



THE INSTITUTE FOR FOOD,  
BRAIN AND BEHAVIOUR

# Annual Report & Financial Statements 31 March 2025

Company No: 1864134  
Charity No: 517817

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## Report of the Trustees for the year ended 31 March 2025

### Administrative information

#### INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

##### Operating as THINK THROUGH NUTRITION

Company number: 1864134

Charity number: 517817

##### Trustees and Directors

Mrs Frances Jackson (Chair)  
Professor Michael Crawford (resigned 08/08/2024)  
Ms Suzanne Dymond-White  
Mr Roger Drage  
Ms Francesca Findlater  
Mrs Hilary Gal  
Mr Jeremy Marlow (appointed 19/09/2024)  
Mr Michael Milner (resigned 12/12/2024)  
Dr Alice Parshall  
Professor John Stein  
Ms Kimberley Wilson

##### Registered office

c/o Gravita Oxford LLP  
First Floor  
Park Central  
40/41 Park End Street  
Oxford  
OX1 1JD

Tel: 0800 644 0322  
[www.thinkthroughnutrition.org](http://www.thinkthroughnutrition.org)

##### Independent examiner

Stuart Rosling FCCA  
Chartered Accountant & Business Advisors  
20 Havelock Road  
Hastings  
East Sussex  
TN34 1BP

# 1. Trustees' report



## Message from our Chair

This year has been one of both challenge and tremendous progress. At Think Through Nutrition (TTN), we have seen our ideas translated into action, our reach extend to thousands more people, and our voice strengthen in national conversations on food, brain health and behaviour. The launch of our flagship digital programme, LANAH (Learn About Nutrition and Health), marks a new chapter for us: one where knowledge and practical support can be delivered at scale to the people and communities who need it most. Understanding why what we eat – or do not eat – is fundamental to dietary changes, and consequently, to mental and physical health and to well-being.

In a climate where funding is increasingly competitive, we have remained agile, diversifying our income and demonstrating value through evidence-based work. Every step we take is guided by a simple conviction: that the right nutrition can transform lives, restoring health, confidence and hope.

I would like to thank our dedicated staff, Trustees, Science Advisory Council, Advisers, partners and supporters who make this work possible. We live in a world where stress and anxiety are too often an undercurrent, making what we do even more important than ever.

Together, we are proving that food is not only a source of nourishment but also a lever for resilience, recovery and brighter futures.



**Frances Jackson**  
Chair



## Message from our CEO

This has been a milestone year for TTN. We celebrated our 40th anniversary in November 2024 with an event at The Conduit, co-hosted by our Patron, Dame Prue Leith DBE. This occasion was not only a celebration of our legacy but also a chance to look forward: to a future where we continue to innovate like a start-up, even as we build on four decades of evidence-based impact.

Our progress this year shows that we can combine the credibility of a well-established research charity with the agility of a tech-forward organisation. Achieving CHECK-certified cybersecurity status for LANAH is one example of how we are embedding resilience and trust at the heart of our digital delivery. Looking ahead, we are developing our data and AI strategy to ensure our programmes remain cutting-edge, accessible and impactful.



**Tahani Saridar**  
Chief Executive Officer



## **Our year in review: A look back on 2024-25**

The need for our work has never been clearer. As has been widely reported the most deprived fifth of the population would need to spend close to half of their disposable income on food to afford the government-recommended healthy diet - rising to more than two-thirds for households with children. Poor diet is linked to escalating rates of mental ill health, costing the economy an estimated £118 billion annually. Against this backdrop, TTN provides practical, evidence-based solutions.

This year, TTN directly supported around **3,000** people and reached a further **20,000** through awareness-raising and public engagement. Our work spanned prisons, perinatal services, schools, and NHS settings, where we delivered programmes that helped people make better choices for their health and wellbeing.



### **Helping people where the need is greatest**

#### **In prisons and probation**

Over 350 people accessed LANAH or took part in nutritional interventions, learning how food impacts their mood, behaviour and mental health. Evidence from our trials shows that better nutrition can reduce violent incidents by up to 37%.

#### **For mothers and babies**

Through partnerships with NHS services, we supported over 1,000 perinatal mothers. Staff reported improved wellbeing among participants and reduced burden on stretched NHS teams.

#### **For frontline staff**

More than 750 professionals, including prison officers, probation staff and NHS workers, were trained to embed nutrition knowledge into their daily work.

Heather's story from HMP Eastwood Park illustrates the difference nutrition can make. After years of instability, Heather found new confidence and purpose through TTN's programme. Her journey from prison resident to aspiring health advocate shows the long-term impact of small but meaningful changes.

### **Driving innovation through LANAH**

LANAH is the backbone of our programmes and a vital tool for scaling impact. In 2024/25 we:

- Secured Ministry of Justice approval for LANAH to operate in secure settings, following rigorous cybersecurity testing. LANAH is now formally allowlisted on the HMPPS Launchpad intranet system, a significant milestone demonstrating credibility and readiness for scale
- Launched the Brain Boost Score to provide LANAH users with personalised dietary feedback.
- Produced accessible content in English, soon to be translated into Welsh, supported by videos and interactive tools.

The MoJ/HMPPS pilot, due to launch in February 2025, will see LANAH rolled out in four prisons, reaching up to 5,000 staff and residents. This initiative has the potential to influence health, behaviour, and food provision across the prison estate.

We also contributed to systematic reviews on nutrition and behaviour with the Campbell Collaboration and Youth Endowment Fund, reinforcing TTN's role as a thought leader in the field.

## **Achievement and Performance: A look back on 2023-24**

### **Partnerships that multiply impact**

Our collaborative model ensures that our work is embedded, sustainable, and responsive to need.

- With *Cheshire & Mersey Specialist Perinatal Service*, we co-designed resources for mothers and trained over 150 staff.
- At the *London Academy of Excellence*, we delivered targeted nutrition training and educational resources to over 400 young people.
- With the *Foundation for Young People's Mental Health*, we planned an event, funded by The Waterloo Foundation, to highlight the link between diet and mental wellbeing for young people.

We also benefitted from expert pro bono contributions in communications, corporate engagement, and legal governance. These partnerships save significant costs and help us extend our reach.

We continued to invest in talent development through our collaboration with Queen Margaret University, welcoming three Santander-funded interns this year. Their contributions to research and communications have strengthened our capacity and added fresh perspectives.

### **Better Brains, Better Business**

This year we also launched our new online event series for corporates, *Better Brains, Better Business*, exploring the powerful connection between nutrition, brain health, and workplace performance. Topics included women's health across different life stages and strategies to boost productivity through nutrition. The series has engaged a growing number of business partners, positioning TTN as a thought leader in workplace wellbeing and demonstrating the relevance of our expertise beyond traditional health settings.

### **Our impact**

- 3,000 people directly supported in 2024/25.
  - 20,000+ reached through awareness raising.
  - Mothers supported reported improved mood, better self-management, and reduced need for health interventions.
  - Frontline staff reported increased knowledge and confidence in advising those they support.
- These outcomes demonstrate that good nutrition is not a luxury, but an essential foundation for mental health, resilience, and recovery.

### **People and appointments**

This year we welcomed new leaders and partners who are helping shape TTN's next chapter:

- *Jeremy Marlow*, appointed Trustee, bringing senior experience from health and public service leadership.
- *Eleanor Lyons*, who joined as a new Ambassador for TTN, championing our mission and amplifying our voice.
- *Alexander Crickmay*, Partnerships Manager, leading business development and the rollout of LANAH to market.
- *Interns*: Through our Queen Margaret University partnership, we hosted three Santander-funded interns, strengthening our research and communications capacity.
- *Pro bono consultants*: We continued to benefit from expert contributions in social value, communications and governance, extending our reach and saving vital resources.

These appointments and contributions ensure TTN combines long-standing expertise with fresh ideas, ensuring we remain both evidence-led and future-facing.



## Celebrating 40 years

In November 2024, TTN marked its 40th anniversary with a special event at The Conduit, co-hosted by our Patron, Dame Prue Leith DBE. The evening brought together supporters, partners and leaders from across health, justice and youth sectors. A panel discussion explored the future of nutrition and brain health, chaired by Trustee Kimberley Wilson and featuring contributions from Chair Frances Jackson, CEO Tahani Saridar, Science Advisory Council Chair and Trustee Professor John Stein and Caroline Turner-Inskip from the prominent law firm Simmons & Simmons.

The conversation focused on how nutrition underpins mental health, cognition and workplace performance, and on the societal benefits of prioritising good diet. The event was both a celebration of four decades of evidence-based impact and an opportunity to share our vision for the years ahead: continuing to innovate, collaborate, and empower people to take control of their health, mood and future.



(L-R) Kimberley Wilson, Prof John Stein, Dame Prue Leith, Caroline Turner-Inskip, Tahani Saridar, Frances Jackson



(L-R) Ann Roberts, Bryan Tang, Alexander Crickmay, Tahani Saridar, Melanie Wilkinson



## Looking ahead: Our plans for 2025-26

Our plans for the coming year are ambitious, but grounded in strong partnerships and robust evidence.

- **Justice:** Launch and evaluate the MoJ/HMPPS pilot, with the goal of scaling across the prison estate.
- **Youth:** Explore a youth-facing pilot with the Youth Endowment Fund to reduce violence in custody and reach over 280 young people.
- **Health:** Explore new pilots with NHS England to support workforce wellbeing.
- **Commercialisation:** Roll out LANAH licensing to justice, NHS and local authorities, supporting income growth.
- **Research:** Strengthen partnerships with collaborators and international experts to advance the evidence base.
- **Campaigns:** Continue our *Nourishing Brighter Futures* campaign, aiming to transform 100,000 lives through targeted programmes.

- **Innovation:** Build on our cybersecurity achievements by developing an AI and data strategy to support personalised learning, predictive insight, and improved user engagement. Investments in digital tools and systems will also increase efficiency, agility and data-driven decision making.

- **Influence:** Build on high-level recognition from the UK Chief Medical Officer and Government Chief Scientific Adviser, with TTN invited into national policy discussions.

### Case Study: A recipe for change

Working with the Cheshire & Mersey Specialist Perinatal Service (CMSPS), TTN supported over 1,000 mothers with pre-existing mental health conditions. By co-developing tailored nutrition resources and training more than 150 staff, we improved maternal wellbeing, reduced demand on NHS services, and empowered women to better manage their health. Staff feedback highlighted improved confidence in providing nutritional advice and a greater understanding of how diet supports recovery.

*"The training and resources have transformed my own health, making a significant difference in how I perform at work."*

**Rebecca Dixon**

Cheshire & Merseyside Special Perinatal Service





## Finance and governance

### Financial review

We continue to navigate a competitive funding landscape, balancing ambition with careful financial stewardship.

#### Income

A blend of grants, donations, consultancy contracts and philanthropic support, including new commitments from The Waterloo Foundation and individual donors and family trusts.

#### Reserves

At 31 March 2025, our reserves stood at £56,904 (£38,743 restricted and £18,161 unrestricted).

#### Policy

Trustees maintain a reserves policy covering three months of operating costs (£59,960 for 2025/26).

Despite the challenges of trust and foundation fundraising, TTN has shown resilience, adapting through income diversification and forward planning. At several points this year, TTN has maintained a strong and high pipeline of bids, showing growth and diversification. Trustees consider the charity a going concern, with robust systems in place to manage cashflow and spending.

### Managing risk

We are alert to risks in financial sustainability, cybersecurity, and strategic focus. These are actively managed through a Board-reviewed risk register, phased budgeting, and careful prioritisation of activities.

### Governance and Public Benefit

Our Board is committed to good governance, diversity, and lived experience representation. Trustees serve three-year terms, renewable up to three times, and induction follows best practice standards.

The Trustees confirm compliance with the duty under Section 17(5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

This report has been prepared in accordance with the small companies' regime under the Companies Act 2006.

For and on behalf of the Trustees:



**Hilary Gal**

Treasurer

25 September 2025

## 2. Independent Examiner's report to Trustees



## Independent Examiner's Report to the Trustees of the Institute for Food, Brain and Behaviour

### Independent examiner's report to the trustees of Institute For Food, Brain and Behaviour ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

#### Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company 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 your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

### Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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 accounts to be reached.



Stuart Rosling FCCA  
Ashdown Hurrey  
Chartered Accountant & Business Advisors  
20 Havelock Road  
Hastings  
East Sussex  
TN34 1BP

Date: 2 October 2025

# 3. Statement of financial activities

**Institute for Food, Brain and Behaviour**  
**Statement of Financial Activities**  
**for the year ended 31 March 2025**

**Statement of Financial Activities for the year ended 31 March 2025**

|                                    |       | Unrestricted<br>fund | Restricted<br>funds | 31.03.2025<br>Total funds | 31.03.2024<br>Total funds |
|------------------------------------|-------|----------------------|---------------------|---------------------------|---------------------------|
|                                    | Notes | £                    | £                   | £                         | £                         |
| <b>Income and endowments from:</b> |       |                      |                     |                           |                           |
| Donations and legacies             |       | 187,000              | 78,536              | 265,536                   | 150,267                   |
| Other trading activities           | 2     | 1,900                | -                   | 1,900                     | 16,925                    |
| Investment income                  | 3     | 1,810                | -                   | 1,810                     | 1,746                     |
| Other income                       |       | -                    | -                   | -                         | 23                        |
| <b>Total</b>                       |       | 190,710              | 78,536              | 269,246                   | 169,461                   |
| <b>Expenditure on:</b>             |       |                      |                     |                           |                           |
| Raising funds                      |       | 31,434               | -                   | 31,434                    | 34,047                    |
| Charitable activities              |       | 150,667              | 127,640             | 278,307                   | 216,158                   |
| <b>Total</b>                       |       | 182,101              | 127,640             | 309,741                   | 250,205                   |
| <b>Net income/(expenditure)</b>    |       | 8,609                | (49,104)            | (40,495)                  | (80,744)                  |
| <b>Reconciliation of Funds</b>     |       |                      |                     |                           |                           |
| Total funds brought forward        |       | 12,552               | 84,847              | 97,399                    | 178,143                   |
| <b>Total funds carried forward</b> |       | 21,161               | 35,743              | 56,904                    | 97,399                    |

# 4. Balance Sheet

**Institute for Food, Brain and Behaviour**  
**Balance sheet**  
**for the year ended 31 March 2025**

**Balance sheet**

**As at 31 March 2025**

|  |       | Unrestricted<br>fund | Restricted<br>funds | 31.3.2025<br>Total funds | 31.3.2024<br>Total funds |
|--|-------|----------------------|---------------------|--------------------------|--------------------------|
|  | Note: | £                    | £                   | £                        | £                        |
| <b>Current assets</b>                        |       |                      |                     |                          |                          |
| Debtors                                      | 8     | 850                  | -                   | 850                      | -                        |
| Cash at bank                                 |       | 22,219               | 35,743              | 57,962                   | 102,230                  |
|  |       | 23,069               | 35,743              | 58,812                   | 102,230                  |
| <b>Creditors</b>                             |       |                      |                     |                          |                          |
| Amounts falling due within one year          | 9     | (1,908)              | -                   | (1,908)                  | (4,831)                  |
| <b>Net current assets</b>                    |       | 21,161               | 35,743              | 56,904                   | 97,399                   |
| <b>Total assets less current liabilities</b> |       | 21,161               | 35,743              | 56,904                   | 97,399                   |
| <b>Net assets</b>                            |       | 21,161               | 35,743              | 56,904                   | 97,399                   |
| <b>Funds</b>                                 | 10    |                      |                     |                          |                          |
| Unrestricted funds                           |       |                      |                     | 21,161                   | 12,552                   |
| Restricted funds                             |       |                      |                     | 35,743                   | 84,847                   |
| <b>Total funds</b>                           |       |                      |                     | 56,904                   | 97,399                   |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for  
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and  
(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.  
These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25 September 2025 and were signed on its behalf by:



Hilary Gal  
**Treasurer**

# 5.

# Notes to the Financial Statements

**1 Accounting policies**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. 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.

**Taxation**

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

**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.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2 Other trading activities**

|                |         |         |
|----------------|---------|---------|
|                | 31.3.25 | 31.3.24 |
|                | £       | £       |
| Partner income | 1,900   | 16,295  |

**Institute for Food, Brain and Behaviour**  
**Notes to financial statements**  
**for the year ended 31 March 2025**

**3 Investment Income**

|             | 31.3.25 | 31.3.24 |
|-------------|---------|---------|
|             | £       | £       |
| Investments | 1,810   | 1,746   |

**4 Independent Examiners' Remuneration**

|   | 31.3.25 | 31.3.24 |
|---|---------|---------|
|   | £       | £       |
| Fees payable to the charity's independent examiners for the independent examination of the charity's financial statements | 1,440   | 1,440   |
|   | 1,440   | 1,490   |

**5 Trustees' remuneration and benefits**

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**Trustees' expenses**

Trustee expenses of £259 (2024: £792) were paid for travel and Board expenses.

**6 Staff costs**

|                    | 31.3.25 | 31.3.24 |
|--------------------|---------|---------|
|                    | £       | £       |
| Wages and salaries | 154,042 | 141,695 |
| Employers NI       | 11,309  | 10,565  |
| Employers pension  | 2,610   | 2,442   |
|                    | 167,961 | 154,702 |

The average monthly number of employees during the year is as follows:

| 31.3.25 | 31.3.24 |
|---------|---------|
| 5       | 3       |

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

|                   | 31.3.25 | 31.3.24 |
|-------------------|---------|---------|
| £80,001 - £90,000 | 1       | 1       |
|                   | 1       | 1       |

Two members of staff are considered to be key management personnel. The total amount of employee benefits (including employer pension contributions) received by key management personnel for their services to the charity was 122,281 (2024: £119,701).



**Institute for Food, Brain and Behaviour**  
**Notes to financial statements**  
**for the year ended 31 March 2025**

**7 Comparatives for the Statement of Financial Activities 2023/24**

|                                    | Unrestricted<br>fund | Restricted<br>funds | Total funds |
|------------------------------------|----------------------|---------------------|-------------|
|                                    | £                    | £                   | £           |
| <b>Income and endowments from</b>  |                      |                     |             |
| Donations and legacies             | 39,500               | 111,267             | 150,767     |
| Other trading activities           | 16,925               | -                   | 16,925      |
| Investment income                  | 1,746                | -                   | 1,746       |
| Other income                       | 23                   | -                   | 23          |
| <b>Total</b>                       | 58,194               | 111,267             | 169,461     |
| <b>Expenditure on</b>              |                      |                     |             |
| Raising funds                      | 34,047               | -                   | 34,047      |
| Charitable activities              | 118,976              | 97,182              | 216,158     |
| <b>Total</b>                       | 153,023              | 97,812              | 250,205     |
| <b>Net income/(expenditure)</b>    | (94,829)             | 14,085              | (80,744)    |
| <b>Transfers between funds</b>     | 102,184              | (102,184)           | -           |
| <b>Net movement in funds</b>       | 7,355                | (88,089)            | (80,744)    |
| <b>Reconciliation of funds</b>     |                      |                     |             |
| Total funds brought forward        | 5,197                | 172,946             | 178,143     |
| <b>Total funds carried forward</b> | 12,552               | 84,847              | 97,399      |

**8 Debtors: amounts falling due within one year**

|              | 31.3.25<br>£ | 31.3.24<br>£ |
|--------------|--------------|--------------|
| Trade debtor | 850          | -            |
|              | <u>850</u>   | <u>-</u>     |

**9 Creditors: amounts falling due within one year**

|                 | 31.3.25<br>£ | 31.3.24<br>£ |
|-----------------|--------------|--------------|
| Trade creditors | (39)         | -            |
| Other creditors | 507          | 486          |
| Accruals        | 1,440        | 4,345        |
|                 | <u>1,908</u> | <u>4,831</u> |

**Institute for Food, Brain and Behaviour**  
**Notes to financial statements**  
**for the year ended 31 March 2025**

**10 Movement in funds**

|                                   | At 1.4.24 | Net movement in funds | At 31.3.25 |
|-----------------------------------|-----------|-----------------------|------------|
|                                   | £         | £                     | £          |
| <b>Unrestricted fund</b>          |           |                       |            |
| General fund                      | 12,552    | 8,609                 | 21,161     |
| <b>Restricted funds</b>           |           |                       |            |
| Monday Charitable Trust           | 41,667    | (41,667)              | -          |
| Prison Education Programme        | 25,118    | (20,510)              | 4,608      |
| B&J Lloyd Family Charitable Trust | 18,062    | 13,073                | 31,135     |
|                                   | 84,847    | (49,104)              | 35,743     |
| <b>Total funds</b>                | 97,399    | (40,495)              | 56,904     |

Net movement in funds, included in the above are as follows:

|                                   | Incoming resources | Resources expended | Movement in funds |
|-----------------------------------|--------------------|--------------------|-------------------|
|                                   | £                  | £                  | £                 |
| <b>Unrestricted fund</b>          |                    |                    |                   |
| General fund                      | 190,710            | (182,101)          | 8,609             |
| <b>Restricted funds</b>           |                    |                    |                   |
| Monday Charitable Trust           | -                  | (41,667)           | (41,667)          |
| Prison Education Programme        | 25,536             | (46,046)           | (20,510)          |
| Queen Margaret University         | 3,000              | (3,000)            | -                 |
| B&J Lloyd Family Charitable Trust | 50,000             | (36,927)           | 13,073            |
|                                   | 78,536             | (127,640)          | (49,104)          |
| <b>Total funds</b>                | 269,246            | (309,741)          | (40,495)          |

**Comparative for movement in funds**

|                                   | At 1.4.23 | Net movement in funds | Transfers between funds | At 31.3.24 |
|-----------------------------------|-----------|-----------------------|-------------------------|------------|
|                                   | £         | £                     | £                       | £          |
| <b>Unrestricted fund</b>          |           |                       |                         |            |
| General fund                      | 5,197     | (94,829)              | 102,184                 | 12,552     |
| <b>Restricted funds</b>           |           |                       |                         |            |
| Monday Charitable Trust           | 41,667    | -                     | -                       | 41,667     |
| Prison Education Programme        | 55,164    | 19,954                | (50,000)                | 25,118     |
| Cost-Benefit Analysis             | 76,115    | (23,931)              | (52,184)                | -          |
| B&J Lloyd Family Charitable Trust | -         | 18,062                | -                       | 18,062     |
|                                   | 172,946   | 14,085                | (102,184)               | 84,847     |
| <b>Total funds</b>                | 178,143   | (80,744)              | -                       | 97,399     |

Comparative net movement in funds, included in the above are as follows:

|                                   | Incoming resources | Resources expended | Movement in funds |
|-----------------------------------|--------------------|--------------------|-------------------|
|                                   | £                  | £                  | £                 |
| <b>Unrestricted fund</b>          |                    |                    |                   |
| General fund                      | 58,194             | (153,023)          | (94,829)          |
| <b>Restricted funds</b>           |                    |                    |                   |
| Monday Charitable Trust           | 50,000             | (50,000)           | -                 |
| Prison Education Programme        | 34,267             | (14,313)           | 19,954            |
| Cost-Benefit Analysis             | -                  | (23,931)           | (23,931)          |
| Queen Margaret University         | 2,000              | (2,000)            | -                 |
| B&J Lloyd Family Charitable Trust | 25,000             | (6,938)            | 18,062            |
|                                   | 111,267            | (97,182)           | 14,085            |
| <b>Total funds</b>                | 169,461            | (250,205)          | (80,744)          |

**Institute for Food, Brain and Behaviour**  
**Notes to financial statements**  
**for the year ended 31 March 2025**

A current year 12 months and prior year 12 months combined position is as follows:

|                                   | <b>At<br/>1.4.23</b> | <b>Net<br/>movemen<br/>t in funds</b> | <b>Transfers<br/>between<br/>funds</b> | <b>At<br/>31.3.25</b> |
|-----------------------------------|----------------------|---------------------------------------|--|-----------------------|
|                                   | <b>£</b>             | <b>£</b>                              | <b>£</b>                               | <b>£</b>              |
| <b>Unrestricted fund</b>          |                      |                                       |  |                       |
| General fund                      | 5,197                | (86,220)                              | 102,184                                | 21,161                |
| <b>Restricted funds</b>           |                      |                                       |  |                       |
| Monday Charitable Trust           | 41,667               | (41,667)                              | -                                      | -                     |
| Prison Education Programme        | 55,164               | (556)                                 | (50,000)                               | 4,608                 |
| Cost-Benefit Analysis             | 76,115               | (23,931)                              | (52,184)                               | -                     |
| B&J Lloyd Family Charitable Trust | -                    | 31,135                                | -                                      | 31,135                |
|                                   | <u>172,946</u>       | <u>(35,019)</u>                       | <u>(102,184)</u>                       | <u>35,743</u>         |
| <b>Total funds</b>                | <u>178,143</u>       | <u>(121,239)</u>                      | <u>-</u>                               | <u>56,904</u>         |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|                                   | <b>Incoming<br/>resources</b> | <b>Resources<br/>expended</b> | <b>Movement<br/>in funds</b> |
|-----------------------------------|-------------------------------|-------------------------------|------------------------------|
|                                   | <b>£</b>                      | <b>£</b>                      | <b>£</b>                     |
| <b>Unrestricted fund</b>          |                               |                               |                              |
| General fund                      | 248,904                       | (335,124)                     | (86,220)                     |
| <b>Restricted funds</b>           |                               |                               |                              |
| Monday Charitable Trust           | 50,000                        | (91,667)                      | (41,667)                     |
| Prison Education Programme        | 59,803                        | (60,359)                      | (556)                        |
| Cost-Benefit Analysis             | -                             | (23,931)                      | (23,931)                     |
| Queen Margaret University         | 5,000                         | (5,000)                       | -                            |
| B&J Lloyd Family Charitable Trust | <u>75,000</u>                 | <u>(43,865)</u>               | <u>31,135</u>                |
|                                   | <u>189,803</u>                | <u>(224,822)</u>              | <u>(35,019)</u>              |
| <b>Total funds</b>                | <u>438,707</u>                | <u>(559,946)</u>              | <u>(121,239)</u>             |

## **11 Related party disclosures**

There were no related party transactions for the year ended 31 March 2025.

6.

# Detailed Statement of Financial Activities

# Institute for Food, Brain and Behaviour

## Notes to financial statements

for the year ended 31 March 2025

|                                     | 31.3.25<br>£   | 31.3.24<br>£   |
|-------------------------------------|----------------|----------------|
| <b>INCOME AND ENDOWMENTS</b>        |                |                |
| <b>Donations and legacies</b>       |                |                |
| The Monday Charitable Trust         | 10,000         | 50,000         |
| B & J Lloyd Family Charitable Trust | 70,000         | 35,000         |
| The Denys Firth Family Trust        | 5,000          | -              |
| Inchcape Foundation                 | 2,000          | 2,000          |
| HM Prison & Probation Service       | 25,536         | 34,267         |
| Queen Margaret University           | 3,000          | 2,000          |
| Bruern Abbey School                 | -              | 1,000          |
| Garfield Weston Foundation          | -              | 25,000         |
| Woodward Charitable Trust           | -              | 1,500          |
| The Waterloo Foundation             | 140,000        | -              |
| Luke Johnson                        | 10,000         | -              |
|                                     | <u>265,536</u> | <u>150,767</u> |
| <b>Other trading activities</b>     |                |                |
| Partner income                      | 1,900          | 16,925         |
| <b>Investment income</b>            |                |                |
| Investments                         | 1,810          | 1,746          |
| <b>Other income</b>                 |                |                |
| Other income                        | -              | 23             |
| <b>Total incoming resources</b>     | <u>269,246</u> | <u>169,461</u> |

## EXPENDITURE

### Raising donations and legacies

|               |        |        |
|---------------|--------|--------|
| Raising funds | 31,434 | 34,047 |
|---------------|--------|--------|

## Charitable activities

|                                   |                |                |
|-----------------------------------|----------------|----------------|
| Wages                             | 154,042        | 141,695        |
| Social security                   | 11,309         | 10,565         |
| Pensions                          | 2,610          | 2,442          |
| Insurance                         | 1,867          | 2,071          |
| Telephone                         | 1,174          | 1,056          |
| Postage and stationery            | 165            | 109            |
| Advertising                       | -              | 200            |
| Sundries                          | -              | 661            |
| Activities undertaken directly    | 14,695         | 2,295          |
| Legal fees                        | -              | 288            |
| Digital education                 | 54,977         | 14,952         |
| Travelling and subsistence        | 3,007          | 5,663          |
| Consultancy and professional fees | 407            | 167            |
| Memberships and subscriptions     | 320            | 465            |
| Training costs                    | 240            | 1,701          |
| Cost benefit analysis             | -              | 23,931         |
| KTP Associate costs               | 31,960         | 5,810          |
| Translation costs                 | -              | 587            |
|                                   | <u>276,773</u> | <u>214,658</u> |

## Support costs

### Finance

|              |           |           |
|--------------|-----------|-----------|
| Sundries     | 34        | -         |
| Bank charges | 60        | 60        |
|              | <u>94</u> | <u>60</u> |

### Governance costs

|                                     |       |       |
|-------------------------------------|-------|-------|
| Independent examiners' remuneration | 1,440 | 1,440 |
|-------------------------------------|-------|-------|

|                          |                |                |
|--------------------------|----------------|----------------|
| Total resources expended | <u>309,741</u> | <u>250,205</u> |
|--------------------------|----------------|----------------|

|                                 |                 |                 |
|---------------------------------|-----------------|-----------------|
| <b>Net income/(expenditure)</b> | <u>(40,495)</u> | <u>(80,744)</u> |
|---------------------------------|-----------------|-----------------|



THE INSTITUTE FOR FOOD,  
BRAIN AND BEHAVIOUR

# Thank you.

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