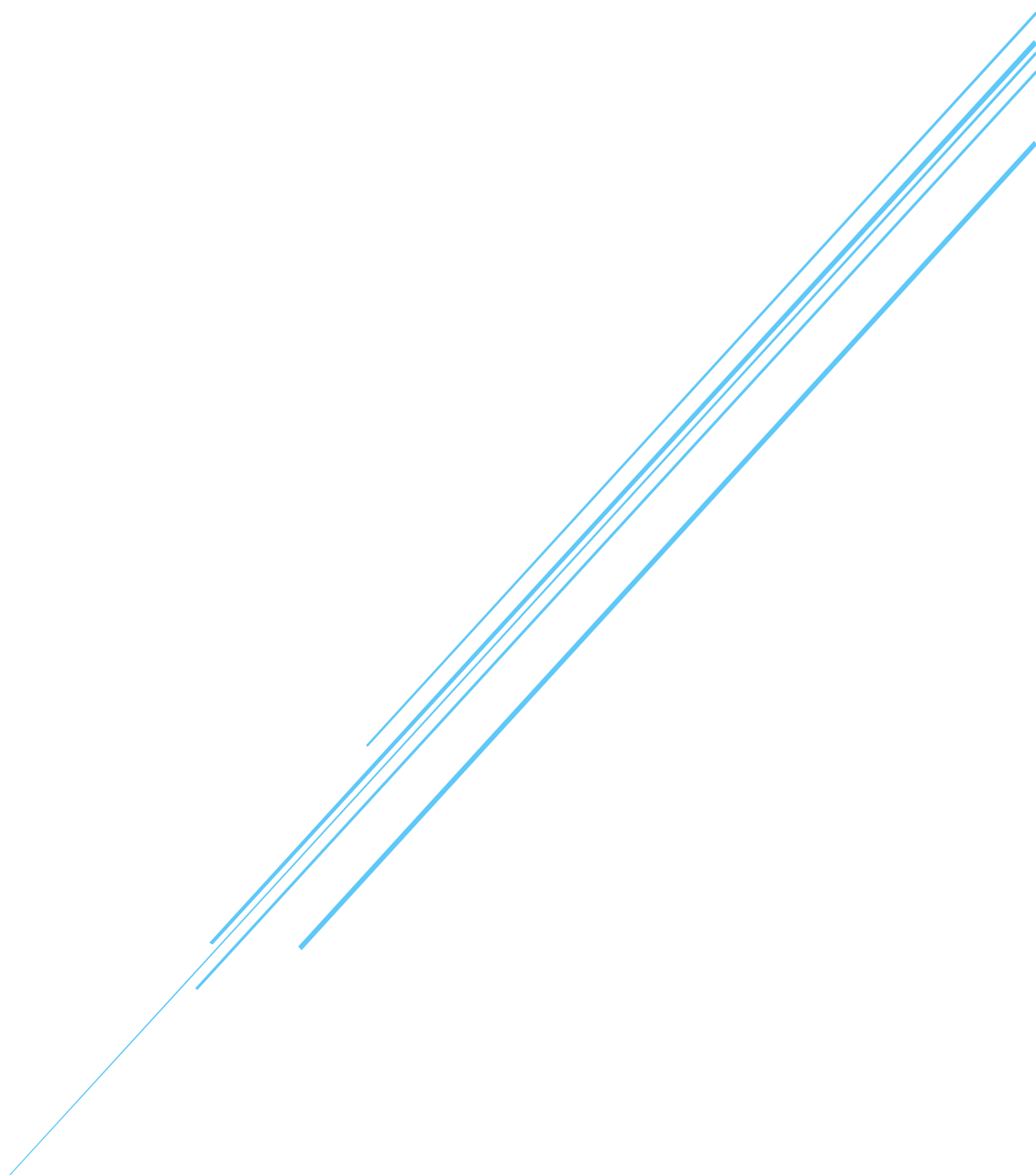


LONG COVID-19 FOUNDATION

Trustees' report and financial statements for the year
ended 31 July 2024



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 2024

The trustees present their annual report together with the financial statements of the Long Covid-19 Foundation for the year ended 31 July 2024. 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 17,000 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

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 01/08/2023 To 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

7997

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

T. Viduto

Dr Valentina Viduto

15/05/2025

Alexey Bochenkov

Dr Alexey Bochenkov

15/05/2025