

**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2019**

**COMPANY NO: 1864134**

**CHARITY NO: 517817**

# **INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR**

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**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR**

**REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 31 MARCH 2019**

**ADMINISTRATIVE INFORMATION**

**TRUSTEES AND DIRECTORS**

Mrs Frances Jackson (Chairman)  
Lord Ramsbotham (President)  
Professor John Stein  
Mr Roger Stephen Drage (appointed 16 October 2018)  
Dr Alice Parshall (appointed 19 June 2018)  
Mr Noel Wallace (resigned 11 August 2018)  
Professor Michael Crawford  
Mr Geoffrey Shields  
Ms Hilary Gal  
Mr Luke Serjeant ( appointed 9 January 2019, resigned 11 March 2019 for personal reasons)

**REGISTERED OFFICE**

C/O Critchleys LLP  
Beaver House  
23-38 Hythe Bridge Street  
Oxford  
OX1 2EP

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

**AUDITORS**

Critchleys Audit LLP  
Beaver House  
23-38 Hythe Bridge Street  
Oxford  
OX1 2EP

## INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

### REPORT OF THE TRUSTEES (Continued)

#### FOR THE YEAR ENDED 31 MARCH 2019

The Trustees, who are also directors of the charity for the purposes of the Companies Act, submit their report and the audited financial statements for the year ended 31 March 2019. The financial statements comply with the Charities Act 2011, the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities. The financial statements also comply with the charity's governing documents. In directing the charity and carrying out their responsibilities, including preparation of this report, the Trustees confirm that as improved welfare of the population is the primary aim of the charity, public benefit as defined and required by the Charity Commission is integral to all our activities.

#### CONSTITUTION

The Institute for Food, Brain and Behaviour is a company limited by guarantee, incorporated in England on 16<sup>th</sup> November 1984 (No. 1864134). It is also a registered charity (No. 517817). Each member's liability is limited, on winding up, to an amount not exceeding one pound sterling.

#### TRUSTEES' RESPONSIBILITIES

The Trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the company's auditor is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

#### 1. Message from our Chair

The headline stories for the IFBB this year were very promising: we gained significant ground in the challenge of making known what nourishes the brain and why it matters in improving life chances. Everyone benefits from the right nutrients for good brain health, but to deliver deep impact we cannot spread ourselves too thinly and must concentrate on where we can make the biggest difference. To this end, we set our strategic focus in 2018-19 on reaching, and empowering, those who may have confronted difficulties accessing the right nutrition. Individuals in prisons and alternative provision schools are among those who are likely to have faced such a challenge, and in these settings, addressing nutrition for brain health couldn't be more important, and has the greatest potential to change lives.



**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR****REPORT OF THE TRUSTEES (Continued)****FOR THE YEAR ENDED 31 MARCH 2019**

After years of knocking at doors, in 2018-19 we were welcomed into the criminal justice sector, where we have proven through rigorous science the feasibility of making positive changes through nutritional interventions. The Institute started life with this focus, and this past year we were given the opportunity to tell our powerful story to decision makers in HM Prison Service who now wish to take action. We have agreed to begin our practical pilot programmes in the Women's Secure Estate, and began to pull together the pieces that will be needed for the real life educational and practical interventions relevant to the challenges faced by both the prisons themselves and their different populations. Within alternative provision schools, we have directed our work through a partner operating in such a school, with light touch interventions only at this stage.

During this period, we had various personnel changes but continued to be supported actively by our exceptionally able Board and Science Advisory Council. Despite the funding challenges faced by the charitable sector as a whole, we were able to secure funds to support our work and remain on an even keel, contributing actively to the dialogue regarding the critical nature of nutrition in behaviour.

I am joined by the Board in thanking staff who have worked tirelessly and our many external supporters for their continuing confidence in all we do. I look forward to a year of significant promise in 2019-20, and to all we will continue to achieve together.

Frances Jackson  
Executive Chair

**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR****REPORT OF THE TRUSTEES (Continued)****FOR THE YEAR ENDED 31 MARCH 2019****2. Who we are****About us**

We are the UK's leading voice on the link between nutrition, the brain, and behaviour, transforming life chances through the right nutrition. We deliver change and turn research into impact by building nutritional and educational programmes in prisons, schools and other environments, creating shared resources for all, raising awareness through the media, influencing public policy, and leading research in the scientific community.

We bring together scientists, nutritionists, educationalists, cooks and caterers to further develop our robust evidence base and make the case for change. We are world-leaders in our field: our expert Board and Science Advisory Council include foremost academics globally on nutrition and the brain.

Over our 35-year history, we have adapted and grown; one thing has remained the same - our commitment and our focus on delivering rigorous science, which we are translating into real-world impact that provides people with the information and tools they need.

Our vision is for everyone to have the best life chances through nutrition that enhances brain health.

Our mission is to translate the latest nutritional research into clear information and creative solutions, empowering people to think through nutrition and make positive changes.

**Our initiatives**

We feel that we can create the greatest impact by raising awareness and enabling access to the right nutrition for people who have previously had difficulty accessing it. We do this through specific initiatives:

- Education, intervention and research in prisons: The right nutrition can help to reduce impulsivity and violence, promote better mental health, improve how receptive people are to other interventions, and ultimately break cycles of offending for prisoners and their families.
- Advice and information in schools: The right nutrition can enhance concentration, improve how receptive people are to learning, and minimise disruptive behaviours, opening doors to more engaged, interested and fulfilled classrooms.
- Awareness in pregnancy (future): The right nutrition before conception and throughout pregnancy can help to optimise potential for the growing child and their future development.
- Awareness in mental health (future): The right nutrition can help to promote better mental health and improve how receptive people are to therapeutic interventions, as well as how effective these are

**Why we exist**

Research demonstrates that the right nutrition improves brain health, resulting in better concentration, sociability and mental health; reducing violent impulses; and unlocking a raft of opportunities.

Most people know that what they eat affects their physical health, but there is less understanding about the importance of good nutrition in developing and maintaining a healthy brain.

Over the last century, there has been an increase in food choice, food availability and calorie intake; however, we are as a whole consuming fewer essential nutrients. This is due to many factors: farming methods and livestock feeding practices have changed, and very significantly people cook at home much less. The consequence is that it has become challenging to access the right nutrition without focused effort, and the effects are visible in how people feel and in the rise of mental health and behavioural issues.

The impact of this is significant and inter-generational: both physically and in the nutritional habits learnt. We want to empower everyone to think through nutrition and make positive changes, reversing a dangerous trend.

**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR****REPORT OF THE TRUSTEES (Continued)****FOR THE YEAR ENDED 31 MARCH 2019****3. A look back on 2018-19**

It has been a year of important strategic framing, both internally and in the wider policy landscape. Within the charity, there have been several developments to report.

**Our people**

Our Interim Chief Executive, Mindy Sawhney, joined us in April 2018 for a contract that ended in November 2018. Following Mindy's departure, we are very grateful to our Chair for taking on the role of Executive Chair.

With a growing focus on the practical application of the science behind nutrition and behaviour, we agreed to focus our resources on developing a robust service model. We welcomed Tahani Saridar as Director of Development and Programmes, with a remit to oversee the design and implementation of nutritional and educational interventions that can be rolled out across the Prison Estate in the first instance, working also to enhance and implement our fundraising strategy.

**John Lewis Partnership**

We were delighted to receive generous support from the John Lewis Partnership, through their Golden Jubilee Trust. This has brought two additional members to our team on an interim basis.

Emma Winship joined us in January 2019 for a 6-month secondment, during which she has been project managing redevelopment of our website – due to launch in July.

Zoheb Mashood joined us for a 3-month secondment where he acted as Recipe Development Lead and helped us to develop a month's worth of nutritious and delicious recipes that we will share freely to help improve access to good brain nutrition.

**Prisons and schools**

We have worked most notably with prisons and schools to deliver change by providing advice and examples of the right nutrition.

We have continued to focus on turning our research into impactful action, designing nutritional interventions and education programmes that can be adopted within different settings, and focusing particularly on prison services. We have met with the Head of Probation and Women's Wellness, and with other senior members of the Ministry of Justice, and are building relationships with management within the women's prison estate. We presented to senior staff and Catering Managers across the women's estate and were delighted by the reception our message received. We aim to launch our nutritional programme within the women's estate in 2019-20.

**Our Patron**

We had meetings with and received advice from our Patron Prue Leith, who joined our Chair Frances Jackson at a dinner given by The Fishmongers' Company, where we were able to continue to spread our message that the right nutrition enhances brain health.

## INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

### REPORT OF THE TRUSTEES (Continued)

#### FOR THE YEAR ENDED 31 MARCH 2019

#### Branding and website development

Led by our secondee Emma Winship, we kick started our web development work by undertaking a strategic exercise - using the Business Model Canvas framework – to better present our proposition to our various audiences. Engaging with Website Usability and Design experts at John Lewis, we have established the information architecture for the new website and are about to embark on the design development phase.

Through the development process, we have identified a need to create greater brand distinction and have begun to explore messaging options to help strengthen this. We are looking forward to relaunching our website and refreshed brand identity at the end of July.

#### Our recipe day

We hosted a recipe development day and photoshoot to trial some of our newly developed recipes. We are pleased to report that we created some delicious, easy-to-make recipes that will be launched later this year.

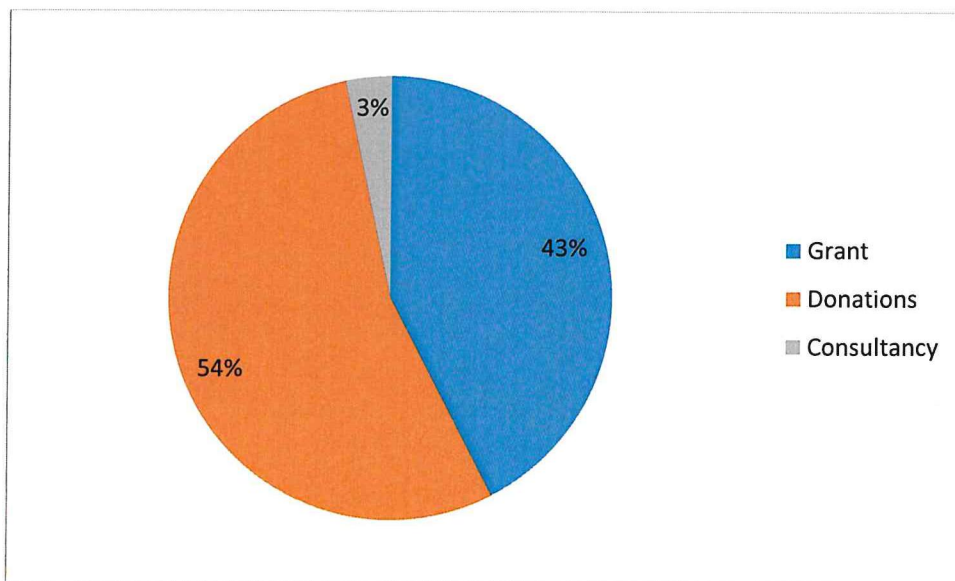
#### Henry Kitchener Prize

We received many excellent entries for this year's Henry Kitchener Prize, and the judging panel deliberated long and hard in choosing those that would be shortlisted, and again which would receive prizes.

At an event at Goodenough College in Central London, on a very warm April afternoon, the prizes for the 2018 Henry Kitchener Prize were presented by Henry's niece, Lady Emma Fellowes. The individual prize was awarded to Ellie Shirazian and the overall school winner was the Just Learn Independent School.

#### Where our money came from

Our supporters gave us £118,950 in 2018-19.



Our major funders this year were The Monday Charitable Trust, who awarded us a grant of £150,000 over 3 years, running to 2021, and a generous private donor.

In response to a general appeal to a range of charitable trusts, we were delighted to receive donations from the Alchemy Foundation and Mrs F B Laurence's Charitable Trust.

We are also grateful recipients of ongoing support from the Inchcape Foundation, and of contributions from Holroyd Howe to the running costs of the Henry Kitchener Prize, as well as of personal donations from other donors this year.



**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR****REPORT OF THE TRUSTEES (Continued)****FOR THE YEAR ENDED 31 MARCH 2019**

In addition, we raised modest funds through consultancy activities, and we will look to expand this area of our work over the coming years.

We maintain the highest possible principles when fundraising. In 2018-19, we did this by ensuring all of our fundraising activities were compliant with regulatory standards.

Raising sustainable funding continues to present a significant challenge, and we are grateful to all those who have supported us over the past year. We recognise the need to build a wider support base and are actively approaching a wide range of funders whose support would allow us to extend our work further to those who would most benefit.

**4. Looking forward to 2019-20**

In 2019-20, we will further pursue our mission to transform the latest nutritional research into helpful information and creative interventions that empower people to think through nutrition and make positive changes. We can only do this through improvement, investment and excellence across our organisation. This means making sure our purpose and messaging is clear to all, attracting and retaining the best people, running our organisation in the most effective way possible, and cementing our position as leaders in our field.

**Translating research into impact**

We will continue to develop emerging relationships and plan to implement practical educational and nutritional programmes that have evolved from our robust evidence base and a long and progressive history of how food and the brain are closely linked.

**Influencing**

We will work with national and local government and, importantly, partners in the third sector to make nutrition for the brain a priority for national decision makers; and to increase public awareness of nutrition and its impact on brain health and behaviour.

We are proud of the work that we do, but to achieve real change, we need to influence the national landscape more widely, working with senior decision-makers in politics and in the organisations we aim to influence, with prisons our current priority.

We will establish a two-way relationship with policy makers, that includes implementing, testing, communicating and influencing. We will leverage and support national strategic initiatives, such as the Female Offender Strategy (2018); participate in relevant APPGs; joint calls to action; engage with key government stakeholders; and utilise our collaborations with organisations to bring evidence for change benefit and to create an amplified voice with partners.

**Reinforcing our message**

We aim to communicate clearly and convincingly the important components of good brain health and why they are so significant. As we have identified, one of the biggest challenges we face is raising awareness of the importance of nutrition on brain health and its impact on life chances.

There have never been so many voices offering advice on "good" nutrition. However, not all commentary and research has equal credibility. With our unrivalled commitment to scientific rigour, we are best placed to make the case for improved brain nutrition – and best placed to deliver on the ground.

# INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

## REPORT OF THE TRUSTEES (Continued)

### FOR THE YEAR ENDED 31 MARCH 2019

#### Fundraising

We appreciate the generosity of our funders and we are committed to making every penny count. We have robust governance and manage our spending carefully. In every intervention we undertake, our ambition is to measure impact to demonstrate that our activities deliver the greatest possible value.

We will deliver an ambitious programme of activity to raise more money to drive our work. We will launch a new Fundraising Strategy and Case for Support, exploring opportunities to diversify and enhance sustainability of our income streams.

#### 5. Finance and Governance

##### Governance

The Institute is well-served by a body of engaged Trustees. We continue to look to refresh its membership by recruiting Board Members whose skills and interests can be used to serve the organisation in its aspirations for growth and development.

In addition to the meetings of the Board, the sub-committees met frequently to conduct detailed scrutiny of budgets, financial management, fundraising approaches, and the development of work plans based on our agreed strategy.

##### Reserves Policy

The Trustees regularly monitor the Charity's cash reserves to ensure that an adequate level is maintained to meet its stated objectives for the maintenance of core activities and the development of existing and future projects. The level of minimum cash reserves will include staff salaries and costs for contractual notice period plus any projected redundancy payments, and three months operating costs including any contract termination costs for services. For 2019/20 the estimate of minimum cash reserves to be held is £22,500.

##### Financial performance

IFBB had total reserves of £106,117 as at 31 March 2019, £41,667 being restricted and £64,450 being unrestricted. The Trustees consider the charity a going concern. The trustees are monitoring the charity's spending and cash flow regularly to ensure that its liabilities are met as and when they fall due. The Trustees also explain this in note 12 in the accounts.

##### Risk Management

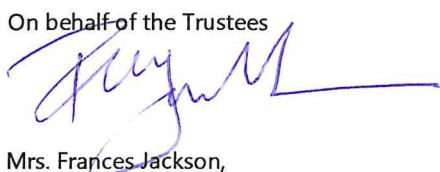
The Institute maintains a risk register which is regularly updated and reported to the Board on an annual basis. The Trustees have considered the major risks to which the Charity is exposed and confirm that any necessary measures have been taken to mitigate these.

##### Public Benefit

The trustees confirm that they have complied with the duty in Section 17(5) of the 2011 Charities Act 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

On behalf of the Trustees



Mrs. Frances Jackson,

Chairman

Date 2 JULY 2019

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES  
OF THE INSTITUTE OF FOOD, BRAIN AND BEHAVIOUR**

We report on the accounts of the Charity for the year ended 31 March 2019, which are set out on pages 10 to 16.

**Respective responsibilities of Trustees and examiner**

The charity's Trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts (under section 145 of the Act),
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act), and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

Our examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In connection with our examination, no matter has come to our attention:

- 1) which gives us reasonable cause to believe that in any material respect the requirements
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Charities Act.have not been met; or
- 2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Andrew Rodzynski FCA  
Critchleys Audit LLP  
Beaver House  
23-38 Hythe Bridge Street  
Oxford

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Date: ..... 25/07/19 .....



## INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

## STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2019

		Restricted 2019 £	Unrestricted 2019 £	Total 2019 £	Total 2018 £
	Note				
<b>Income and endowments from:</b>					
Donations and legacies	2	50,000	68,950	118,950	138,121
Charitable activities		-	-	-	-
Investments		<u>-</u>	<u>5</u>	<u>5</u>	<u>10</u>
Total income		<u>50,000</u>	<u>68,955</u>	<u>118,955</u>	<u>138,131</u>
<b>Expenditure on:</b>					
Raising funds		-	14,437	14,437	23,367
Charitable activities	3	<u>8,333</u>	<u>61,717</u>	<u>70,050</u>	<u>114,086</u>
Total expenditure		<u>-</u>	<u>76,154</u>	<u>84,487</u>	<u>137,834</u>
<b>Net income/(expenditure)</b>		41,667	(15,532)	34,468	677
Transfer between funds		-	-	-	-
<b>Net movement in funds</b>		41,667	(7,199)	34,468	677
Total funds brought forward		<u>-</u>	<u>71,649</u>	<u>71,649</u>	<u>70,792</u>
<b>Total funds carried forward</b>		<u>41,667</u>	<u>64,450</u>	<u>106,117</u>	<u>71,649</u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006. All the above results are derived from continuing activities. All gains and losses recognised in the year are included.

No tax is payable on any surpluses of charitable income over charitable expenditure.



## INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

**COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES**

FOR THE YEAR ENDED 31 MARCH 2018

	<b>Unrestricted 2018 £</b>	<b>Total 2018 £</b>	<b>Total 2017 £</b>
<b>Income and endowments from:</b>			
Donations and legacies	138,121	138,121	37,375
Charitable activities	-	-	350
Investments	<u>10</u>	<u>10</u>	<u>54</u>
Total income	<u>138,131</u>	<u>138,131</u>	<u>37,779</u>
<b>Expenditure on:</b>			
Raising funds	23,367	23,367	26,282
Charitable activities	<u>114,086</u>	<u>114,086</u>	<u>128,317</u>
Total expenditure	<u>137,454</u>	<u>137,454</u>	<u>154,599</u>
<b>Net income/(expenditure)</b>	677	677	(116,820)
Transfer between funds	-	-	-
<b>Net movement in funds</b>	677	677	(116,820)
Total funds brought forward	<u>70,972</u>	<u>70,972</u>	<u>187,792</u>
<b>Total funds carried forward</b>	<u>71,649</u>	<u>71,649</u>	<u>70,972</u>

## INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

## BALANCE SHEET

AS AT 31 MARCH 2019

	Note	2019 £	2018 £
<b>Fixed Assets</b>			
Tangible fixed assets	6	—	—
<b>Current Assets</b>			
Cash at bank and in hand		<u>107,920</u>	<u>73,648</u>
<b>Liabilities</b>			
Creditors: Amounts falling due within one year	7	<u>(1,803)</u>	<u>(1,999)</u>
<b>Net current assets</b>		<u>106,117</u>	<u>71,649</u>
<b>Total net assets</b>		<u>106,117</u>	<u>71,649</u>
<b>The funds of the charity:</b>			
Restricted reserves		41,667	—
Unrestricted reserves	8	<u>64,450</u>	<u>71,649</u>
<b>Total funds</b>		<u>106,117</u>	<u>71,649</u>

The directors consider that for the year ended 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No member or members have deposited a notice requesting an audit for the current financial year under section 476 of the Act. The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 and preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its surplus or deficit for the 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 accounts, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime under the Companies Act 2006 and the Financial Reporting Standard applicable in the UK and republic of Ireland (FRS 102( effective 1 January 2015) – (Charities SORP (FRS 102)).

Approved and authorised for issue on 2/7/19 by the Board of Trustees signed on its behalf by:



Mrs. Frances Jackson,  
Chairman

**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR****NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 MARCH 2019****1. Principal Accounting Policies**

The financial statements are prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

IFBB meets the definition of a public benefit entity under FRS 102. The trustees consider that there are no material uncertainties about the trust's ability to continue as a going concern.

**a) Income**

Donations receivable for the general purposes of the charity are credited to Unrestricted Funds.  
Donations receivable for specific purposes as dictated by the donor are credited to Restricted Funds

Income on deposit accounts is credited when receivable.

**b) Expenditure**

Expenditure is charged on an accruals basis. Support costs are split between charitable activities and governance costs based on an estimate of the time spent on these areas. Irrecoverable VAT is charged as an expense.

**c) Fund Accounting**

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donors.

Unrestricted funds are donations and other incoming resources received or generated for expenditure on the general objectives of the Charity.

Designated funds are unrestricted funds set aside by the Trustees for specific purposes. There are currently no designated funds.

**d) Tangible Fixed Assets**

Depreciation is provided on cost in equal annual instalments over the estimated lives of the assets. The rate of depreciation is as follows:

Office equipment: Four years, straight line

## INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2019

**2. Donations and legacies**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
The Waterloo Foundation	-	30,000
Dr Brian Whittle	-	79,240
Lady Emma Fellowes	-	10,000
The Monday Charitable Trust	50,000	-
Mrs F B Lawrence Charitable Trust	1,500	-
Lloyds Family Trust	10,000	10,000
Inchcape Foundation	2,000	2,000
Warner Priory Charitable Trust	-	500
Anonymous and other general donations	55,450	6,381
	<u>118,950</u>	<u>138,121</u>

**3. Charitable Activities**

	<b>Activities Undertaken Directly</b>	<b>Support Costs</b>	<b>Total 2019</b>	<b>Total 2018</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Charitable Activity	<u>57,188</u>	<u>12,862</u>	<u>70,050</u>	<u>114,086</u>

Audit fees of £1,416 are included above.

**4. Staff Costs**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Salaries	52,644	48,505
Social Security costs	<u>15,406</u>	<u>22,637</u>
	<u>68,085</u>	<u>71,142</u>

The average number of monthly paid employees during the year was:

<b>2019</b>	<b>2018</b>
<u>2</u>	<u>2</u>

No employee's emoluments exceeded £60,000 in the year (2018: 0). Both members of staff in 2019 are considered to be key management personnel.

**5. Trustees' Expenses**

No Trustee received any remuneration. 4 trustees (2018: 2) were reimbursed £1,390 (2018: £862) for travel and subsistence incurred in the management of the charity.

**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR**  
**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2019**

**6. Tangible Fixed Assets**

	<b>Office equipment £</b>
<b>Cost</b>	
At 1 April 2018	2,444
Additions	-
	<hr/>
At 31 March 2019	2,444
	<hr/>
<b>Accumulated depreciation</b>	
At 1 April 2018	2,444
Charge for the year	-
	<hr/>
At 31 March 2019	2,444
	<hr/>
<b>Net Book Value</b>	
At 31 March 2019	-
	<hr/>
At 31 March 2018	-
	<hr/>

**7. Creditors – Amounts falling due within one year**

	<b>2019 £</b>	<b>2018 £</b>
Accruals	1,850	1,999
Other creditors	387	-
	<hr/>	<hr/>
	2,237	1,999
	<hr/>	<hr/>

**8. Analysis of Net Assets between Funds**

	<b>Restricted Funds £</b>	<b>Unrestricted Funds £</b>	<b>Total Funds £</b>
Fixed assets	-	-	-
Current assets	41,667	66,253	107,920
Current liabilities		(1,803)	(1,803)
	<hr/>	<hr/>	<hr/>
Total net assets	41,667	64,450	106,117
	<hr/>	<hr/>	<hr/>

**INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR****NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE YEAR ENDED 31 MARCH 2019****9. Liability of Members**

The liability of Members is limited. Every member of the company undertakes to contribute to the assets of the Company in the event of the same being wound up whilst they are a Member, such amount as may be required not exceeding one pound sterling.

**10. Commitments under operating leases**

At 31 March 2019, the company had no commitments under non-cancellable operating leases in respect of land and buildings (2018: total commitments of £nil).

**11. Related party transactions**

There were no related party transactions in either 2019 or 2018.

**12. Going Concern basis**

Despite the difficult funding environment IFBB is regularly approached to undertake work, provide services and be involved in sector wide initiatives. Considerable effort is being focussed on the development of plans which will attract future unrestricted income and a number of bids are being submitted to trusts and organisations to support our future work. Trustees are confident that measures already taken and the maintenance of careful control of expenditure in 2019/20 with, if necessary, further measures to cut costs, will allow IFBB to continue its operations until new funding is secured. The Trustees are confident that cash controls are such that IFBB will be able to meet its obligations as and when they fall due. For these reasons the Board considers it appropriate to prepare these financial statements on a going concern basis.