

VALID NUTRITION

England & Wales · Charity number 1141922

Details

Other names VN

Status Registered

Legal form Charitable company

Company number [05463337](#)

Registered 2011-05-16

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

Contact

Address Derry Duff
Bantry
Cork
P75 Pd60

Phone +3530872590261

Email office@validnutrition.org

Website www.validnutrition.org

Activities

Objects: (I) THE PROTECTION AND PRESERVATION OF HEALTH OF PEOPLE LIVING IN DEVELOPING COUNTRIES, BY PROMOTING AND FACILITATING ACCESS TO GOODS AND SERVICES IN RELATION TO HEALTH, NUTRITION AND WELLBEING, AND (II) TO PROMOTE AND SUPPORT THE WORK OF ORGANISATIONS FORMED FOR THE OBJECTS SET OUT IN (I) ABOVE, INCLUDING BUT NOT LIMITED TO, THE PROVISION OF FUNDS FOR THE PROMOTION AND SUPPORT OF PROJECTS UNDERTAKEN BY VALID NUTRITION REGISTERED IN IRELAND WHICH ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAWS OF ENGLAND AND WALES

Activities: The protection and preservation of health of people living in developing countries by promoting and facilitating access to goods and services in relation to health, nutrition and well being and to promote and support the work of charitable organisations formed to support these objectives.

Classification

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People, Other Defined Groups

Geography

- **Area of benefit:** UNDEFINED, IN PRACTICE, NATIONAL AND OVERSEAS
- Ireland
- City Of London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£0	£29,027	-	-
2024-03-31	£0	£97	-	-
2023-03-31	£30,500	£712	-	-
2022-03-31	£50,167	£50,997	-	-
2021-03-31	£0	£399	-	-

Trustees

Name	Role	Appointed
Dr STEVE COLLINS MBE, MD	Chair	2007-06-21
Hans-Juergen Koch		2016-03-29
MARQUESS OF DAVID GEORGE PHILIP CHOLMONDELY		2013-02-21
PAUL BARROW		2010-03-18

VALID NUTRITION

England & Wales - Charity number 1141922

Accounts

Charity registration number 1141922

Company registration number 05463337 (England and Wales)

VALID NUTRITION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

VALID NUTRITION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr P A S C Barrow Dr S R Collins Lord D G P Cholmondeley Dr H Koch
Charity number	1141922
Company number	05463337
Registered office	9 Hollywood Mews London United Kingdom SW10 9HU
Independent examiner	Azets Column House London Road Shrewsbury Shropshire United Kingdom SY2 6NN

VALID NUTRITION

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VALID NUTRITION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The charity's objects are:

- 1) The protection and preservation of health of people living in developing countries, by promoting and facilitating access to goods and services in relation to health, nutrition and wellbeing, and
- 2) To promote and support the work of organisations formed for the objects set out in (1) above, including but not limited to, the provision of funds for the promotion and support of projects undertaken by Valid Nutrition registered in Ireland which are exclusively charitable according to the laws of England and Wales.

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

Achievements and performance

During the year reported on, the trustees of Valid Nutrition worked to promote and support the work of the charity Valid Nutrition, registered in Ireland. This work is in line with the objectives and activities of the charity.

Financial review

The reserves of the charity are at a level that enables the charity to fulfil its objectives as stated in the Memorandum and Articles. These objectives are fulfilled in a variety of ways and as such it is the policy of the trustees to review planned expenditure in the coming 12 months and ensure that reserves are adequate to meet these needs. If reserves are not adequate, action is taken to increase the reserves.

At the year end the reserves of the charity were £49,707. Trustees consider this to be above the required level of funds required for the coming 12 months. The funds are held for future fund raising events and in order to provide grants.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees of Valid Nutrition are working closely with supporters of the charity to organise and develop future support raising efforts to allow for the continued development of Valid Nutrition's mission and vision.

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 and up to the date of signature of the financial statements were:

Mr P A S C Barrow

Dr S R Collins

Lord D G P Cholmondeley

Dr H Koch

Recruitment and appointment of new trustees

Trustees are recruited by personal approach from an existing trustee. Those interested in being a trustee are then assessed by the trustees before being nominated for the position.

VALID NUTRITION

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) *FOR THE YEAR ENDED 31 MARCH 2023*

Valid Nutrition, a charity registered in Ireland, is a related party, of which Dr S R Collins is a trustee and founder member.

The trustees' report was approved by the Board of Trustees.

.....
Dr H Koch
Trustee
Dated:

VALID NUTRITION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VALID NUTRITION

I report to the trustees on my examination of the financial statements of Valid Nutrition (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 that in any material respect:

- 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 financial statements to be reached.

Azets

Column House
London Road
Shrewsbury
Shropshire
SY2 6NN
United Kingdom

Dated:

VALID NUTRITION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023 £	Unrestricted funds 2022 £
<u>Income from:</u>	Notes		
Donations and legacies	3	30,500	50,167
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	4	712	50,997
		<hr/>	<hr/>
Net income/(expenditure) for the year/ Net movement in funds		29,788	(830)
Fund balances at 1 April 2022		19,919	20,749
		<hr/>	<hr/>
Fund balances at 31 March 2023		49,707	19,919
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

VALID NUTRITION

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Stocks	9	20,000		20,000	
Cash at bank and in hand		30,367		939	
		<u>50,367</u>		<u>20,939</u>	
Creditors: amounts falling due within one year					
	10	(660)		(1,020)	
Net current assets			49,707		19,919
Income funds					
Unrestricted funds			49,707		19,919
			<u>49,707</u>		<u>19,919</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

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

The financial statements were approved by the Trustees on

.....
Dr H Koch
Trustee

Company registration number 05463337

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Valid Nutrition is a private company limited by guarantee incorporated in England and Wales. The registered office is 9 Hollywood Mews, London, SW10 9HU, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

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. Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

1.6 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.9 Foreign exchange

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

1.10 Taxation

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

1.11 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.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	30,500	50,167

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	Donations 2023 £	Donations 2022 £
Donations made	-	50,168
Accountancy	618	720
Bank charges	97	101
Foreign exchange differences	(3)	8
	<u>712</u>	<u>50,997</u>
	<u>712</u>	<u>50,997</u>

5 Trustees

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

6 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Total	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

7 Examination fees

Fees paid for the examination of the accounts amount to £660.

8 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

9 Stocks

	2023 £	2022 £
Finished goods and goods for resale	<u>20,000</u>	<u>20,000</u>

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

10 Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals and deferred income	660	1,020
	<u>660</u>	<u>1,020</u>

11 Related party transactions

During the year donations of £Nil (2022 - £25,138) were received from Lord Cholmondeley (a Trustee of the charity). No conditions were attached to these donations.

During the year donations of £Nil (2022 - £50,168) were paid to Valid Nutrition (a charity registered in Ireland). Two of the Trustees of Valid Nutrition are also Trustees of Valid Nutrition Ireland.

VALID NUTRITION

England & Wales - Charity number 1141922

Accounts

Charity registration number 1141922

Company registration number 05463337 (England and Wales)

VALID NUTRITION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

VALID NUTRITION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr P A S C Barrow Dr S R Collins Lord D G P Cholmondeley Dr H Koch
Charity number	1141922
Company number	05463337
Registered office	9 Hollywood Mews London United Kingdom SW10 9HU
Independent examiner	Azets 5 - 7 Beatrice Street Oswestry Shropshire United Kingdom SY11 1QE

VALID NUTRITION

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VALID NUTRITION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2016)

Objectives and activities

The charity's objects are:

- 1) The protection and preservation of health of people living in developing countries, by promoting and facilitating access to goods and services in relation to health, nutrition and wellbeing, and
- 2) To promote and support the work of organisations formed for the objects set out in (1) above, including but not limited to, the provision of funds for the promotion and support of projects undertaken by Valid Nutrition registered in Ireland which are exclusively charitable according to the laws of England and Wales.

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

Achievements and performance

During the year reported on, the trustees of Valid Nutrition worked to promote and support the work of the charity Valid Nutrition, registered in Ireland. This work is in line with the objectives and activities of the charity.

Financial review

The reserves of the charity are at a level that enables the charity to fulfil its objectives as stated in the Memorandum and Articles. These objectives are fulfilled in a variety of ways and as such it is the policy of the trustees to review planned expenditure in the coming 12 months and ensure that reserves are adequate to meet these needs. If reserves are not adequate, action is taken to increase the reserves.

At the year end the reserves of the charity were £19,919. Trustees consider this to be above the required level of funds required for the coming 12 months. The funds are held for future fund raising events and in order to provide grants.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees of Valid Nutrition are working closely with supporters of the charity to organise and develop future support raising efforts to allow for the continued development of Valid Nutrition's mission and vision.

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 and up to the date of signature of the financial statements were:

Mr P A S C Barrow

Dr S R Collins

Lord D G P Cholmondeley

Dr H Koch

Recruitment and appointment of new trustees

Trustees are recruited by personal approach from an existing trustee. Those interested in being a trustee are then assessed by the trustees before being nominated for the position.

VALID NUTRITION

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) *FOR THE YEAR ENDED 31 MARCH 2022*

Valid Nutrition, a charity registered in Ireland, is a related party, of which Dr S R Collins is a trustee and founder member.

The trustees' report was approved by the Board of Trustees.

.....
Dr H Koch
Trustee
Dated:

VALID NUTRITION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF VALID NUTRITION

I report to the trustees on my examination of the financial statements of Valid Nutrition (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (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 financial statements of the charity 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 financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 that in any material respect:

- 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 financial statements to be reached.

Azets

5 - 7 Beatrice Street
Oswestry
Shropshire
SY11 1QE
United Kingdom

Dated:

VALID NUTRITION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Unrestricted funds 2021 £
	Notes		
Income from:			
Donations and legacies	3	50,167	-
		<hr/>	<hr/>
Expenditure on:			
Charitable activities	4	50,997	399
		<hr/>	<hr/>
Net expenditure for the year/ Net movement in funds		(830)	(399)
Fund balances at 1 April 2021		20,749	21,148
		<hr/>	<hr/>
Fund balances at 31 March 2022		19,919	20,749
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

VALID NUTRITION

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Stocks	8	20,000		20,000	
Cash at bank and in hand		939		1,349	
		<u>20,939</u>		<u>21,349</u>	
Creditors: amounts falling due within one year	9	<u>(1,020)</u>		<u>(600)</u>	
Net current assets			19,919		20,749
			<u>19,919</u>		<u>20,749</u>
Income funds					
Unrestricted funds			19,919		20,749
			<u>19,919</u>		<u>20,749</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

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

The financial statements were approved by the Trustees on

.....
Dr H Koch
Trustee

Company registration number 05463337

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Valid Nutrition is a private company limited by guarantee incorporated in England and Wales. The registered office is 9 Hollywood Mews, London, SW10 9HU, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

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. Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

1.6 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.9 Foreign exchange

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

1.10 Taxation

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

1.11 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.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Total
	2022	2021
	£	£
Donations and gifts	50,167	-

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	Donations 2022 £	Donations 2021 £
Donations made	50,168	-
Accountancy	720	300
Bank charges	101	54
Foreign exchange differences	8	45
	<u>50,997</u>	<u>399</u>
	<u>50,997</u>	<u>399</u>

5 Trustees

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

6 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Total	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

7 Examination fees

Fees paid for the examination of the accounts amount to £720.

8 Stocks

	2022 £	2021 £
Finished goods and goods for resale	<u>20,000</u>	<u>20,000</u>

VALID NUTRITION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

9 Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	1,020	600
	<u>1,020</u>	<u>600</u>

10 Related party transactions

During the year donations of £25,138 (2021 - Nil) were received from Lord Cholmondeley (a Trustee of the charity). No conditions were attached to these donations.

During the prior year donations of £50,168 (2021 - Nil) were paid to Valid Nutrition (a charity registered in Ireland). Two of the Trustees of Valid Nutrition are also Trustees of Valid Nutrition Ireland.