

# 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 &amp; 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><b>1. Research:</b></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 Appetite <a href="https://doi.org/10.1016/j.appet.2024.107756">https://doi.org/10.1016/j.appet.2024.107756</a>.</p> <p><b>2. Early Years programme development:</b></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 dying, 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><b>3. Dissemination of the Flavour School programme and approach:</b></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 <sup>st</sup> 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 <b>Foundation model CIO Constitution</b> (its only voting members are its Trustees).
<i>How is the charity constituted? (Para 1.25)</i>	Flavour School is a <b>Charitable Incorporated Organisation / CIO</b> .
<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)		CC16a
		FLAVOUR SCHOOL		1178048		
		Receipts and payments accounts				
		For the period from	Period start date	To	Period end date	
			01/04/2023		31/03/2024	

  

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 £
<b>A1 Receipts</b>					
None			-	£0	£85
<b>Sub total (Gross income for AR)</b>			-	£0	£85
<b>A2 Asset and investment sales</b>					
<b>Sub total</b>	-	-	-	£0	£0
<b>Total receipts</b>			-	£0	£85
<b>A3 Payments</b>					
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
<b>Sub total</b>	£459	£2,730	-	£3,189	£4,837
<b>A4 Asset and investment purchases</b>					
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	£459	£2,730	-	£3,189	£4,837
<b>Net of receipts/(payments)</b>	-£459	-£2,730		-£3,189	-£4,752
<b>A5 Transfers between funds</b>	£0		-	-	£0
<b>A6 Cash funds last year end (31 Mar 2023)</b>	£2,180	£8,883	-	£11,063	£10,028
<b>Cash funds this year end (31 Mar 2024)</b>	£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 £
<b>B1 Cash funds</b>	Bank account 31 March 2023	£1,722	£6,153	
		-	-	
	<b>Total cash funds</b>	£1,722	£6,153	
	(agree balances with receipts and payments account(s))	OK	OK	OK
	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
<b>Signed by one or two trustees on behalf of all the trustees</b>	Signature	Print Name		Date of approval
	Geraldine Gilbert	Geraldine Gilbert		24/01/2025
	Nick Wilkinson	Nick Wilkinson		24/01/2025