

LONG COVID-19 FOUNDATION

England & Wales · Charity number 1193939

Details

Other names	LONG COVID FOUNDATION, LONG COVID-19 CHARITY
Status	Registered
Legal form	CIO
Registered	2021-03-26
Register	View on the Charity Commission register

Contact

Address	Brookfield Court Garforth Leeds LS25 1NB
Phone	07445699211
Email	a.bochenkov@longcovidcharity.org
Website	www.longcovidfdn.com

Activities

Objects: THE OBJECT OF THE CIO IS TO PROTECT AND PROMOTE THE HEALTH OF THE PUBLIC IN PARTICULAR BY RECOGNISING LONG COVID-19 SYNDROME IN THE UK AND WORLDWIDE, AND BY UNDERTAKING RESEARCH INTO THE NATURE, CAUSES, DIAGNOSIS, PREVENTION, TREATMENT AND CURE OF ALL FORMS OF LONG COVID-19, INCLUDING THE DEVELOPMENT OF FINDINGS OF RESEARCH INTO PRACTICAL APPLICATIONS FOR PREVENTION, TREATMENT AND CURE OF LONG COVID-19 AND FURTHERANCE OF THAT PRIMARY OBJECT, TO PROVIDE INFORMATION AND RAISE PUBLIC UNDERSTANDING OF SUCH MATTERS.

Activities: The charity is established to protect and promote the health of the public in particular by (i) recognising Long Covid syndrome in the UK and Worldwide, and by (ii) undertaking research into the nature, causes, diagnosis, prevention, treatment of all forms of Long Covid-19, including (iii) development of findings of research into the practical applications for treatment and rehabilitation

Classification

- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£1,377	£3,845	-	-
2024-07-31	£9,028	£6,690	-	-
2023-07-31	£4,731	£4,527	-	-
2022-07-31	£10,869	£8,691	-	-

Trustees

Name	Role	Appointed
Dr Valentina Viduto	Chair	2021-03-26
Dr Alexey Bochenkov		2021-03-26

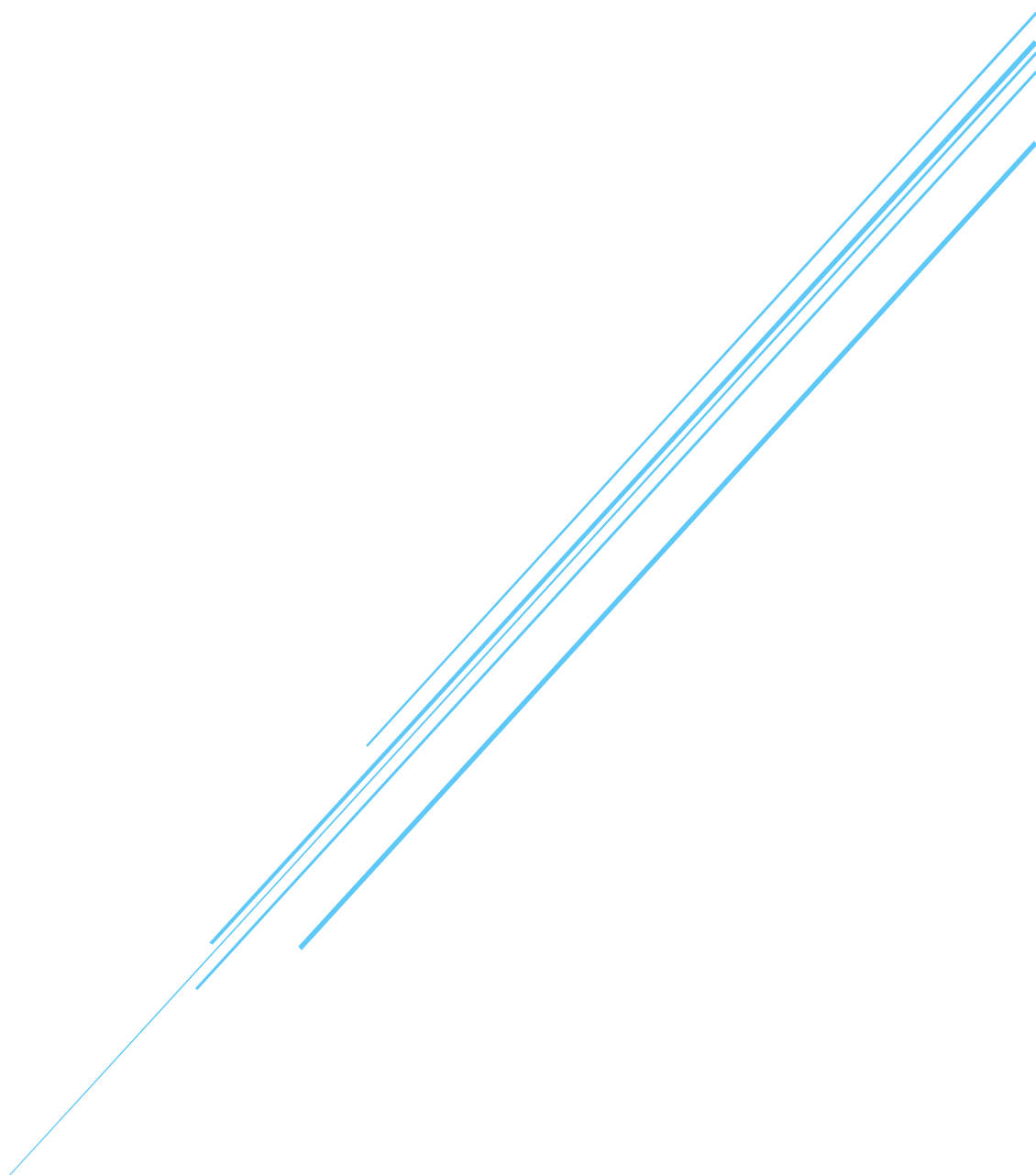
LONG COVID-19 FOUNDATION

England & Wales - Charity number 1193939

Accounts

LONG COVID-19 FOUNDATION

Trustees' report and financial statements for the year
ended 31 July 2025



England and Wales Charity Number 1193939
Long Covid-19 Foundation

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Financial review	5
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Reference and administrative details of the charity, its trustees

Trustees

Dr A Bochenkov
Dr V Viduto

Charity registered number

England and Wales 1193939

Registered office

Brookfield Court
Garforth
Leeds
LS25 1NB

Bankers

HSBC Bank

Structure, governance and management

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation (CIO)

Trustee selection methods

Identified by the Founder, interviewed and appointed by trustees

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 JULY 2025

The trustees present their annual report together with the financial statements of the Long Covid-19 Foundation for the year ended 31 July 2025. The report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), effective from 1 January 2019.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Charitable objects The charity is established to protect and promote the health of the public in particular by (i) recognising Long Covid syndrome in the UK and Worldwide, and by (ii) undertaking research into the nature, causes, diagnosis, prevention, treatment and cure of all forms of Long Covid-19, including (iii) development of findings of research into the practical applications for prevention, treatment and rehabilitation of Long Covid.

What we do and why we do it

Long Covid is a complicated multisystem disease that affects many parts of the body and can come with a whole range of tough, disabling symptoms. At the Long Covid-19 Foundation, we're here to support people through every step of their experience with the condition, and, through research, raise awareness about existing treatments, trials and rehabilitation options. We don't spend money on a high-paid CEO. Instead, our work is driven by a dedicated team of volunteer trustees and helpers who give their time and energy to make a real difference. We focus on sharing reliable information, helping people understand their symptoms and options, and speaking up for those living with Long Covid syndrome.

Our main priorities are to provide reliable information, deliver knowledge about the symptoms, treatments and rehabilitation options, and advocate for those who suffer.

Our top priorities are to provide clear, trustworthy information, share knowledge about symptoms, treatment options, and recovery pathways, and stand up for those affected by Long Covid.

Advocating for positive change is a key part of what we do. Our trustees take part in important conferences, meetings, and events - offering insights and ensuring the voices of people with Long Covid are heard. We're also very active on social media, knowing that many people turn to these platforms for support, information, and connection.

On a global level, we contribute to international research groups made up of scientists, doctors, and fellow advocates. We work closely with medical experts to conduct interviews and openly share the findings with the public. This not only helps people understand more about Long Covid but also supports vital research into its causes and how it can be treated more effectively.

Support when it's needed

We devote considerable time and effort to delivering meaningful support to individuals and communities affected by Long Covid. This includes responding promptly to requests for assistance and offering detailed, accurate information tailored to their needs.

We are proud to have cultivated a supportive community of over 20,000 members, who benefit from the regular dissemination of important updates and educational content, including informational videos.

Our work is sustained through the generosity of both members and non-members—individuals and organisations who recognise the scale of the Long Covid crisis and the value of our contribution to public support. The Long Covid-19 Foundation's Facebook support group remains one of the largest and most active communities for those affected by Long Covid and continues to grow steadily. Through this group and other social media platforms, we are able to extend our support and outreach to an even broader audience.

Website and Social Media

The Long Covid-19 Foundation's website and social media channels are essential tools in our efforts to engage with, inform, and support individuals affected by Long Covid. These platforms—including our website, Twitter (X), and YouTube channel—serve as key points of access for thousands of unique visitors each month, providing trusted information and resources.

We also maintain a strong presence on Facebook, Twitter, and LinkedIn, where our growing followings significantly enhance our ability to reach wider audiences and extend our support services. These digital platforms play a critical role in raising awareness, fostering community, and promoting the Foundation's initiatives.

Public benefit

The Long Covid-19 Foundation is committed to delivering measurable public benefit through its work. In preparing this report and the accompanying financial statements, the trustees have considered the guidance issued by the Charity Commission on public benefit and are confident that the Foundation's objectives and activities continue to align with the scope of that guidance.

In summary, the Long Covid-19 Foundation remains firmly dedicated to improving public health, raising awareness of Long Covid syndrome, and contributing to the identification of effective treatment and rehabilitation options. We are deeply grateful for the ongoing support of individuals, organisations, and our wider community, and we look forward to continuing this important work in the year ahead.

STRATEGIC REPORT

Achievement and performance

Charitable activities

The past year presented considerable challenges; nevertheless, the Foundation maintained its forward momentum throughout, and the progress achieved during this period reflects the dedication and resolve of all involved.

Demand for our work has grown continuously. The number of individuals living with Long Covid remains substantial and continues to rise, in part as the condition becomes more clearly distinguished from other long-term post-illness presentations. Alongside this, the need for reliable information, practical guidance, and effective advocacy has intensified correspondingly. Meeting these needs has been, and remains, the Foundation's central purpose — one to which we have remained fully committed.

Central to our work has been the assurance that those affected by Long Covid can depend upon us. Whether individuals were newly diagnosed, experiencing difficulty in accessing appropriate healthcare, or seeking reassurance that their experiences are recognised, the Foundation has maintained a consistent and trusted presence. Our trustees have contributed significantly in this regard, participating in key conferences and strategic forums where policies and decisions affecting Long Covid patients are being formed, and ensuring that the patient community's perspective informs those discussions.

We have maintained direct engagement with those seeking support through email, social media, and a range of other channels, responding to requests for information and guidance as they arise. Our community has grown to more than 20,000 members, and the value of that network extends well beyond numbers. For a great many individuals, access to a community that understands their experience and offers a reliable point of contact provides meaningful and practical reassurance.

In the field of research, the Foundation has continued to direct its efforts toward the areas of greatest need. In collaboration with internationally respected scientists and clinicians, we have contributed to significant publications and furthered the collective understanding of Long Covid's underlying mechanisms. We regard it as a core responsibility to help steer attention and resources toward the research questions that matter most, and that work continues to advance.

A particularly encouraging area of development has been the investigation of targeted nutritional interventions as a viable approach to symptom management and recovery support. Recognising that pharmaceutical treatments are not universally accessible, affordable, or effective — and that demand on NHS services remains considerable — the Foundation has been exploring the role of specific nutrients in supporting rehabilitation. This approach presents a potentially more sustainable and inclusive pathway to long-term recovery, particularly for those with limited access to specialist care. We regard this avenue as holding significant promise and are committed to advancing it further.

The Foundation has also prioritised keeping patients and the wider public well informed. Our video series and online conference presentations bring together leading medical and scientific voices to provide clear, timely updates on research developments, emerging treatment approaches, and rehabilitation pathways. For patients and their families navigating a condition whose understanding continues to evolve, access to accurate and authoritative information is of considerable importance.

Reflecting on the year as a whole, it has been one that has demonstrated both the resilience of this Foundation and the breadth of what it is capable of achieving. We have supported thousands of individuals, contributed to meaningful research, and continued to advocate on behalf of a community whose needs deserve to be heard at every level. That work continues with undiminished commitment. We remain focused on extending our reach, deepening our impact, and advancing progress in research, advocacy, and support for all those affected by Long Covid.

Financial Review

Financial position

During the twelve-month reporting period, the Foundation received £1,377 in general funds. This income has supported the continuity of our operations and the ongoing delivery of essential services to those affected by Long Covid. The Foundation recognises that sustaining adequate and consistent donation income presents an ongoing challenge, and one which requires careful attention as we plan for the period ahead.

To manage this risk and maintain operational stability, the Foundation holds £2,229 in reserve across deposit accounts with HSBC Bank Plc and PayPal. These reserves provide an important financial buffer, enabling the organisation to respond to unforeseen expenditure and mitigate the impact of potential shortfalls in income.

The Foundation's income during this period has been derived primarily from individual and organisational donations, which reflect both the continued generosity of our supporters and the broader economic context in which they are giving. It is recognised that prevailing pressures in the global economy have constrained household and organisational budgets alike, and that charitable giving has been affected accordingly. The contributions received have been directed principally toward operational costs and essential supplies, sustaining our outreach activities, support networks, and informational resources.

Looking ahead, the Foundation is committed to diversifying its income streams as a strategic priority. Efforts will focus in particular on securing philanthropic funding and pursuing relevant government grant opportunities, while acknowledging the competitive landscape across which such funding is sought. Developing these additional revenue streams will be essential to expanding our capacity, extending the reach of our services, and ensuring our resources remain accessible to those who need them most.

As the Foundation continues to develop its financial position, prudent stewardship of resources remains central to our approach. Through disciplined financial planning, the continued support of our community, and a proactive fundraising strategy, we are confident in our ability to sustain and grow our impact in the years ahead, in a manner consistent with our long-term mission.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature *V. Viduto*

Full name: Dr Valentina Viduto

Position: Chair

Date 23.05.2026

 CHARITY COMMISSION FOR ENGLAND AND WALES	Long Covid-19 Foundation		No (if any) 1193939	
	Receipts and payments accounts			
For the period from		Period start date	To	Period end date
		01/08/2024		31/07/2025

CC16a

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	1,373	-	-	1,373	9,024
PayPal cashback bonus	4	-	-	4	4
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,377	-	-	1,377	9,028
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,377	-	-	1,377	9,028
A3 Payments					
Insurance	327	-	-	327	307
Office supplies	1,106	-	-	1,106	2,359
IT costs	1,049	-	-	1,049	1,112
Delivery service fees	249	-	-	249	90
Hospitality	792	-	-	792	1,061
Bank charges	55	-	-	55	61
Training and Legal Compliance	266	-	-	266	1,699
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,845	-	-	3,845	6,690
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,845	-	-	3,845	6,690
Net of receipts/(payments)	- 2,468	-	-	- 2,468	2,338
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 2,468	-	-	- 2,468	2,338

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	1,957	-	-
	Paypal account	273	-	-
		-	-	-
	Total cash funds	2,230	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office supplies		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
Chair	<i>V. Viduto</i>	Dr Valentina Viduto	23/05/2026
	<i>Alexey Bochenkov</i>	Dr Alexey Bochenkov	23/05/2026

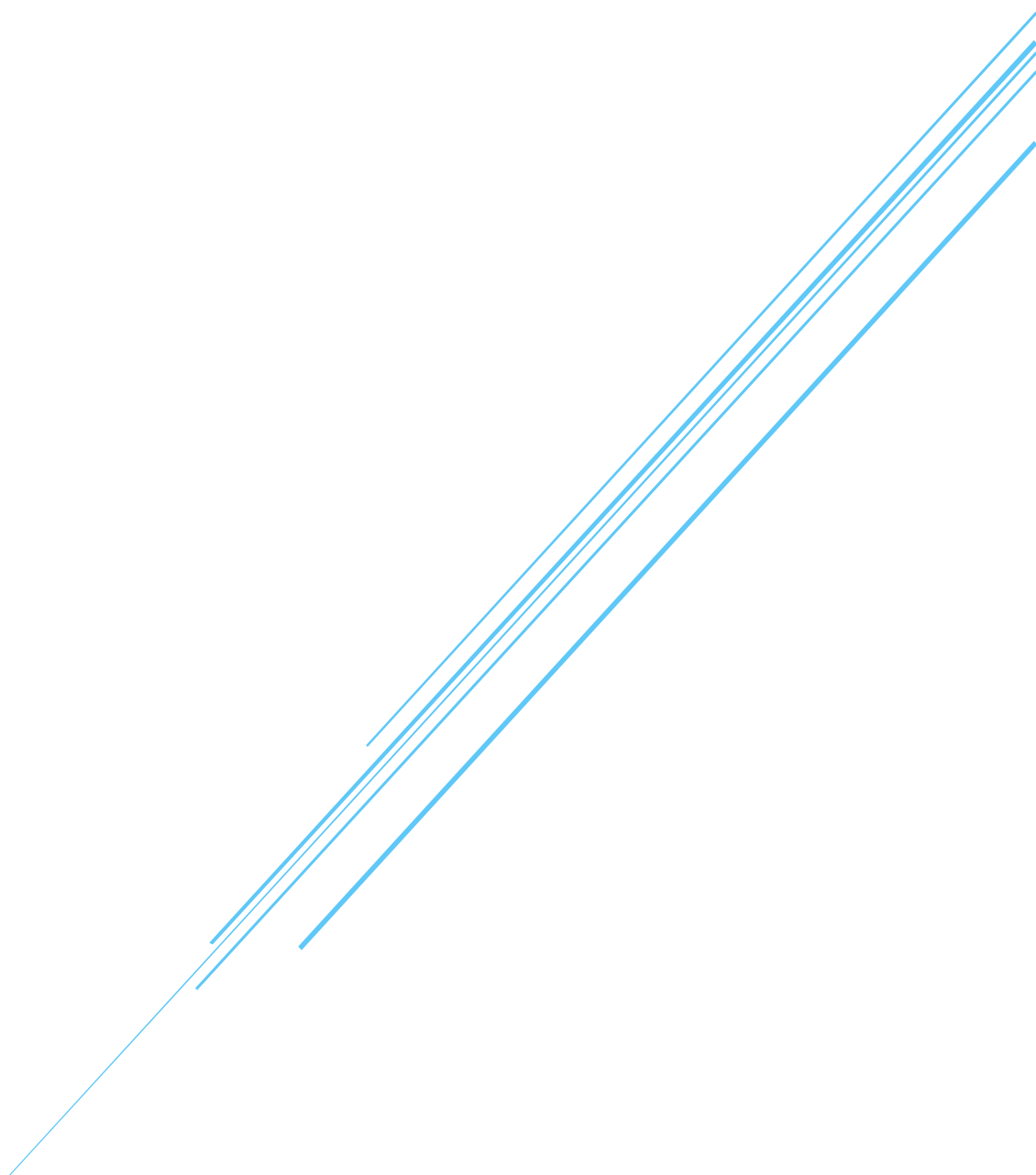
LONG COVID-19 FOUNDATION

England & Wales - Charity number 1193939

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LONG COVID-19 FOUNDATION

Trustees' report and financial statements for the year
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Dr V Viduto

Charity registered number

England and Wales 1193939

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On a global level, we contribute to international research groups made up of scientists, doctors, and fellow advocates. We work closely with medical experts to conduct interviews and openly share the findings with the public. This not only helps people understand more about Long Covid but also supports vital research into its causes and how it can be treated more effectively.

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Website and Social Media

The Long Covid-19 Foundation's website and social media channels are essential tools in our efforts to engage with, inform, and support individuals affected by Long Covid. These platforms—including our website, Twitter (X), and YouTube channel—serve as key points of access for thousands of unique visitors each month, providing trusted information and resources.

We also maintain a strong presence on Facebook, Twitter, and LinkedIn, where our growing followings significantly enhance our ability to reach wider audiences and extend our support services. These digital platforms play a critical role in raising awareness, fostering community, and promoting the Foundation's initiatives.

Public benefit

The Long Covid-19 Foundation is committed to delivering measurable public benefit through its work. In preparing this report and the accompanying financial statements, the trustees have considered the guidance issued by the Charity Commission on public benefit and are confident that the Foundation's objectives and activities continue to align with the scope of that guidance.

In summary, the Long Covid-19 Foundation remains firmly dedicated to improving public health, raising awareness of Long Covid syndrome, and contributing to the identification of effective treatment and rehabilitation options. We are deeply grateful for the ongoing support of individuals, organisations, and our wider community, and we look forward to continuing this important work in the year ahead.

STRATEGIC REPORT

Achievement and performance

Charitable activities

Over the past year, we have navigated a period marked by exceptional challenges, yet our progress and impact have been considerable. Despite significant disruptions to fundraising and public events, we remained focused and determined in our efforts. As the number of individuals affected by Long

Covid continues to rise, so too has the demand for reliable information, practical support, and advocacy - needs which we have been committed to meeting.

Throughout this period, the Foundation has remained a consistent and trusted presence. We have provided dependable resources, amplified patient voices, and extended support to those navigating the complexities of Long Covid. Our trustees have played a central role, attending and contributing to key conferences and strategic meetings, ensuring our representation in national and global conversations. Notably, our input into the UK COVID-19 Public Inquiry reflects our ongoing commitment to advocating for the rights and wellbeing of Long Covid patients.

Our outreach activities have expanded significantly. We continue to respond to requests for help via email, social media, and direct engagement, offering guidance and reassurance when it is most needed. With a steadily growing community of over 17,000 members, our communication channels have become essential hubs for reliable information and peer support.

In the area of research, we have made important strides. Collaborating with globally respected scientists and medical professionals, we have contributed to high-impact scientific publications and advanced the understanding of Long Covid's complex pathology. These partnerships have enabled us to drive forward research into the biological mechanisms behind the condition, helping to steer global focus and resources toward solutions.

A promising area of focus has been the exploration of targeted nutritional interventions as a novel, accessible approach to managing Long Covid symptoms. Rather than relying solely on pharmaceutical treatments, which can be costly, limited in effectiveness, and place additional strain on the NHS, we were focusing on the role of specific nutrients in supporting recovery. This approach offers a potentially more sustainable, scalable, and inclusive pathway to symptom management and long-term rehabilitation - especially for those with limited access to specialist care or medical treatment. We believe this avenue holds significant potential to improve patient outcomes while easing the burden on public health services.

We have also embraced digital innovation to keep the public informed. Our informational video series and online conference presentations regularly feature updates from respected experts in the medical and scientific communities. These resources provide timely, accessible updates on research progress, treatment options, and rehabilitation pathways, helping to empower patients and their families.

In summary, the past year has demonstrated our resilience and commitment in the face of adversity. We have not only sustained our operations, but significantly advanced our mission to support those affected by Long Covid. As we look ahead, we remain dedicated to expanding our reach, deepening our impact, and continuing to drive progress in research, advocacy, and community support.

Financial Review

Financial position

During the reporting period of the past 12 months, the Long Covid-19 Foundation received £9,028 in general funds. This financial support has enabled us to sustain our operations and continue delivering essential services to those affected by Long Covid syndrome. However, we remain fully aware of the challenges that lie ahead – most important among them, the risk of reduced or inconsistent donations, which still represents a key financial vulnerability for the charity.

To mitigate this risk and ensure operational continuity, we have reserved £4,720 in deposit accounts held with HSBC Bank Plc and PayPal. These funds provide a necessary financial cushion, allowing us to respond to unforeseen expenses and safeguard against potential shortfalls in income.

Our income this year has primarily been derived from individual and organisational donations, reflecting the ongoing generosity and trust of our supporters. These contributions are largely allocated to operational costs and essential supplies, enabling us to maintain our outreach, support networks, and informational resources.

Looking forward, we are still placing a strategic focus on diversifying our income streams. In particular, we aim to pursue philanthropic support and apply for relevant government grants. These additional funding avenues will be critical in enabling us to scale up our initiatives, extend the reach of our services, and make our resources more widely accessible to those in need.

As we continue to strengthen our financial foundation, we are committed to careful stewardship of our resources and long-term sustainability. Through a combination of prudent financial planning, community support, and strategic fundraising, we remain confident in our ability to grow our impact and uphold our mission in the years ahead.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature *V. Viduto*

Full name: Dr Valentina Viduto

Position: Chair

Date 19.05.2025

CHARITY COMMISSION
FOR ENGLAND AND WALES

Long Covid-19 Foundation

No (if any)
1193939

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/08/2023		31/07/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	9,024	-	-	9,024	4,723
PayPal cashback bonus	4	-	-	4	8
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,028	-	-	9,028	4,731
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,028	-	-	9,028	4,731
A3 Payments					
Insurance	307	-	-	307	279
Office supplies	2,359	-	-	2,359	3,007
IT costs	1,112	-	-	1,112	1,091
Delivery service fees	90	-	-	90	-
Hospitality	1,061	-	-	1,061	90
Bank charges	61	-	-	61	60
Training and Legal Compliance	1,699	-	-	1,699	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,690	-	-	6,690	4,527
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,690	-	-	6,690	4,527
Net of receipts/(payments)	2,338	-	-	2,338	204
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,338	-	-	2,338	204

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	4,303	-	-
	Paypal account	417	-	-
	Total cash funds	4,720	-	-
	(agree balances with receipts and payments account(s))	Agreement	Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
	Office supplies		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Chair <i>T. Viduto</i>	Dr Valentina Viduto	15/05/2025
<i>Alexey Bochenkov</i>	Dr Alexey Bochenkov	15/05/2025

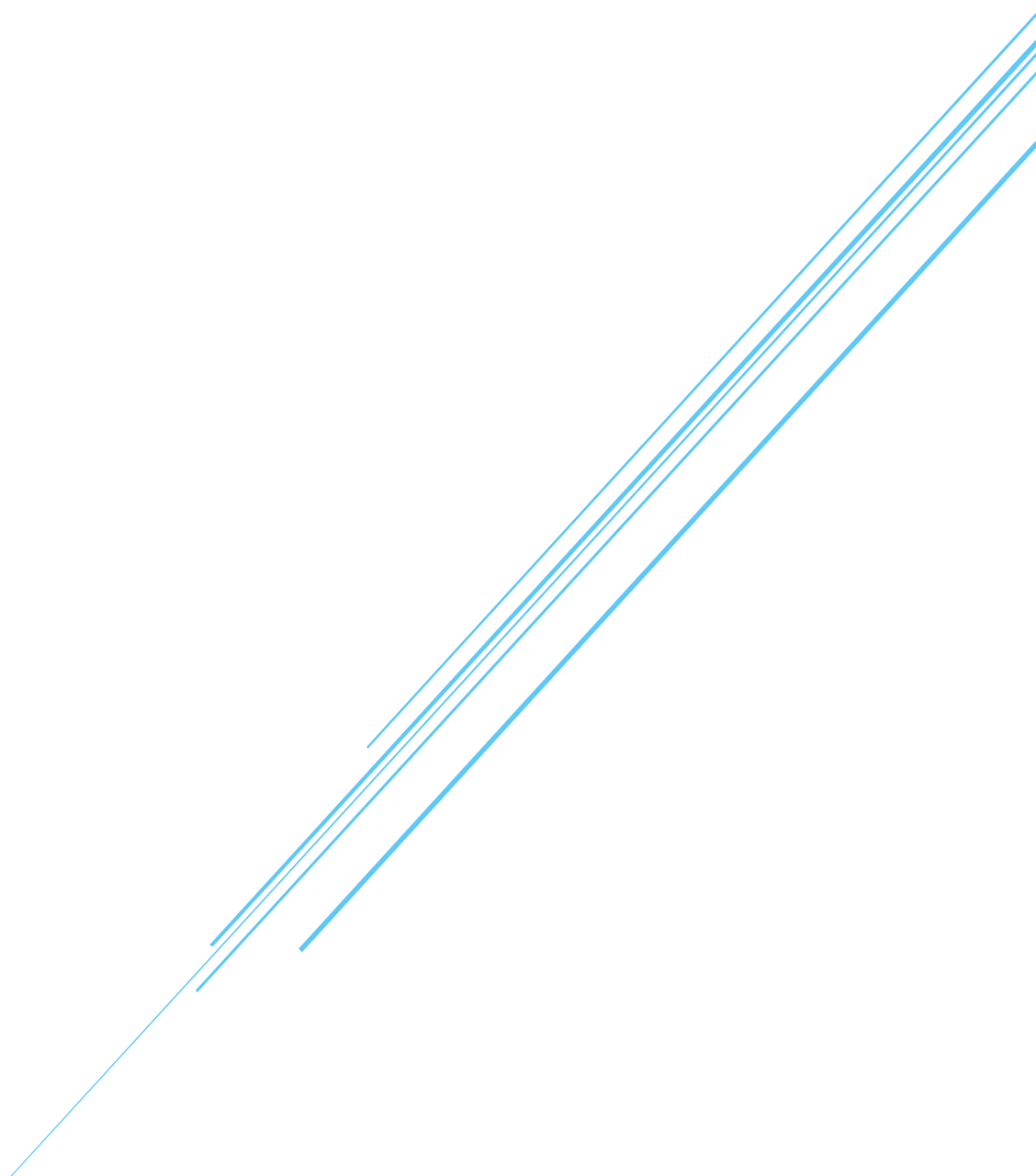
LONG COVID-19 FOUNDATION

England & Wales - Charity number 1193939

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LONG COVID-19 FOUNDATION

Trustees' report and financial statements for the year
ended 31 July 2023



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Trustees

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Dr V Viduto

Charity registered number

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Registered office

Brookfield Court
Garforth
Leeds
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Bankers

HSBC Bank

Structure, governance and management

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation (CIO)

Trustee selection methods

Identified by the Founder, interviewed and appointed by trustees

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 JULY 2023

The trustees present their report with the financial statements of the charity for the year ended 31 July 2023. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Charitable objects The charity is established to protect and promote the health of the public in particular by (i) recognising Long Covid syndrome in the UK and Worldwide, and by (ii) undertaking research into the nature, causes, diagnosis, prevention, treatment and cure of all forms of Long Covid-19, including (iii) development of findings of research into the practical applications for prevention, treatment and rehabilitation of Long Covid.

What we do and why we do it

Long Covid is a complex multisystem disease with a wide range of disabling symptoms. The Long Covid-19 Foundation is here to support people through all stages of their illness because we desperately want to see everyone get the help they need and, through research, raise awareness about existing treatments, trials and rehabilitation options. We don't employ an expensive CEO. Instead, we're proud to have a team of voluntary and dedicated trustees and volunteers who work tirelessly to provide reliable information, knowledge about symptoms, treatments, and rehabilitation options, and advocate for those who suffer from Long Covid syndrome.

Our main priorities are to provide reliable information, deliver knowledge about the symptoms, treatments and rehabilitation options, and advocate for those who suffer.

This means to encompass furnishing dependable information, disseminating knowledge regarding symptoms, treatments, and rehabilitation options, and championing the rights of those afflicted.

Advocating for constructive change is integral to our mission. Trustees diligently participate in and provide insights from crucial conferences, congresses, and meetings. We actively engage on social media platforms, recognising them as pivotal spaces where Long Covid sufferers seek solace and support.

Furthermore, we actively contribute to international scientific consortia, comprised of scientists, clinicians, and Long Covid advocates. Our dedicated efforts involve collaborating with scientists and medical professionals to conduct interviews, freely sharing them for public benefit. This supports research aimed at understanding the underlying mechanisms driving the debilitating Long Covid syndrome and identifying effective treatment modalities.

Support when it's needed

We dedicate significant time to offering comprehensive support to both individuals and communities impacted by this illness. This entails promptly responding to pleas for assistance and providing extensive information whenever necessary.

We take pride in nurturing communities comprising over 15,000 members, who benefit from crucial information disseminated through our regular informational videos.

Donations come from both our members and non-members — individuals and organisations alike, recognising the magnitude of the disease and the significance of our public support. The Long Covid-19 Foundation's Facebook support group, one of the primary communities for Long Covid sufferers, continues to expand steadily, amplifying our support not only to this group but also to other communities congregated across various social media platforms and beyond.

Website and Social Media

Our website and social media platforms play a vital role in the Long Covid-19 Foundation's endeavours to connect with and assist those in need. These online resources - our website, Twitter, and YouTube informational channel - are among our most frequented, drawing in thousands of unique visitors, participants, and page views every month. We take pride in our substantial followings on Facebook, Twitter, and LinkedIn, which further amplify our outreach and support efforts.

Public benefit

At the Long Covid-19 Foundation, we pride ourselves on continuously contributing to public benefit. In preparation of the report and financial statements, we've taken Charity Commission guidance on public benefit into account, and we believe our objectives and activities are still within the scope of that guidance.

In summary, the Long Covid-19 Foundation is steadfast in its mission to bolster public health, increase awareness surrounding Long Covid syndrome, and uncover effective treatment modalities for those affected. We extend our gratitude to both our community and non-community supporters and eagerly anticipate furthering our mission in the future.

STRATEGIC REPORT

Achievement and performance

Charitable activities

In the face of unprecedented challenges, our journey through the past period has been nothing short of remarkable. Despite the tumultuous landscape affecting fundraising activities and events, we've persevered, embodying resilience and dedication. As the demand for resources and support surged with the rising number of Long COVID patients, our role as a beacon of hope in society became increasingly vital.

Throughout this turbulent period, we've stood firm, providing unwavering support, disseminating crucial information, and amplifying the voices of those affected. Our trustees, with unwavering commitment, actively participated in major conferences and pivotal meetings, ensuring our presence

was felt in critical discussions. Moreover, our contribution to the UK COVID-19 Public Inquiry underscores our dedication to advocating for the interests of Long COVID patients.

Our outreach efforts have been nothing short of extraordinary. From responding to cries for help via email, social media, to personal interactions, we've maintained an unwavering commitment to our community. With over 15,000 members and growing, our informational channels serve as lifelines, offering vital resources and support to those in need.

In our pursuit of understanding and combating Long COVID, we've embarked on a ground-breaking journey of research, collaboration and scientific publications in world leading journals with very high impact factor. By attracting leading international scientists and medical experts, we've forged further partnerships aimed at unravelling the mysteries of this debilitating disease. Together, we're delving deep into the underlying mechanisms and pathophysiology of Long COVID, redirecting the focus of global attention and resources towards addressing this pressing challenge.

To ensure that the public remains informed and empowered, we've embraced innovation through our informational videos and presentations delivered via organised conferences. Regularly we provide updates from esteemed scientists, doctors, and medical practitioners. These videos serve as a beacon of hope, offering clarity and guidance amidst uncertainty, keeping the public abreast of the latest developments in the realm of Long COVID.

In the face of adversity, we've not only endured but thrived, embodying resilience, determination, and compassion. As we look towards the future, we remain steadfast in our commitment to serving our community, driving forward our mission, and making a tangible difference in the lives of those affected by Long COVID.

Financial Review

Financial position

In the past 12 months (initial reporting period) the Long COVID-19 Foundation has received £4,731 as general funds. The main financial risk to the charity is loss or reduced amount of donations. The funds of £2,382 are held on deposit account HSBC Bank Plc and PayPal to cover operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.

Our primary source of income continues to be individual and organisational donations, underscoring the unwavering support of our community. While the majority of these funds are directed towards operational costs and supplies, we remain committed to optimising our financial resources for maximum impact.

Looking ahead, we are exploring avenues to diversify our funding streams, with a particular emphasis on securing significant philanthropy government grants. These grants will not only bolster our financial resilience but also enable us to expand our activities and enhance the availability of our informational resources for those affected by Long COVID.

As we navigate the complex landscape of financial sustainability, we remain steadfast in our commitment to fiscal prudence and strategic growth. With a proactive approach and unwavering

dedication, we are confident in our ability to navigate challenges and ensure the long-term sustainability of our organization.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature *V. Viduto*

Full name: Dr Valentina Viduto

Position: Chair

Date 10.05.2024

 CHARITY COMMISSION FOR ENGLAND AND WALES		Long Covid-19 Foundation		No (if any) 1193939		CC16a
Receipts and payments accounts						
For the period from		Period start date 01/08/2022	To	Period end date 31/07/2023		

Section A Receipts and payments					
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	4,723	-	-	4,723	10,817
PayPal cashback bonus	8	-	-	8	52
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,731	-	-	4,731	10,869
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,731	-	-	4,731	10,869
A3 Payments					
Insurance	279	-	-	279	559
Office supplies	3,007	-	-	3,007	6,729
IT costs	1,091	-	-	1,091	747
Delivery service fees	-	-	-	-	339
Hospitality	90	-	-	90	240
Bank charges	60	-	-	60	77
	-	-	-	-	-
	-	-	-	-	-
Sub total	4,527	-	-	4,527	8,691
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	4,527	-	-	8,691	8,691
Net of receipts/(payments)	204	-	-	204	2,178
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	204	-	-	204	2,178

Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	Bank account	1,251	-	-	
	Paypal account	1,131	-	-	
		-	-	-	
	Total cash funds	2,382	-	-	
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK	
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B2 Other monetary assets		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)	
			-	-	
			-	-	
			-	-	
			-	-	
			-	-	
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)	
	Office supplies		-	-	
			-	-	
			-	-	
			-	-	
			-	-	
			-	-	
			-	-	
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)	
			-		
			-		
			-		
			-		
			-		

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
Chair	<i>T. Viduto</i>	Dr Valentina Viduto	09/05/2024
	<i>Alexey Bochenkov</i>	Dr Alexey Bochenkov	09/05/2024

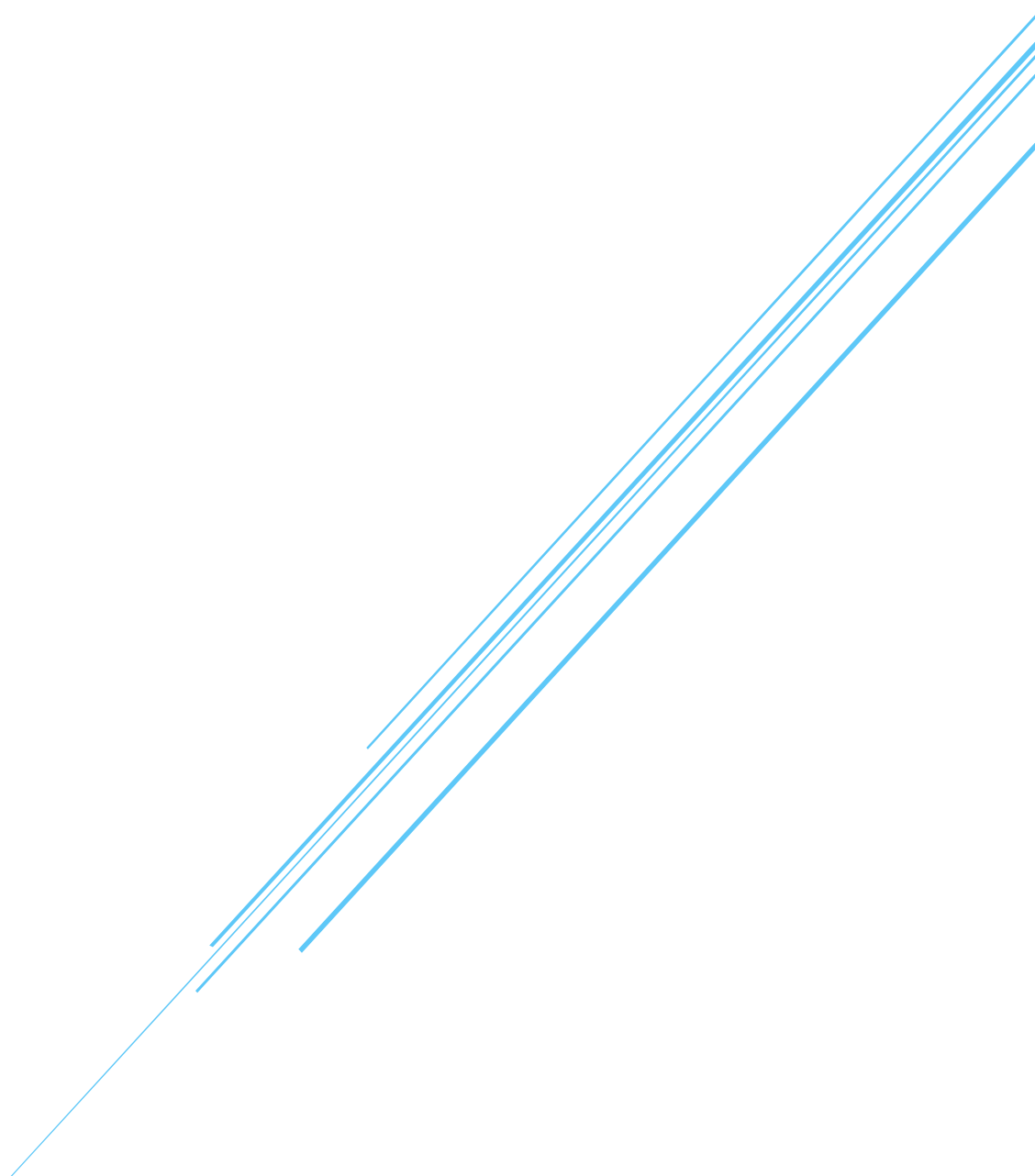
LONG COVID-19 FOUNDATION

England & Wales - Charity number 1193939

Accounts

LONG COVID-19 FOUNDATION

Trustees' report and financial statements for the year
ended 31 July 2022



England and Wales Charity Number 1193939
Long Covid-19 Foundation

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Reference and administrative details of the charity, its trustees

Trustees

Dr A Bochenkov
Dr V Viduto

Charity registered number

England and Wales 1193939

Registered office

Brookfield Court
Garforth
Leeds
LS25 1NB

Bankers

HSBC Bank

Structure, governance and management

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation (CIO)

Trustee selection methods

Identified by the Founder, interviewed and appointed by trustees

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 JULY 2022

The trustees present their report with the financial statements of the charity for the year ended 31 July 2022. The trustees have adopted the provisions of 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).

OBJECTIVES AND ACTIVITIES

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What we do and why we do it

Long Covid is a complex multisystem disease with a wide range of disabling symptoms. The Long Covid-19 Foundation is here to support people through all stages of their illness because we desperately want to see everyone get the help they need and, through research, raise awareness about existing treatments, trials and rehabilitation options. We don't employ an expensive CEO. Instead, we're proud to have a team of voluntary and dedicated trustees and volunteers who work tirelessly to provide reliable information, knowledge about symptoms, treatments, and rehabilitation options, and advocate for those who suffer from Long Covid syndrome.

Our main priorities are to provide reliable information, deliver knowledge about the symptoms, treatments and rehabilitation options, and advocate for those who suffer.

Advocating for positive change

Trustees attend and report on the important conferences, congresses and meetings that take place. We are actively advocating on social media channels, where Long Covid sufferers find most support.

We also contribute to the international scientific groups, which are made up of scientists, clinicians and Long Covid advocates. We spend significant time and effort working with scientists and medical professionals on recording interviews which are freely made available for public benefit, supporting research of the mechanisms which drive the debilitating Long Covid syndrome and identifying treatment solutions.

Support when it's needed

We put substantial time into giving as much support to people affected by this disease as we can. We do this by answering cries for help and providing extensive information when it's needed.

We're proud to support communities of over 12,000 members who receive vital information via our regular informational videos.

We receive donations from these members and also donations from non-members (people and organisation which recognise the scale of the disease and importance of our support to the public). Long Covid-19 Foundation's support group on Facebook (one of the major communities of Long Covid sufferers) continues to increasingly grow, and so our support to this group and other communities gathered in social media platforms or otherwise.

Website and Social Media

Our website and social media channels are integral to the Long Covid-19 Foundation's efforts to reach and support those who need it. Our website, Twitter and YouTube informational channel are our most popular resources available online, attracting thousands of unique visitors, participants and page views each month. We're proud to have significant followings on Facebook, Twitter, and LinkedIn.

Public benefit

At the Long Covid-19 Foundation, we pride ourselves on continuously contributing to public benefit. In preparation of the report and financial statements, we've taken Charity Commission guidance on public benefit into account, and we believe our objectives and activities are still within the scope of that guidance.

In conclusion, the Long Covid-19 Foundation is committed to supporting and promoting the health of the public, raising awareness about Long Covid syndrome, and identifying treatment options and solutions that work for those who suffer from it. We're grateful for the support of our community members and non-members and are excited to continue our mission in the years to come.

STRATEGIC REPORT

Achievement and performance

Charitable activities

The last period has been challenging for all of us and charities are no exception. There has been huge impact on fundraising activity provision and events. Many were cancelled or postponed till further notice. At the same time, the demand for resources and support has grown hugely as number of patients with Long COVID has increased significantly. The number of queries received rocket upwards and it just reminds of the important role that charity such as ours perform for society.

Through the past period we have provided support, vital information and been a campaigning voice. Trustees have attended and reported on the major conferences and meetings that took place during the time. We also contributed to the UK COVID-19 Public Inquiry on terms of references related to Long COVID.

We continued our work as a "listening voice" by answering cries for help and providing information, through emails, messages via social media or where appropriate, in person. We have a community of

over 12 000 members who regularly use our informational channels and this figure is growing continuously.

During the past period the Long COVID-19 Foundation has been supporting research in Long Covid, as to identify the main driving mechanisms of this disease, underlying processes and pathophysiology. We have attracted and brought together many leading international scientists and medical doctors who are working closely now on Long Covid issues and re-focusing their attention and resources towards this global challenge.

Twice a month or more often where appropriate, we produce informational videos with latest updates by scientist, doctors and medical practitioners to keep the public up to date and fully informed on recent developments in area of Long Covid.

Financial Review

Financial position

In the past 14 months (initial reporting period) the Long COVID-19 Foundation has received £10,869 as general funds. The main financial risk to the charity is loss or reduced amount of donations. The funds of £2,178 are held on deposit account HSBC Bank Plc and PayPal to cover operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.

Our main source of funds this year has been individual and/or organisational donations. The majority of income is applied to operational costs, supplies.

We plan to put emphasis on exploring government grants to help our charity to scale up our activities and deepen the availability of our informational resources to those who suffer.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature *V. Viduto*

Full name: Dr Valentina Viduto

Position: Chair

Date 19.05.2023

 CHARITY COMMISSION FOR ENGLAND AND WALES	Long Covid-19 Foundation		No. (if any) 1193939		CC16a
	Receipts and payments accounts				
	For the period from	26/03/2021	To	31/07/2022	

Section A Receipts and payments					
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	10,817	-	-	10,817	-
PayPal cashback bonus	52	-	-	52	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,869	-	-	10,869	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,869	-	-	10,869	-
A3 Payments					
Insurance	559	-	-	559	-
Office supplies	6,729	-	-	6,729	-
IT costs	747	-	-	747	-
Delivery service fees	339	-	-	339	-
Hospitality	240	-	-	240	-
Bank charges	77	-	-	77	-
	-	-	-	-	-
Sub total	8,691	-	-	8,691	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,691	-	-	8,691	-
Net of receipts/(payments)	2,178	-	-	2,178	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	2,178	-	-	2,178	-

Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	Bank account	672	-	-	
	Paypal account	1,506	-	-	
	Total cash funds (agree balances with receipts and payments account(s))	2,178	-	-	
		OK	OK	OK	
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B2 Other monetary assets		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
		-	-	-	
B3 Investment assets					
B4 Assets retained for the charity's own use					
	Office supplies				
B5 Liabilities					
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval	
Chair	Dr Valentina Viduto	Dr Valentina Viduto		19/05/2023	
Trustee	Alexey Bochenkov	Dr Alexey Bochenkov		19/05/2023	