

Charity registration number 1196170

Long Covid Kids and Friends

Annual Report and Financial Statements

Period ended 31 March 2023

Long Covid Kids and Friends

Contents

	Page
Reference and Administrative Details	1
Trustees' Report	2 - 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Financial Statements	9 - 14

Long Covid Kids and Friends

Reference and Administrative Details

Chairman	Dr J Rossman
Trustees	Dr J Rossman - appointed 16.1.22 N Webster-Hart - appointed 1.8.22 L Smith - appointed 1.7.22 M Leston - appointed 15.6.22 W Lee - appointed 19.10.23
Charity Registration Number	1196170 in England and Wales SC052424 in Scotland
Chief Executive Officer	S Macfarland
Chief Operating Officer	H Goss
Registered Office	Crown Chambers Bridge Street Salisbury Wiltshire SP1 2LZ
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ
Independent Examiner	SJL Ellingham BA FCA DChA Fawcetts LLP Chartered Accountants Windover House St Ann Street Salisbury Wiltshire SP1 2DR

Long Covid Kids and Friends

Trustees Report for the period ended 31 March 2023

The Trustees present their Annual Report for the period from 15 October 2021 to 31 March 2023. The accounts comply with the Charities Act 2011, Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued on 1 January 2019.

Objectives and activities

For the public benefit, to promote and protect the physical and mental health and well-being of children and young people anywhere in the world with Long Covid and related illness, in particular by:

- (a) the provision of advice, support and counselling to such children and young people and anyone connected with their care;
- (b) facilitating, conducting and/or promoting research into the causes, diagnosis, treatment and prevention of Long Covid and related illness provided that the useful results of any such research are made public;
- (c) raising awareness within the general public of Long Covid and related illness in children and young people and in particular to promote recognition of the condition and establish suitable care pathways for the identification, treatment and ongoing support of children and young people with Long Covid and related illness, and the support of all those involved in their care.

The relief of children and young people with Long Covid and related illness and anyone involved in their care who are in need because of illness, financial hardship or other disadvantage by making grants of money or providing or paying for items, services or facilities.

In this clause:

- 'Long Covid' means anyone experiencing signs and symptoms that develop during or after an infection consistent with COVID-19 that continue for more than 4 weeks and are not explained by an alternative diagnosis.
- 'related illness' means any post-viral illness or autoimmune disease with a suspected or evidenced link to COVID-19.

Activities

Raising awareness of the symptoms of Long Covid and related illnesses in children to increase understanding, aid early diagnosis and improve response and intervention.

Connecting and supporting children living with Long Covid and the parents and caregivers that look after them in the UK and internationally.

Funding and participating in global research to investigate health implications, improve the lived experience and enable recovery.

Representing children living with Long Covid in expert forums, research panels, health organisations & parliamentary groups. Campaigning to mitigate the risk of SARS_CoV_2 infection & place wellbeing at the heart of education.

Long Covid Kids and Friends

Trustees Report for the period ended 31 March 2023 (continued)

Public Benefit

The trustees confirm that they have considered the guidance from the Charity Commission regarding public benefit when reviewing the Charity's aims and objectives and in planning future activities. They are satisfied that the activities undertaken during the year fully meet these requirements.

Achievements and Performance

Long Covid is a preventable condition; there is no time to lose to reduce the transmission of SARS-CoV-2 and reduce the incidence of Long Covid. Community action is vital to achieving this goal.

The resilience of the children and young people we support inspires and motivates our team daily. Through collaboration, partnerships and generous donations of time, skills and funds, the Long Covid Kids team have achieved more than we could have imagined in our first 18 months as a charity.

It takes a village community to raise a child. In response to pandemic-driven needs, we have built a strong community with the support, dedication and determination of our members, supporters and the entire Long Covid community.

Some of our accomplishments in the past 18 months include:

- Continued to operate the world's first and only charity focused on children and young people with Long Covid.
- Renewed our website and brand foundations to ensure accessibility and clear communication of essential information and resources.
- Continued to provide support and connection to over 10,000 families through various initiatives and programmes, including developing LCK Connected and LCK Discord platforms, the LCK Choir and our own Youth Advisory Panel.
- Raised vital funds that have enabled us to continue our mission and embark on ambitious new projects.
- Maintained and developed UK and international partnerships and collaborations that have led to a wide range of campaigns and actions, including the first international Long Covid Awareness Day.
- Collaborated with the World Health Organisation to create the first Clinical Definition for Long Covid in Kids.
- Launched health and education resources, including those produced by our dedicated Long Covid Educational Team.

Long Covid Kids and Friends

Trustees Report for the period ended 31 March 2023 (continued)

Achievements and Performance - continued

- Partnered and led vital research projects, including the Attendance and Education Experiences Survey that, in collaboration with the University of Derby, sought to determine the impact of Long Covid symptoms on accessing education.
- Collaborated on multiple peer-reviewed scientific publications and commentary articles in leading journals, including Science, Lancet Child & Adolescent Health, Nature Medicine and Future Microbiology.
- Campaigned for accountability of governmental actions and their impact on Long Covid for children and young people through our Core Participant status in the UK and Scottish Covid Inquiries.
- LCK team and members petitioned the UK government to provide support for children and young people with Long Covid by delivering a letter, and our new support pack, in person to 10 Downing Street.
- Promoted information, awareness and understanding to facilitate better support for those suffering from Long Covid, including creating the Pacing Penguins Energy Management Poster.
- Continued to campaign for recognition, equality and inclusivity.
- Promoted our work, what we have learned and the need for increased awareness of, and support for children and young people with Long Covid through regular press interviews, webinars and conference presentations.
- Grown our Board to include six professionals with diverse and strong backgrounds that are of professionals uniquely placed to support the leadership team with their mission and vision.

We believe all children should be able to thrive and look forward to a positive future. That is why we represent and support children and young people living with Long Covid and related illnesses and the parents and caregivers that look after them. To achieve this mission, we rely on our volunteers, members and supporters. Every donation we receive is invested to enable us to achieve our promise.

Financial Review

The total income for the period ended 31 March 2023 was £137,385 including income from donations including Gift Aid of £134,879, sales from the online shop of £1,632 and income from the on line choir and courses of £346. Income from presentations totalled £450 and interest received was £78.

Expenditure totalled £74,435 including costs for Occupational Therapist, Educational Psychologist, marketing and administrative support.

At 31 March 2023 the charity had net assets of £62,950 held as unrestricted reserves including cash at bank of £55,925.

The Charity aims to build upon its success and is looking to further its impact by building an internal team, taking the pressure off the volunteers and continue to look for innovative ways to support, work on research projects and to promote the challenges faced by so many children and young people to build brighter futures and bring hope.

Long Covid Kids and Friends

Trustees Report for the period ended 31 March 2023 (continued)

Reserves Policy

Our reserves policy is to hold approximately 3 months unrestricted charitable expenditure which is currently £30,000. At 31 March 2023, free reserves were £61,961.

Structure, governance and management

Long Covid Kids and Friends is a Charitable Incorporated Organisation (CIO incorporated in England and Wales on 15 October 2021 and in Scotland on 22 March 2023. The registered charity number is 1196170 in England and Wales and in Scotland SC052424.

The registered office is Crown Chambers, Bridge Street, Salisbury, SP1 3BZ.

The trustees at the end of the period are listed on page 1. Trustees are appointed by the existing Trustees. The Trustees meet monthly virtually and the day to day running of the charity is carried out by the Chief Operating Officer, Chief Executive Officer and volunteers.

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

Signed on behalf of the Charity's Trustees



Dr J Rossman

Chairman

Date: 31 January 2024

Long Covid Kids and Friends

Independent Examiner's report to the Trustees of Long Covid Kids and Friends

I report to the trustees on my examination of the accounts of Long Covid Kids and Friends for the period ended 31 March 2023, which are set out on pages 7 to 14.

RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of Long Covid Kids and Friends you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("The Act").

I report in respect of my examination of the Long Covid Kids and Friends' accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: *Simon J. Ellingham*

SJL Ellingham BA FCA DChA
Fawcetts LLP
Windover House
St Ann Street
Salisbury
Wiltshire
SP1 2DR

Dated: 6 February 2024

Financial Statements for the period from 15 October 2021 to 31 March 2023

Statement of financial activities

	Notes	Unrestricted funds £	Total funds £
Incoming resources	2		
Income and endowments from:			
Donations and legacies		134,879	134,879
Charitable activities		796	796
Other trading activities		1,632	1,632
Investments		78	78
Total income		137,385	137,385
Resources expended	3		
Expenditure on:			
Raising funds		12,259	12,259
Charitable activities		62,176	62,176
Total expenditure		74,435	74,435
Net income		62,950	62,950
Net movement in funds		62,950	62,950
Reconciliation of funds:			
Total funds brought forward		-	-
Total funds carried forward	11	62,950	62,950

The notes on pages 9 to 14 form part of these financial statements

Long Covid Kids and Friends

Balance Sheet as at 31 March 2023

	Notes	Unrestricted funds £	Total this year £
Fixed assets			
Tangible assets	6	989	989
		<u>989</u>	<u>989</u>
Current assets			
Stocks	7	1,680	1,680
Debtors	8	10,766	10,766
Cash at bank and in hand	9	55,925	55,925
		<u>68,371</u>	<u>68,371</u>
 Creditors: amounts falling due within one year	10	<u>6,410</u>	<u>6,410</u>
 Net current assets		<u>61,961</u>	<u>61,961</u>
 Net assets		<u>62,950</u>	<u>62,950</u>
 Funds of the Charity			
Unrestricted funds		62,950	62,950
Total funds		<u>62,950</u>	<u>62,950</u>

The financial statements on pages 7 to 14 were approved by the trustees, and authorised for issue on 31 January 2024 and signed on their behalf by:



.....
Dr J Rossman
Chairman and Trustee

The notes on pages 9 to 14 form part of these financial statements

Long Covid Kids and Friends
Notes to the Financial Statements for the period ended 31 March 2023

Note 1 Accounting policies

Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 1 January 2019 and with the Charities Act 2011. The charity constitutes a public benefit entity as defined by FRS 102. The charity does not meet the definition of a large charity and therefore is exempt from the requirement to prepare a cash flow statement.

Going concern

The trustees have prepared the financial statements on a going concern basis, which assumes that the charity will continue to operate for the foreseeable future. The trustees have reviewed the charity's financial position, including cash flow forecasts, and have concluded that the charity has adequate resources to continue in operational existence for the foreseeable future. Therefore, they continue to adopt the going concern basis of accounting in preparing the financial statements.

Income

All income is recognised once the charity has entitlement to the income, its receipt is probable and the amount of the income can be measured reliably. Donations are recognised when received. Income tax recoverable on gift aided donations is recognised as income in the same period as the donation. Investment income is recognised when interest becomes due and payable.

Expenditure recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Long Covid Kids and Friends

Notes to the Financial Statements for the period ended 31 March 2023 (continued)

Charitable Activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Tangible fixed assets

Expenditure on fixed assets is capitalised and valued at historical cost except for expenditure on assets costing less than £500 which is written off immediately. Depreciation is calculated to write off the cost of tangible fixed assets less their residual values on a straight line basis over the expected useful lives of the assets concerned. Computer equipment is written off over 3 years.

Stock

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are recognised at the settlement amount due after any trade discounts offered.

Long Covid Kids and Friends

Notes to the Financial Statements for the period ended 31 March 2023 (continued)

Note 2 Analysis of income

		Unrestricted funds	Total funds
		£	£
Donations and legacies:	Donations and gifts	134,638	134,638
	Gift Aid	241	241
		<u>134,879</u>	<u>134,879</u>
Charitable activities:	Choir	273	273
	Courses	73	73
	Speaker fees	450	450
		<u>796</u>	<u>796</u>
Other trading activities:	Sales of T shirts	1,175	1,175
	Sales of books	278	278
	Sales of Don't Send Me a Card	178	178
		<u>1,632</u>	<u>1,632</u>
Income from investments:	Interest income	78	78
		<u>78</u>	<u>78</u>
TOTAL INCOME		<u>137,385</u>	<u>137,385</u>

Note 3 Analysis of expenditure

		Unrestricted funds	Total funds
		£	£
Expenditure on raising funds:			
Website costs		600	600
Costs of goods sold and running on line shop		1,315	1,315
Bank charges incurred collecting donations		363	363
Advertising, marketing, direct mail and publicity		7,677	7,677
Administrative support		2,304	2,304
Total expenditure on raising funds		<u>12,259</u>	<u>12,259</u>
Expenditure on charitable activities:			
Support of children with Long Covid		31,097	31,097
Raising awareness of Long Covid		25,075	25,075
Support costs		6,003	6,003
Total expenditure on charitable activities		<u>62,176</u>	<u>62,176</u>
TOTAL EXPENDITURE		<u>74,435</u>	<u>74,435</u>

Long Covid Kids and Friends
Notes to the Financial Statements for the period ended 31 March 2023 (continued)

Note 4 Support and Governance Costs

	£
Administrative support	3,215
Insurance	79
Legal fees	220
Stationery	218
Computer and website costs	600
Bank charges	96
Depreciation of equipment	495
Governance costs - independent	1,080
Total	<u>6,003</u>

Note 5 Trustee remuneration

None of the trustees have been paid any remuneration or received any other benefits from the charity during the year.

No trustees have received any reimbursed expenses from the charity during the year.

The charity considers its key management personnel comprise the trustees as well as the CEO and COO. Key management personnel are not remunerated.

Long Covid Kids and Friends

Notes to the Financial Statements for the period ended 31 March 2023 (continued)

Note 6 Tangible fixed assets

	Computer Equipment	Total
	£	£
Cost at 15 October 2021	-	-
Additions	1,484	1,484
Cost at 31 March 2023	1,484	1,484
Depreciation		
At 15 October 2021	-	-
Depreciation	495	495
At 31 March 2023	495	495
Net book value		
Net book value at 15 October 2021	-	-
Net book value at 31 March 2023	989	989

Note 7 Stock

	£
Stock	1,680

Note 8 Debtors and prepayments

	£
Other debtors	241
Prepayments and accrued income	10,525
	10,766

Note 9 Cash at bank and in hand

	£
Cash at bank and on hand	51,953
Other	3,972
	55,925

Note 10 Creditors and accruals

Creditors

Amounts falling due within one year

	£
Trade creditors	3,390
Accruals and deferred income	3,020
	6,410

Long Covid Kids and Friends

Notes to the Financial Statements for the period ended 31 March 2023 (continued)

Note 11

Charity funds

	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
Fund names	£	£	£	£	£	£
Unrestricted funds	-	137,385	-	74,435	-	62,950
	-	-	-	-	-	-
<i>Other funds</i>	-	-	-	-	-	-
Total Funds	-	137,385	-	74,435	-	62,950