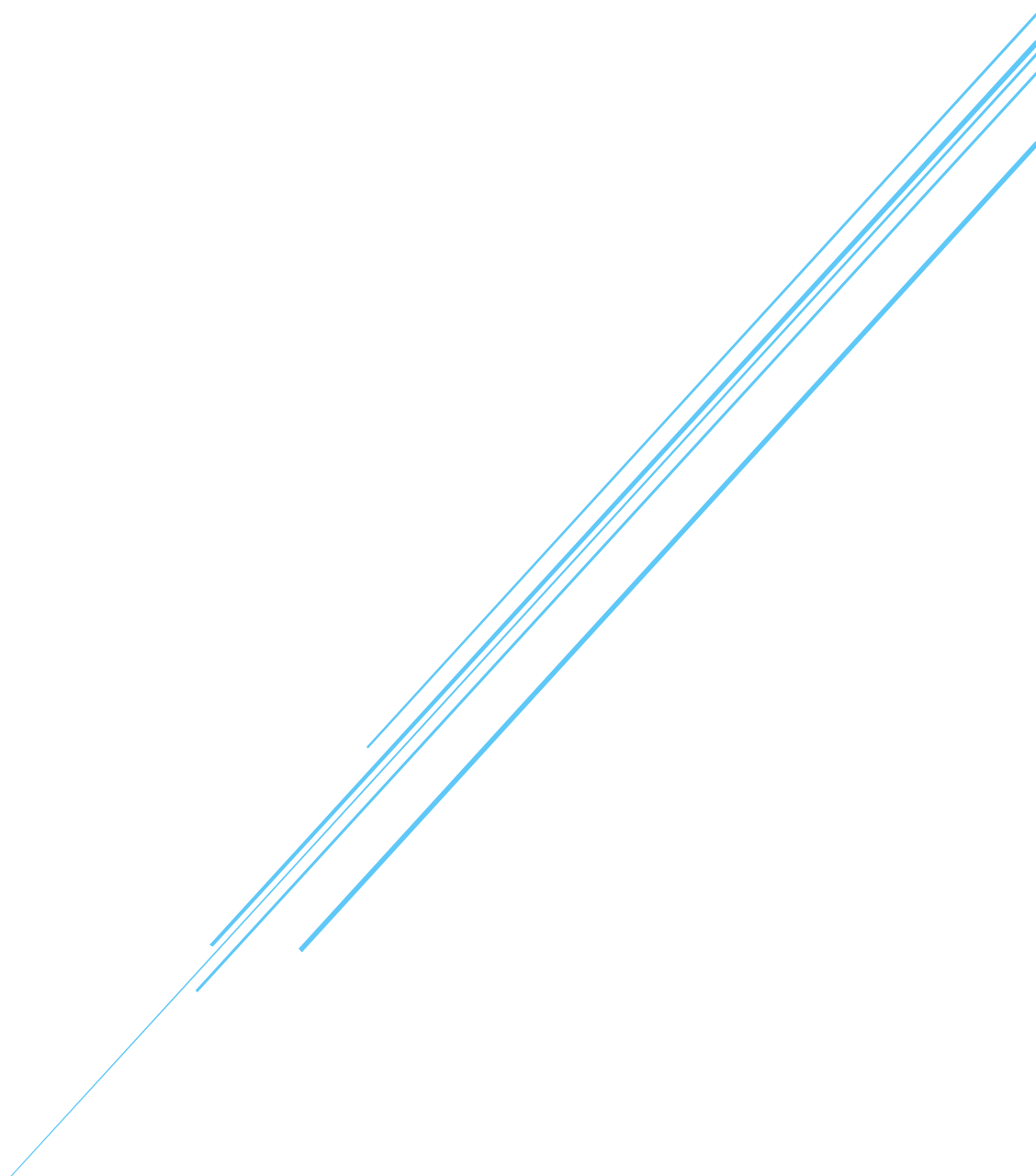


LONG COVID-19 FOUNDATION

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



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 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