

6 March 2025

Assura plc
("the Company")

Notifications of transactions by Persons Discharging Managerial Responsibilities ("PDMRs")

The Company announces that on 5 March 2025 the following named PDMRs acquired partnership shares and were awarded matching shares and free shares over ordinary shares of 10 pence each in the Company under the Company's Share Incentive Plan ("SIP").

PDMR	Position	Number of partnership shares acquired	Number of matching shares awarded	Shareholding of PDMR and PCAs post acquisition and award
Jonathan Murphy	CEO	363	423	3,330,307
Jayne Cottam	CFO	363	423	955,452
Orla Ball	General Counsel	363	423	42,150
Robert James	Group Development Director	363	423	33,238
Sarah Taylor	Chief People Officer	363	423	22,322
Steven Noble	Chief Investment Officer	363	424	609,294

The Notification of Dealing Form for each PDMR can be found below.

This notification is made in accordance with the Market Abuse Regulation.

Notification of dealing form

1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Jonathan Murphy
2	Reason for the notification	
a)	Position/status	CEO
b)	Initial notification/Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
a)	Name	Assura plc
b)	LEI	21380026T19N2Y52XF72
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	Ordinary shares of 10 pence each

	Identification code	GB00BVGBWW93										
b)	Nature of the transaction	Acquisition of partnership shares and award of matching shares under the SIP										
c)	Price(s) and volume(s)	<table><tr><td>Price(s)</td><td colspan="2">Volume(s)</td></tr><tr><td>£0.41324 GBP</td><td colspan="2">786</td></tr></table>			Price(s)	Volume(s)		£0.41324 GBP	786			
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– Price	£0.41324 GBP	786	£324.81 GBP									
e)	Date of the transaction	5 March 2025										
f)	Place of the transaction	XLON										

1	Details of the person discharging managerial responsibilities/person closely associated						
a)	Name	Jayne Cottam					
2	Reason for the notification						
a)	Position/status	CFO					
b)	Initial notification/ Amendment	Initial notification					
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor						
a)	Name	Assura plc					
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1	Details of the person discharging managerial responsibilities/person closely associated									
a)	Name	Orla Ball								
2	Reason for the notification									
a)	Position/status	General Counsel								
b)	Initial notification/ Amendment	Initial notification								
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor									
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1	Details of the person discharging managerial responsibilities/person closely associated
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a)	Name	Robert James						
2	Reason for the notification							
a)	Position/status	Group Development Director						
b)	Initial notification/ Amendment	Initial notification						
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor							
a)	Name	Assura plc						
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1	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Sarah Taylor
2	Reason for the notification	
a)	Position/status	Chief People Officer
b)	Initial notification/ Amendment	Initial notification
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor	
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1	Details of the person discharging managerial responsibilities/person closely associated									
a)	Name	Steven Noble								
2	Reason for the notification									
a)	Position/status	Chief Investment Officer								
b)	Initial notification/Amendment	Initial notification								
3	Details of the issuer, emission allowance market participant, auction platform, auctioneer or auction monitor									
a)	Name	Assura plc								
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For more information, please contact:

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Gordon Simpson

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Email: Assura@fgsglobal.com

Notes to Editors

Assura plc is the UK's leading diversified healthcare REIT. Assura enables better health outcomes through its portfolio of more than 600 healthcare buildings, from which over six million patients are served.

A UK REIT based in Altrincham, Assura is a constituent of the FTSE 250 and the EPRA* indices and has a secondary listing on the Johannesburg Stock Exchange. As at 30 September 2024, Assura's portfolio was valued at £3.2 billion and has a strong track record of growing financial returns and dividends for shareholders.

At Assura we BUILD for health and as the first FTSE 250 certified B Corp we are committed to keeping ESG at the heart of our strategy, creating Healthy Environments (E) and Healthy Communities (S) and maintaining a Healthy Business (G).

Further information is available at www.assurapl.com

*EPRA is a registered trademark of the European Public Real Estate Association

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