Charity Registration No. 272071

Company Registration No. 1274585 (England and Wales)

THE NUTRITION SOCIETY

COMPANY LIMITED BY GUARANTEE

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Professor S Lanham-New	
	Dr B Corfe	
	Ms P Hunking	
	Professor J Lovegrove	
	Dr C Ruxton	
	Dr E Gibney	
	Ms B Bray	
	Professor J Woodside	
	Dr A Kalea Karavas	
	Professor J Brameld	
	Professor T Hill	(Appointed 1 October 2022)
	Professor M Ward	(Appointed 1 October 2022)
Secretary	Mr M Hollingsworth	
Charity number	272071	
Company number	1274585	
Registered office	10 Cambridge Court 210 Shepherd's Bush Road London W6 7NJ	
Auditor	BWM Tempest Suite 5.1 12 Tithebarn Street Liverpool L2 2DT	
Bankers	Coutts & Co 440 Strand London WC2R 0QS	
Solicitors	Hempsons 40 Villers Street London WC2N 6NJ	
Investment advisors	Coutts & Co 440 Strand London WC2R 0QS	

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
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THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31 DECEMBER 2022

A MESSAGE FROM THE PRESIDENT

I am pleased to present the Annual Report and Accounts for the year ended 31 December 2022.

Throughout 2022 the Nutrition Society has continued as in previous years to publish its six internationally-renowned scientific journals. The successful publication of these journals, which are major contributors to nutrition research around the world, provide the Society with the majority of its income. In turn this income is used to support the delivery of the remainder of the Society's charitable objectives

This annual report details the significant levels of activity the Society has engaged in, both in the United Kingdom and Ireland, and also across the world in publishing journals and textbooks, hosting scientific conferences, providing training and education courses, providing explanatory symposia to Parliamentarians and supporting international development in nutrition science. 2022 saw the Society return to hosting conferences, post covid, with a mix of both purely face-to-face conferences and a new hybrid format. Although hybrid conferences, with the live-streaming component, add significant value to the Society's international members (who are understandably not always able to travel to the UK and Ireland to attend in person) they have proved to be a very costly option in 2022, so my fellow Trustees decided that in future only one conference per year will see the Society invest in funding the hybrid option.

The Society, through its active membership, has developed new Special Interest Groups, allowing members to discuss and develop additional programmes of cutting-edge and innovative nutrition research, helping to bring together nutrition professionals from across the world, facilitating excellent networking opportunities and the development of long-lasting sustainable international relationships.

In 2022 the Society, accelerated its strategic investment in delivering its highly valued charitable objectives, whilst exercising within the constraints of a challenging fiscal environment of global cost increases, careful and prudent fiscal management. 2022 saw one of the Society's largest strategic investments in supporting members across a range of fellowships in Africa, support to the IUNS Congress in Tokyo Japan, enhanced global scientific communications, development of a new training platform, additional significant fiscal support for our conferences to ensure they remain accessible to everyone, and an international promotional campaign to celebrate the 75th anniversary of our flagship journal, the British Journal of Nutrition. These carefully managed and targeted investments resulted in the Society being able to successfully use £572,000 of its reserves. In 2020 the Society added £455,000 to its reserves, and a further £62,350 in 2021. This forward planning was designed to ensure the planned 2022 investment could be fiscally covered. The Society's reserves, in investments, remain strong, supported by the real estate ownership of Boyd Orr House (the Society's offices in London). Trustees are now committed to re-building the reserves until a further investment in charitable and strategic objects needs to be made in 2025.

Trustees, however, as part of their risk management process, have continued to closely monitor the gradual changes in the global journal publishing markets. They believe there remains a medium-term risk to the Society's income from its publishing activities. Continued strategic discussions with the Society's publishing partner, Cambridge University Press, will continue in 2023.

I am pleased to report the Society continues to have a robust balance sheet, with assets and reserves in cash, in real estate, and investments in excess of £1.8m. This very strong position has enabled the Trustees to be led by its forward looking 5-year strategic plan, which had been launched in July 2021. The plan is already seeing the Society developing innovative and creative global programmes to ensure the Society can lead in advancing the scientific study of nutrition and its application to the maintenance of human and animal health.

I hope you will find the report of the Trustees both interesting and informative.

Professor Julie Lovegrove
President, The Nutrition Society

The trustees present their consolidated report and accounts for the charity and its subsidiary for the year ended 31 December 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Society's Memorandum and Articles of Association, 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 applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)"

PART ONE - OBJECTIVES AND ACTIVITIES

The Objects
The objects of the Society are "to advance the scientific study of nutrition and its application to the maintenance of human and animal health."

Charitable Purposes for Public Benefit
As a charity the Society must have aims that fall within the descriptions of charitable purposes set out in the Charities Act 2006. The charitable purposes of the Society in pursuit of its objects are:

- The advancement of health
- The advancement of science
- The advancement of animal welfare

The Trustees have complied with the duty in s.17 of the Charities Act 2011 to have due regard to the Charity Commission's published general and relevant sub-sector guidance concerning the operation of the public benefit requirement under that Act. The beneficiaries are considered to be:

Members of the Society:

- Membership is worldwide with most members from the UK and Europe. Membership is open to all who have an interest in the science of nutrition. Membership and associated fees are maintained at the lowest possible level and members are offered subsidised subscriptions to the Society's learned journals and reduced charges to attend its scientific meetings and training and education webinars/workshops/ courses.

- As at 31 December 2022 768 (36%) of the Society's members were students studying university courses in nutrition or related sciences. They are entitled to a lower rate for membership and reduced fees for attending scientific meetings.

Humanity:

- All people benefit from the scientific advice given to government departments, public agencies, the scientific community and the food industry; and from the dissemination of nutritional science through the Society's learned journals, its textbooks, website and international conferences.

Aims - Criteria used to assess success in 2022

In 2022 the Society launched its new 5 year Strategic Plan. Following a period of consultation with the Trustees, members of Council, members of the Society, and a range of external organisations, the Nutrition Society is committed over the 5 years to delivering on 4 strategic priorities:

1. To enhance the Society's promotion of high-quality evidence-based nutrition science and keep the Society at the leading edge of nutrition science, which is essential to its prosperity and competitiveness.

2. Support the careers and interests of the membership.

3. Strengthen the impact and visibility of the Society and its members' contributions to global nutrition science

4. Enhance the governance and management of the Society.

Main activities undertaken for the public benefit

The Trustees continually monitor the activities of the Society to ensure that they are fulfilling the charitable purposes and the pursuit of the objects of a registered charity. The consideration of public benefit is at the heart of the Society's policy and operational performance and is delivered in several ways:

- Through scientific meetings, which are focused on the dissemination of nutritional science to the widest audience and includes the presentation of science to the public published in the *Proceedings of the Nutrition Society.*
- Through membership being open to anyone with an interest in nutrition science.
- Through publication of current research in the Society's journals; *British Journal of Nutrition, Journal of Nutritional Sciences, Public Health Nutrition and Nutrition Research Reviews* and *Gut Microbiome.*
- Through the publishing of textbooks on nutritional science.
- Through the creation of a digital archive of all the Society's published papers from 1944 to the present day, that is searchable and freely accessible to the public.
- The Nutrition Society Training Academy (NSTA) had been in operation for 4 years. In the later part of 2022 it was re-launched on a new platform and re-named The Nutrition Society Academy (NSA). The NSA continues its mission of enhancing and investing in the improvement of nutritional science. The training activity is largely focused around webinars, accessible to the Society's global audience, but also workshops. Key engagement is with those working in industry, food science, sports nutrition and dietetics, animal nutrition, and a focus on transferable skills training. The NSA is also working to support the Society in its strategic objective of supporting medical professionals.
- By addressing the Society's scientific communication with the general public through a public engagement process.
- By continuing to support progress towards the protection of the public by promoting the path to statutory regulation of the nutrition profession.
- By responding to government and other consultations on nutrition issues.
- By working with other learned scientific Societies and within the Parliamentary arena to represent nutrition science professionals and to make sure that evidence-based nutrition science is being presented to policy-makers and parliamentarians by credible experts.

PART TWO - ACTIVITIES AND PERFORMANCE

Main activities undertaken

The Society is one of the largest Learned Societies for nutrition in the world and a leading authority in the world in the field of nutritional science. Its principal activities are:

- Publishing six internationally renowned learned journals.
- Publishing six nutrition textbooks.
- Dissemination of scientific information through its publications and an annual programme of scientific meetings.
- Providing education and training for nutrition professionals and members in face-to-face and virtual (online) formats.
- Developing collaboration with nutrition societies and other scientific bodies around the world.
- Membership services (including provision of travel grants, research grants, website forums for dissemination of science).

Publishing Learned Journals
The Society has a contract with Cambridge University Press (CUP) for the publication of its six internationally renowned learned journals. In May 2019 the Society's Trustees agreed to a revised contract with CUP to operate from January 1, 2020 until 31 December 2025.

The Society supports Open Access publishing with three fully Open Access journals and three hybrid journals which accept open access manuscripts.

The six journals are:

The *British Journal of Nutrition (*BJN*),* which is published fortnightly, enables papers that are already published online, to appear in print much sooner. The journal has an Impact Factor of 3.6 (2022) and is ranked 45 out of 88 in the ISI category of Nutrition and Dietetics.

*Public Health Nutrition (*PHN*)* is published monthly, and the journal has an Impact Factor of 3.2 (2022 and is ranked 56 out of 88 in the ISI category of Nutrition and Dietetics. PHN converted to a full Gold Open Access journal on 1 April 2021.

*Nutrition Research Reviews (*NRR*)* is published twice yearly and has an Impact Factor of 5.7 (2022) and is ranked 20 out of 88 in the ISI category of Nutrition and Dietetics.

The *Journal of Nutritional Sciences (*JNS*)* is an international, peer-reviewed, Open Access journal that welcomes high-quality research articles in all aspects of nutrition. JNS received its first Impact Factor in 2022 2.5.

*Gut Microbiome (*GMB*)* is an Open Access Journal launched in October 2019, co-published with Cambridge University Press. The journal supports the development of an integrated, interdisciplinary understanding of the gut microbiome focussing on the contributing factors that influence the gut microbiota and human health.

These five journals have Editors-in-Chief who are senior scientists of international standing and are supported by Editorial Boards drawn from all over the world, and who are actively involved in the selection of their individual journal's published material.

Proceedings of the Nutrition Society (PNS) is published five times a year and contains most of the papers and original communications from the scientific meetings held by the Society itself and those mounted jointly with other bodies with nutrition interests. The journal has an Impact Factor of 7.0 (2022) and is ranked 10 out of 88 in the ISI category of Nutrition and Dietetics.

In recent years, there has been variation in the Impact Factors due to a change in Clarivate's calculation metrics and variable submission rates due to the global pandemic. The revised calculation in this report now includes FirstView articles (which are available online before being assigned to an issue) which falsely inflated Impact Factors in 2021 due to the unusually high numbers of papers received in 2020-2021. This is coupled with a high number of papers submitted to PHN before it 'flipped' to Open Access. When ranked against other journals in the Nutrition & Dietetics category, the Society's journals have remained relatively stable.

The Society's net share of the income from publishing journals decreased very slightly in 2022 by 0.60% to £927,845 (2021 £933,291). The Society's publishers, Cambridge University Press, continue to progress with new Transformative Agreements. In terms of non-subscription income, JNS has seen the rise in submissions 216, up from 207 in 2021. PHN successfully 'flipped' to Open Access in January 2022. As projected, submissions dropped after the flip however with an increase in global Transformative Agreements through CUP, submission rates are increasing. However, this remains ~~a~~ difficult, uncertain, time in the for academic publishing, and the Trustees, through the Publications Committee, are monitoring the situation very closely. It is likely revenue will remain unstable for the next two years.

Publishing Nutrition Textbooks
Since 2001, the Society has used part of its funds to develop and subsidise a series of six textbooks published on its behalf by Wiley-Blackwell Publishing. These form an integral part of the Society's objective to 'advance the scientific study of nutrition'. Some of the series have been translated into Spanish, Portuguese, Greek, Italian and Bahasa Indonesian and all textbooks are available in English to download in all electronic formats.

Work has continued in 2022 to create a new, seventh, textbook in the series: Animal Nutrition. Publication is expected in 2024. This is a creative partnership with the British Society of Animal Science.

Total sales of print, electronic and bundle textbooks have reached 60,398 to date across all editions, with an additional 19,410 (2021 data) print versions being translated into other languages. This brings the overall textbook sales to 79,508 (a growth in 2022 of 5.50%).

Scientific Meetings – disseminating cutting edge nutritional science

The Society plans its scientific meetings to reflect the cutting edge of nutritional science research and selects the most appropriate location in which to deliver the event often several years in advance.

In 2022, the Society's conference portfolio was delivered according the schedule for the year. The core conference portfolio were held in-person, with only the Winter Conference being ran as a hybrid conference, engaging online attendees.

The Society's Scottish Conference (previously known as the Spring Conference) titled 'Nutrition, immune function and infectious disease' was held at The Royal Society Edinburgh.

The Irish Postgraduate Conference was hosted by Ulster University at the Magherabuoy House Hotel, Portrush, whilst Irish Section Conference took place June at University College Cork, titled 'Impact of nutrition science to human health: past perspectives and future directions'.

The annual summer conference was held at Sheffield Hallam University (SHU), with collaboration between SHU and the University of Sheffield on the scientific programme. The conference title was 'Food and nutrition: Pathways to a sustainable future'. The Trustees approved a plan from the Science Committee to develop the summer conference in 2024 to be in 'Congress-style', expanding external partners' participation. The aim is to see the summer conference firstly become financially self-sufficient, and eventually provide surplus revenue to support the Society's other conferences.

Nutrition Futures, the Society's second student focussed conference took place at the University of Coventry, in September.

The Winter Conference 2022, originally scheduled for December 2022, was delayed until January 2023, due the Society's commitment to support the International Union of Nutrition Sciences Congress being held in Tokyo in December. The conference was titled 'Diet and lifestyle strategies for prevention and management of multimorbidity'.

In addition to the core conference programme, one member-led meeting (MLM) took place. MLMs allow for Society members to apply for funding to host a one-day conference, with a typically niche focus. 'Nutrition and breast cancer: translating evidence into practice' took place at Newcastle University in May.

External Engagement

The primary aim of External Engagement is to raise the external profile of the Society with governments, the food industry and other professions, in the UK. All activities revolve around the dissemination of evidence-based science, with the aim of the Society being recognised as one of the leading Learned Societies for evidence-based nutritional science. Government and public sector activities involve responding to public and closed consultations, supporting/attending All Party Parliamentary Groups and attending stakeholder meetings to advise on the scientific underpinning of policy. The Society works actively with affiliated bodies such as the Royal Society and the Royal Society for Biology on joint projects and consultation responses. The Society contributes regular articles to the *Complete Nutrition* magazine, the UK's No.1 clinical, medical & health nutrition publication. In 2022, the Society contributed six articles to *Complete Nutrition* magazine, and four articles to *Intouch,* BAPENs membership magazine.

The UK, Scottish and European Parliaments have recognised the importance of researchers engaging with non-specialist 'public' or community audiences. If scientists do not engage with the public then it is often the media that rushes to plug the gap, often with information which may not be scientifically evidence-based. There are many different models and opportunities for researchers in the UK to engage with a community audience, it is likely, for instance that the UK has the best-developed programme of science festivals per head of population of anywhere in the world.

It is particularly important for nutrition researchers to engage and communicate with a community/non-specialist audience to ensure the importance of using evidence-based data is clearly understood. The Society remains active in developing its programme of external engagement. The Society has now developed its profile within Parliament and its engagement in a number of All Party Parliamentary Groups. The Society also supports annual events designed to connect young scientists with parliamentarians and policymakers including STEM for Britain, Voice of the Future, Parliamentary Links Day.

STEM for Britain. STEM for Britain aims to bring together early career scientists with parliamentarians and policymakers, with the competition held at Westminster, in the heart of UK government. In March 2022, the Society supported the competition for the fourth time and awarded its own prize (The Nutrition Society Award) to to Orla Woodward, University of Cambridge, for her research *Characterisation of an appetite-modulating neuronal population in the mouse brain.*

All Party Parliamentary Groups (APPGs). In addition to sitting on the Royal Society of Biology's Parliamentary Scientific Steering Committee, the Society is a member of the APPG for *Food and Health Forum* and *Gut Microbiome*. The Nutrition Society has worked towards development of a standalone All-Party Parliamentary Group in Nutrition. In 2022, the Society successfully recruited 5 Founding Members for the APPG from the House of Lords and House of Commons, enabling a new APPG on Nutrition: Science and Health, to be launched in the second quarter of 2023.

Parliamentary Links Day. The Society was delighted to have supported Links Day for the fifth year running, a key science policy event organised by the *Royal Society of Biology* on behalf of the *Parliamentary and Scientific Committee*; bringing together scientists, policymakers, and politicians to discuss issues facing the science sector.

Communications

Table 1: Number of followers across social media as of 31 December 2022

Social media channel	No. followers 31 December 2022	No. followers 31 December 2021
Twitter	25,533	23,358
Facebook	10,522	10,165
Instagram	7,889	7,018
LinkedIn	59,487	48,300

Social Media Strategy
Using insight on engagement, follower number and audience demographic, the Society has in 2022 continued to evolve its strategic use of social media analytics. This allows more targeted meaningful communication to the audiences on different platforms, and has resulted in a significant growth in social media following and interaction.

Nutritional Science

The Society's Science Committee has a remit to ensure effective communication of sound nutritional science; create innovative scientific activities outside meetings; advise on the electronic delivery of the Society's scientific activities for members; organise scientific workshops; set and monitor themes for the Society's scientific meetings.

The committee is also responsible for the Society's scientific themes. The Themes are supported through 'Theme Teams' and 'Special Interest Groups' (SIGs). The structure supports member focused interests, representing a balanced portfolio and constituency between Theme Leads. The themes are *Food Systems*, *Novel Nutrition Research Methodologies and Technologies,* , *Nutrition in the Treatment, Management and Prevention of Disease*, and *Nutrition and Optimum Life Course*. These cut across all of the new research themes, acknowledging that Nutrition Scientists will often undertake work within and across multiple themes.

Nutrition Society Training Academy (NSTA) Programme

Following the growth of the Society's Training Academy offering since its establishment in 2018, the decision was made to develop an online training platform under the new name of the Nutrition Society Academy. The training platform runs on a subscription-based model, for a monthly or annual fee to users. There are reduced fees for low-income countries, students and Nutrition Society members. Webinars and courses can still be purchased individually by those who do not wish to subscribe.

The Academy's bespoke platform has been developed to continue to provide nutritionists, dietitians and healthcare professionals with instant access to the latest evidence-based research and professional skills (continued professional development), through live and on-demand webinars and e-learning courses.

The soft launch of the Nutrition Society Academy took place in December at the IUNS-ICN 2022, in Tokyo, Japan. The official launch will take place in January 2023 at the Society's annual reception.

In 2022 the (former) Training Academy continued to ensure that a minimum of two webinars were launched per month, with the same model transferred to the new Academy at the end of the year. The monthly Nutrition Society Journal Club (NSJC) and bi-monthly student led NSJCs continued to run throughout 2022, now via the platform, available to Society members and subscribers. All of the pre-existing webinar content was transferred to the Academy platform, which now has 7 catalogues, accommodating 45 webinars by the end of the year.

The Academy continues to deliver conference workshops, with a particular focus on professional and scientific skills. The Training Academy's 'Ideas for careers' workshop was ran at both the Nutrition Society Summer Conference and Winter Conference, attracting over 100 delegates. The informal session allows students and early career professionals to engage and ask questions to facilitators from different sectors of nutrition e.g., academia, freelance, industry. In addition, a 'Statistics 101' workshop was hosted for the first time at the Summer Conference. This session gave 12 delegates the opportunity to have one-to-one 15-minute sessions with a facilitator, to seek guidance on statistical analysis techniques.

International Affairs

The Society since its inception in 1941 has always considered itself a global organisation. There are members now in 78 countries. The Society looks to support, through its strategic plan, the impact and visibility of the Society and its members' contributions to global nutritional science.

Since January 2015, the Society has served as the Secretariat for the International Union of Nutritional Sciences (IUNS). In 2022, the agreement with IUNS was extended until the next but one IUNS Congress and General Assembly, scheduled for October 2029. As IUNS transitioned to a new Council in early 2023, the Secretariat expanded its services to include greater administrative support for the new Treasurer. The Secretariat is now working closely with the new Council to improve communication and enhance services for IUNS members. This includes implementing a Customer Relationship Management (CRM) system to manage membership and dues collection.

In 2019, the Society further expanded its secretariat support by hosting the secretariat for the Federation of European Nutrition Societies (FENS). Leveraging the experience gained from hosting the 13th European Nutrition Conference of FENS, the Society is providing advice and support to the organisers of the 14th European Nutrition Conference, which will be held in Belgrade, Serbia in 2023.

The Society's communications team has been actively involved in expanding services for both organisations. They supported IUNS in promoting the International Congress of Nutrition 2022 through social media and aided FENS in establishing LinkedIn pages for their research Working Groups. These initiatives aim to publicise the groups' achievements and promote the upcoming FENS conference.

On a broader international scale, and in line with its strategic objective to build international collaborations, promote its activities and support emerging learned societies, the Society supported a number of international ventures in 2022. In March the Society supported the second international conference for the Pakistan Nutrition Society, funding two speakers to attend, and providing two free workshops. In Ghana, the Society funded three Fellows (£5,000 each) to develop grant writing skills and capacity building in the field of research in cancer and nutrition. In a new partnership with the Sabri Ulker Foundation in Turkey, the Society supported an international conference in Istanbul in May 2022. The theme covered *Nutrition for healthcare professionals: achieving healthcare through diet.* Also, in May the Society partnered with the new Georgian Nutrition Society in hosting, in Tbilisi Georgia, their first conference, with a theme of *Nutrition Science in Georgi and South Caucasus: current status, challenges and opportunities.* In September, the Society provided a bursary for a member to attend the new Middle East Nutrition Leadership programme. The Society's CEO also accepted a role as a member of the Academic Advisory Board for the programme and further supported the programme by delivering in-person lectures during the programme. The Society also sent representatives to promote its activities at major nutrition science conferences in Australia, Canada and the USA.

The Nutrition Society will continue its efforts to participate in global events as they provide an invaluable platform for the development of the Nutrition Society's international remit as well as showcasing the global contribution made by UK science.

Support for the Nutrition Profession

In 2010 the Society relinquished direct responsibility for the UK Voluntary Register of Nutritionists and passed it on to the Association for Nutrition (AfN), together with the responsibility for setting professional standards in the practice of nutrition, supporting registered nutritionists and promoting the professionalisation of the nutrition workforce. The Society continues to work closely with the AfN, participating in regular Trustee-to-Trustee meetings to share strategic thinking, and updates on activities. In 2017 the Society's trustees began to develop plans to create an umbrella body – an Academy of Nutrition Sciences – in partnership with the British Dietetic Association, The British Nutrition Foundation, the Association for Nutrition, to provide a unified voice for evidence-based nutrition science. This was formally developed in 2018 by a Working Group made up of the four founding organisations. The group successfully drafted a constitution and byelaws and following the granting of charitable status by the Charity Commission, launched the Academy to the nutrition community in October 2019. The Society now hosts the secretariat of the Academy.

Membership Services

Membership of the Society is open to all with an interest in the science of human and/or animal nutrition. In 2022 The Society has seen a decline in membership overall, reflecting a post Covid fatigue in online conferences and events and the impact of the 2022 increase in cost of living. Historically, the Society has seen occasional fluctuations in its membership base, therefore the decrease in 2022 is not of immediate concern to the Trustees. However, membership levels will be closely monitored by the Membership Committee throughout 2023 (NB: at the time of publishing this report in June 2023 membership numbers had increased significantly to 2386). The 2,136 members of the Society come from 78 countries across the world, although most are from the UK and Europe. 36% of the membership is made up of students, with others coming from academia, research, government, industry, the NHS, public health and the media. There are also now 31 Honorary Fellows and 89 retired members. In February of 2022, a new category of Early Career Member was introduced and graduate membership was closed to all new members as it is being phased out. Early career membership is available to all those within ten year of their last graduation and with a lower fee than full membership to support these members as they establish their careers. Early Career Member is also available to low and middle income country members too. By the end of 2022 nearly 300 members had opted for the Early Career membership type.

PART THREE - FINANCIAL REVIEW

Summary of the financial position

The activities of the Society are funded mainly from its learned publishing activities and membership fees. The Trustees set up a trading company to raise sponsorship from approved corporate sources to help defray the cost of its scientific meetings programme.

In 2022 the Society's total income was £1,207,422, of which £930,344 came from publishing its learned journals. The expenses across all activities (excluding depreciation of £39,050) totalled £1,780,763 resulting in a deficit of £573,341. After allowing for a net loss in the investment portfolio of £119,592, and depreciation costs of £39,050, the net deficit of funds of £731,983 have been taken from the reserve account.

Policy for holding reserves

The free reserves are defined as funds that are available for use at the discretion of the Trustees. This excludes any fund designated or restricted to a specific purpose and held for that purpose alone. The Trustees have included in the reserves the cash and bank balances and the other net current assets held for the day to day business requirements of the Society. The level of the reserves in the different categories is reviewed annually in the light of the perceived risks facing the Society and the projected development of the Society's activities. It is the Trustees policy to use the reserves, including the investments, to further the development of the Society's aims and objectives. For that reason, in some years they may draw on the reserves to take new business forward while protecting the core activities of the Society. The trustees had forecasted that 2022 would be a period when the reserves would be needed to support a wide range of strategic plan related activities. In addition, Trustees had noted 2023 and 2024 may present a period of uncertainty to the Society's income due to continued changes within the publishing of its journals. As such, they are maintaining (and looking in 2023/24 to build wherever possible) a reserve of cash to help off-set any loss of short-term income which may occur in that period.

Designated Funds

1. The freehold premises in Hammersmith occupied for the Society's offices: £698,951 (Book value).
2. A sum invested to generate income to fund the Society's commitment to support Studentships, Conference Grants, and other Grants and Bursaries to benefit early career researchers: £671,879
3. A bank loan (used to refurbish the Society's offices): -£168,697

Total Designated Funds: £1,202,133

Unrestricted Funds

1. For the development of the Society's five year strategic plan: £50,000
2. A revaluation reserve (which reflects the difference between the net book value of the Society's offices and the revalued amount based on the January 2014 market valuation) £329,901
3. The balance is held to allow for any short term loss of income and the risk of unplanned expenditure: £358,868

Total Unrestricted Funds: £1,888,902

Investment Policy and Performance
The Trustees' investment policy is to maximise the total return to the Society's investment funds, subject to the risks usually associated with a balanced approach to portfolio management. The Society's investment portfolio is managed on a discretionary basis by Coutts & Company Investment Management Services (a division of the Society's bankers) that provide advice to the Trustees on the appropriate measures necessary to achieve their investment aims.

The managers of the portfolio report quarterly to the Honorary Treasurer and annually to the full Trustee Board, which carries out a review of its investment policy and agrees with the managers any changes it wishes to make to the portfolio. The Trustees remain satisfied that the management of the portfolio achieves the best return on the investments that is obtainable in the present financial climate. The principal holdings within the portfolio at the end of 2022 were:

	31 December 2022	**31 December 2021**
Bonds	£165,737	£214,375
Equities	£488,696	£844,270
Property		£0
Other Funds		£0
Total	**£654,433**	**£1,058,645**

The Society's investment in its Trading Subsidiary is £1 (2019: £1)

PART FOUR – PLANS FOR FUTURE PERIODS

Following a period of extensive consultation during 2020 and 2021 with the Trustees, members of Council, members of the Society, and a range of external organisations, a new Strategic Plan was completed and officially launched in July 2021. The Plan sets the course for the Nutrition Society over the next five years.

Thee Plan provides the structure upon which annual targets are set for five years, and how the strategic performance of the Society will be evaluated by the Trustees. The Plan is based on four Strategic Priorities:

1. To enhance the Society's promotion of high-quality evidence-based nutrition science and keep the Society at the leading edge of nutrition science, which is essential to its prosperity and competitiveness.
2. Support the careers and interests of the membership.
3. Strengthen the impact and visibility of the Society and its members' contributions to global nutrition science
4. Enhance the governance and management of the Society.

PART FIVE - STRUCTURE, GOVERNANCE AND MANAGEMENT

Introduction
The governing document is the Articles of Association, dated 5 July 2011 (replacing those of 24 August 1976, and the amendments of 1987, 1991 and 1995) and supported by the Rules of the Society dated 5 July 2011, which are reviewed and amended periodically at the Annual General Meeting. The liability of each member of the company is limited to £1.

How the Society is constituted

Trustees and Council
The Society's governing body is the Trustee Board which has eleven members (twelve in years when there is a President Elect), who are Directors of the company as well as charity Trustees.

The Trustees are each responsible for a specific area of the Society's work in addition to their overall duties. The majority have the support of a committee drawn from the Advisory Council, members of the Society with relevant interests and in some cases, external specialists with appropriate skills for specific projects. The present Trustees (referred to as Honorary Officers) are: the Honorary Publications Officer (Publications Committee), Honorary Communications Officer (Strategic Communications Committee), Honorary Scientific Officer and Honorary Programmes Officer (Science Committee), Honorary Academy Officer (Academy Committee), Honorary Officer for Membership (Membership Committee), and Honorary International Affairs Officer. In addition, there is one Trustee 'without portfolio'. The President, Honorary Treasurer and Honorary Secretary have no permanent supporting committees but attend any of the others as required. They also for the Society's Governance Committee.

The Advisory Council is elected and comprises of 20 including six members of Council, the eleven Trustees, the Secretaries of the Scottish Section and the Irish Section and the Chair of the Student Section. The Council has the role of reflecting the interests of members of the Society; assists the Trustees in the formulation of policy and advises them on the direction of the business of the Society.

The Scottish and Irish Sections have, within the overall constitution of the Society, their own rules and annually elect their own management committees. The secretaries of the sections are full members of the Advisory Council of the Society.

Within the Council there are currently six areas of interest: Medicine & Clinical Nutrition, Public Health Nutrition, Academic Nutrition, Animal Nutrition, Nutrition Policy and Industry. Members of Council serve for a maximum of two periods of three years, if re-elected. The Trustees serve for two periods of three years, if re-elected. The President serves one year as President Elect and then for a period of three years as President.

A new constitution (the Articles of Association and the Rules of the Society) was adopted by the Society at its AGM in July 2011 and approved by the Charity Commission in August 2011. Under the constitution, the Trustees are the only members of the company and as such are the only attendees at the Annual General Meeting. Members of the Society are members of the charity and meet in an Annual Charity Meeting to elect Trustees and Council members. The Trustees exercise all the powers of the Society, subject to the provisions of company and charity laws currently in force and with the assistance and advice of Council and the Chief Executive. In addition, there are from time-to-time, sub-committees and working groups reporting to the Trustees or standing committees on specialist areas of the Society's activities. With these arrangements in place, the Trustees at all times have a detailed knowledge of the business being transacted by the Society.

Methods used to appoint Trustees
Election for Trustee posts and to the Advisory Council are held annually to fill vacancies caused by retirements. Nominations for both Trustees and members of Council are sought from the membership through advertising on the Society's website to which members' attention is drawn by personal email alerts. Student members vote in a separate process for a student Chair who sits as a full member of Council for two years. The Trustees and Council also nominate suitable candidates for election to Trustee or Council vacancies. Where there is more than one nomination for a vacancy, then a ballot of the membership is held and the results announced at the Annual Charity Meeting. The Articles of Association and the Rules of the Society are available on the Society's website.

The Society's organisational structure
The Society employs a Chief Executive to whom has been delegated the responsibility for the day to day operation of the Society. The Chief Executive implements the Trustees' policy decisions and leads the staff of the Society, in the principal offices in London and is responsible for the monitoring and performance of the Strategic Plan and attendant annual plans. For the purpose of maintaining effective governance, the Honorary Secretary acts as line manager for the Chief Executive who otherwise reports to the Trustees at their regular meetings. The Chief Executive attends all meetings of the Trustees and all committee meetings *ex officio.*

Although the Trustees delegate the day to day running of the Society to the Chief Executive, they are required additionally to provide reasonable assurance that:

1. The Society is operating efficiently and effectively.

2. All assets are safeguarded against unauthorised use or disposition and are properly applied.

3. Proper records are maintained and financial information used within the Society, or for publication, is reliable.

4. The Society complies with relevant laws and regulations.

In order to discharge their responsibilities, the Trustees oversee the internal controls covering all forms of commitment and expenditure, which are continually being refined to improve efficiency and reduce defined risks.

The systems of internal controls provide reasonable but not absolute assurance against material mismanagement or loss. They include:

1. The Trustees' regular consideration of financial results, variances from budgets, non-financial performance indicators and benchmarking reviews.

2. Clear separation of the governance (Trustees) and management (Executive) functions, with delegation of day to day management and appropriate segregation of duties.

3. Identification of significant risks.

The Trustees ensure that the culture of intelligent risk management that is embedded into the operational establishment is an effective process. They have established a risk management policy for the Society, linked to predicted changes in its activities.

A Risk Register and a rolling risk assessment process are in place and reflect the changes in the activities undertaken by the Society, particularly in the areas of International Affairs and Training & Education. The risks that the Society faces as a result of these changes, their potential impact on the Society and the action taken to avoid or limit any consequences have been established within the Society. The Trustees continue to seek a balance between the level of risk and the probability of it occurring. In their view, small risks related to the reputation of the Society are more likely to happen (and may have a greater impact on the Society) than say a sudden loss of a major part of the income from its publishing or any other activity.

The Trustees regularly review the Society's system of internal controls and believe that they are sufficiently robust to alert them to any potential risk that may arise. They also examine these policies in the context of the new Strategic Plan and the on-going changes in the structure of the Society and consider:

1. The range of risks facing the Society, including new risks emerging from change

2. The level of risk they regard as acceptable.

3. The probability of the risks materialising.

4. The Trustees' ability to mitigate the effect on the Society of risks that do materialise.

5. The cost of operating specific controls in relation to the benefits obtained.

The main areas of risk that have been identified by the Trustees include damage to the Society's reputation through adverse publicity; significant loss of revenue resulting from a change to the publishing landscape; serious under performance of the Society's investments; failure of the Society's IT systems; loss of key members of staff; health and safety; significant loss of members. In these cases and in the new activities, preventative measures have been agreed and established and the Trustees have implemented procedures for reporting internal control failures immediately to executive management and the Trustees, together with details of corrective action being taken.

Policies and procedures for induction and training of trustees
All new Trustees receive an induction pack and guidance from the Trustees and Chief Executive based on the portfolio that they are assuming. An induction meeting is held to ensure that the incoming Trustees have the opportunity to question the other officers and staff about policy and actions of the board so that they can take up their duties with clear understanding of the current position of the Society. In addition, all new trustees attend within their first 6 months in post an external governance training workshop hosted by Hempsons Solicitors (The Society's legal advisers). Moreover, Trustees set aside on a regular basis time in their formal trustee meetings for governance training. The process of recruiting Trustees focuses on aligning the skills and attributes necessary for a particular role with the professional background and experience of any candidates. This means that in seeking for a replacement for say, the Honorary Publications Officer, who is responsible for the greater part of the Society's income, then the possession of extensive experience of learned or academic publishing would be an essential criterion for those wishing to stand for nomination. A development programme for all Trustees is held in the autumn of each year, at a time when new Trustees will have just joined the board.

Pay remuneration policy

The remuneration of the CEO is based upon a general policy of proportionality using a performance assessment. Pay and benefits are reviewed annually by the Governance Committee using a comprehensive process of internal and external benchmarking, combined with the assessment of individual performance against established organisational and personal objectives.

PART SIX - REFERENCE AND ADMINISTRATIVE DETAILS

The name: The Nutrition Society
Charity registration number: It is a charity registered with the Charity Commission for England and Wales, number 272071.
Company registration number: The Nutrition Society is a company limited by guarantee, registered in Cardiff, Company Number 1274585.

Address of the principal office and aaddress of the registered office:
10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ

The Trustees at 31 December 2022

President	Professor J Lovegrove
President-elect	Professor M Ward
Honorary Treasurer	Professor T Hill
Honorary Secretary	Professor S Lanham-New
Honorary Publications Officer	Professor J Woodside
Honorary Scientific Officer	Professor J Brameld
Honorary International Affairs Officer	Ms Barbara Bray
Honorary Programmes Secretary	Professor B Corfe
Honorary Communications Officer	Dr C Ruxton
Honorary Training Academy Officer	Ms P Hunking
Honorary Membership Officer	Professor E Gibney
Honorary Trustee without Portfolio	Professor A Kalea

Name of CEO: Mr M J Hollingsworth

Bankers: Coutts & Co., 440 Strand, London WC2R 0QS**,** First Trust Bank, 13 The Promenade, Port Stewart BT55 7AD
Investment Managers: Coutts & Co., 440 Strand, London WC2R 0QS
Solicitors: Hempsons, 40 Villiers Street, London WC2N 6NJ
Pension Advisers: abrdn plc. 1 George Street, Edinburgh EH2 2LL
Auditors: BWM, Tempest, Suite 5.1, 12 Tithebarn Street, Liverpool, L2 2DT

Auditor

In accordance with the company's articles, a resolution proposing that BWM be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

Small company provisions
This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

The trustees' report was approved by the Board of Trustees.



Mark Hollingsworth
Secretary

Dated: 29 September 2023

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees, who are also the directors of The Nutrition Society for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Society and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Society will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Society 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 Society and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF THE NUTRITION SOCIETY

Opinion

We have audited the accounts of The Nutrition Society (the 'Society') and its subsidiary (the "Group") for the year ended 31 December 2022 which comprise the Consolidated Statement of Financial Activities, the Consolidated and parent charitable company Balance Sheets, the Consolidated Statement of Cash Flows and the notes to the accounts, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the Group's and Society's affairs as at 31 December 2022 and of the group's incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the Group and Society in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Society's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Group and the Society and their environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report included within the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the society, or returns adequate for our audit have not been received from branches not visited by us; or
- the society accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also the directors of the Society for the purpose of company law, are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of accounts that are free from material misstatement, whether due to fraud or error.

In preparing the accounts, the trustees are responsible for assessing the Group's and the Society's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the Society or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Extent to which the audit has considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with management
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the charity, including data protection, anti-bribery, employment and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.
- detailed review of trustee meeting minutes throughout the year was carried out to identify any key discussions or points of which to be aware

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions; and
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias;
- investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance; and
- enquiring of management as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Louise Casey ACA (Senior Statutory Auditor)
for and on behalf of BWM .....

Chartered Accountants
Statutory Auditor

Tempest
Suite 5.1
12 Tithebarn Street
Liverpool
L2 2DT

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES INCLUDING THE CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	**Unrestricted funds 2022** **£**	Unrestricted funds 2021 **£**
Income from:			
Donations and legacies	**3**	62,708	86,274
Charitable activities	**4**	1,111,287	1,011,238
Other trading activities	**5**	16,860	13,860
Investments	**6**	16,567	18,058
Total income		1,207,422	1,129,430
Expenditure on:			
Raising funds	**7**	97,024	89,469
Charitable activities	**8**	1,722,789	1,104,781
Total resources expended		1,819,813	1,194,250
Net gains/(losses) on investments	**12**	(119,592)	117,731
Net movement in funds		(731,983)	52,911
Fund balances at 1 January 2022		2,620,885	2,567,974
Fund balances at 31 December 2022		1,888,902	2,620,885

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
CONSOLIDATED BALANCE SHEET
AS AT 31 DECEMBER 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Intangible assets	**16**		31,900		34,800
Tangible assets	**17**		1,124,878		1,159,552
Investments	**18**		671,878		1,095,423
			1,828,656		2,289,775
Current assets					
Debtors	**23**	405,508		362,450	
Cash at bank and in hand		196,356		432,466	
		601,864		794,916	
Liabilities:					
Creditors: amounts falling due within one year	**25**	(397,921)		(295,109)	
Net current assets			203,943		499,807
Total assets less current liabilities			2,032,599		2,789,582
Creditors: amounts falling due after more than one year	**28**		(143,697)		(168,697)
Total net assets			1,888,902		2,620,885
The funds of the charity					
Unrestricted funds					
Designated funds	**31**	1,202,133		1,615,750	
General unrestricted funds		356,868		675,234	
Revaluation reserve	**32**	329,901		329,901	
Total unrestricted funds			1,888,902		2,620,885
Total charity funds			1,888,902		2,620,885

The accounts were approved by the Trustees on 4 July 2023

J.A.L

Professor J Lovegrove
President

Company Registration No. 1274585

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
CHARITY BALANCE SHEET
AS AT 31 DECEMBER 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	**17**		1,124,878		1,159,552
Investments	**19**		671,879		1,095,424
			1,796,757		2,254,976
Current assets					
Debtors	**24**	436,543		404,364	
Cash at bank and in hand		194,937		419,597	
		631,480		823,961	
Liabilities					
Creditors: amounts falling due within one year	**26**	(395,638)		(289,355)	
Net current assets			235,842		534,606
Total assets less current liabilities			2,032,599		2,789,582
Creditors: amounts falling due after more than one year	**28**		(143,697)		(168,697)
Total net assets			1,888,902		2,620,885
The funds of the charity					
Unrestricted funds					
Designated funds	**31**	1,202,133		1,615,750	
General unrestricted funds		356,868		675,234	
Revaluation reserve	**32**	329,901		329,901	
Total unrestricted funds			1,888,902		2,620,885
Total charity funds			1,888,902		2,620,885

The accounts were approved by the Trustees on 4 July 2023

Professor J Lovegrove
President

Professor T Hill
Treasurer

Company Registration No. 1274585

THE NUTRITION SOCIETY
COMPANY LIMITED BY GUARANTEE
CONSOLIDATED STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	2022 £	2022 £	2021 £	2021 £
Cash flows from operating activities					
Net cash (used in) provided by operating activities	**35**		(530,154)		(136,178)
Cash flows from investing activities					
Purchase of intangible assets		-		(34,800)	
Purchase of tangible fixed assets		(4,480)		(16,158)	
Movement on cash within investment portfolio		19,333		(29,210)	
Purchase of investments		(495,439)		(497,924)	
Proceeds on disposal of investments		783,063		531,210	
Investment income		16,567		18,058	
Net cash generated from/(used in) investing activities			319,044		(28,824)
Cash flows from financing activities					
Repayment of borrowings		(25,000)		(25,000)	
Net cash used in financing activities			(25,000)		(25,000)
Change in cash and cash equivalents in the year			(236,110)		(190,002)
Cash and cash equivalents at beginning of year			432,466		622,468
Cash and cash equivalents at end of year			196,356		432,466

1 Accounting policies

Charity information

The Nutrition Society is a private company limited by guarantee incorporated in England and Wales. The registered office is 10 Cambridge Court, 210 Shepherd's Bush Road, London, W6 7NJ.

1.1 Accounting convention

The accounts have been prepared in accordance with the Society's Articles of Association, 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 applicable in the UK and Republic of Ireland (FRS 102)” (as amended for accounting periods commencing from 1 January 2019). The Society is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Society. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the Society has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the Society is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Society has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Society has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

The Nutrition Society has contracted with Cambridge University Press (CUP) to publish journals on behalf of the Society although the Society retains title to these journals.

Membership income is accounted for on a receivable basis. The consideration for the right to publish journals is accounted for as earned by the Society.

Grants receivable are credited to the Statement of Financial Activities in the year for which they are received.

Deferred income represents amounts received for future periods where conditions are attached which must be fulfilled before unconditional entitlement or grants which can only be spent in future periods. The deferred income is released when entitlement to the income is confirmed.

1.5 Expenditure

Expenditure is included in the Statement of Financial Activities on an accruals basis.

Membership and charitable activity costs include expenditure which is directly attributable to specific activities and has been included within these cost categories. Certain other costs which are attributable to more than one activity are apportioned across cost categories on the basis of an estimate of the proportion of time spent by staff on those activities.

Governance costs are costs incurred in connection with the strategic management of the charity and in compliance with constitutional and statutory requirements.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Software	Straight line over 3 years
Nutrition Database	straight line over 3 years

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost (or deemed cost for land and buildings, where relevant at the date of transition to FRS 102) and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Under FRS 102 section 35.10(c) transitional provisions, the Society has elected to use the fair value of certain freehold and leasehold properties as a 'deemed cost'. The valuation was undertaken by Frost Meadocraft on 3 June 2014. The building is subject to annual depreciation and no further revaluations will be necessary.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land & buildings	Land - Nil, Building - Straight line over 50 years
Fixtues and equipment	Straight line over 10 years
Computer equipment	Straight line over 3 years

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1 Accounting policies **(Continued)**

1.8 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date. Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

A subsidiary is an entity controlled by the Society. Control is the power to govern the financial and operating policies of the entity so as to obtain benefits from its activities.

1.9 Impairment of fixed assets

At each reporting end date, the Society reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.10 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.11 Financial instruments

The Society has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Society's balance sheet when the Society becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Society’s contractual obligations expire or are discharged or cancelled.

1 Accounting policies **(Continued)**

1.12 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Society is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.13 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.14 Leases

Rentals payable under operating leases, including any lease incentives received, are charged as an expense on a straight line basis over the term of the relevant lease.

1.15 Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation are included in net income/(expenditure) for the period.

1.16 Taxation

The charity benefits from various exemptions from taxation afforded by tax legislation and is not liable to corporation tax on income or gains falling within those exemptions. Recovery is made of tax deducted from qualifying income and from receipts under Gift Aid.

1.17 Consolidation

The group financial statements consolidate the results of The Nutrition Society and its subsidiary undertaking, Nutrition Society Enterprises Limited, on a line by line basis.

No separate SOFA or income and expenditure account has been presented for the charity alone as permitted by section 408 of the Companies Act 2006 and under the SORP.

The Total Incoming Resources for the Society in 2022 was £1,201,298 (2021: £1,126,755) and net expenditure for the Society in 2022 was £731,983 (2021 net income: £52,911).

2 Critical accounting estimates and judgements

In the application of the Society's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

2 Critical accounting estimates and judgements (Continued)

Key sources of estimation uncertainty

Useful economic lives

The annual depreciation charge for property, plant and equipment is sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are reassessed annually. They are amended when necessary to reflect current estimates based on technological advancement, future investments, economic utilisation and the physical condition of the assets.

Recoverable value of fee debtors

The Society makes an estimate of the recoverable value of trade and other debtors. When assessing impairment of trade and other debtors, management considers factors including the current credit rating of the debtor, the aging profile and historical experience.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Membership fees	62,708	86,274
Grants receivable for core activities		
Full	42,058	58,389
Student	15,350	19,725
Retired	1,780	1,680
Graduate	2,640	5,540
Unwaged	880	940
	62,708	86,274

4 Charitable activities

	Publications Textbooks and FINS	Scientific and external meetings	Training and Education	Fundraising, Trading and Other Costs	Total 2022	Total 2021
	2022	2022	2022	2022		
	£	£	£	£	£	£
Charitable activities	930,344	7,263	113,761	5,399	54,520	1,111,287	1,011,238

4 Charitable activities (Continued)

For the year ended 31 December 2021

	Publications	Textbooks and FINS	Scientific and external meetings	Training and Education	Fundraising, Trading and Other Costs	Total 2021
	£	£	£	£	£	£
Charitable activities	933,291	9,435	51,426	8,936	8,150	1,011,238

5 Other trading activities

	Unrestricted funds 2022	Unrestricted funds 2021
	£	£
Advertising and sponsorship services	16,860	13,860

6 Investments

	Unrestricted funds 2022	Unrestricted funds 2021
	£	£
Income from listed investments	16,567	17,984
Interest receivable	-	74
	16,567	18,058

7 Raising funds

	Unrestricted funds 2022	Unrestricted funds 2021
	£	£
Fundraising and publicity		
Seeking donations, grants and legacies	5,017	6,514
Salaries related to membership scheme	79,971	74,527
Fundraising and publicity	84,988	81,041

7 Raising funds **(Continued)**

Trading costs		
Other trading activities	6,124	2,675
Investment management	5,912	5,753
	97,024	89,469

8 Charitable activities

	Publications	Textbooks	Scientific and external meetings	Communications	Training and education	International	Fundraising, Trading and Other Costs	Total 2022	Total 2021
	2022	2022	2022	2022	2022	2022	2022		
	£	£	£	£	£	£	£	£	£
Staff costs	73,601	-	89,612	112,976	37,706	49,008	-	362,903	329,018
Direct charitable expenditure	67,069	75	285,032	212,478	11,207	210,202	3,137	789,200	279,644
	140,670	75	374,644	325,454	48,913	259,210	3,137	1,152,103	608,662
Share of support costs (see note 10)	56,856	30	151,424	131,542	20,174	104,768	1,268	466,062	394,894
Share of governance costs (see note 10)	12,763	6	33,993	29,529	4,529	23,519	285	104,624	101,225
	210,289	111	560,061	486,525	73,616	387,497	4,690	1,722,789	1,104,781
Analysis by fund									
Unrestricted funds	210,289	111	560,061	486,525	73,616	387,497	4,690	1,722,789	1,104,781
	210,289	111	560,061	486,525	73,616	387,497	4,690	1,722,789	1,104,781

8 Charitable activities **(Continued)**

For the year ended 31 December 2021

	Publications	Scientific and external meetings	Communications	Training and education	International	Fundraising, Trading and Other Costs	Total 2021
	£	£	£	£	£	£	£
Staff costs	67,944	55,909	92,434	37,113	75,618	-	329,018
Direct charitable expenditure	37,606	141,473	73,047	5,041	8,197	14,280	279,644
	105,550	197,382	165,481	42,154	83,815	14,280	608,662
Share of support costs (see note 10)	68,480	128,060	107,362	27,349	54,378	9,265	394,894
Share of governance costs (see note 10)	17,554	32,826	27,521	7,011	13,939	2,374	101,225
	191,584	358,268	300,364	76,514	152,132	25,919	1,104,781
Analysis by fund							
Unrestricted funds	191,584	358,268	300,364	76,514	152,132	25,919	1,104,781
	191,584	358,268	300,364	76,514	152,132	25,919	1,104,781

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year, but 7 trustees were reimbursed a total of £16,212 for travelling and meeting expenses (2021: 12 trustees were reimbursed £2,702).

The trustees have professional indemnity insurance which amounted to £2,991 (2021: £2,798).

10 Support costs

	Support costs	**Governance costs**	**2022**	Support costs	Governance costs	2021
	£	**£**	**£**	£	£	£
Staff costs	211,368	65,234	276,602	185,908	63,937	249,845
Depreciation	36,150	-	36,150	34,372	-	34,372
Office overheads	206,637	-	206,637	165,706	-	165,706
Bank charges and interest	8,941	-	8,941	8,499	-	8,499
Foreign exchange differences	(37)	-	(37)	408	-	408
Loss on disposals	3,003	-	3,003	-	-	-
Audit fees	-	16,000	16,000	-	14,500	14,500
Accountancy	-	4,065	4,065	-	6,654	6,654
Legal and professional	-	6,106	6,106	-	6,326	6,326
Meeting and travel expenses	-	13,219	13,219	-	9,808	9,808
	466,062	104,624	570,686	394,893	101,225	496,118
Analysed between						
Charitable activities	466,062	104,624	570,686	394,894	101,225	496,119

* The Society allocates support and governance costs on a basis consistent with the use of resources.

Governance costs includes payments to the auditors of £20,065 (2021- £21,154).

11 Auditor's remuneration

The analysis of auditor's remuneration is as follows:

Fees payable to the charity's auditor:	**2022**	**2021**
	£	**£**
Audit of the group and charity annual accounts	16,000	14,500
Other services to the group		
All other non-audit services	4,065	6,654
Total auditor's remuneration	20,065	21,154

12 Net gains/(losses) on investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Revaluation of investments	(25,636)	96,817
Gain/(loss) on sale of investments	(93,956)	20,914
	(119,592)	117,731

13 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

14 Employees

Number of employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Publications	1	1
Communications	4	4
Office administration	3	3
Governance	2	2
Training and education	1	1
Meetings	1	1
External affairs	1	1
	13	13

Employment costs	2022 £	2021 £
Wages and salaries	595,773	470,421
Social security costs	63,550	48,619
Other pension costs	60,153	59,822
	719,476	578,862

Employee costs are apportioned based on staff salaries across publications, textbooks, scientific and external meetings, communications, training and education and international costs.

The number of employees whose annual remuneration was £60,000 or more were:

	2022 Number	2021 Number
£60,001 - £70,000	1	1
£100,001 - £110,000	-	1
£120,001 - £130,000	1	-

15 Retirement benefit schemes (Group and charity)

Defined contribution schemes

The Society operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Society in an independently administered fund. The outstanding commitment for contributions due under this scheme as at 31 December 2022 is £3,347 (2021 - £14,146).

The charge to Statement of Financial Activities in respect of defined contribution schemes was £60,153 (2021 - £59.822) .

16 Intangible fixed assets (Group and Charity)

	Software	Nutrition Database	Total
	£	£	£
Cost			
At 1 January 2022 and 31 December 2022	45,374	34,800	80,174
Amortisation and impairment			
At 1 January 2022	45,374	-	45,374
Amortisation charged for the year	-	2,900	2,900
At 31 December 2022	45,374	2,900	48,274
Carrying amount			
At 31 December 2022	-	31,900	31,900
At 31 December 2021	-	34,800	34,800

The charity had intangible fixed assets with net book value of £nil as at 31 December 2022.

17 Tangible fixed assets (Group and Charity)

	Freehold land & buildings	Fixtues and equipment	Computer equipment	Total
	£	£	£	£
Cost				
At 1 January 2022	1,152,535	192,992	106,841	1,452,368
Additions	-	14	4,466	4,480
Disposals	-	(32,658)	(86,543)	(119,201)
At 31 December 2022	1,152,535	160,348	24,764	1,337,647
Depreciation				
At 1 January 2022	108,611	90,081	94,125	292,817
Depreciation charged in the year	15,072	13,702	7,376	36,150
Eliminated in respect of disposals	-	(29,696)	(86,502)	(116,198)
At 31 December 2022	123,683	74,087	14,999	212,769
Carrying amount				
At 31 December 2022	1,028,852	86,261	9,765	1,124,878
At 31 December 2021	1,043,924	102,911	12,717	1,159,552

18 Fixed asset investments (Group)

	Listed investments	Cash in portfolio	Total
	£		£
Cost or valuation			
At 1 January 2022	1,058,645	36,778	1,095,423
Additions	495,439	-	495,439
Valuation changes	(117,867)	-	(117,867)
Movement on cash balances	-	(19,333)	(19,333)
Disposals	(781,784)	-	(781,784)
At 31 December 2022	654,433	17,445	671,878
Carrying amount			
At 31 December 2022	654,433	17,445	671,878
At 31 December 2021	1,058,645	36,778	1,095,423

	2022	2021
	£	£
Investments at fair value comprise:		
Bonds	165,737	221,743
Equities	488,696	836,902
	654,433	1,058,645

19 Fixed asset investments (Charity)

	Listed investments	Cash in portfolio	Subsidiary	Total
	£			£
Cost or valuation				
At 1 January 2022	1,058,645	36,778	1	1,095,424
Additions	495,439	-	-	495,439
Valuation changes	(117,867)	-	-	(117,867)
Movement on cash balances	-	(19,333)	-	(19,333)
Disposals	(781,784)	-	-	(781,784)
At 31 December 2022	654,433	17,445	1	671,879
Carrying amount				
At 31 December 2022	654,433	17,445	1	671,879
At 31 December 2021	1,058,645	36,778	1	1,095,424

20 Subsidiaries (Charity)

Details of the Society's subsidiaries at 31 December 2022 are as follows:

Name of undertaking	Registered office	Nature of business	Class of shares held	% Held Direct	% Held Indirect
Nutrition Society Enterprises Limited	England and Wales	Commercial trading	Ordinary	100.00	

The aggregate capital and reserves and the result for the year of subsidiaries excluded from consolidation was as follows:

Name of undertaking	Profit/(Loss)	Capital and Reserves
	£	£
Nutrition Society Enterprises Limited	10,736	1

The subsidiary's current activities are to generate advertising and sponsorship income. The issued share capital of Nutrition Society Enterprises Ltd is £1, divided into 1 ordinary share of £1 and shareholders' funds at 31 December 2022 totalled £1 (2021: £1). The company made a profit of £10,736 in 2022 (2021: £11,185). Turnover in 2022 was £16,860 (2021: £13,860).

21	Financial instruments (Group)	2022	2021
		£	£
	Carrying amount of financial assets		
	Debt instruments measured at amortised cost	594,082	786,983
	Equity instruments measured at cost less impairment	671,878	1,095,423
	Carrying amount of financial liabilities		
	Measured at amortised cost	287,987	283,888

22	Financial instruments (Charity)	2022	2021
		£	£
	Carrying amount of financial assets		
	Debt instruments measured at cost	623,697	816,028
	Equity instruments measured at fair value through income and expenditure	671,879	1,095,424
	Carrying amount of financial liabilities		
	Measured at cost	285,742	278,701

23 Debtors (Group)

	2022	2021
Amounts falling due within one year:	£	£
Trade debtors	1,811	187,341
Other debtors	45,432	22,859
Prepayments	7,783	7,933
Accrued income	350,483	144,317
	405,509	362,450

24 Debtors (Charity)

	2022	2021
Amounts falling due within one year:	£	£
Trade debtors	1,811	187,340
Amounts due from subsidiary undertakings	31,034	41,915
Other debtors	45,432	22,859
Prepayments	7,783	7,933
Accrued income	350,483	144,317
	436,543	404,364

25 Creditors: amounts falling due within one year (Group)

	Notes	2022 £	2021 £
Bank loans	**29**	25,000	25,000
Other taxation and social security		61,974	33,785
Deferred income	**27**	191,657	146,133
Trade creditors		62,151	47,343
Other creditors		27,380	4,407
Accruals		29,759	38,441
		397,921	295,109

26 Creditors: amounts falling due within one year (Charity)

	Notes	2022 £	2021 £
Bank loans	**29**	25,000	25,000
Other taxation and social security		61,936	33,218
Deferred income	**27**	191,657	146,133
Trade creditors		61,986	44,046
Other creditors		27,380	4,407
Accruals		27,679	36,551
		395,638	289,355

27 Deferred income (Group and Charity)

	2022 £	2021 £
Other deferred income	191,657	146,133

Deferred income is included in the financial statements as follows:

	2022 £	2021 £
Total deferred income at 1 January 2022	146,133	207,667
Amounts received in year	191,657	146,133
Amounts credited to statement of financial activities	(146,133)	(207,667)
	191,657	146,133

28 Creditors: amounts falling due after more than one year (Group and Charity)

	Notes	2022 £	2021 £
Bank loans	**29**	143,697	168,697

29 Loans and overdrafts (Group and Charity)

	2022 £	2021 £
Bank loans	168,697	193,697
Payable within one year	25,000	25,000
Payable after one year	143,697	168,697

The bank loan is a 5 year term loan expiring in July 2024, with interest to be paid at 2.75% above the bank's base rate. The bank loan was secured over the Society's freehold property at 10 – 11 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ in the bank's standard form dated 25 July 2019.

30 Analysis of net assets between funds

Charity	**Unrestricted Funds - general (parent)**	**Unrestricted Funds - designated (parent)**	**Unrestricted Funds - revaluation reserve (parent)**	**Total**	Unrestricted Funds - general (parent)	Unrestricted Funds - designated (parent)	Unrestricted Funds - revaluation reserve (parent)	Total
	2022	**2022**	**2022**	**2022**	2021	2021	2021	2021
	£	**£**	**£**	**£**	£	£	£	£
Fund balances at 31 December 2022 are represented by:								
Tangible assets	96,026	698,951	329,901	1,124,878	115,628	714,023	329,901	1,159,552
Investments	-	671,879	-	671,879	-	1,095,423	-	1,095,423
Current assets/(liabilities)	260,842	(25,000)	-	235,842	559,606	(25,000)	-	534,606
Long term liabilities		(143,697)	-	(143,697)	-	(168,697)	-	(168,697)
	356,868	1,202,133	329,901	1,888,902	675,234	1,615,749	329,901	2,620,884

30 Analysis of net assets between funds **(Continued)**

Group

	Unrestricted Funds - general (group)	**Unrestricted Funds - designated (group)**	**Unrestricted Funds - revaluation reserve (group)**	**Total**	Unrestricted Funds - general (group)	Unrestricted Funds - designated (group)	Unrestricted Funds - revaluation reserve (group)	Total
	2022	**2022**	**2022**	**2022**	2021	2021	2021	2021
	£	**£**	**£**	**£**	£	£	£	£
Fund balances at 31 December 2022 are represented by:								
Intangible fixed assets	31,900	-	-	31,900	34,800	-	-	34,800
Tangible assets	96,025	698,952	329,901	1,124,878	115,628	714,023	329,901	1,159,552
Investments	-	671,878	-	671,879	-	1,095,423	-	1,095,423
Current assets/(liabilities)	228,943	(25,000)	-	203,943	524,807	(25,000)	-	499,807
Long term liabilities	-	(143,697)	-	(143,697)	-	(168,697)	-	(168,697)
	356,868	1,202,133	329,901	1,888,903	675,235	1,615,749	329,901	2,620,885

31 Designated funds (Group and Charity)

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 January 2021	Resources expended	Transfers	Revaluations, gains and losses	Balance at 1 January 2022	Resources expended	Transfers	Revaluations, gains and losses	Balance at 31 December 2022
	£	£	£	£	£	£	£	£	£
Freehold property	729,095	(15,072)	-	-	714,023	(15,072)	-	-	698,951
Investments	981,773	-	16,839	96,812	1,095,424	-	(305,678)	(117,867)	671,879
Bank Loan	(218,697)	-	25,000	-	(193,697)	-	25,000	-	(168,697)
	1,492,171	(15,072)	41,839	96,812	1,615,750	(15,072)	(280,678)	(117,867)	1,202,133

Freehold Property - Represents the net book value of the freehold premises in Hammersmith (net of the revaluation reserve) occupied for the Society's offices.

Investments - Relates to a sum invested to generate income to fund the Society's commitment to support Studentships, Travel Grants, and other Grants and Bursaries to benefit early career researchers.

Bank Loan - The bank loan was obtained to fund the renovation of the freehold property premises.

32 Revaluation reserve (Group and Charity)

The revaluation reserve is as follows:

	2022 £	2021 £
Revaluation reserve	329,901	329,901
	329,901	329,901

The revaluation reserve reflects the difference between the net book value of land and buildings and the revalued amount based on market value at the date of transition on 1 January 2014. The revaluation uplift is considered to relate to the land element of the property which is not depreciated.

33 Operating lease commitments (Group and Charity)

At the reporting end date the Society had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022 £	2021 £
Within one year	37,485	11,117

34 Related party transactions (Group and Charity)

Remuneration of key management personnel
The remuneration of key management personnel is as follows.

	2022 £	2021 £
Aggregate remuneration	124,056	113,273

Transactions with related parties
The group has taken advantage of the disclosure exemptions to which it is entitled regarding transactions between parent and 100% owned subsidiary companies.

No guarantees have been given or received.

None of the trustees (or any persons connected with them) received any remuneration during the year.

35 Cash generated from operations

	2022	2021
	£	£
(Deficit)/surpus for the year	(731,983)	52,911
Adjustments for:		
Investment income recognised in statement of financial activities	(16,567)	(18,058)
Loss/(gain) on disposal of investments	93,956	(20,914)
Fair value gains and losses on investments	25,636	(96,812)
Depreciation, amortisation and impairment of fixed assets	39,050	34,372
Movements in working capital:		
(Increase) in debtors	(43,059)	(33,398)
Increase/(decrease) in creditors	57,289	(829)
Increase/(decrease) in deferred income	45,524	(53,450)
Cash absorbed by operations	(530,154)	(136,178)

36 Analysis of changes in net funds

	At 1 January 2022	Cash flows	At 31 December 2022
	£	£	£
Cash at bank and in hand	432,466	(236,110)	196,356
Loans falling due within one year	(25,000)	-	(25,000)
Loans falling due after more than one year	(168,697)	25,000	(143,697)
	238,769	(211,110)	27,659

37 Company limited by guarantee

The Nutrition Society is incorporated under the Companies Act as a company limited by guarantee. The liability of the members is limited to £1.