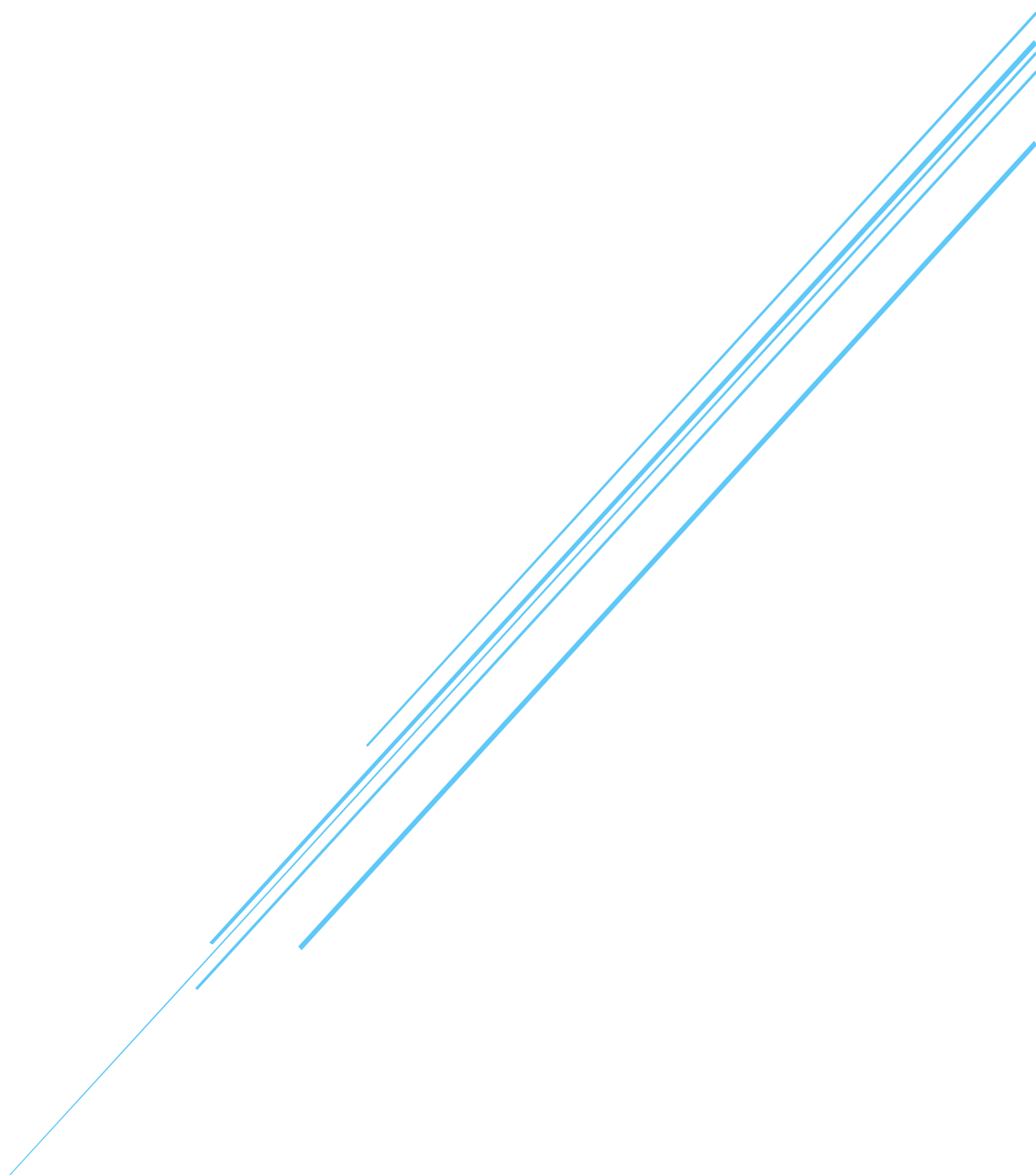


LONG COVID-19 FOUNDATION

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

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.

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		