

# FOOD FOR THE BRAIN FOUNDATION

England & Wales · Charity number 1116438

## Details

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**Status** Registered

**Legal form** Charitable company

**Company number** [05885305](#)

**Registered** 2006-10-19

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Orcom Civvals  
50 Seymour Street  
London  
W1H 7JG

**Phone** 07749838975

**Email** [info@foodforthebrain.org](mailto:info@foodforthebrain.org)

**Website** [www.foodforthebrain.org](http://www.foodforthebrain.org)

## Activities

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**Objects:** 3.1 TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC AND HEALTH PROFESSIONALS IN ALL AREAS CONCERNING THE PRESERVATION AND PROTECTION OF HEALTH THROUGH NUTRITION AND IN PARTICULAR (WITHOUT PREJUDICE TO THE GENERALITY OF THE FOREGOING WORDING) MENTAL HEALTH.3.2 TO CONDUCT SCIENTIFIC RESEARCH INTO ALL AREAS CONCERNING THE PRESERVATION AND PROTECTION OF HEALTH THROUGH NUTRITION AND PARTICULAR (WITHIN PREJUDICE OF THE GENERALITY OF THE FOREGOING WORDING) MENTAL HEALTH AND TO PUBLISH AND MAKE KNOWN THE RESULTS OF SUCH RESEARCH TO THE GENERAL PUBLIC.

**Activities:** We are an educational charity providing information and work to raise awareness about the link between optimum nutrition and mental health. Key activities are in promoting how nutrition, diet and lifestyle can help to prevent and tackle mental health conditions and promote positive mental well-being, using online resources, research and outreach sessions to inform and empower individuals.

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

- **Area of benefit:** NATIONAL
- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£464,407	£420,212	-	-
2024-06-30	£298,027	£307,648	-	-
2023-06-30	£132,640	£104,834	-	-
2022-06-30	£49,521	£82,849	-	-
2021-06-30	£27,860	£66,401	-	-

## Trustees

Name	Role	Appointed
Atul Banerjee		2021-11-01
Bob Parker		2023-10-01
Dr RONA VALERIE TUTT OBE		
JESSICA FERRARI		2015-07-01
MARIA LIMNIOS		
MICHAEL WILLIAM METCALFE		
Robin Brown		2023-10-01

**FOOD FOR THE BRAIN FOUNDATION**

England & Wales - Charity number 1116438

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# Accounts

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**REGISTERED COMPANY NUMBER: 05885305 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1116438**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025  
FOR  
FOOD FOR THE BRAIN FOUNDATION  
(A COMPANY LIMITED BY GUARANTEE)**

Orcom Civvals Limited  
Accountants  
50 Seymour Street  
London  
W1H 7JG

**FOOD FOR THE BRAIN FOUNDATION**

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FOR THE YEAR ENDED 30 JUNE 2025**

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# FOOD FOR THE BRAIN FOUNDATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2025

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### OBJECTIVES AND ACTIVITIES

#### Objectives and activities

The charitable object of the Food for the Brain Foundation is: "to advance the education of the general public and health professionals in all areas concerning nutrition and mental health."

The Trustees have had due regard to the Charity Commission's guidance on public benefit when reviewing the Foundation's aims and objectives and in planning future activities. All our programmes are designed to be educational, evidence-based, and accessible, and to benefit the public in improving cognitive health and mental wellbeing.

This year, our focus has been on broadening the reach, scientific credibility, and practical application of our work across several key areas:

" Scaling digital tools for public education - We expanded the use and visibility of our Cognitive Function Test (CFT) and COGNITION™ Questionnaire, and continued to develop COGNITION™, our digital risk reduction programme designed to guide users in reducing their risk of cognitive decline. All are freely available to the public and central to our mission to make prevention accessible to all

" Deepening our public health impact - We launched COGNITION™ for Smart Kids & Teens, a new family-focused education programme that supports cognitive health and development in children and teens, laying the groundwork for lifelong brain health. We also laid the foundation for a practitioner-facing service to support clinical and nutritional professionals in integrating our tools into their work

" Growing awareness and advocacy - Through media appearances, public speaking engagements, and educational content, we continued to raise awareness of the role of nutrition and lifestyle in preventing Alzheimer's and other forms of cognitive decline. Our Alzheimer's Prevention Day and associated campaigns supported this mission, alongside ongoing content delivered via our website, weekly newsletter, and social media

" Building community capacity - We further developed our network of volunteers and ambassadors, who continue to share our tools and resources locally. This growing community plays an important role in embedding prevention into everyday conversations.

All our work is focused on making evidence-based cognitive health education widely accessible, practical, and actionable, both now and for future generations.

**ACHIEVEMENTS AND PERFORMANCE**

2024-25 marked a year of meaningful progress and growing reach for the Food for the Brain Foundation, with significant achievements across digital engagement, research infrastructure, public education, and organisational development.

**Key Developments**

" Over 25,000 users of the Cognitive Function Test (CFT) and COGNITION™ Questionnaire this year, bringing the global total to more than 450,000. The CFT remains central to the charity's mission to provide free, self-assessed tools for cognitive health screening and awareness

" Launched the Smart Kids programme, a family-focused initiative designed to support the cognitive development and mental wellbeing of children and young people. The first phase included the development of educational materials, user journeys, and onboarding of early participants

" Expanded the scientific foundation of our work, with the development of data governance protocols, and active collaboration with researchers in the UK and Europe. This has strengthened our ability to use CFT data for meaningful research into risk reduction and early indicators of cognitive decline

" Advanced the COGNITION™ programme, with new content development, re-platforming efforts, and improved user engagement strategies. These updates will enable a more personalised, behaviour-change-driven experience for users.

**Public and Professional Engagement**

" Grew our media and public profile, with features in consumer health media, podcasts, and specialist press. The Foundation also contributed to public events and professional forums, sharing insights on dementia prevention and cognitive health through nutrition and lifestyle

" Piloted practitioner engagement pathways, developing a model to enable nutritional, functional medicine, and integrative health practitioners to offer our testing tools and educational content to clients.

**Organisational and Digital Development**

" Improved internal financial processes, including better tracking of income and expenditure across key operational areas such as tests, research, digital services, and fundraising, to support informed decision-making and sustainability)

" Invested in technology to support delivery and data security, to support future research and service scalability

" Began internationalisation planning, including early work on translated versions of the CFT and the design of inclusive user journeys for non-English-speaking audiences.

These achievements reflect steady progress in our strategic aim to combine scientific credibility, practical tools, and broad public engagement to improve long-term brain health and reduce the risk of cognitive decline.

# FOOD FOR THE BRAIN FOUNDATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2025

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### FINANCIAL REVIEW

#### Financial position

The charity ended the financial year to 30 June 2025 in a stable financial position, with donations and earned income together supporting the delivery of its core charitable activities and the development of new programmes.

The majority of funding this year came from a combination of public and corporate donations and educational and cognitive testing services, including our Cognitive Function Test and webinars and events. These revenue streams support the Foundation's aim to offer free, evidence-based resources to the public while building a financially sustainable mode

Total donations received during the year amounted to £420,871, with additional charitable income of £43,536 from service-related activities. Total expenditure for the year was £420,212, directed toward delivery of educational programmes, digital platform developments, research infrastructure, and operational support.

The charity made targeted investments during the year to strengthen digital infrastructure, expand outreach, and prepare for future growth, including the development of practitioner pathways and the rollout of the Smart Kids programme.

At year-end, the charity held total reserves of £97,422. The Trustees aim to maintain a minimum of three months' core operating costs in reserves to safeguard the charity's future, and regular financial oversight is maintained to ensure prudent and responsible management.

The Trustees are confident that the Foundation remains in a strong position to continue delivering its charitable objectives in the year ahead, with a focus on scaling impact and strengthening long-term funding through a balanced mix of donations, services, and partnerships.

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing document

The Charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year are as below.

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Each calendar year normally one-third of the Trustees are due to retire by rotation, and can stand for re-election.

### REFERENCE AND ADMINISTRATIVE DETAILS

#### Registered Company number

05885305 (England and Wales)

#### Registered Charity number

1116438

**FOOD FOR THE BRAIN FOUNDATION**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 JUNE 2025**

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**Registered office**

50 Seymour Street  
London  
W1H 7JG

**Trustees**

Dr R V Tutt  
M W Metcalfe  
Mrs M Limnios  
Ms J Ferrari-Wells  
A Banerjee  
R Brown  
B Parker

**Company Secretary**

Ms J Ferrari-Wells

**Independent Examiner**

M F Gibbons FCA, TEP  
Orcom Civvals Limited  
Accountants  
50 Seymour Street  
London  
W1H 7JG

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 21 October 2025 and signed on its behalf by:

Ms J Ferrari-Wells - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FOOD FOR THE BRAIN FOUNDATION**

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**Independent examiner's report to the trustees of Food for the Brain Foundation (the Company)**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2025.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FOOD FOR THE BRAIN FOUNDATION**

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**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

M F Gibbons FCA, TEP  
The Institute of Chartered Accountants in England and Wales

Orcom Civvals Limited  
Accountants  
50 Seymour Street  
London  
W1H 7JG

21 October 2025

**FOOD FOR THE BRAIN FOUNDATION****STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2025**

	Notes	<b>2025 Unrestricted fund £</b>	<b>2024 Total funds £</b>
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		<b>420,871</b>	244,908
Other activities	2	<b>43,415</b>	52,990
Investment income	3	<b>121</b>	129
<b>Total</b>		<b>464,407</b>	298,027
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Support costs		<b>39,802</b>	22,247
Expenditure on charitable activities		<b>380,410</b>	285,401
<b>Total</b>		<b>420,212</b>	307,648
<b>NET INCOME/(EXPENDITURE)</b>		<b>44,195</b>	(9,621)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		<b>53,227</b>	62,848
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>97,422</b>	53,227

The notes form part of these financial statements

**FOOD FOR THE BRAIN FOUNDATION****BALANCE SHEET  
30 JUNE 2025**

		<b>2025</b>	2024
		<b>Unrestricted</b>	Total
		<b>fund</b>	funds
		<b>£</b>	£
<b>FIXED ASSETS</b>	Notes		
Tangible assets	6	<b>2,049</b>	15,021
<b>CURRENT ASSETS</b>			
Stocks	7	<b>36,856</b>	13,088
Debtors	8	-	9,324
Cash at bank		<b>71,018</b>	53,717
		<hr/>	<hr/>
		<b>107,874</b>	76,129
<b>CREDITORS</b>			
Amounts falling due within one year	9	<b>(12,501)</b>	(37,923)
		<hr/>	<hr/>
<b>NET CURRENT ASSETS</b>		<b>95,373</b>	38,206
		<hr/>	<hr/>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>97,422</b>	53,227
		<hr/>	<hr/>
<b>NET ASSETS</b>		<b>97,422</b>	53,227
		<hr/>	<hr/>
<b>FUNDS</b>	10		
Unrestricted funds		<b>97,422</b>	53,227
		<hr/>	<hr/>
<b>TOTAL FUNDS</b>		<b>97,422</b>	53,227
		<hr/>	<hr/>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

**FOOD FOR THE BRAIN FOUNDATION**

**BALANCE SHEET - continued**

**30 JUNE 2025**

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These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 21 October 2025 and were signed on its behalf by:

J Ferrari-Wells - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**FOOD FOR THE BRAIN FOUNDATION****NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025****2. OTHER ACTIVITIES**

	<b>2025</b>	2024
	<b>£</b>	£
Events	<b>21,875</b>	22,896
Other	<b>21,540</b>	30,094
	<u><b>43,415</b></u>	<u>52,990</u>

**3. INVESTMENT INCOME**

	<b>2025</b>	2024
	<b>£</b>	£
Deposit account interest	<b>121</b>	129
	<u><b>121</b></u>	<u>129</u>

**4. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	<b>2025</b>	2024
	<b>£</b>	£
Independent examiners fee	<b>1,000</b>	756
Depreciation - owned assets	<b>12,972</b>	12,972
	<u><b>12,972</b></u>	<u>12,972</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 30 June 2025 nor for the year ended 30 June 2024.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 30 June 2025 nor for the year ended 30 June 2024.

**FOOD FOR THE BRAIN FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025**

**6. TANGIBLE FIXED ASSETS**

	Computer equipment £
<b>COST</b>	
At 1 July 2024 and 30 June 2025	<u>51,890</u>
<b>DEPRECIATION</b>	
At 1 July 2024	<u>36,869</u>
Charge for year	<u>12,972</u>
At 30 June 2025	<u>49,841</u>
<b>NET BOOK VALUE</b>	
At 30 June 2025	<u><u>2,049</u></u>
At 30 June 2024	<u><u>15,021</u></u>

**7. STOCKS**

	2025 £	2024 £
Stocks	<u>36,856</u>	<u>13,088</u>

**8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025 £	2024 £
Trade debtors	<u>-</u>	<u>9,324</u>

**9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2025 £	2024 £
Trade creditors	-	25,754
Social security and other taxes	1,751	-
Other creditors	10,000	10,000
Accrued expenses	750	2,169
	<u>12,501</u>	<u>37,923</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025

10. MOVEMENT IN FUNDS

	At 1/7/24 £	Net movement in funds £	At 30/6/25 £
<b>Unrestricted funds</b>			
General fund	53,227	44,195	97,422
<b>TOTAL FUNDS</b>	<u>53,227</u>	<u>44,195</u>	<u>97,422</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	464,407	(420,212)	44,195
<b>TOTAL FUNDS</b>	<u>464,407</u>	<u>(420,212)</u>	<u>44,195</u>

**Comparatives for movement in funds**

	At 1/7/23 £	Net movement in funds £	At 30/6/24 £
<b>Unrestricted funds</b>			
General fund	62,848	(9,621)	53,227
<b>TOTAL FUNDS</b>	<u>62,848</u>	<u>(9,621)</u>	<u>53,227</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	298,027	(307,648)	(9,621)
<b>TOTAL FUNDS</b>	<u>298,027</u>	<u>(307,648)</u>	<u>(9,621)</u>

**FOOD FOR THE BRAIN FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2025**

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**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 30 June 2025.

**FOOD FOR THE BRAIN FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2025**

	2025 £	2024 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	420,871	244,908
<b>Other activities</b>		
Events	21,875	22,896
Other	21,540	30,094
	<u>43,415</u>	<u>52,990</u>
<b>Investment income</b>		
Deposit account interest	121	129
	<u>121</u>	<u>129</u>
<b>Total incoming resources</b>	<b>464,407</b>	<b>298,027</b>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	9,400	-
Pension costs	600	-
	<u>10,000</u>	<u>-</u>
<b>Expenditure on charitable activities</b>		
Costs of providing education & research in nutrition.	170,302	154,799
External consultants costs	173,388	111,670
Other costs	36,720	18,932
	<u>380,410</u>	<u>285,401</u>
<b>Support costs</b>		
<b>Management</b>		
General office	3,870	1,403
Finance costs	10,926	6,652
Insurance	1,034	464
Depreciation on computer equipment	12,972	12,972
	<u>28,802</u>	<u>21,491</u>
<b>Governance costs</b>		
Independent examiners fee	1,000	756

This page does not form part of the statutory financial statements

**FOOD FOR THE BRAIN FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2025**

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	2025	2024
	£	£
Total resources expended	<u>420,212</u>	<u>307,648</u>
<b>Net income/(expenditure)</b>	<u><u>44,195</u></u>	<u><u>(9,621)</u></u>

This page does not form part of the statutory financial statements

**FOOD FOR THE BRAIN FOUNDATION**

England & Wales - Charity number 1116438

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# Accounts

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**REGISTERED COMPANY NUMBER: 05885305 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1116438**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2024  
FOR  
FOOD FOR THE BRAIN FOUNDATION  
(A COMPANY LIMITED BY GUARANTEE)**

Orcom Civvals Limited  
Accountants  
50 Seymour Street  
London  
W1H 7JG

**FOOD FOR THE BRAIN FOUNDATION**

**CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2024**

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# FOOD FOR THE BRAIN FOUNDATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2024

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### OBJECTIVES AND ACTIVITIES

#### Objectives and activities

The objects for which the Trust is established is "to advance the education of the general public and health professionals in all areas concerning nutrition and mental health."

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

The main objectives of the year were to continue :-

to be a source of evidence-based educational resources for both the public and healthcare professional via our website, digital tools, weekly e-news, media/magazine interviews, social media and events; to this end we also presented at five major conferences and gave dozens of presentations and media interviews. We developed a network of leading health professional organisations who share our educational material to their groups.

to advance awareness of the importance of nutrition in mental health conditions and mental wellbeing, with a continuing focus on reducing the risk of Alzheimer's and dementia as well as widening our educational outreach work and services. We now work with ten leading experts at universities around the world, learning and sharing prevention approaches.

to develop our volunteer and Ambassador programme who as helping to 'prescribe' COGNITION into their communities.

to launch and continue to develop the Charity's COGNITION programme - a highly personalised digital health tool to educate individuals on how to reduce the risk of Alzheimer's and Dementia in line with our Alzheimer's Prevention Project: a programme to raise awareness of the steps which can be taken to reduce risk of Alzheimer's including drafting a manifesto for change and beginning preparations for a masterclass on the topic.

## **FOOD FOR THE BRAIN FOUNDATION**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2024**

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#### **ACHIEVEMENT AND PERFORMANCE**

The primary focus for this year has been in reaching more individuals, enrolling them in the online Cognitive Function Test and Dementia Risk Index questionnaire, signing up to the educational programme COGNITION as well as adding biological data by adding blood test data via home test kits to expand the research data. A further 38,788 people registered for the test, also joining our growing list of subscribers, with several thousand also adding biological data via home test kits. The active mailing list has also grown substantially to over 50,000. Donations via FRIENDS of the charity also grow to 1,550 donating £44,700.

The second half of the year, from April, launched the Upgrade Your Brain campaign which reached several million people via media exposure. This also included a conference and a UK and Ireland lecture tour generating an income from events of £53,522.

Other donations are increased to £57,396.

We continue to make the educational service via the website, e-communications and the Cognitive Function test and COGNITION better. Considerable expansion of the Research department, including adding testing facilities, outsourced to our partner laboratory, and building the Research Database on the REDCap platform is enabling us to have the means to learn what really helps cognitive decline. This development work is ongoing.

Significant efforts were made in streamlining the operational functions, refining the marketing and communications approach, reducing costs and improving reporting.

The core team includes marketing and communications (Kezia), customer and COGNITION support (Kim), digital operations (Steffan), research tests (Joyce) and database (Cath) each working autonomously, supported by the CEO, Patrick Holford. Each are supported by an able team of volunteers.

#### **FINANCIAL REVIEW**

##### **Financial position**

The fund balances at the end of the year are shown on page 7..

The principal funding sources were from corporate, charitable trust and individual member donations totalling £244,908 and events totalling £52,990..

The Trustees regularly monitor the Charity's Reserves to ensure that an adequate level is maintained to meet its stated objectives for the maintenance of core activities and the development of existing and future projects.

The level of reserves established by the Trustees are those that the Trustees believe are sufficient to enable the Charity to carry out its objectives and meet its financial obligations.

The Trustees have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

# FOOD FOR THE BRAIN FOUNDATION

## REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2024

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### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### **Governing document**

The Charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year are as below.

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Each calendar year normally one-third of the Trustees are due to retire by rotation, and can stand for re-election.

### REFERENCE AND ADMINISTRATIVE DETAILS

#### **Registered Company number**

05885305 (England and Wales)

#### **Registered Charity number**

1116438

#### **Registered office**

Fforest Barn Retreat  
Forest Coal Pit  
Abergavenny  
Monmouthshire  
NP7 7LL

#### **Trustees**

Dr R V Tutt  
M W Metcalfe  
Mrs M Limnios  
Ms J Ferrari-Wells  
A Banerjee  
P J Holford  
Mrs V Roche  
R Brown (appointed 1/10/2023)  
B Parker (appointed 1/10/2023)

#### **Company Secretary**

Ms J Ferrari-Wells

#### **Independent Examiner**

M F Gibbons FCA, TEP  
Orcom Civvals Limited  
Accountants  
50 Seymour Street  
London  
W1H 7JG

**FOOD FOR THE BRAIN FOUNDATION**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 JUNE 2024**

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This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 12 December 2024 and signed on its behalf by:

Ms J Ferrari-Wells - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
FOOD FOR THE BRAIN FOUNDATION**

---

**Independent examiner's report to the trustees of Food for the Brain Foundation (the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2024.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FOOD FOR THE BRAIN FOUNDATION

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### **Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

M F Gibbons FCA, TEP  
The Institute of Chartered Accountants in England and Wales

Orcom Civvals Limited  
Accountants  
50 Seymour Street  
London  
W1H 7JG

12 December 2024

**FOOD FOR THE BRAIN FOUNDATION**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2024**

	Notes	<b>2024 Unrestricted fund £</b>	<b>2023 Total funds £</b>
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies		<b>244,908</b>	110,708
Other activities	2	<b>52,990</b>	21,860
Investment income	3	<b>129</b>	72
<b>Total</b>		<b>298,027</b>	132,640
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Support costs		<b>22,247</b>	74,035
Expenditure on charitable activities		<b>285,401</b>	30,799
<b>Total</b>		<b>307,648</b>	104,834
 <b>NET INCOME/(EXPENDITURE)</b>		 <b>(9,621)</b>	 27,806
 <b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward		<b>62,848</b>	35,042
 <b>TOTAL FUNDS CARRIED FORWARD</b>		 <b>53,227</b>	 62,848

The notes form part of these financial statements

# FOOD FOR THE BRAIN FOUNDATION

## BALANCE SHEET 30 JUNE 2024

		2024 Unrestricted fund £	2023 Total funds £
<b>FIXED ASSETS</b>	Notes		
Tangible assets	6	15,021	23,913
<b>CURRENT ASSETS</b>			
Stocks	7	13,088	-
Debtors	8	9,324	4,350
Cash at bank		53,717	60,563
		<u>76,129</u>	<u>64,913</u>
<b>CREDITORS</b>			
Amounts falling due within one year	9	(37,923)	(25,978)
		<u>38,206</u>	<u>38,935</u>
<b>NET CURRENT ASSETS</b>			
		<u>53,227</u>	62,848
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		<u>53,227</u>	<u>62,848</u>
<b>NET ASSETS</b>		<u>53,227</u>	<u>62,848</u>
<b>FUNDS</b>	10		
Unrestricted funds		<u>53,227</u>	<u>62,848</u>
<b>TOTAL FUNDS</b>		<u>53,227</u>	<u>62,848</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

**FOOD FOR THE BRAIN FOUNDATION**

**BALANCE SHEET - continued**  
**30 JUNE 2024**

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These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 12 December 2024 and were signed on its behalf by:

J Ferrari-Wells - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**FOOD FOR THE BRAIN FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2024**

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**2. OTHER ACTIVITIES**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Events	<b>22,896</b>	3,499
Other	<b>30,094</b>	18,361
	<u><b>52,990</b></u>	<u>21,860</u>

**3. INVESTMENT INCOME**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Deposit account interest	<b>129</b>	72
	<u><b>129</b></u>	<u>72</u>

**4. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Independent examiners fee	<b>756</b>	600
Depreciation - owned assets	<b>12,972</b>	12,285
	<u><b>13,728</b></u>	<u>12,885</u>

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 30 June 2024 nor for the year ended 30 June 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 30 June 2024 nor for the year ended 30 June 2023.

**FOOD FOR THE BRAIN FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2024**

**6. TANGIBLE FIXED ASSETS**

	Computer equipment £
<b>COST</b>	
At 1 July 2023	47,810
Additions	4,080
	<u>51,890</u>
At 30 June 2024	<u>51,890</u>
<b>DEPRECIATION</b>	
At 1 July 2023	23,897
Charge for year	12,972
	<u>36,869</u>
At 30 June 2024	<u>36,869</u>
<b>NET BOOK VALUE</b>	
At 30 June 2024	<u>15,021</u>
At 30 June 2023	<u>23,913</u>

**7. STOCKS**

	2024 £	2023 £
Stocks	<u>13,088</u>	<u>-</u>

**8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2024 £	2023 £
Trade debtors	9,324	2,590
Other debtors	-	416
Prepayments	-	1,344
	<u>9,324</u>	<u>4,350</u>

FOOD FOR THE BRAIN FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2024

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	25,754	7,809
Other creditors	10,000	10,000
Accrued expenses	2,169	8,169
	<u>37,923</u>	<u>25,978</u>

10. MOVEMENT IN FUNDS

	At 1/7/23	Net movement in funds	At 30/6/24
	£	£	£
<b>Unrestricted funds</b>			
General fund	62,848	(9,621)	53,227
	<u>62,848</u>	<u>(9,621)</u>	<u>53,227</u>
<b>TOTAL FUNDS</b>	<u>62,848</u>	<u>(9,621)</u>	<u>53,227</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	298,027	(307,648)	(9,621)
	<u>298,027</u>	<u>(307,648)</u>	<u>(9,621)</u>
<b>TOTAL FUNDS</b>	<u>298,027</u>	<u>(307,648)</u>	<u>(9,621)</u>

Comparatives for movement in funds

	At 1/7/22	Net movement in funds	At 30/6/23
	£	£	£
<b>Unrestricted funds</b>			
General fund	35,042	27,806	62,848
	<u>35,042</u>	<u>27,806</u>	<u>62,848</u>
<b>TOTAL FUNDS</b>	<u>35,042</u>	<u>27,806</u>	<u>62,848</u>

**FOOD FOR THE BRAIN FOUNDATION**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 JUNE 2024**

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**10. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	132,640	(104,834)	27,806
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>132,640</u>	<u>(104,834)</u>	<u>27,806</u>

**11. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 30 June 2024.

**FOOD FOR THE BRAIN FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2024**

	2024 £	2023 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	244,908	110,708
<b>Other activities</b>		
Events	22,896	3,499
Other	30,094	18,361
	<u>52,990</u>	<u>21,860</u>
<b>Investment income</b>		
Deposit account interest	129	72
	<u>298,027</u>	<u>132,640</u>
<b>Total incoming resources</b>		
	<b>298,027</b>	<b>132,640</b>
<b>EXPENDITURE</b>		
<b>Expenditure on charitable activities</b>		
Costs of providing education & research in nutrition.	154,799	30,799
External consultants costs	111,670	-
Other costs	18,932	-
	<u>285,401</u>	<u>30,799</u>
<b>Support costs</b>		
<b>Management</b>		
Communications and IT	-	7,758
General office	1,403	3,767
Finance costs	6,652	120
Insurance	464	444
Depreciation on computer equipment	12,972	12,285
	<u>21,491</u>	<u>24,374</u>
<b>Governance costs</b>		
Independent examiners fee	756	600
Legal fees	-	49,061
	<u>756</u>	<u>49,661</u>

This page does not form part of the statutory financial statements

**FOOD FOR THE BRAIN FOUNDATION**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 JUNE 2024**

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	2024	2023
	£	£
Total resources expended	<u>307,648</u>	<u>104,834</u>
<b>Net (expenditure)/income</b>	<u><u>(9,621)</u></u>	<u><u>27,806</u></u>

This page does not form part of the statutory financial statements

**FOOD FOR THE BRAIN FOUNDATION**

England & Wales - Charity number 1116438

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# Accounts

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COMPANY REGISTRATION NUMBER: 5885305  
CHARITY REGISTRATION NUMBER: 1116438

**Food For The Brain Foundation**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**30 June 2023**

**NABARRO**  
Chartered accountants  
34 - 35 Eastcastle Street  
London  
W1W 8DW

# **Food For The Brain Foundation**

**Company Limited by Guarantee**

**Financial Statements**

**Year ended 30 June 2023**

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Independent examiner's report to the trustees	<b>6</b>
Statement of financial activities (including income and expenditure account)	<b>7</b>
Statement of financial position	<b>8</b>
Notes to the financial statements	<b>9</b>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 30 June 2023

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 30 June 2023.

#### Reference and administrative details

**Registered charity name** Food For The Brain Foundation

**Charity registration number** 1116438

**Company registration number** 5885305

**Principal office and registered office** 34-35 Eastcastle Street  
London  
W1W 8DW

#### The trustees

Dr R Tutt  
Mr M Metcalfe  
Mrs M Linnios  
Ms J Ferrari-Wells  
Mr A Banerjee

**Company secretary** Ms J Ferrari-Wells

**Independent examiner** M F Gibbons FCA, TEP  
34 - 35 Eastcastle Street  
London  
W1W 8DW

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2023

---

#### Structure, governance and management

The Charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year are as stated on page 1.

Company Secretary: Jessica Ferrari-Wells

Chief Executive Officer: Patrick Holford (appointed January 1st, 2023)

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Each calendar year normally one-third of the Trustees are due to retire by rotation, and can stand for re-election.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations as long as all duties are discharged under relevant agreements.

The charity is constituted as a company limited by guarantee and is therefore governed by a memorandum and articles of association. All directors of the company are also Trustees of the charity. The Trustees met just 3 times during the year to manage the charities affairs due to a change in Executive Director and all staff meaning that part of 2022 the day-to-day activities were overseen directly by the Chair of Trustees by approval of the remaining Board members.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2023

---

#### Objectives and activities

The objects for which the Trust is established is "to advance the education of the general public and health professionals in all areas concerning nutrition and mental health."

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

The main objectives of the year were to continue :-

to be a source of evidence-based educational resources for both the public and healthcare professional via our website, digital tools, weekly e-news, media/magazine interviews, social media and events; to this end we also presented at five major conferences and gave dozens of presentations and media interviews. We developed a network of leading health professional organisations who share our educational material to their groups.

to advance awareness of the importance of nutrition in mental health conditions and mental wellbeing, with a continuing focus on reducing the risk of Alzheimer's and dementia as well as widening our educational outreach work and services. We now work with ten leading experts at universities around the world, learning and sharing prevention approaches.

to develop our volunteer and Ambassador programme who as helping to 'prescribe' COGNITION into their communities.

to launch and continue to develop the Charity's COGNITION programme - a highly personalised digital health tool to educate individuals on how to reduce the risk of Alzheimer's and Dementia in line with our Alzheimer's Prevention Project: a programme to raise awareness of the steps which can be taken to reduce risk of Alzheimer's including drafting a manifesto for change and beginning preparations for a masterclass on the topic.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2023

---

#### Achievements and performance

The primary focus for this year has been in reaching individuals, enrolling them in the online Cognitive Function Test and Dementia Risk Index questionnaire, and signing up to the educational programme COGNITION. A further 20,391 people registered for the test, also joining our growing list of subscribers which has tripled to over 35,000.

We also launched becoming a FRIEND and making a charitable donation of £5 a month or £50 a year and enrolled 371 friends.

The secondary focus has been education through our in-house monthly webinars and three masterclasses which have been attended by thousands generating £12,250.

In October '22 we launched our Alzheimer's is Preventable campaign enrolling the support of over 40 organisations and sponsors generating corporate and trust donations of £46,500.

This was followed by the launch of COGNITION the brain upgrade programme in the Autumn and the launch of Prescribing COGNITION as an educational service for health professionals to enrol their patients. The spend in this year of research and development of COGNITION, the Cognitive Function Test and the Research Database was £4,085.

We continue to make this educational service better and building the Research Database to enable us to learn what really helps cognitive decline.

The website, including COGNITION programming, was also substantially upgraded at a cost of £20,754.

Significant efforts were made in streamlining the operational functions, refining the marketing and communications approach, reducing costs and improving reporting.

The team has been consolidated down into marketing and communications (Kezia), customer and COGNITION support (Kim), digital operations (Steffan), each working autonomously, supported by the CEO.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2023

---

#### Financial review

The fund balances at the end of the year were £62,848 unrestricted (2022 £18,990 2021 £55,318) and £nil restricted (2022 £16,052: 2021 £13,052)

1. The principal funding sources were from corporate, charitable trust and individual member donations totalling £110,708 and events totalling £21,860 (2022 £42,709:2021 £27,860) .

The Trustees regularly monitor the Charity's Reserves to ensure that an adequate level is maintained to meet its stated objectives for the maintenance of core activities and the development of existing and future projects.

The level of reserves established by the Trustees are those that the Trustees believe are sufficient to enable the Charity to carry out its objectives and meet its financial obligations.

The Trustees have assessed the major risks to which the Charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

#### Employment of disabled persons

The Charity's policy is to consult and discuss with employees, through unions, staff councils and at meetings, matters likely to affect employees' interests.

Information of matters of concern to employees is given through information bulletins and reports, which seek to achieve a common awareness on the part of all employees of the financial and economic factors affecting the group's performance.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 24 October 2023 and signed on behalf of the board of trustees by:

Ms J Ferrari-Wells  
Trustee

---

# Food For The Brain Foundation

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Food For The Brain Foundation

Year ended 30 June 2023

---

I report to the trustees on my examination of the financial statements of Food For The Brain Foundation ('the charity') for the year ended 30 June 2023.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

M F Gibbons FCA, TEP  
Independent Examiner

34 - 35 Eastcastle Street  
London  
W1W 8DW

24 October 2023

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Statement of Financial Activities (including income and expenditure account)

Year ended 30 June 2023

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		2023	2022		
		Unrestricted	Restricted	Total funds	Total funds
	Note	funds	funds		
		£	£	£	£
<b>Income and endowments</b>					
Donations and legacies	5	110,708	–	110,708	29,511
Other trading activities	6	21,860	–	21,860	20,004
Investment income	7	72	–	72	6
<b>Total income</b>		<u>132,640</u>	<u>–</u>	<u>132,640</u>	<u>49,521</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	8	30,799	–	30,799	14,258
Expenditure on charitable activities	9,10	74,035	–	74,035	68,591
<b>Total expenditure</b>		<u>104,834</u>	<u>–</u>	<u>104,834</u>	<u>82,849</u>
<b>Net income/(expenditure) and net movement in funds</b>		<u>27,806</u>	<u>–</u>	<u>27,806</u>	<u>(33,328)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		18,990	16,052	35,042	68,370
<b>Total funds carried forward</b>		<u>46,796</u>	<u>16,052</u>	<u>62,848</u>	<u>35,042</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

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The notes on pages 9 to 17 form part of these financial statements.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Statement of Financial Position

30 June 2023

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	Note	2023 £	2022 £
<b>Fixed assets</b>			
Tangible fixed assets	16	23,913	21,038
<b>Current assets</b>			
Debtors	17	4,350	2,978
Cash at bank and in hand		60,563	17,574
		<u>64,913</u>	<u>20,552</u>
<b>Creditors: amounts falling due within one year</b>	18	<u>25,978</u>	<u>6,548</u>
<b>Net current assets</b>		<u>38,935</u>	<u>14,004</u>
<b>Total assets less current liabilities</b>		<u>62,848</u>	<u>35,042</u>
<b>Net assets</b>		<u>62,848</u>	<u>35,042</u>
<b>Funds of the charity</b>			
Restricted funds		–	16,052
Unrestricted funds		<u>62,848</u>	<u>18,990</u>
<b>Total charity funds</b>	19	<u>62,848</u>	<u>35,042</u>

For the year ending 30 June 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 24 October 2023, and are signed on behalf of the board by:

Ms J Ferrari-Wells  
Trustee

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The notes on pages 9 to 17 form part of these financial statements.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 30 June 2023

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 34-35 Eastcastle Street, London, W1W 8DW.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

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#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated

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depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

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#### 3. Accounting policies *(continued)*

##### Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

##### Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Website Development - 25% straight line

##### Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

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#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Limited by guarantee

A company limited by guarantee

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Donations</b>			
Donations	110,708	–	110,708
<b>Other donations and legacies</b>			
Other donations and legacies	–	–	–
	<u>110,708</u>	<u>–</u>	<u>110,708</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

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#### 5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Donations	11,511	9,051	20,562
<b>Other donations and legacies</b>			
Other donations and legacies	–	8,949	8,949
	<u>11,511</u>	<u>18,000</u>	<u>29,511</u>

#### 6. Other trading activities

	Unrestricted Funds £	<b>Total Funds 2023 £</b>	Unrestricted Funds £	Total Funds 2022 £
Fundraising events	3,499	3,499	13,194	13,194
Trading activity income - other	18,361	18,361	1,309	1,309
Other income from other trading activities	–	–	5,501	5,501
	<u>21,860</u>	<u>21,860</u>	<u>20,004</u>	<u>20,004</u>

#### 7. Investment income

	Unrestricted Funds £	<b>Total Funds 2023 £</b>	Unrestricted Funds £	Total Funds 2022 £
Other interest receivable	<u>72</u>	<u>72</u>	<u>6</u>	<u>6</u>

#### 8. Costs of raising donations and legacies

	Unrestricted Funds £	Restricted Funds £	<b>Total Funds 2023 £</b>
Costs of raising donations and legacies	<u>30,799</u>	<u>–</u>	<u>30,799</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Costs of raising donations and legacies	<u>4,569</u>	<u>9,689</u>	<u>14,258</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

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#### 9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Advancement of education in nutrition and mental health	–	–	–
Support costs	74,035	–	74,035
	<u>74,035</u>	<u>–</u>	<u>74,035</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Advancement of education in nutrition and mental health	44,039	5,311	49,350
Support costs	19,241	–	19,241
	<u>63,280</u>	<u>5,311</u>	<u>68,591</u>

#### 10. Expenditure on charitable activities by activity type

	Support costs £	Total funds 2023 £	Total fund 2022 £
Advancement of education in nutrition and mental health	24,374	24,374	63,789
Governance costs	49,661	49,661	4,802
	<u>74,035</u>	<u>74,035</u>	<u>68,591</u>

#### 11. Analysis of support costs

	Analysis of support costs £	Total 2023 £	Total 2022 £
Communications and IT	7,758	7,758	2,868
General office	3,767	3,767	1,883
Finance costs	233	233	949
Governance costs	49,661	49,661	4,802
Insurance	443	443	577
Depreciation	12,285	12,285	8,162
	<u>74,147</u>	<u>74,147</u>	<u>19,241</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2023

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#### 12. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	<b>2023</b>	2022
	<b>£</b>	£
Depreciation of tangible fixed assets	<u>12,285</u>	<u>8,162</u>

#### 13. Independent examination fees

	<b>2023</b>	2022
	<b>£</b>	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>600</u>	<u>600</u>

#### 14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	<b>2023</b>	2022
	<b>£</b>	£
Wages and salaries	<u>–</u>	<u>49,350</u>

The average head count of employees during the year was Nil (2022: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	<b>2023</b>	2022
	<b>No.</b>	No.
Administration	<u>–</u>	<u>3</u>

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

#### 15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by any of the trustees.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2023

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#### 16. Tangible fixed assets

	Equipment £
<b>Cost</b>	
At 1 July 2022	32,650
Additions	15,160
<b>At 30 June 2023</b>	<u>47,810</u>
<b>Depreciation</b>	
At 1 July 2022	11,612
Charge for the year	12,285
<b>At 30 June 2023</b>	<u>23,897</u>
<b>Carrying amount</b>	
<b>At 30 June 2023</b>	<u>23,913</u>
At 30 June 2022	<u>21,038</u>

#### 17. Debtors

	2023 £	2022 £
Trade debtors	2,590	2,940
Prepayments and accrued income	1,344	38
Other debtors	416	–
	<u>4,350</u>	<u>2,978</u>

#### 18. Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	7,810	3,964
Accruals and deferred income	8,169	2,169
Social security and other taxes	–	416
Other creditors	9,999	(1)
	<u>25,978</u>	<u>6,548</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2023

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#### 19. Analysis of charitable funds

##### Unrestricted funds

	At 1 July 2022	Income	Expenditure	Transfers	At 30 June 2023
	£	£	£	£	£
General funds	<u>18,990</u>	<u>132,640</u>	<u>(104,834)</u>	<u>16,052</u>	<u>62,848</u>

	At 1 July 2021	Income	Expenditure	Transfers	At 30 June 2022
	£	£	£	£	£
General funds	<u>55,318</u>	<u>31,521</u>	<u>(67,849)</u>	<u>–</u>	<u>18,990</u>

##### Restricted funds

	At 1 July 2022	Income	Expenditure	Transfers	At 30 June 2023
	£	£	£	£	£
Restricted Fund	<u>16,052</u>	<u>–</u>	<u>–</u>	<u>(16,052)</u>	<u>–</u>

	At 1 July 2021	Income	Expenditure	Transfers	At 30 June 2022
	£	£	£	£	£
Restricted Fund	<u>13,052</u>	<u>18,000</u>	<u>(15,000)</u>	<u>–</u>	<u>16,052</u>

#### 20. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Current assets	<u>62,848</u>	<u>–</u>	<u>62,848</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Current assets	<u>18,990</u>	<u>16,052</u>	<u>35,042</u>

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**FOOD FOR THE BRAIN FOUNDATION**

England & Wales - Charity number 1116438

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# Accounts

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COMPANY REGISTRATION NUMBER: 5885305  
CHARITY REGISTRATION NUMBER: 1116438

**Food For The Brain Foundation**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**30 June 2022**

**NABARRO**  
Chartered accountants  
34 - 35 Eastcastle Street  
London  
W1W 8DW

# Food For The Brain Foundation

Company Limited by Guarantee

Financial Statements

Year ended 30 June 2022

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 30 June 2022

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 30 June 2022.

#### Reference and administrative details

**Registered charity name** Food For The Brain Foundation

**Charity registration number** 1116438

**Company registration number** 5885305

**Principal office and registered office** 9 Chartfield Avenue  
London  
SW15 6DT

#### The trustees

Dr R Tutt  
Mr M Metcalfe  
Mrs M Limnios  
Mr P Holford  
Ms J Ferrari-Wells  
Mr A Banerjee  
Dr N Hartigan (Appointed 7 November 2021)  
Dr N Kumari  
Mrs V Roche (Appointed 3 February 2022)

**Company secretary** Ms J Ferrari-Wells

**Independent examiner** M F Gibbons FCA, TEP  
34 - 35 Eastcastle Street  
London  
W1W 8DW

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2022

---

#### Structure, governance and management

The Charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year are as stated on page 1.

Company Secretary: Jessica Ferrari-Wells

Chief Executive Officer: Katharine Rodde (appointed 12 April 2021, resigned April 2022)

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Each calendar year normally one-third of the Trustees are due to retire by rotation, and can stand for re-election.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations as long as all duties are discharged under relevant agreements.

The charity is constituted as a company limited by guarantee and is therefore governed by a memorandum and articles of association. All directors of the company are also Trustees of the charity. The Trustees met just 3 times during the year to manage the charities affairs due to a change in Executive Director and all staff meaning that part of 2022 the day-to-day activities were overseen directly by the Chair of Trustees by approval of the remaining Board members.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2022

---

#### Objectives and activities

The objects for which the Trust is established is "to advance the education of the general public and health professionals in all areas concerning nutrition and mental health."

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

The main objectives of the year were to continue :-

to be a source of evidence-based educational resources for both the public and Healthcare professional via our website, digital tools, e-news, media/magazine interviews, social media and events;

to advance awareness of the importance of nutrition in mental health conditions and mental wellbeing, with a continuing focus on reducing the risk of Alzheimer's and Dementia as well as widening our educational outreach work and services

to develop our volunteer programme; a network of volunteers giving their time to the Charity on various activities including developing and updating website content (which closed end of June 2022)

to work with universities supervising students on dietetic placements with the Charity

to develop the Charity's COG-NITION programme - a highly personalised digital health tool to educate individuals on how to reduce the risk of Alzheimer's and Dementia (with the aim to launching this in November 2022) in line with our Alzheimer's Prevention Programme: a programme to raise awareness of the steps which can be taken to reduce risk of Alzheimer's including drafting a manifesto for change and beginning preparations for a masterclass on the topic.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 30 June 2022

---

#### Achievements and performance

The strategy has not changed and was to continue to build on the main elements of activity, running educational events and webinars to the 3 target audiences; individuals, health professionals, and organisations in addition to continuing with the community outreach work, completion of research working with University College London (linked to our Cognitive Function Test (CFT) and Alzheimer's Prevention Programme), as well as support the catering accreditation development. The ongoing legacy projects were fundamentally important for building solid foundations for taking the charity to the next level and setting it in good stead for future development.

Significant efforts were continued in streamlining the operational functions, refining the marketing and communications approach, reducing costs, introducing new policies, procedures and improving reporting. In addition to the above, the following key projects were:

- Ongoing phased internally driven upgrades of website.
- Completion of the upgrade of a new version of the CFT and addition of a lifestyle questionnaire called the Dementia Risk Indicator (DRI).
- Supervising London Metropolitan students on a dietetics placement with the Charity

£5,501 was raised through the catering accreditation programme.

Our online teaching events to educate both health professionals and the general public generated in income of £1,309 in the year and we continued to build potential relationships with corporate partners to support them in their CSR efforts.

We were made Charity Partners for 2021 by New Quadrant Partners and, due to the suspension of in-person events, they kindly volunteered to roll forward the relationship to support us with a fundraiser in Spring 2022 instead. This took place in April 2022 and raised £13,194 in donations and in ticket sales.

The Covid-19 pandemic continued to impact our ability to host other in-person fundraising events, with limited funds raised through these channels as a consequence.

The development of our COG-NITION programme has been progressing and is set to launch in November 2022 meaning we forecast generating income from this source by the end of 2022. This source of income, along with webinars are the Charity's current primary focus. This source of income, along with webinars are the Charity's current primary focus. £18,000 was raised specifically for the development of COG-NITION (through crowdfunding (38%), large donations (39%), Gift aid (10%) and other small donations (13%)) and £15,000 has been spent on the development during the year.

Patrick Holford, one of the trustees was contracted, as agreed by the board, to draft the educational content for the Cognition programme. He was paid £2679.68 for his services. The remaining portion of the work will be delivered and paid next year as per the contract. He was contracted on the basis that he was the most suitable person to deliver these necessary services

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2022

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#### Financial review

The fund balances at the end of the year were £18,990 unrestricted (2021 £55,318; 2020 £2,750) and restricted £16,052 (2021 £13,052; 2020 £104,161)

Resources expended during the year were £82,849 (2021 £66,401 ; 2020 £89,979)

The principal funding sources were from donations, events and the CrowdFunder with £42 709 (86%) (2021 £27,860; 2020 £25,205) .

The Trustees regularly monitor the Charity's Reserves to ensure that an adequate level is maintained to meet its stated objectives for the maintenance of core activities and the development of existing and future projects.

The level of reserves established by the Trustees are those that the Trustees believe are sufficient to enable the Charity to carry out its objectives and meet its financial obligations.

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

#### Employment of disabled persons

The Charity's policy is to consult and discuss with employees, through unions, staff councils and at meetings, matters likely to affect employees' interests.

Information of matters of concern to employees is given through information bulletins and reports, which seek to achieve a common awareness on the part of all employees of the financial and economic factors affecting the group's performance.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

# **Food For The Brain Foundation**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

#### **Year ended 30 June 2022**

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The trustees' annual report was approved on 16 November 2022 and signed on behalf of the board of trustees by:

Ms J Ferrari-Wells  
Trustee

# Food For The Brain Foundation

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Food For The Brain Foundation

Year ended 30 June 2022

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I report to the trustees on my examination of the financial statements of Food For The Brain Foundation ('the charity') for the year ended 30 June 2022.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

M F Gibbons FCA, TEP  
Independent Examiner

34 - 35 Eastcastle Street  
London  
W1W 8DW

# Food For The Brain Foundation

## Company Limited by Guarantee

### Statement of Financial Activities (including income and expenditure account)

Year ended 30 June 2022

		Unrestricted funds	2022 Restricted funds	Total funds	2021 Total funds
	Note	£	£	£	£
<b>Income and endowments</b>					
Donations and legacies	5	11,511	18,000	29,511	10,934
Other trading activities	6	20,004	–	20,004	16,918
Investment income	7	6	–	6	8
<b>Total income</b>		<u>31,521</u>	<u>18,000</u>	<u>49,521</u>	<u>27,860</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	8	4,569	9,689	14,258	11,422
Expenditure on charitable activities	9,10	<u>63,280</u>	<u>5,311</u>	<u>68,591</u>	<u>54,979</u>
<b>Total expenditure</b>		<u>67,849</u>	<u>15,000</u>	<u>82,849</u>	<u>66,401</u>
<b>Net expenditure and net movement in funds</b>					
		<u>(36,328)</u>	<u>3,000</u>	<u>(33,328)</u>	<u>(38,541)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		55,318	13,052	68,370	106,911
<b>Total funds carried forward</b>		<u>18,990</u>	<u>16,052</u>	<u>35,042</u>	<u>68,370</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 10 to 18 form part of these financial statements.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Statement of Financial Position

30 June 2022

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	Note	2022 £	2021 £
<b>Fixed assets</b>			
Tangible fixed assets	16	21,038	10,350
<b>Current assets</b>			
Debtors	17	2,978	350
Cash at bank and in hand		17,574	67,662
		<u>20,552</u>	<u>68,012</u>
<b>Creditors: amounts falling due within one year</b>	18	<u>6,548</u>	<u>9,992</u>
<b>Net current assets</b>		<u>14,004</u>	<u>58,020</u>
<b>Total assets less current liabilities</b>		<u>35,042</u>	<u>68,370</u>
<b>Net assets</b>		<u>35,042</u>	<u>68,370</u>
<b>Funds of the charity</b>			
Restricted funds		16,052	13,052
Unrestricted funds		18,990	55,318
<b>Total charity funds</b>	19	<u>35,042</u>	<u>68,370</u>

For the year ending 30 June 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 16 November 2022, and are signed on behalf of the board by:

Ms J Ferrari-Wells  
Trustee

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The notes on pages 10 to 18 form part of these financial statements.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 30 June 2022

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 9 Chartfield Avenue, London, SW15 6DT.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2022

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#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2022

---

#### 3. Accounting policies *(continued)*

##### Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

##### Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - Website Development

##### Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2022

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#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Limited by guarantee

A company limited by guarantee

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Donations	11,511	9,051	20,562
<b>Other donations and legacies</b>			
Other donations and legacies	–	8,949	8,949
	<u>11,511</u>	<u>18,000</u>	<u>29,511</u>

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2022

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#### 5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<b>Donations</b>			
Donations	10,934	–	10,934
<b>Other donations and legacies</b>			
Other donations and legacies	–	–	–
	<u>10,934</u>	<u>–</u>	<u>10,934</u>

#### 6. Other trading activities

	Unrestricted Funds £	<b>Total Funds 2022 £</b>	Unrestricted Funds £	Total Funds 2021 £
Fundraising events	13,194	13,194	797	797
Trading activity income - other	1,309	1,309	16,121	16,121
Other income from other trading activities	5,501	5,501	–	–
	<u>20,004</u>	<u>20,004</u>	<u>16,918</u>	<u>16,918</u>

#### 7. Investment income

	Unrestricted Funds £	<b>Total Funds 2022 £</b>	Unrestricted Funds £	Total Funds 2021 £
Other interest receivable	<u>6</u>	<u>6</u>	<u>8</u>	<u>8</u>

#### 8. Costs of raising donations and legacies

	Unrestricted Funds £	Restricted Funds £	<b>Total Funds 2022 £</b>
Costs of raising donations and legacies	<u>4,569</u>	<u>9,689</u>	<u>14,258</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Costs of raising donations and legacies	<u>11,339</u>	<u>83</u>	<u>11,422</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2022

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#### 9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Advancement of education in nutrition and mental health	44,039	5,311	49,350
Support costs	19,241	–	19,241
	<u>63,280</u>	<u>5,311</u>	<u>68,591</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Advancement of education in nutrition and mental health	34,838	9,833	44,671
Support costs	9,703	605	10,308
	<u>44,541</u>	<u>10,438</u>	<u>54,979</u>

#### 10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2022 £	Total fund 2021 £
Advancement of education in nutrition and mental health	49,350	14,439	63,789	53,140
Governance costs	–	4,802	4,802	1,839
	<u>49,350</u>	<u>19,241</u>	<u>68,591</u>	<u>54,979</u>

#### 11. Analysis of support costs

	Analysis of support costs £	Total 2022 £	Total 2021 £
Communications and IT	2,868	2,868	1,430
General office	1,883	1,883	3,040
Finance costs	949	949	123
Governance costs	4,802	4,802	1,839
Insurance	577	577	426
Depreciation	8,162	8,162	3,450
	<u>19,241</u>	<u>19,241</u>	<u>10,308</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2022

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#### 12. Net expenditure

Net expenditure is stated after charging/(crediting):

	<b>2022</b>	2021
	£	£
Depreciation of tangible fixed assets	<u>8,162</u>	<u>3,450</u>

#### 13. Independent examination fees

	<b>2022</b>	2021
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>600</u>	<u>500</u>

#### 14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	<b>2022</b>	2021
	£	£
Wages and salaries	<u>49,350</u>	<u>44,671</u>

The average head count of employees during the year was 3 (2021: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	<b>2022</b>	2021
	No.	No.
Administration	<u>3</u>	<u>3</u>

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

#### 15. Trustee remuneration and expenses

Patrick Holford, one of the trustees was contracted, as agreed by the board, to draft the educational content for the Cognition programme. He was paid £2679.68 for his services. The remaining portion of the work will be delivered and paid next year as per the contract. He was contracted on the basis that he was the most suitable person to deliver these necessary services

No remuneration or other benefits from employment with the charity or a related entity were received by any of the other trustees.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2022

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#### 16. Tangible fixed assets

	<b>Equipment £</b>
<b>Cost</b>	
At 1 July 2021	13,800
Additions	18,850
<b>At 30 June 2022</b>	<u>32,650</u>
<b>Depreciation</b>	
At 1 July 2021	3,450
Charge for the year	8,162
<b>At 30 June 2022</b>	<u>11,612</u>
<b>Carrying amount</b>	
<b>At 30 June 2022</b>	<u>21,038</u>
At 30 June 2021	<u>10,350</u>

#### 17. Debtors

	<b>2022 £</b>	2021 £
Trade debtors	2,940	350
Prepayments and accrued income	38	—
	<u>2,978</u>	<u>350</u>

#### 18. Creditors: amounts falling due within one year

	<b>2022 £</b>	2021 £
Trade creditors	3,964	895
Accruals and deferred income	2,169	6,809
Social security and other taxes	416	1,500
Other creditors	(1)	788
	<u>6,548</u>	<u>9,992</u>

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2022

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#### 19. Analysis of charitable funds

##### Unrestricted funds

	At 1 July 2021	Income	Expenditure	Transfers	At 30 June 2022
	£	£	£	£	£
General funds	<u>55,318</u>	<u>31,521</u>	<u>(67,849)</u>	<u>—</u>	<u>18,990</u>

	At 1 July 2020	Income	Expenditure	Transfers	At 30 June 2021
	£	£	£	£	£
General funds	<u>2,750</u>	<u>27,860</u>	<u>(55,880)</u>	<u>80,588</u>	<u>55,318</u>

##### Restricted funds

	At 1 July 2021	Income	Expenditure	Transfers	At 30 June 2022
	£	£	£	£	£
Restricted Fund	<u>13,052</u>	<u>18,000</u>	<u>(15,000)</u>	<u>—</u>	<u>16,052</u>

	At 1 July 2020	Income	Expenditure	Transfers	At 30 June 2021
	£	£	£	£	£
Restricted Fund	<u>104,161</u>	<u>—</u>	<u>(10,521)</u>	<u>(80,588)</u>	<u>13,052</u>

#### 20. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Current assets	<u>18,990</u>	<u>16,052</u>	<u>35,042</u>

  

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Current assets	<u>55,318</u>	<u>13,052</u>	<u>68,370</u>

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**FOOD FOR THE BRAIN FOUNDATION**

England & Wales - Charity number 1116438

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# Accounts

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COMPANY REGISTRATION NUMBER: 5885305  
CHARITY REGISTRATION NUMBER: 1116438

**Food For The Brain Foundation**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**30 June 2021**

**NABARRO**  
Chartered accountants  
34 - 35 Eastcastle Street  
London  
W1W 8DW

# **Food For The Brain Foundation**

**Company Limited by Guarantee**

**Financial Statements**

**Year ended 30 June 2021**

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 30 June 2021

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 30 June 2021.

#### Reference and administrative details

**Registered charity name** Food For The Brain Foundation

**Charity registration number** 1116438

**Company registration number** 5885305

**Principal office and registered office** 9 Chartfield Avenue  
London  
SW15 6DT

#### The trustees

Dr R Tutt  
Mr M Metcalfe  
Mrs M Limnios  
Mr P Holford  
Ms J Ferrari-Wells  
Mr A Banerjee (Appointed 6 October 2020)

**Company secretary** Ms J Ferrari-Wells

**Independent examiner** M F Gibbons FCA, TEP  
34 - 35 Eastcastle Street  
London  
W1W 8DW

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2021

---

#### Structure, governance and management

The Charity is a company limited by guarantee.

The Trustees, who are also the directors for the purpose of company law, and who served during the year are as stated on page 1.

Company Secretary: Jessica Ferrari-Wells

Chief Executive Officer: Natalie Wells (resigned February 2021, Katharine Rodde (appointed 12 April 2021)

None of the Trustees has any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Each calendar year normally one-third of the Trustees are due to retire by rotation, and can stand for re-election. Due to the unusual circumstances of the pandemic as well as the turnover of staff there was a long gap in between AGMs, hence exceptionally there were no such rotations in the period to 30th June 2021. This will revert to normal practice in the subsequent period.

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations as long as all duties are discharged under relevant agreements.

The charity is constituted as a company limited by guarantee and is therefore governed by a memorandum and articles of association. All directors of the company are also Trustees of the charity. The Trustees met just 3 times during the year to manage the charities affairs due to a change in Executive Director and all staff meaning that the early part of 2021 the day-to-day activities were overseen directly by the Chair of Trustees by approval of the remaining Board members.

# **Food For The Brain Foundation**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

**Year ended 30 June 2021**

---

#### **Objectives and activities**

The objects for which the Trust is established is "to advance the education of the general public and health professionals in all areas concerning nutrition and mental health.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

The main objectives of the year were to continue :-

to be a source of evidence-based educational resources for both the public and Healthcare professional via our website, digital tools, e-news, social media and events;

to advance awareness of the importance of nutrition in mental health conditions and mental wellbeing, with a continuing focus on reducing the risk of Alzheimer's and Dementia as well as widening our educational outreach work and services

# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 30 June 2021

---

#### Achievements and performance

The strategy has not changed and was to continue to build on the main elements of activity, running educational events and seminars to the 3 target audiences; individuals, health professionals, and organisations in addition to continuing with the community outreach work, completion of research working with University College London (linked to our Cognitive Function Test (CFT) and Alzheimer's Prevention Programme), as well as support the catering accreditation development. The ongoing legacy projects were fundamentally important for building solid foundations for taking the charity to the next level and setting it in good stead for future development.

Significant efforts were continued in streamlining the operational functions, refining the marketing and communications approach, reducing costs, introducing new policies, procedures and improving reporting. In addition to the above, the following key projects were:

- Completion of efforts around new brand development and incorporation into all marketing and communications platforms.
- Ongoing phased internally driven upgrades of new website by way of new content management system (due to be up to date by end of 2021).
- Ongoing upgrade of a new version of the CFT and addition of a lifestyle questionnaire called the Dementia Risk Indicator (DRI) which is due to be launched in November 21.
- Publication of research work with University College London relating to the CFT and Alzheimer's Prevention, finally achieved in September 21 in the European Journal of Psychiatry.

Due to the ongoing pandemic, income was significantly suppressed again during this year. The substantial portion of unrestricted income, reliant on the catering accreditation service, was completely stagnant despite efforts to re-animate working alongside industry experts such as TUCO. We are hopeful that by the end of 2021 we will start to see signs of recovery here.

Our online teaching events to educate both health professionals and the general public raised £6,742 in the year and we continued to build potential relationships with corporate partners to support them in their CSR efforts.

We were made Charity Partners for 2021 by New Quadrant Partners and, due to the suspension of in-person events, they have kindly volunteered to roll forward the relationship to support us with a fundraiser in Spring 2022 instead if that proves possible. Additionally, their Founding Partner, Louise Stoten, through her position as a trustee of the The Fieldrose Charitable Trust encouraged them to support us directly with a generous £5,000 donation in November 2020.

The Covid-19 pandemic continued to impacted our ability to host other in-person fundraising events, with limited funds raised through these channels as a consequence. However, we did hold our first online Crowdfunder in May 21, raising £6,856 and continue to be supported by a loyal group of individual generous donors who make ad hoc donations in response to our calls to action.

The changes in the scoping around the CFT Upgrade and the inevitable delay of the paid behavioural change programme (now named Cog-nition) have meant that we do not forecast generating any significant income from this source before early 2022.

We continue to explore other avenues of income generation and will be reporting soon on areas such

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

#### Year ended 30 June 2021

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as R&D Credits, increased support from Trusts and Foundations as well as increasing our supporter base and harnessing them to give regularly, as well as raise funds and awareness.

#### Financial review

The fund balances at the end of the year were £55,318 unrestricted (2020 £2,750) and restricted £13,052 (2020 £104,161)

Resources expended during the year were £66,401 (2020 £89,979)

The reduction was partly due to the provision of Covid 19 furlough measures compounded by the role of Executive Director being vacant for 2 months.

The principal funding sources were from donations, events and the CrowdFunder with £27,860 (2020 £25,205) in turnover.

The Trustees regularly monitor the Charity's Reserves to ensure that an adequate level is maintained to meet its stated objectives for the maintenance of core activities and the development of existing and future projects.

The level of reserves established by the Trustees are those that the Trustees believe are sufficient to enable the Charity to carry out its objectives.

The Trustees have assessed the major risks to which the Charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

#### Employment of disabled persons

The Charity's policy is to consult and discuss with employees, through unions, staff councils and at meetings, matters likely to affect employees' interests.

Information of matters of concern to employees is given through information bulletins and reports, which seek to achieve a common awareness on the part of all employees of the financial and economic factors affecting the group's performance.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

# **Food For The Brain Foundation**

## **Company Limited by Guarantee**

### **Trustees' Annual Report (Incorporating the Director's Report) *(continued)***

#### **Year ended 30 June 2021**

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The trustees' annual report was approved on ..... and signed on behalf of the board of trustees by:

Mr A Banerjee  
Trustee

# Food For The Brain Foundation

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Food For The Brain Foundation

Year ended 30 June 2021

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I report to the trustees on my examination of the financial statements of Food For The Brain Foundation ('the charity') for the year ended 30 June 2021.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

M F Gibbons FCA, TEP  
Independent Examiner

34 - 35 Eastcastle Street  
London  
W1W 8DW

# Food For The Brain Foundation

## Company Limited by Guarantee

### Statement of Financial Activities (including income and expenditure account)

Year ended 30 June 2021

		Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
<b>Income and endowments</b>	<b>Note</b>				
Donations and legacies	5	10,934	–	10,934	8,795
Other trading activities	6	16,918	–	16,918	16,258
Investment income	7	8	–	8	152
<b>Total income</b>		<u>27,860</u>	<u>–</u>	<u>27,860</u>	<u>25,205</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and legacies	8	11,339	83	11,422	21,442
Expenditure on charitable activities	9,10	<u>44,541</u>	<u>10,438</u>	<u>54,979</u>	<u>68,537</u>
<b>Total expenditure</b>		<u>55,880</u>	<u>10,521</u>	<u>66,401</u>	<u>89,979</u>
<b>Net expenditure</b>		<u>(28,020)</u>	<u>(10,521)</u>	<u>(38,541)</u>	<u>(64,774)</u>
Transfers between funds		80,588	(80,588)	–	–
<b>Net movement in funds</b>		52,568	(91,109)	(38,541)	(64,774)
<b>Reconciliation of funds</b>					
Total funds brought forward		2,750	104,161	106,911	171,685
<b>Total funds carried forward</b>		<u>55,318</u>	<u>13,052</u>	<u>68,370</u>	<u>106,911</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 10 to 17 form part of these financial statements.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Statement of Financial Position

30 June 2021

	Note	2021 £	2020 £
<b>Fixed assets</b>			
Tangible fixed assets	16	10,350	–
<b>Current assets</b>			
Debtors	17	350	1,666
Cash at bank and in hand		67,662	113,724
		<u>68,012</u>	<u>115,390</u>
<b>Creditors: amounts falling due within one year</b>	18	<u>9,992</u>	<u>8,479</u>
<b>Net current assets</b>		<u>58,020</u>	<u>106,911</u>
<b>Total assets less current liabilities</b>		<u>68,370</u>	<u>106,911</u>
<b>Net assets</b>		<u>68,370</u>	<u>106,911</u>
<b>Funds of the charity</b>			
Restricted funds		13,052	104,161
Unrestricted funds		<u>55,318</u>	<u>2,750</u>
<b>Total charity funds</b>	19	<u>68,370</u>	<u>106,911</u>

For the year ending 30 June 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on ....., and are signed on behalf of the board by:

Mr A Banerjee  
Trustee

The notes on pages 10 to 17 form part of these financial statements.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 30 June 2021

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 9 Chartfield Avenue, London, SW15 6DT.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2021

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#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2021

---

#### 3. Accounting policies *(continued)*

##### Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

##### Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - Website Development

##### Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2021

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#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Limited by guarantee

A company limited by guarantee

#### 5. Donations and legacies

	Unrestricted Funds £	<b>Total Funds 2021 £</b>	Unrestricted Funds £	Total Funds 2020 £
<b>Donations</b>				
Donations	<u>10,934</u>	<u>10,934</u>	<u>8,795</u>	<u>8,795</u>

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2021

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#### 6. Other trading activities

	Unrestricted Funds £	<b>Total Funds 2021 £</b>	Unrestricted Funds £	Total Funds 2020 £
Fundraising events	797	797	1,732	1,732
Trading activity income - other	16,121	16,121	14,526	14,526
	<u>16,918</u>	<u>16,918</u>	<u>16,258</u>	<u>16,258</u>

#### 7. Investment income

	Unrestricted Funds £	<b>Total Funds 2021 £</b>	Unrestricted Funds £	Total Funds 2020 £
Other interest receivable	8	8	152	152

#### 8. Costs of raising donations and legacies

	Unrestricted Funds £	Restricted Funds £	<b>Total Funds 2021 £</b>
Costs of raising donations and legacies	11,339	83	11,422

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Costs of raising donations and legacies	7,543	13,899	21,442

#### 9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	<b>Total Funds 2021 £</b>
Advancement of education in nutrition and mental health	34,838	9,833	44,671
Support costs	9,703	605	10,308
	<u>44,541</u>	<u>10,438</u>	<u>54,979</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Advancement of education in nutrition and mental health	59,590	–	59,590
Support costs	8,947	–	8,947
	<u>68,537</u>	<u>–</u>	<u>68,537</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 30 June 2021

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#### 10. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2021	Total fund 2020
	£	£	£	£
Advancement of education in nutrition and mental health	44,671	8,469	53,140	65,482
Governance costs	–	1,839	1,839	3,055
	<u>44,671</u>	<u>10,308</u>	<u>54,979</u>	<u>68,537</u>

#### 11. Analysis of support costs

	Analysis of support costs	Total 2021	Total 2020
	£	£	£
Premises	–	–	2,624
Communications and IT	1,430	1,430	1,107
General office	3,040	3,040	888
Finance costs	123	123	366
Governance costs	1,839	1,839	3,055
Insurance	426	426	907
Depreciation	3,450	3,450	–
	<u>10,308</u>	<u>10,308</u>	<u>8,947</u>

#### 12. Net expenditure

Net expenditure is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation of tangible fixed assets	<u>3,450</u>	<u>–</u>

#### 13. Independent examination fees

	2021	2020
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>500</u>	<u>500</u>

#### 14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Wages and salaries	<u>44,671</u>	<u>55,228</u>

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# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2021

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#### 14. Staff costs *(continued)*

The average head count of employees during the year was 3 (2020: 3). The average number of full-time equivalent employees during the year is analysed as follows:

	<b>2021</b>	2020
	<b>No.</b>	No.
Administration	3	3

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

#### 15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

#### 16. Tangible fixed assets

	<b>Equipment</b>
	<b>£</b>
<b>Cost</b>	
At 1 July 2020	–
Additions	13,800
<b>At 30 June 2021</b>	<u>13,800</u>
<b>Depreciation</b>	
At 1 July 2020	–
Charge for the year	3,450
<b>At 30 June 2021</b>	<u>3,450</u>
<b>Carrying amount</b>	
<b>At 30 June 2021</b>	<u>10,350</u>
At 30 June 2020	<u>–</u>

#### 17. Debtors

	<b>2021</b>	2020
	<b>£</b>	£
Trade debtors	350	1,666

# Food For The Brain Foundation

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 30 June 2021

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#### 18. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	895	6,360
Accruals and deferred income	6,809	–
Social security and other taxes	1,500	–
Other creditors	788	2,119
	<u>9,992</u>	<u>8,479</u>

#### 19. Analysis of charitable funds

##### Unrestricted funds

	At 1 July 2020	Income	Expenditure	Transfers	At 30 June 2021
	£	£	£	£	£
General funds	<u>2,750</u>	<u>27,860</u>	<u>(55,880)</u>	<u>80,588</u>	<u>55,318</u>

	At 1 July 2019	Income	Expenditure	Transfers	At 30 June 2020
	£	£	£	£	£
General funds	<u>2,750</u>	<u>25,205</u>	<u>(76,080)</u>	<u>50,875</u>	<u>2,750</u>

##### Restricted funds

	At 1 July 2020	Income	Expenditure	Transfers	At 30 June 2021
	£	£	£	£	£
Restricted Fund	<u>104,161</u>	<u>–</u>	<u>(10,521)</u>	<u>(80,588)</u>	<u>13,052</u>

	At 1 July 2019	Income	Expenditure	Transfers	At 30 June 2020
	£	£	£	£	£
Restricted Fund	<u>168,935</u>	<u>–</u>	<u>(13,899)</u>	<u>(50,875)</u>	<u>104,161</u>

#### 20. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Current assets	<u>55,318</u>	<u>13,052</u>	<u>68,370</u>

	Unrestricted Funds	Restricted Funds	Total Funds 2020
	£	£	£
Current assets	<u>2,750</u>	<u>104,161</u>	<u>106,911</u>

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