.

In the UK and Ireland, the Group has direct sales teams selling Group Branded and complementary products from third parties, with an additional range of home healthcare products. This is supported by Technical Support for planned preventative maintenance and emergency assistance.

The Group operates from various sites in the UK for R&D, Marketing and operations with manufacturing based in Croydon (south London) and Hailsham (East Sussex). The Group's Head Office is located in Crawley, a short distance from London's Gatwick Airport.

Further information on Inspiration Healthcare can be found at www.inspirationhealthcaregroup.com

This information is provided by RNS, the news service of the London Stock Exchange. RNS is approved by the Financial Conduct Authority to act as a Primary Information Provider in the United Kingdom. Terms and conditions relating to the use and distribution of this information may apply. For further information, please contact ms@seg.com or visit www.ms.com.

RNS may use your IP address to confirm compliance with the terms and conditions, to analyse how you engage with the information contained in this communication, and to share such analysis on an anonymised basis with others as part of our commercial services. For further information about how RNS and the London Stock Exchange use the personal data you provide us, please see our [Privacy Policy](#).

END

DSHQXLFBXZLEBBB