

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



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>2022/23 was the fifth 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. 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.</p> <p>2. Early Years pilot/programme development:</p> <p>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.</p> <p>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.</p> <p>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.</p>
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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			
		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
	B4 Assets retained for the charity's own use			
		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
	B5 Liabilities			
		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