Pharmacology 2025

Sustainability Report

February 2026

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Contents

1. Event Overview
2. Sustainability Objectives
3. Background
4. Emissions & Waste
5. Emissions in more detail...
6. Benchmarking
7. Successes
8. Challenges and Opportunities
9. Recommendations
10. Further Actions

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Event Overview

Pharmacology 2025

16-18 December 2025

ICC Belfast, Belfast

Key statistics -
In-person attendees: 785
Online attendees: 33
Social events: 4

Sustainability Objectives

BRITISH PHARMACOLOGICAL SOCIETY

Objective A

→ Measure carbon emissions from Pharmacology 2025 and compare with 2024

Objective B

→ Reduce event waste

Objective C

→ Reduce emissions from event catering

trace by isla.

Background

- Carbon emissions were measured for the first time in 2024.
- When comparing the 2024 and 2025 reports, it's important to note that the gala dinner and welcome reception were not included in the 2024 measurement, but were included in 2025 – this is reflected in the catering and waste figures.
- The 2024 waste measurement was an estimate, in comparison with 2025 which was based on actuals.
- In 2024, much of the data was based on estimates, collected post-event. In 2025 we engaged with suppliers much further in advance, so that they were prepared and were able to provide us with much more accurate data.

Emissions and Waste How did we do?

2024

Total Attendees

777
In Person

0
Virtual

Carbon Footprint

838.01 tCO2e
Total carbon footprint

1078.52 kgCO2e
Average carbon footprint per attendee

Waste Footprint

0.81 Tonnes
Total Waste Footprint

1.04 kgs
Average waste per attendee

This is the equivalent of

- CO2 equivalent from 419 cars on the road for one year
- The carbon sequestered by 4190 tree seedlings grown for 10 years

2025

Total Attendees

785
In Person

33
Virtual

Carbon Footprint

517.73 tCO2e
Total carbon footprint

632.92 kgCO2e
Average carbon footprint per attendee

Waste Footprint

3.65 Tonnes
Total Waste Footprint

4.46 kgs
Average waste per attendee

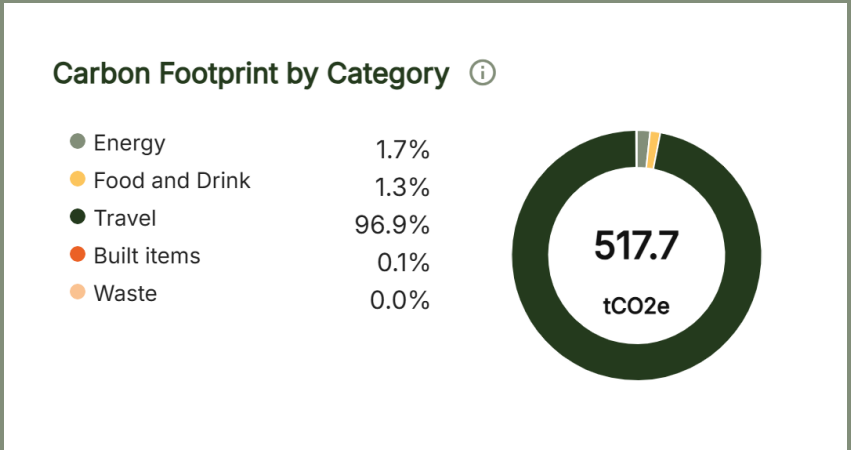
This is the equivalent of

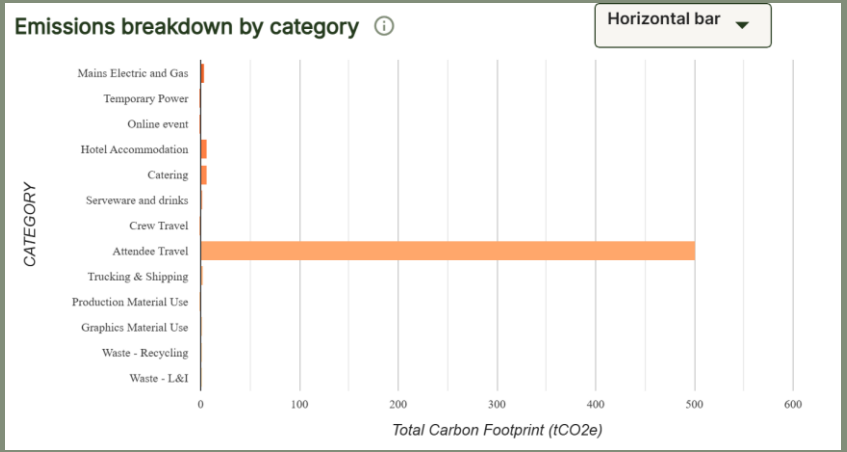
- CO2 equivalent from 258 cars on the road for one year
- The carbon sequestered by 2588 tree seedlings grown for 10 years

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Emissions cont...





2024

Scope 1	Scope 2	Scope 3
2.65 tCO2e	0.95 tCO2e	834.41 tCO2e

2025

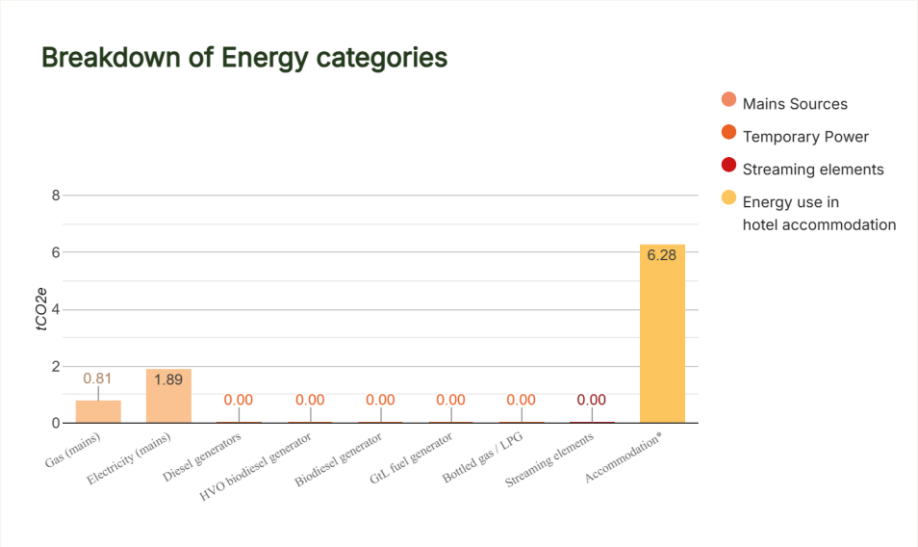
Scope 1	Scope 2	Scope 3
0.70 tCO2e	1.37 tCO2e	515.66 tCO2e

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Emissions in more detail...

Energy



Findings & Considerations

- The highest source of energy emissions is from delegate accommodation, despite using green-certified hotels
- The ICC Belfast is a much more energy-efficient venue than Harrogate Convention Centre, resulting in lower emissions from gas usage (0.81 tCO2e in 2025, compared with 3.08 tCO2e in 2024)

Total Energy emissions

8.98 tCO2e

Contribution to overall emissions

1.7%

Energy emissions per attendee

11.44 kgCO2e

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

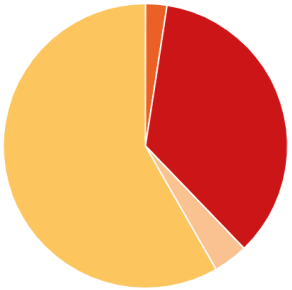
Waste

Findings & Considerations

- Waste production measured significantly higher than in 2024 (3.65 tonnes in 2025, compared with 0.81 tonnes in 2024), even though we reduced use of single-use materials. This could be because the calculations were an estimate in 2024, in comparison to actual measurement in 2025. Additionally, the 2025 figures include waste from the Gala Dinner, as well as the main conference.
- The good news is that 0% of the waste went to landfill, with most of it getting reused or recycled.

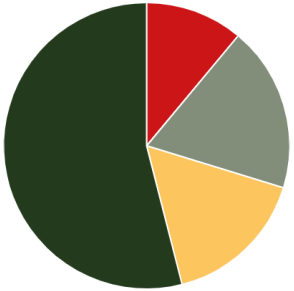
Where did waste come from? (by weight)

Built items	0.0%
Graphics	2.4%
Food waste	35.4%
Serveware and drinks	3.9%
Everything else	58.3%



Where did waste go? (by weight)

Landfill	0.0%
Incinerated	11.0%
Recycled	18.7%
AD/Compost	16.3%
Re-used	54.0%

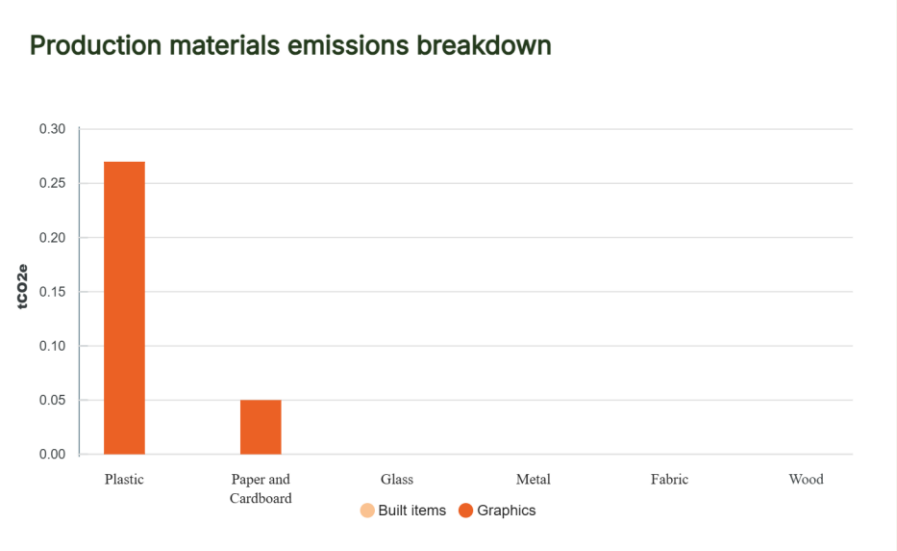


Total Waste emissions	Contribution to overall emissions	Waste emissions per attendee	Total waste	Waste per attendee
0.02 tCO2e	0.0%	0.03 kgCO2e	3.65 Tonnes	4.65 kgs

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Production



Findings & Considerations

- We saw a slight reduction in emissions from graphics this year (0.31 tCO2e in 2025, compared with 0.37 tCO2e) in 2024), as we reused some of our graphics from 2024 and made use of the digital signage available at the ICC – reducing our need for printed branding/signage.

Total Production emissions

0.31 tCO2e

Contribution to overall emissions

0.1%

Production emissions per attendee

0.40 kgCO2e

Production

Material Type	Usage (tonnes)	Emissions (tCO2e)
Plastic	0.06	0.27
Paper and Cardboard	1.03	0.05
Glass	0.00	0.00
Metal	3.28	0.00
Fabric	0.00	0.00
Wood	0.00	0.00
Total	4.37	0.31

Findings & Considerations

- Our emissions from production/built items are very low, as we mostly build from re-used materials (e.g. our shell scheme stands) and avoid custom built areas.

Percentage of assets hired or made from reclaimed materials

98.0%

Percentage of assets made from recycled materials

0.0%

Percentage of materials reused, donated, repurposed

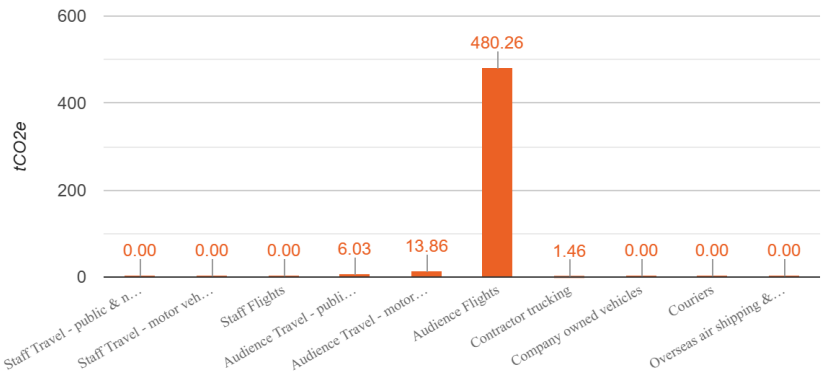
98.0%

Percentage of materials recycled post event

1.2%

Travel & Transport

Emissions by transport type



Findings & Considerations

- We gathered delegate travel data at the point of registration and onsite. We asked delegates where they travelled from and which forms of transport they took to get to Belfast.
- As expected, by far the highest source of emissions for the event comes from delegate flights.
- As expected, more flights were recorded in 2025 than 2024 (1,360 in 2025 compared with 456 in 2024)
- It is difficult to get accurate travel data from delegates, as only 10% of people completed the onsite travel data form, meaning we are reliant on what people planned at the point of registration. We also have not collected class of travel for flights, which has a significant impact on the emissions from flights.

Travel and Transport emissions

501.61 tCO2e

Contribution to overall emissions

96.9%

Travel emissions per attendee

638.99 kgCO2e

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Travel & Transport

Transport Type	Emissions (tCO2e)	Percentage of Transport Total	Journeys	Emissions per journey (kgCO2e)	Distance (Miles)	Emissions per mile (kgCO2e)
Staff Travel - public & non-emitting transport	0.00	0.00%	0	0.00	0	0
Staff Travel - motor vehicles	0.00	0.00%	0	0.00	0	0
Staff Flights	0.00	0.00%	0	0.00	0	0
Audience Travel - public & non-emitting transport	6.03	1.20%	380	15.85	67605.34	0.03
Audience Travel - motor vehicles	13.86	2.76%	193	71.67	49975.80	0.11
Audience Flights	480.26	95.74%	1360	353.02	1811333.58	0.10
Contractor trucking	1.46	0.29%	6	243.21	1226	0.46
Company owned vehicles	0.00	0.00%	0	0.00	0	0
Couriers	0.00	0.00%	0	0.00	0	0
Overseas air shipping & freight	0.00	0.00%	0	0.00	0	0

Food & Beverage

Food Type	Emissions (tCO2e)	Portions	Emissions per 100g (kgCO2e)
Beef/Lamb	0.00	0	2.18
Other Meat, Fish and Seafood	4.73	1710	0.48
Vegetarian	0.53	1083	0.32
Plant based/Vegan	0.66	1986	0.11

Drink Choice	Emissions (tCO2e)	Quantity	Emissions per drink (kgCO2e)
Wine	0.2563	180	1.42
Spirits	0.0000	0	0.00
Soft drinks	0.0266	44	0.60
Tea/Coffee	0.5174	6600	0.08
Water	0.0414	57	0.73
Beer/Cider	0.0455	87	0.52

Total F&B emissions
6.80 tCO2e

Contribution to overall emissions
1.3%

F&B emissions per attendee
8.66 kgCO2e

Total Food emissions
5.91 tCO2e

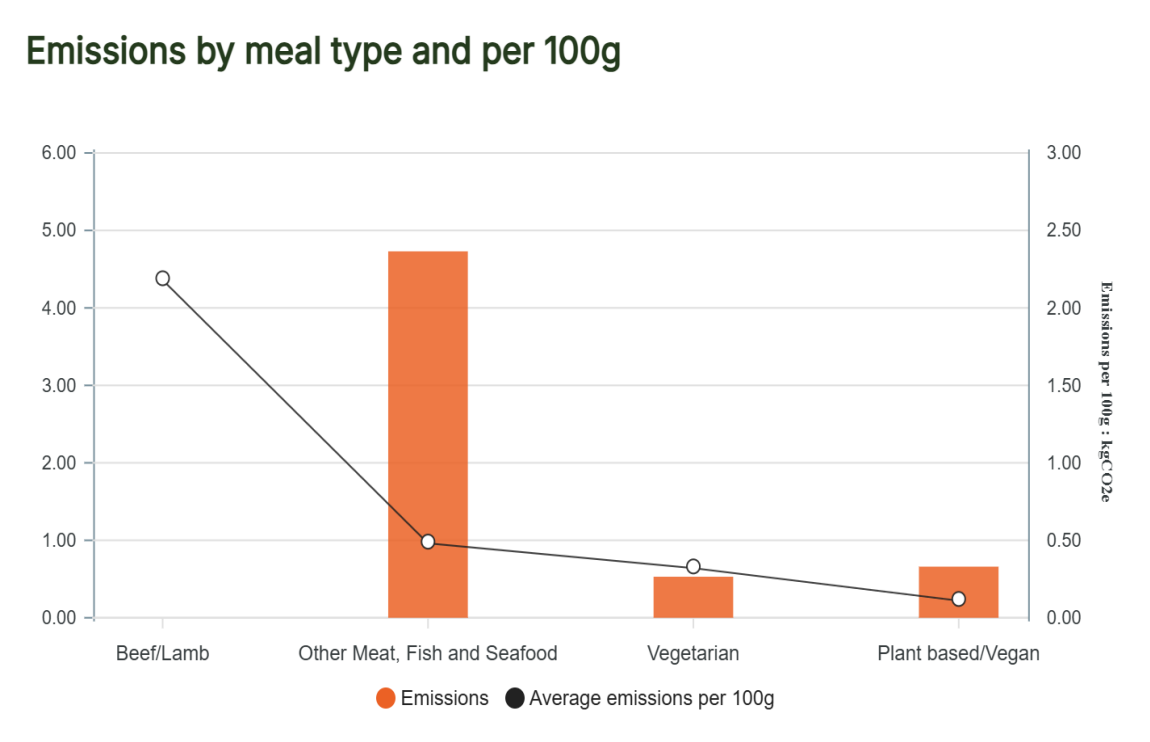
Total Beverages emissions
0.89 tCO2e

Total Serveware emissions
0.00 tCO2e

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Food & Beverage



Findings & Considerations

- In 2025, we significantly reduced the meat served at the event, having one fully plant-based day and having all plant-based snacks and refreshments throughout the event.
- However, the data shows an increase in emissions from F&B in 2025 because this year we included data from the 3-course Gala Dinner.

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

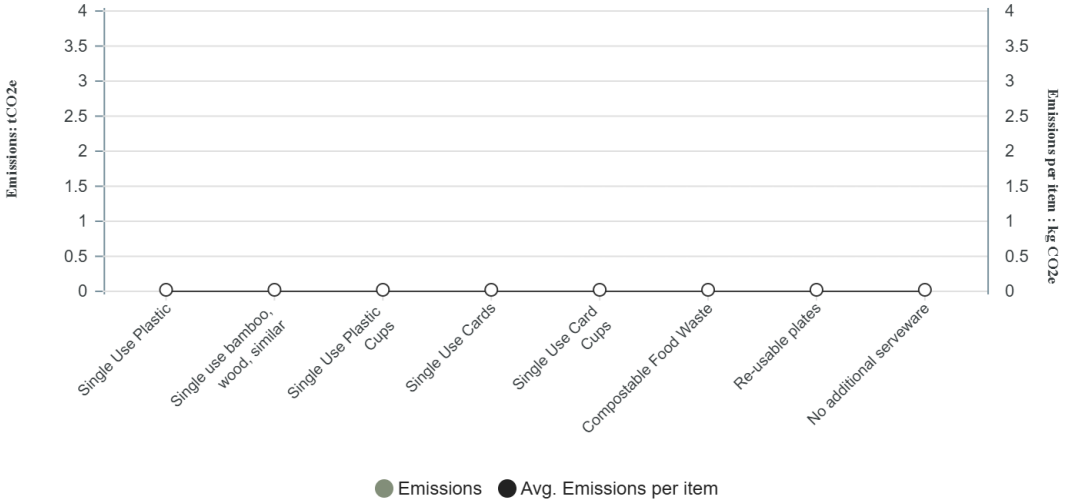
Serveware

Findings & Considerations

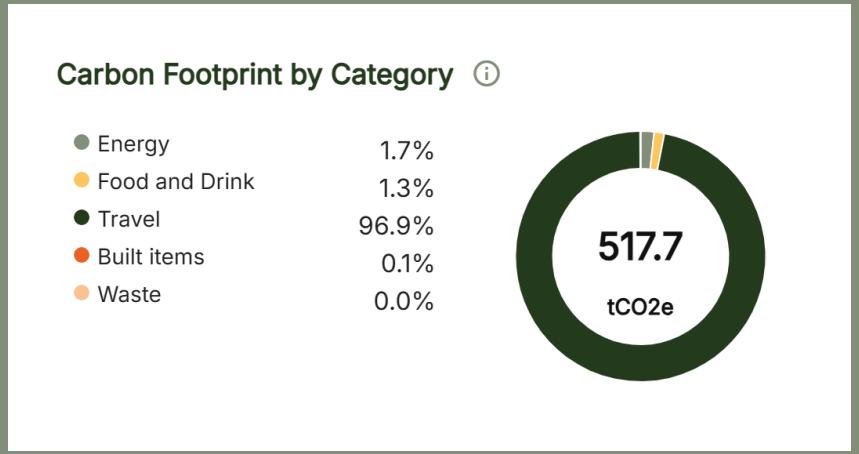
- We eliminated single use serveware this year, reducing our emissions in this area, however the data suggests an increase in emissions from serveware from 0.56 tCO2e in 2024 to 0.89 tCO2e in 2025.
- This is because in 2025 we included serveware from the Welcome Reception and Gala Dinner, which were not included in the 2024 calculation.

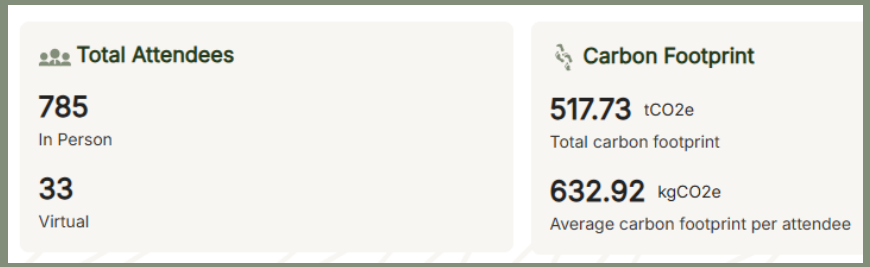
Serveware

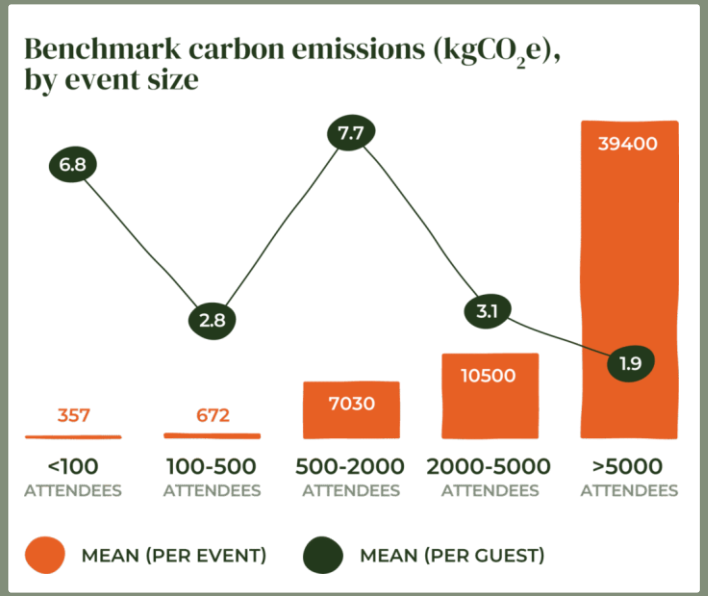
Reducing carbon emissions from Food and Beverage can also be achieved by thinking about packaging and serveware. Reusable options are better than single use, but where disposable items are necessary, using lightweight recyclable materials, such as paper based materials, is better than plastics or polystyrene.



Benchmarking







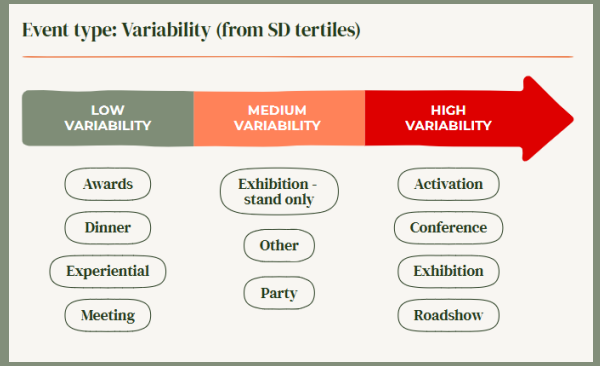
BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Benchmarking

Findings & Considerations

- Benchmarking can be challenging, due to the high variability of different event types and sizes.
- Conferences like Pharmacology 2025 that are multi-day, have an exhibition attached, have social events and have a large international audience will have higher emissions than a small one-day conference with a mainly UK-based audience
- We therefore need to work harder to mitigate and reduce emissions in the areas that are within our control.



Breaking down emissions benchmarks by event type

Below are aggregated insights into carbon emissions baseline data across approximately 1000 events, measured in kgCO2e.

	Lowest emissions events (<25%)	Lower-middle emissions events (25-50%)	Upper middle emissions events (51-75%)	Highest emissions events (76-100%)	SD (Standard Deviation)
Conference	< 946	946 - 2226	2226 - 4255	> 4255	24628
Exhibition	< 3757	3757 - 8565	8565 - 25319	> 25319	96525
Dinner	< 1108	1108 - 1488	1488 - 1895	> 1895	956

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Successes

BRITISH PHARMACOLOGICAL SOCIETY

Success A

→ We now have two years' data from our annual conference, with 2025 data improving in accuracy and getting us closer to a true reflection of the carbon emissions from our conference.

Success B

→ We introduced new initiatives in 2025: the plant-based day, the onsite travel data form, the food donation scheme. These schemes were great to try, but need to be advertised much more broadly in future for them to be effective.

Success C

→ We started a 'Sustainable Events Working Group' in 2025, which will help to steer progress in the future and which will help us to set SMART goals to hold us accountable.

trace by isla.

Challenges & Opportunities

BRITISH PHARMACOLOGICAL SOCIETY

Collecting accurate travel data was a real challenge. We had the onsite travel data form, but only 10% of attendees completed it.	Now that we've tried it once, we know we need to do much more to encourage delegates to complete the form and need to work harder to explain why we are asking them and how they can help us on our journey.
Emissions from delegate flights are always going to be a challenge to mitigate.	With our conference in Manchester in 2026, we can do more to encourage realistic sustainable travel. Our partnership with Eurostar may also help those travelling from Europe.
Bringing our stakeholders along with us on the journey has been a challenge.	The new Working Group provides a platform for championing change. It also will help to drive action and communication, so that over time we bring on board all stakeholders.

trace by isla.

Recommendations

Carbon emissions reductions

Here is a collated list of all of the reduction tips for each core pillar. We have estimated the potential carbon emissions saving if each tip is implemented to give you an idea of the total reduced footprint that may be possible for this event by making a few key changes.
However, these tips just focus on your biggest sources of emissions in each area, and many more reductions could be made. Check out proseed, for best practice guidance on how to reduce your carbon footprint across your events.

Area	Change	Reduction (tCO2e)	Reduction (%)
Energy	Hotels use a lot of power for lighting, heating, laundry etc. Aim to reduce accommodation requirements by 10% by using more local staff.	0.63	10.0%
Energy	Reduce gas use by up to 10% by monitoring temperatures at your venue more closely, keeping doors closed, or using more energy efficient buildings.	0.08	9.8%
Production	Reduce the amount of graphics produced by 25% by either reusing old graphics or reducing requirements.	0.08	25.5%
Catering	Provide 100% plant based catering for staff and audience	4.58	67.4%
Travel and Transport	Flying has a big carbon footprint. Aim to reduce emissions from audience flights by a third by offering the option to attend virtually, booking venues closer to audience's home towns, incentivising booking trains instead of flights or encouraging flying economy rather than business class.	158.49	33.0%
Travel and Transport	Your biggest cause of road transport emissions is audience travel, so you could aim to rescue this by a third by encouraging guests to car share or use public transport through information or incentives.	4.57	33.0%
Overall Reduction	**If you do all of the above**	168.43	33.1%

Total emissions

517.73 tCO2e

Emissions could be reduced to:

349.30 tCO2e

Total waste

3.65 Tonnes

Waste could be reduced to:

2.91 Tonnes

Further Actions

- Develop SMART goals for the conference to help us measure improvement over time
- Review broader BPS policies to support sustainable choices (e.g. procurement policy and expenses policy)
- Do more to advertise the sustainability actions and partnerships – e.g. the Gala Dinner charity partner
- Continue to have a ‘plant-forward’ catering policy
- Continue to use only reuseable serveware
- Continue to favour venues and suppliers with robust sustainability programmes/policies

Balancing emissions - Options

ECOLIBRIUM

The investment is split into three parts. Each £15 helps to offset 1 tonne of carbon through planting trees with Forest carbon but also protects 1 acre of Rainforest with the Rainforest Trust and supports Temwa, a charity in Malawi to plant 3 trees and provide other social benefits.

Here’s why it matters…

It’s a business driver

→ Drive competitive advantage through stakeholder engagement

→ Attract and retain talent with similar values

→ Demonstrate that we are leading the way and driving change

Your people want it

4.3 out of 5 employees feel it is important to work for an organisation that can demonstrate commitment towards improving the sustainability performance of events they deliver.

4.3 out of 5 employees feel it is to deliver a sustainable event (regardless of the practicality of this.)

94% think that sustainability should form part of annual company targets and KPIs*.

*From isla surveyed employees of member organisations

Attendees want it

→ 74% of people want a green recovery*.

→ 86% of 2000 people across China, US and UK expect businesses to help solve problems like the climate crisis

→ 75% say that Covid-19 has **raised their expectations** of business to tackle climate **

*IPSOS MORI

*Wunderman Thompson

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.

Thank you

BRITISH PHARMACOLOGICAL SOCIETY

trace by isla.