

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)		CC16a
		FLAVOUR SCHOOL		1178048		
		Receipts and payments accounts				
		For the period from	Period start date	To	Period end date	
			01/04/2024		31/03/2025	

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