

TR-1: Standard form for notification of major holdings

1. Issuer Details

ISIN

GB00BRSCY602

Issuer Name

OPTIMA HEALTH PLC

UK or Non-UK Issuer

UK

2. Reason for Notification

An acquisition or disposal of voting rights

3. Details of person subject to the notification obligation

Name

Harwood Capital LLP

City of registered office (if applicable)

Country of registered office (if applicable)

Name	City of registered office	Country of registered office
Harwood Capital LLP	London	United Kingdom
Harwood Capital Management (Gibraltar) Limited	Gibraltar	Gibraltar

4. Details of the shareholder

Name	City of registered office	Country of registered office
Harwood Capital LLP	London	United Kingdom
Oryx International Growth Fund Limited	Guernsey	Guernsey

5. Date on which the threshold was crossed or reached

29-Oct-2025

6. Date on which Issuer notified

30-Oct-2025

7. Total positions of person(s) subject to the notification obligation

	% of voting rights attached to shares (total of 8.A)	% of voting rights through financial instruments (total of 8.B 1 + 8.B 2)	Total of both in % (8.A + 8.B)	Total number of voting rights held in issuer
Resulting situation on the date on which threshold was crossed or reached	4.348000	0.000000	4.348000	3860000

Position of previous notification (if applicable)	3.217000	0.000000	3.217000	
---	----------	----------	----------	--

8. Notified details of the resulting situation on the date on which the threshold was crossed or reached

8A Voting rights attached to shares

Class/Type of shares ISIN code(if possible)	Number of direct voting rights (DTR5.1)	Number of indirect voting rights (DTR5.2.1)	% of direct voting rights (DTR5.1)	% of indirect voting rights (DTR5.2.1)
GB00BRSCY602	110000		0.123900	
GB00BRSCY602	3750000		4.224100	
Sub Total 8.A	3860000		4.348000%	

8B1. Financial Instruments according to (DTR5.3.1R.(1) (a))

Type of financial instrument	Expiration date	Exercise/conversion period	Number of voting rights that may be acquired if the instrument is exercised/converted	% of voting rights
Sub Total 8.B1				

8B2. Financial Instruments with similar economic effect according to (DTR5.3.1R.(1) (b))

Type of financial instrument	Expiration date	Exercise/conversion period	Physical or cash settlement	Number of voting rights	% of voting rights
Sub Total 8.B2					

9. Information in relation to the person subject to the notification obligation

2. Full chain of controlled undertakings through which the voting rights and/or the financial instruments are effectively held starting with the ultimate controlling natural person or legal entities (please add additional rows as necessary)

Ultimate controlling person	Name of controlled undertaking	% of voting rights if it equals or is higher than the notifiable threshold	% of voting rights through financial instruments if it equals or is higher than the notifiable threshold	Total of both if it equals or is higher than the notifiable threshold
Christopher Harwood Bernard Mills	Harwood Capital LLP	0.123900		0.123900%
Christopher Harwood Bernard Mills	Oryx International Growth Fund Limited	4.224100		4.224100%

10. In case of proxy voting

Name of the proxy holder

The number and % of voting rights held

The date until which the voting rights will be held

11. Additional Information

12. Date of Completion

13. Place Of Completion

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

HOLWPGUUUUPAGCG