

**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**

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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**

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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 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**

		<b>2024 Unrestricted fund £</b>	<b>2023 Total funds £</b>
<b>INCOME AND ENDOWMENTS FROM</b>	Notes		
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 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
		<b>76,129</b>	64,913
<b>CREDITORS</b>			
Amounts falling due within one year	9	(37,923)	(25,978)
<b>NET CURRENT ASSETS</b>		<b>38,206</b>	38,935
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>53,227</b>	62,848
<b>NET ASSETS</b>		<b>53,227</b>	62,848
<b>FUNDS</b>	10		
Unrestricted funds		53,227	62,848
<b>TOTAL FUNDS</b>		<b>53,227</b>	62,848

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

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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

### 2. OTHER ACTIVITIES

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

### 3. INVESTMENT INCOME

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

### 4. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Independent examiners fee	756	600
Depreciation - owned assets	12,972	12,285
	<u>12,972</u>	<u>12,285</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	
<b>DEPRECIATION</b>	
At 1 July 2023	23,897
Charge for year	12,972
	<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**

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

**10. MOVEMENT IN FUNDS**

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

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

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

**Comparatives for movement in funds**

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

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
<b>Total incoming resources</b>	<u>298,027</u>	<u>132,640</u>
<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**

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