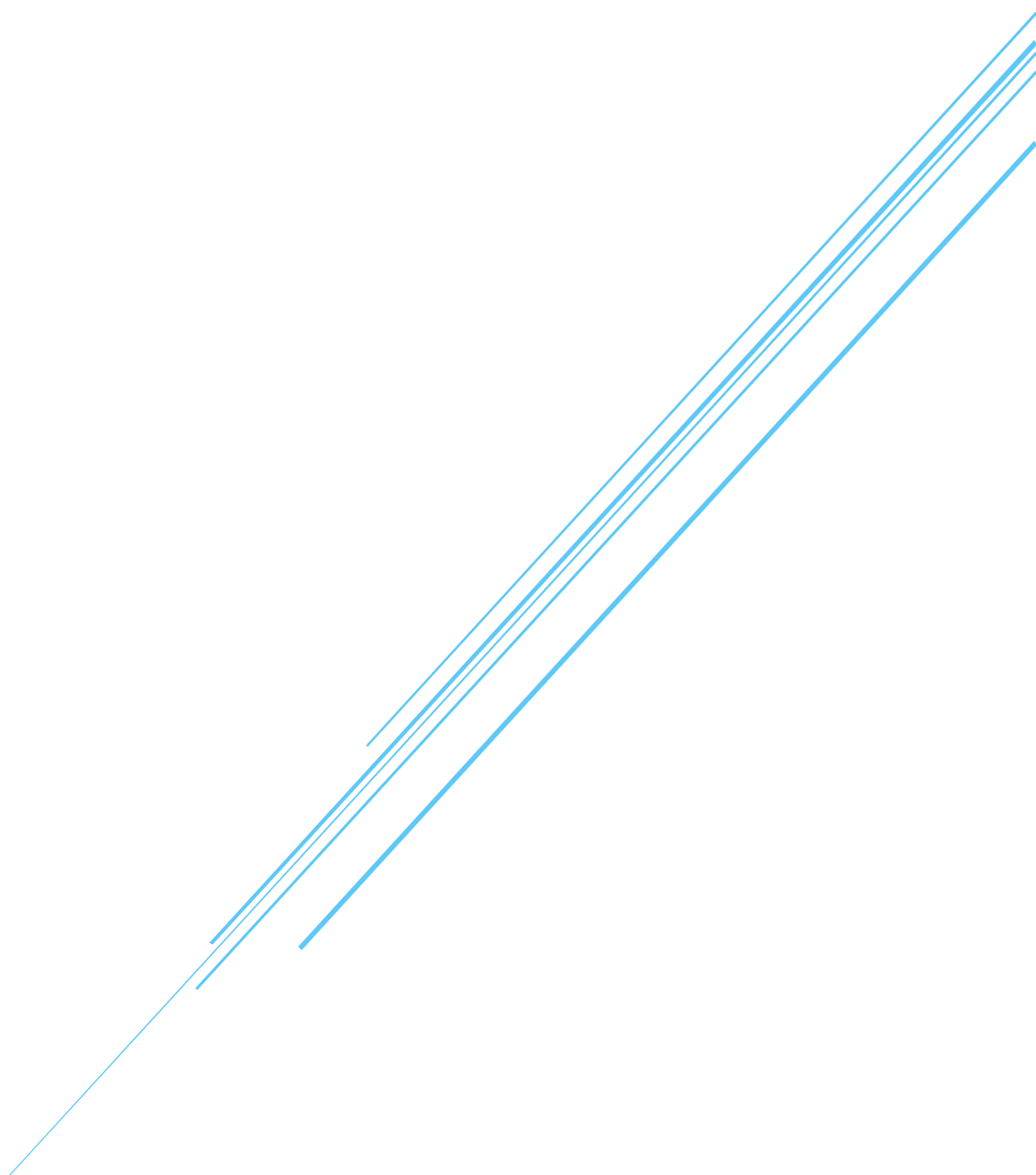


LONG COVID-19 FOUNDATION

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



England and Wales Charity Number 1193939
Long Covid-19 Foundation

CONTENTS

	Page
Reference and administrative details of the charity, its trustees	2
Structure, Governance and Management	2
Trustees' report	3
Financial review	5
Receipts and payment accounts	6

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

CC16a

For the period from 01/08/2024 To 31/07/2025

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	Dr. Viduto	Dr Valentina Viduto	23/05/2026	
	Alexey Bochenkov	Dr Alexey Bochenkov	23/05/2026	