

FLAVOUR SCHOOL

England & Wales · Charity number 1178048

Details

Status Registered

Legal form CIO

Registered 2018-04-23

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

Contact

Address 148 Valley Road
London
SW16 2XR

Phone 07912892832

Email info@flavourschool.org.uk

Website www.flavourschool.org.uk

Activities

Objects: THE ADVANCEMENT OF SENSORY EDUCATION OF CHILDREN AND THE PRESERVATION AND PROTECTION OF HEALTH FOR THE BENEFIT OF THE PUBLIC BY THE PROMOTION OF SENSORY EDUCATION AND HELPING PEOPLE TO BUILD A HEALTHY RELATIONSHIP WITH FOOD.

Activities: Flavour School promotes and enables sensory food education, through a programme of lessons and activities, primarily for UK school and pre-school children. We develop and share teaching materials, offer teacher training, and promote sensory food education, to encourage and enable schools and nurseries to carry out the programme.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£0	£343	-
2024-03-31		£0	£3,189	-
2023-03-31		£85	£4,837	-
2022-03-31	£10,000		£4,214	-
2021-03-31	£8,000		£526	-

Trustees

Name	Role	Appointed
Geraldine Gilbert	Chair	2017-04-23
Dr NICHOLAS WILKINSON		2017-04-23
Katherine Mary Morris		2020-11-30
Kathryn Margaret Mitchell		2020-11-30
Mark Breen		2018-12-22

FLAVOUR SCHOOL

England & Wales - Charity number 1178048

Accounts

Flavour School Trustees' Annual Report for the period from April 2024 to March 2025



Charity registration number: 1178048

Objectives and Activities

<i>Summary of the purposes of the charity as set out in its governing document (SORP reference Para 1.17)</i>	The advancement of sensory education of children and the preservation and protection of health for the benefit of the public by the promotion of sensory education and helping people to build a healthy relationship with food.
<i>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts (Para 1.17 & 1.19)</i>	Flavour school promotes and enables sensory food education, through a simple, fun, accessible and affordable programme of lessons and activities, designed for UK Early Years and primary school children. We develop and share teaching materials, offer teacher training, and promote sensory food education generally, to encourage and enable schools to carry out the programme.
<i>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit (Para 1.18)</i>	The trustees confirm they have had due regard to the guidance issued by the Charity Commission on Public Benefit.

Achievements and Performance

<i>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole (Para 1.20)</i>	<p>2024/25 was the seventh year of operation for Flavour School as a registered charity.</p> <p>Research: In his role as a fellow at the University of Leeds, Flavour School trustee Dr Nick Wilkinson had completed a multi-year research project on the effects of Flavour School on Reception and Key Stage 1 children in October 2022. Dr Wilkinson completed the paper reporting this study with his co-authors during 2023-24, and the study was published in the journal Appetite in January 2025: https://doi.org/10.1016/j.appet.2024.107756.</p> <p>Dissemination of the Flavour School programme and approach: Throughout the year, the teaching manual remained free to download from the Flavour School website and the trustees replied to requests for further information or guidance coming in via the website from interested potential users.</p>
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Financial Review

<i>Review of the charity's financial position at the end of the period (Para 1.21)</i>	At the end of the period (31 st March 2025), Flavour School had £7,531 in its bank account.
<i>Statement explaining the policy for holding reserves stating why they are held (Para 1.22)</i>	Flavour School has not formalised a written reserves policy, but the trustees have agreed that in practice the charity should always retain sufficient funds to cover its expected essential annual operating expenses.
<i>Amount of reserves held (Para 1.22)</i>	n/a – but the Trustees were satisfied that there were sufficient funds in the account throughout 2024/25 to guarantee ongoing operations for the year and beyond.

Additional information

<i>The charity's principal sources of funds (including any fundraising) (Para 1.47)</i>	Flavour School's principal source of funding in 2024/25 was the donations in previous years from children's food brand Ella's Kitchen, provided to support the further development of the Flavour School programme (with a small proportion allocated to covering the charity's core costs). We continued to draw on these funds in 2024/25.
<i>A description of the principal risks facing the charity (Para 1.46)</i>	The principal risk facing Flavour School in 2024/25 was uncertainty about the longer-term direction of the charity. The trustees devoted time to considering this question during and beyond the annual trustee meeting, and continue to assess the potential pathways the charity could take to best deliver on its mission and deliver public benefit into the future.

Structure, Governance and Management

<i>Type of governing document (Para 1.25)</i>	Flavour School has a Foundation model CIO Constitution (its only voting members are its Trustees).
<i>How is the charity constituted? (Para 1.25)</i>	Flavour School is a Charitable Incorporated Organisation / CIO .
<i>Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees (Para 1.25)</i>	As per Flavour School's constitution, apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional information

<i>Policies and procedures adopted for the induction and training of trustees (Para 1.51)</i>	As per Flavour School's constitution, the charity trustees will make available to each new charity trustee, on or before his or her first appointment: a) a copy of the current version of this constitution; and b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.
<i>The charity's organisational structure and any wider network with which the charity works (Para 1.51)</i>	Flavour School retained the same trustees for the year; Flavour School had no paid staff.
<i>Relationship with any related parties (Para 1.51)</i>	No particular relationships to report.

Reference and Administrative details

<i>Charity name</i>	Flavour School
<i>Other name the charity uses</i>	None
<i>Registered charity number</i>	1178048
<i>Charity's principal address</i>	148 Valley Road, London, SW16 2XR

Names of the charity trustees who manage the charity

Trustee name	Office	Name of person entitled to appoint trustee
Geraldine Gilbert	Chair	Founding trustee
Nicholas Wilkinson		Founding trustee
Mark Breen		Appointed by G Gilbert and N Wilkinson
Kate Morris		Appointed by G Gilbert, N Wilkinson and M Breen
Katherine Robertson nee Mitchell		Appointed by G Gilbert, N Wilkinson and M Breen

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature	
Full name	Geraldine Gilbert
Position	Founding trustee/chair
Date	26 January 2026

Charity Name		No (if any)	
FLAVOUR SCHOOL		1178048	
Receipts and payments accounts			
For the period from	Period start date	To	Period end date
	01/04/2024		31/03/2025
			CC16a

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
None			-	£0	£0
Sub total (Gross income for AR)			-	£0	£0
A2 Asset and investment sales					
Sub total	-	-	-	£0	£0
Total receipts			-	£0	£0
A3 Payments					
Website / email address fees	£284	-	-	£284	£399
Banking fees (monthly account charge)	£60	-	-	£60	£60
Trustee travel expenses	£0			£0	£0
Grant 1: Cost reimbursements to schools participating in research, interviews.	£0	£0		£0	£0
Grant 2: Early years research/pilots	£0				£2,730
Sub total	£344	£0	-	£344	£3,189
A4 Asset and investment purchases					
Sub total	-	-	-	-	-
Total payments	£344	£0	-	£344	£3,189
Net of receipts/(payments)	-£344	£0		-£344	-£3,189
A5 Transfers between funds	£0		-	-	-
A6 Cash funds last year end (31 Mar 2024)	£1,722	£6,153	-	£7,875	£11,063
Cash funds this year end (31 Mar 2025)	£1,378	£6,153	-	£7,531	

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Bank account 31 March 2025	£1,378	£6,153	
		-	-	
	Total cash funds	£1,378	£6,153	
	(agree balances with receipts and payments account(s))	OK	OK	OK
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	Geraldine Gilbert	Geraldine Gilbert		24/01/2026
	Nick Wilkinson	Nick Wilkinson		24/01/2026

FLAVOUR SCHOOL

England & Wales - Charity number 1178048

Accounts

Flavour School Trustees' Annual Report for the period from April 2023 to March 2024



Charity registration number: 1178048

Objectives and Activities

<i>Summary of the purposes of the charity as set out in its governing document (SORP reference Para 1.17)</i>	The advancement of sensory education of children and the preservation and protection of health for the benefit of the public by the promotion of sensory education and helping people to build a healthy relationship with food.
<i>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts (Para 1.17 & 1.19)</i>	Flavour school promotes and enables sensory food education, through a simple, fun, accessible and affordable programme of lessons and activities, designed for UK Early Years and primary school children. We develop and share teaching materials, offer teacher training, and promote sensory food education generally, to encourage and enable schools to carry out the programme.
<i>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit (Para 1.18)</i>	The trustees confirm they have had due regard to the guidance issued by the Charity Commission on Public Benefit.

Achievements and Performance

<i>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole (Para 1.20)</i>	<p>2023/24 was the sixth year of operation for Flavour School as a registered charity.</p> <p>1. Research:</p> <p>In his role as a fellow at the University of Leeds, Flavour School trustee Dr Nick Wilkinson completed a multi-year research project on the effects of Flavour School on Reception and Key Stage 1 children in October 2022. Dr Wilkinson completed the paper reporting this study with his co-authors during 2023-24, and the study is now published in the journal <i>Appetite</i> https://doi.org/10.1016/j.appet.2024.107756 .</p> <p>2. Early Years programme development:</p> <p>Nicholas Wilkinson conducted a series of practical pilots in four early years settings in Bradford and Leeds to develop and test activities for the Flavour School Early Years teaching programme, in collaboration with the Early Years Alliance.</p> <p>Three Bridges Primary in Ealing, London, has included the Flavour School programme in the curriculum since the 2021-2022 school year. Trustee Katie Robertson, in her role as Early Years lead and teacher at the school, oversaw this and described how the programme has been carried out:</p> <p>“Over the course of the half term we do food-related whole-class sessions where we discuss vocabulary and prior knowledge. Then the teachers and teaching assistants take small groups of children to go through the Flavour School programme. Typically it takes 2-3 days for all the groups to work through each of the five senses. While that’s happening we try to also run other food-related activities – printing with fruit and veg, natural food dyeing, fruit and veg observational drawing, toy food in the home corner, a fully stocked mud kitchen, fruit and veg colouring etc. A guest teacher comes in and runs a fresh pasta-making workshop, and we try to bring in the language and vocabulary discussed during the Flavour School sessions.”</p>
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	<p>“It’s been fantastic—the kids absolutely love it and we definitely observe more willingness to try foods as the sessions go on. We tweak it to suit our cohort and staffing levels, and we are always trying to find more ways to expand on the programme.”</p> <p>3. Dissemination of the Flavour School programme and approach:</p> <p>Flavour School provided children’s food brand Ella’s Kitchen with continued scientific advice and insights on sensory food education, to inform the development of their Eat. Play. Love campaign promoting sensory food play for Early Years settings, which then ran during 2024.</p> <p>Throughout the year, the teaching manual remained free to download from the Flavour School website and the trustees replied to any requests for further information or guidance coming in via the website from interested potential users.</p>
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Financial Review

<i>Review of the charity’s financial position at the end of the period (Para 1.21)</i>	At the end of the period (31 st March 2024), Flavour School had £7,874.09 in its bank account.
<i>Statement explaining the policy for holding reserves stating why they are held (Para 1.22)</i>	Flavour School has not formalised a written reserves policy, but the trustees have agreed that in practice the charity should always retain sufficient funds to cover its expected essential annual operating expenses.
<i>Amount of reserves held (Para 1.22)</i>	n/a – but the Trustees were satisfied that there were sufficient funds in the account throughout 2023/24 to guarantee ongoing operations for the year and beyond.
<i>Additional information</i>	The trustees agreed to pay one trustee for services provided to the charity in the year 2023/2024. This was approved by the other trustees in line with Charity Commission guidance (with one trustee removing herself from the approval process/decision, as a connected person).

Additional information

<i>The charity’s principal sources of funds (including any fundraising) (Para 1.47)</i>	Flavour School’s principal source of funding in 2023/24 was the donations in previous years from children’s food brand Ella’s Kitchen, provided to support the further development of the Flavour School programme (with a small proportion allocated to covering the charity’s core costs). We continued to draw on these funds in 2023/24.
<i>A description of the principal risks facing the charity (Para 1.46)</i>	The principal risk facing Flavour School in 2023/24 was uncertainty about the longer-term direction of the charity. The trustees devoted time to considering this question during trustee meetings and in between, and will continue to assess the potential pathways the charity could take to best deliver on its mission and deliver public benefit into the future.

Structure, Governance and Management

<i>Type of governing document (Para 1.25)</i>	Flavour School has a Foundation model CIO Constitution (its only voting members are its Trustees).
<i>How is the charity constituted? (Para 1.25)</i>	Flavour School is a Charitable Incorporated Organisation / CIO .
<i>Trustee selection methods including details of any</i>	As per Flavour School’s constitution, apart from the first charity trustees, every trustee must be appointed by a resolution passed at a

<i>constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees (Para 1.25)</i>	properly convened meeting of the charity trustees. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.
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Additional information

<i>Policies and procedures adopted for the induction and training of trustees (Para 1.51)</i>	As per Flavour School's constitution, the charity trustees will make available to each new charity trustee, on or before his or her first appointment: a) a copy of the current version of this constitution; and b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.
<i>The charity's organisational structure and any wider network with which the charity works (Para 1.51)</i>	Flavour School retained the same trustees for the year; Flavour School had no paid staff.
<i>Relationship with any related parties (Para 1.51)</i>	No particular relationships to report.

Reference and Administrative details

<i>Charity name</i>	Flavour School
<i>Other name the charity uses</i>	None
<i>Registered charity number</i>	1178048
<i>Charity's principal address</i>	148 Valley Road, London, SW16 2XR

Names of the charity trustees who manage the charity

Trustee name	Office	Name of person entitled to appoint trustee
Geraldine Gilbert	Chair	Founding trustee
Nicholas Wilkinson		Founding trustee
Mark Breen		Appointed by G Gilbert and N Wilkinson
Kate Morris		Appointed by G Gilbert, N Wilkinson and M Breen
Katherine Robertson nee Mitchell		Appointed by G Gilbert, N Wilkinson and M Breen

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature	
Full name	Geraldine Gilbert
Position	Founding trustee/chair
Date	28 January 2025

		Charity Name		No (if any)			
		FLAVOUR SCHOOL		1178048			
Receipts and payments accounts							
		Period start date		Period end date			
For the period from		01/04/2023		To		31/03/2024	
CC16a							

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
None			-	£0	£85
Sub total (Gross income for AR)			-	£0	£85
A2 Asset and investment sales					
Sub total	-	-	-	£0	£0
Total receipts			-	£0	£85
A3 Payments					
Website / email address fees	£398.51	-	-	£399	£648
Banking fees (monthly account charge)	£60	-	-	£60	£60
Trustee travel expenses	£0			£0	£49
Grant 1: Cost reimbursements to schools participating in research, interviews.		£0		£0	£440
Grant 2: Early years research/pilots	-	£2,730		£2,730	£3,640
Sub total	£459	£2,730	-	£3,189	£4,837
A4 Asset and investment purchases					
Sub total	-	-	-	-	-
Total payments	£459	£2,730	-	£3,189	£4,837
Net of receipts/(payments)	-£459	-£2,730		-£3,189	-£4,752
A5 Transfers between funds	£0		-	-	£0
A6 Cash funds last year end (31 Mar 2023)	£2,180	£8,883	-	£11,063	£10,028
Cash funds this year end (31 Mar 2024)	£1,722	£6,153	-	£7,875	

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Bank account 31 March 2023	£1,722	£6,153	
		-	-	
	Total cash funds	£1,722	£6,153	
	(agree balances with receipts and payments account(s))	OK	OK	OK
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	Geraldine Gilbert	Geraldine Gilbert		24/01/2025
	Nick Wilkinson	Nick Wilkinson		24/01/2025

FLAVOUR SCHOOL

England & Wales - Charity number 1178048

Accounts

Flavour School Trustees' Annual Report for the period from April 2022 to March 2023



Charity registration number: 1178048

Objectives and Activities

<p><i>Summary of the purposes of the charity as set out in its governing document (SORP reference Para 1.17)</i></p>	<p>The advancement of sensory education of children and the preservation and protection of health for the benefit of the public by the promotion of sensory education and helping people to build a healthy relationship with food.</p>
<p><i>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts (Para 1.17 & 1.19)</i></p>	<p>Flavour school promotes and enables sensory food education, through a simple, fun, accessible and affordable programme of lessons and activities, designed for UK Early Years and primary school children. We develop and share teaching materials, offer teacher training, and promote sensory food education generally, to encourage and enable schools to carry out the programme.</p>
<p><i>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit (Para 1.18)</i></p>	<p>The trustees confirm they have had due regard to the guidance issued by the Charity Commission on Public Benefit.</p>

Achievements and Performance

<p><i>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole (Para 1.20)</i></p>	<p>2022/23 was the fifth year of operation for Flavour School as a registered charity.</p> <ol style="list-style-type: none"> 1. Research: In his role as a fellow at the University of Leeds, Flavour School trustee Dr Nick Wilkinson completed a multi-year research project on the effects of Flavour School on Reception and Key Stage 1 children. Due to the Covid-19 pandemic, this research had to be paused in 2020/21. The study resumed in October 2021, and was completed in October 2022, with publication of results anticipated in 2024 - at which time the charity will be able to publicise the findings and insights more widely. In the immediate, the findings from the completion of the research enabled improvements to the Reception/Key Stage 1 programme and manual. 2. Early Years pilot/programme development: Flavour School provided children's food brand Ella's Kitchen with scientific advice and insights on sensory food education, to inform the development of their Eat. Play. Love campaign promoting sensory food play for Early Years settings. We attended Ella's parliamentary event 14/10/2022 to promote sensory food education with policy makers and educationalists. We conducted exploratory research sessions in four Early Years settings in Leeds/Bradford, in partnership with the Early Years Alliance, and one setting in Woking, Surrey, to develop and test Flavour School resources for Early Years. On this basis, we developed a draft Flavour School programme for Early Years, which will be made available free of charge to Early Years providers from 2024. Finally, trustee Katie Robertson, in her role as Early Years lead and teacher at Three Bridges Primary in Ealing, London, tested ways to embed Flavour School activities in Reception, and delivered training to teachers and teaching assistants. The next step will be to build on the insights to embed Flavour School formally into curriculum documents.
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	<p>3. Dissemination of the Flavour School programme:</p> <p>Throughout the year, the teaching manual remained free to download from the Flavour School website and the trustees replied to any requests for further information or guidance coming in via the website from interested potential users.</p>
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Financial Review

<i>Review of the charity's financial position at the end of the period (Para 1.21)</i>	At the end of the period (31 st March 2023), Flavour School had £11,062.60 in its bank account.
<i>Statement explaining the policy for holding reserves stating why they are held (Para 1.22)</i>	Flavour School has not formalised a written reserves policy, but the trustees have agreed that in practice the charity should always retain sufficient funds to cover its expected essential annual operating expenses.
<i>Amount of reserves held (Para 1.22)</i>	n/a – but the Trustees were satisfied that there were sufficient funds in the account throughout 2022/23 to guarantee ongoing operations for the year and beyond.
<i>Additional information</i>	The trustees agreed to pay one trustee for services provided to the charity in the year 2022/2023. This was approved by the other trustees in line with Charity Commission guidance (with one trustee removing herself from the approval process/decision, as a connected person).

Additional information

<i>The charity's principal sources of funds (including any fundraising) (Para 1.47)</i>	Flavour School's principal source of funding in 2022/23 was the donations in previous years from children's food brand Ella's Kitchen, provided to support the further development of the Flavour School programme (with a small proportion allocated to covering the charity's core costs). We continued to draw on these funds in 2022/23.
<i>A description of the principal risks facing the charity (Para 1.46)</i>	The principal risk facing Flavour School in 2022/23 was uncertainty about the longer-term direction of the charity. The trustees devoted time to considering this question during trustee meetings and in between, and will continue to assess the potential pathways the charity could take to best deliver on its mission and deliver public benefit into the future.

Structure, Governance and Management

<i>Type of governing document (Para 1.25)</i>	Flavour School has a Foundation model CIO Constitution (its only voting members are its Trustees).
<i>How is the charity constituted? (Para 1.25)</i>	Flavour School is a Charitable Incorporated Organisation / CIO .
<i>Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees (Para 1.25)</i>	As per Flavour School's constitution, apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional information

<i>Policies and procedures adopted for the induction and training of trustees (Para 1.51)</i>	As per Flavour School's constitution, the charity trustees will make available to each new charity trustee, on or before his or her first appointment: a) a copy of the current version of this constitution; and
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	b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.
<i>The charity's organisational structure and any wider network with which the charity works (Para 1.51)</i>	Flavour School retained the same trustees for the year; Flavour School had no paid staff.
<i>Relationship with any related parties (Para 1.51)</i>	No particular relationships to report.

Reference and Administrative details

<i>Charity name</i>	Flavour School
<i>Other name the charity uses</i>	None
<i>Registered charity number</i>	1178048
<i>Charity's principal address</i>	3 Park View Court, Woking GU22 7SE

Names of the charity trustees who manage the charity

Trustee name	Office	Name of person entitled to appoint trustee
Geraldine Gilbert	Chair	Founding trustee
Nicholas Wilkinson		Founding trustee
Mark Breen		Appointed by G Gilbert and N Wilkinson
Kate Morris		Appointed by G Gilbert, N Wilkinson and M Breen
Katherine Mitchell		Appointed by G Gilbert, N Wilkinson and M Breen

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees:

Signature	
Full name	Geraldine Gilbert
Position	Founding trustee/chair
Date	31 January 2024

Charity Name		No (if any)	
FLAVOUR SCHOOL		1178048	
Receipts and payments accounts			
For the period from	Period start date	To	Period end date
	01/04/2022		31/03/2023
			CC16a

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Paypal charities scheme donation	£85		-	£85	£10,000
Sub total (Gross income for AR)	£85		-	£85	£10,000
A2 Asset and investment sales					
Sub total	-	-	-	-	-
Total receipts	£85		-	£85	£10,000
A3 Payments					
Website / email address fees	£648	-	-	£648	£463
Banking fees (monthly account charge)	£60	-	-	£60	£15
Trustee travel expenses	£49			£49	£0
Grant 1: Cost reimbursements to schools participating in research, interviews.		£440		£440	£3,736
Grant 2: Early years research/pilots	-	£3,640		£3,640	£0
Sub total	£757	£4,080	-	£4,837	£4,214
A4 Asset and investment purchases					
Sub total	-	-	-	-	-
Total payments	£757	£4,080	-	£4,837	£4,214
Net of receipts/(payments)	-£672	-£4,080		-£4,752	£5,786
A5 Transfers between funds (to correctly categorise all remaining Ella's K grant funds as restricted)	-£7,699	£7,699	-	-	-
A6 Cash funds last year end (31 Mar 2022)	£10,551	£5,264	-	£15,814	£10,028
Cash funds this year end (31 Mar 2023)	£2,180	£8,883	-	£11,063	

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	Bank account 31 March 2023	£2,180	£8,883	
		-	-	
	Total cash funds	£2,180	£8,883	
	(agree balances with receipts and payments account(s))	OK	OK	OK
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	Geraldine Gilbert	Geraldine Gilbert		28/01/2024
	Nick Wilkinson	Nick Wilkinson		28/01/2024

FLAVOUR SCHOOL

England & Wales - Charity number 1178048

Accounts

Flavour School Trustees' Annual Report for the period from April 2021 to March 2022



Charity registration number: 1178048

Objectives and Activities

	SORP reference	
<i>Summary of the purposes of the charity as set out in its governing document</i>	Para 1.17	The advancement of sensory education of children and the preservation and protection of health for the benefit of the public by the promotion of sensory education and helping people to build a healthy relationship with food.
<i>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</i>	Para 1.17 and 1.19	Flavour school promotes and enables sensory food education, through a simple, fun, accessible and affordable programme of lessons and activities, designed for UK Early Years and primary school children. We develop and share teaching materials, offer teacher training, and promote sensory food education generally, to encourage and enable schools to carry out the programme.
<i>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</i>	Para 1.18	The trustees confirm they have had due regard to the guidance issued by the Charity Commission on Public Benefit

Achievements and Performance

	SORP reference	
<i>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</i>	Para 1.20	<p>2021/22 was the fourth year of operation for Flavour School as a registered charity. The Covid-19 pandemic constrained activities of Flavour School for the year. Nonetheless, some activity was achieved and we can report on the two following areas:</p> <p>1. Research:</p> <p>In his role as a fellow at the University of Leeds, Flavour School trustee Dr Nick Wilkinson was leading a multi-year research project on the effects of Flavour School on Reception and Key Stage 1 children. Due to the Covid-19 pandemic, this research had to be paused in 2020/21. The study resumed in October 2021, and was in progress through to March 2022, with delivery of the Flavour School programme ongoing in five primary schools in London and Leeds.</p> <p>Building on this study, Flavour School completed the first stage of an additional, associated research project, in the form of user research, focused primarily on teachers, exploring background attitudes and context for food education interventions. We produced a report (see appendix), that was shared initially with interested parties, including children's food brand Ella's Kitchen (as the funder/supporter of the work) and relevant policy makers at the Department for Education.</p> <p>A second stage of further research with an insight report is planned for 2022/2023, exploring the user experiences of teachers delivering Flavour School lessons during the University of Leeds study.</p>

		<p>2. Early Years pilot/programme development:</p> <p>We supported Ella's Kitchen with scientific advice and insights on sensory food education, to develop their Eat. Play. Love campaign promoting sensory food play for Early Years settings.</p> <p>We also made arrangements for Flavour School exploratory research sessions in four Early Years settings, to help develop our resources for Early Years. Sessions were confirmed to begin April 2022 and we will report on these in 2022/23.</p>
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Financial Review

<i>Review of the charity's financial position at the end of the period</i>	Para 1.21	At the end of the period (31 st March 2022), Flavour School had £15,814.40 in its bank account.
<i>Statement explaining the policy for holding reserves stating why they are held</i>	Para 1.22	Flavour School has not formalised a written reserves policy, but the trustees have agreed that in practice the charity should always retain sufficient funds to cover its expected essential annual operating expenses.
<i>Amount of reserves held</i>	Para 1.22	n/a – but the Trustees were satisfied that there were sufficient funds in the account throughout 2021/22 to guarantee ongoing operations for the year and beyond.

Additional information

<i>The charity's principal sources of funds (including any fundraising)</i>	Para 1.47	Flavour School's sole source of income in 2021/22 was a donation from children's food brand Ella's Kitchen, to support the further development of the Flavour School programme, with a particular focus on Early Years/Pre-School, including refining the programme and the teaching manual, and carrying out training.
<i>A description of the principal risks facing the charity</i>	Para 1.46	The principal risk facing Flavour School in 2021/22 was the ongoing uncertainty related to Covid-19, about schools' and nurseries' ability to remain open generally and to consistently deliver a programme of Flavour School sessions to children.

Structure, Governance and Management

<i>Type of governing document</i>	Para 1.25	Flavour School has a Foundation model CIO Constitution (its only voting members are its Trustees).
<i>How is the charity constituted?</i>	Para 1.25	Flavour School is a Charitable Incorporated Organisation / CIO .
<i>Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees</i>	Para 1.25	As per Flavour School's constitution, apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional information

<i>Policies and procedures adopted for the induction and training of trustees</i>	Para 1.51	As per Flavour School's constitution, the charity trustees will make available to each new charity trustee, on or before his or her first appointment: a) a copy of the current version of this constitution; and b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.
<i>The charity's organisational structure and any wider network with which the charity works</i>	Para 1.51	Flavour School retained the same trustees for the year; Flavour School had no paid staff.
<i>Relationship with any related parties</i>	Para 1.51	No particular relationships to report.

Reference and Administrative details

<i>Charity name</i>	Flavour School
<i>Other name the charity uses</i>	None
<i>Registered charity number</i>	1178048
<i>Charity's principal address</i>	3 Park View Court, Woking GU22 7SE

Names of the charity trustees who manage the charity

Trustee name	Office	Name of person entitled to appoint trustee
Geraldine Gilbert	Chair	Founding trustee
Nicholas Wilkinson		Founding trustee
Mark Breen		Appointed by G Gilbert and N Wilkinson
Kate Morris		Appointed by G Gilbert, N Wilkinson and M Breen
Katherine Mitchell		Appointed by G Gilbert, N Wilkinson and M Breen

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature	
Full name	Geraldine Gilbert
Position	Founding trustee/chair
Date	25 January 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name FLAVOUR SCHOOL	No (if any) 1178048
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Ella's Kitchen donation (User research project)	1,000	9,000	-	10,000	8,000
Sub total (Gross income for AR)	1,000	9,000	-	10,000	8,000
A2 Asset and investment sales (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,000	9,000	-	10,000	8,000
A3 Payments					
Website / email address fees	£462.67	-	-	463	226
Banking fees (monthly account charge)	£15.00	-	-	15	-
Researcher fees (User research project phase 1) and cost reimbursements to schools participating in research	-	3,736	-	3,736	300
Sub total	478	3,736	-	4,214	526
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	478	3,736	-	4,214	526
Net of receipts/(payments)	522	5,264	-	5,786	7,474
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	£10,028.27	-	-	10,028	£2,554.27
Cash funds this year end	10,551	5,264	-	15,814	10,028

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account 31 March 2022	£15,814.40	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	15,814	-	-
		Agreement	Agreement	OK
	Error	Error		
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	Geraldine Gilbert	Geraldine Gilbert		11/01/2023
	Nick Wilkinson	Nick Wilkinson		11/01/2023

FLAVOUR SCHOOL

England & Wales - Charity number 1178048

Accounts



Trustees' Annual Report for the period from April 2020 to March 2021

Charity name: Flavour School; Charity registration number: 1178048

Objectives and Activities

	SORP reference	
<i>Summary of the purposes of the charity as set out in its governing document</i>	Para 1.17	The advancement of sensory education of children and the preservation and protection of health for the benefit of the public by the promotion of sensory education and helping people to build a healthy relationship with food.
<i>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</i>	Para 1.17 and 1.19	Flavour school promotes and enables sensory food education, through a simple, fun, accessible and affordable programme of lessons and activities, designed for UK Early Years and primary school children. We develop and share teaching materials, offer teacher training, and promote sensory food education generally, to encourage and enable schools to carry out the programme.
<i>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</i>	Para 1.18	The trustees confirm they have had due regard to the guidance issues by the Charity Commission on Public Benefit

Achievements and Performance

	SORP reference	
<i>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</i>	Para 1.20	<p>2020/21 was the third year of operation for Flavour School as a registered charity. From the start of that period, the Covid-19 pandemic severely limited any potential planned activities of Flavour School for the year. However, we can report on the three following areas :</p> <p>1. Governance:</p> <p>Trustees ensured that all necessary admin was carried out and that trustee meetings were held (remotely).</p> <p>In addition, Flavour School recruited two new trustees (Katherine Mitchell, and Flavour School co-founder Kate Morris) to improve the resilience of the charity's governance and bring in additional expertise (in teaching and food education).</p> <p>2. Research:</p> <p>In his role as a fellow at the University of Leeds, Flavour School trustee Dr Nick Wilkinson is leading a multi-year research project on the effects of Flavour School on Reception and Key Stage 1 children. Due to the Covid-19 pandemic, this research had to be paused in 2020/21.</p> <p>However, he was able to direct a smaller, related piece of research that started in early 2021, thanks to a donation to Flavour School from children's food brand Ella's Kitchen. The research involved surveys and interviews with the schools that had been participating in the Leeds University project</p>

	<p>up to April 2020, to understand their experience of the Flavour School programme and identify ways to refine it and make it more accessible to schools. This research continued beyond March 2021 and further details will be provided in the 2021/22 Annual Report.</p> <p>Finally, Flavour School secured a commitment to further funding (to be received in the following financial year) from Ella's Kitchen, to support the development and testing of different possible models for bringing Flavour School to children in different settings.</p> <p>3. Early Years pilot/programme development:</p> <p>In our previous Annual Report we described our pilot with Bedfordshire community health services Early Years public health team, to co-develop, pilot and refine a version of Flavour School for Early Years settings. Sadly, in early 2021 the team informed us that their programme was being decommissioned due to funding cuts, and they would not be able to roll out their Flavour School training and support to any additional settings as planned. So we worked together to finalise the resource pack they had been able to develop through their pilots with three Luton pre-schools. This resource pack was included in their programme's legacy website so it remains available to their local network of Early Years settings; Flavour School will be able to build on the pilot programme, resources and insights in future to continue to refine our Early Years programme.</p>
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Financial Review

<i>Review of the charity's financial position at the end of the period</i>	Para 1.21	At the end of the period (31 st March 2021), Flavour School had £10,028.27 in its bank account.
<i>Statement explaining the policy for holding reserves stating why they are held</i>	Para 1.22	Flavour School has not yet formalised a reserves policy, but the trustees intend to agree a reserves policy in 2021/22 based on covering essential annual operating expenses.
<i>Amount of reserves held</i>	Para 1.22	n/a – but the Trustees were satisfied that there were sufficient funds in the account to guarantee ongoing operations for the year and beyond.
<i>Reasons for holding zero reserves</i>	Para 1.22	n/a
<i>Details of fund materially in deficit</i>	Para 1.24	n/a
<i>Explanation of any uncertainties about the charity continuing as a going concern</i>	Para 1.23	n/a

Additional information

<i>The charity's principal sources of funds (including any fundraising)</i>	Para 1.47	Flavour School's sole source of income in 2020/21 was a donation from children's food brand Ella's Kitchen, to fund additional research related to the Flavour School research project carried out via the University of Leeds.
<i>Investment policy and objectives including any social investment policy adopted</i>	Para 1.46	n/a
<i>A description of the principal risks facing the charity</i>	Para 1.46	The principal risk facing Flavour School in 2020/21 was related to impacts of the Covid-19 pandemic on

		<p>our University of Leeds research project, into the effects of the Flavour School programme on primary school children.</p> <p>Due to repeated lockdowns and closures of primary schools in England between April 2020 and March 2021, the research had to be paused for most of the year.</p>
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Structure, Governance and Management

Description of charity's trusts:		
<i>Type of governing document</i>	Para 1.25	Flavour School has a Foundation model CIO Constitution (its only voting members are its Trustees).
<i>How is the charity constituted?</i>	Para 1.25	Flavour School is a Charitable Incorporated Organisation / CIO
<i>Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees</i>	Para 1.25	As per Flavour School's constitution, apart from the first charity trustees, every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees. The trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Additional information

<i>Policies and procedures adopted for the induction and training of trustees</i>	Para 1.51	As per Flavour School's constitution, The charity trustees will make available to each new charity trustee, on or before his or her first appointment: a) a copy of the current version of this constitution; and b) a copy of the CIO's latest Trustees' Annual Report and statement of accounts.
<i>The charity's organisational structure and any wider network with which the charity works</i>	Para 1.51	Flavour School gained two new trustees in November 2020, taking the total number of trustees to five; Flavour School had no paid staff.
<i>Relationship with any related parties</i>	Para 1.51	No particular relationships to report.

Reference and Administrative details

<i>Charity name</i>	Flavour School
<i>Other name the charity uses</i>	None
<i>Registered charity number</i>	1178048
<i>Charity's principal address</i>	3 Park View Court, Woking GU22 7SE

Names of the charity trustees who manage the charity

Trustee name	Office	Dates acted if not for whole year	Name of person entitled to appoint trustee
Geraldine Gilbert	Chair		Founding trustee
Nicholas Wilkinson			Founding trustee
Mark Breen			Appointed by G Gilbert and N Wilkinson - trustees
Kate Morris		From 30/11/2020	Appointed by G Gilbert, N Wilkinson and M Breen - trustees
Katherine Mitchell		From 30/11/2020	Appointed by G Gilbert, N Wilkinson and M Breen - trustees

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Geraldine Gilbert

Position (eg Secretary, Chair, etc)

Founding trustee/chair

Date

30th January 2022



Charity Name FLAVOUR SCHOOL		No (if any) 1178048	CC16a
Receipts and payments accounts			
For the period from	Period start date 01/04/2020	To Period end date 31/03/2021	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Ella's Kitchen donation (User research project)	-	8,000	-	8,000	-
Sub total (Gross income for AR)	-	8,000	-	8,000	-
A2 Asset and investment sales (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	8,000	-	8,000	-
A3 Payments					
Website hosting fees	226	-	-	226	-
Researcher fees (User research project)	-	300	-	300	-
Sub total	226	300	-	526	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	226	300	-	526	-
Net of receipts/(payments)	- 226	7,700	-	7,474	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	£2,554.27	-	-	2,554	-
Cash funds this year end	2,328	7,700	-	10,028	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account 31 March 2021	£10,028.27	-	-
		-	-	-
	Total cash funds	10,028	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	Geraldine Gilbert	Geraldine Gilbert		30/01/2022
	Nick Wilkinson	Nick Wilkinson		30/01/2022