

LONG COVID SUPPORT

England & Wales · Charity number 1198938

Details

Status Registered

Legal form Charitable company

Company number [13422248](#)

Registered 2022-05-12

Register [View on the Charity Commission register](#)

Contact

Address c/o The Gateway
85 - 101 Sankey Street
Warrington
WA1 1SR

Phone 07974458979

Email trustees@longcovid.org

Website www.longcovid.org

Activities

Objects: 4.1.1 TO PROMOTE AND PROTECT THE GOOD HEALTH OF THE PUBLIC AND TO RELIEVE THE NEEDS OF PEOPLE WITH LONG COVID AND THEIR FAMILIES AND CARERS IN PARTICULAR BUT NOT EXCLUSIVELY BY:- PROVIDING SUPPORT, ADVOCACY, INFORMATION AND GUIDANCE TO THOSE AFFECTED BY LONG COVID AS WELL AS INFORMATION TO THE WIDER PUBLIC ABOUT LONG COVID- SUPPORTING RESEARCH INTO LONG COVID, ITS DIAGNOSIS, TREATMENT, AND REHABILITATION FROM IT AND THE DISSEMINATION OF USEFUL RESULTS OF SUCH RESEARCH FOR THE PUBLIC BENEFIT.4.1.2 FOR THE PUBLIC BENEFIT, TO ADVANCE THE EDUCATION OF MEDICAL AND OTHER PROFESSIONS AND SECTORS, SUFFERERS AND THEIR FAMILIES AND CARERS, AND THE PUBLIC IN ALL ASPECTS OF LONG COVID;

Activities: Long Covid Support is focused on peer support, advocacy and research for everyone affected by Long Covid. Our goal is to improve the futures of people with Long Covid by ensuring equitable access to high quality healthcare, employment rights and welfare services. We believe that partnership between people with lived experience and professionals is crucial to the design, development and success.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-26	£60,315	£35,242	-	-
2024-05-26	£29,277	£5,876	-	-
2023-05-26	£11,541	£6,061	-	-

Trustees

Name	Role	Appointed
Nigel Rothband	Chair	2025-05-08
Aimie Cole		2023-01-06
Dr MARGARET O'HARA		2021-05-26
Gareth Evans		2023-11-10
Joanne Dainow		2021-05-26
Natalie Rogers		2021-05-26
Professor Daniel Altmann		2021-09-20

LONG COVID SUPPORT

England & Wales - Charity number 1198938

Accounts



Trustees' Annual Report for the period

	Period start date			Period end date		
	01	June	2024	31	May	2025
From				To		

Section A

Reference and administration details

Charity name

LONG COVID SUPPORT

Other names charity is known by

N/A

Registered charity number (if any)

1198938

Charity's principal address

87 Standen Road

London

Postcode

SW18 5TR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for entire year	Name of person (or body) entitled to appoint trustee (if any)
1	Joanne Dainow	Chair till May 2025		
2	Dr Margaret O'Hara			
3	Natalie Rogers			
4	Gareth Evans			
5	Dr Ian Martin Frayling		November 2023 to January 2025	
6	James William McGoldrick			
7	Temitope Oyefuga	Treasurer		
8	Aimie Cole			
9	Professor Daniel Altmann			
10	Nigel Rothband	Chair from May 2025		
11	Larry Mindel		March 2023 to September 2024	
12	Alison Hills		November 2023 to June 2024	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for entire year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Articles of Association
How the charity is constituted (e.g. trust, association, company)	Company
Trustee selection methods (e.g. appointed by, elected by)	Appointed by the Board of Trustees

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees. • the charity's organisational structure and any wider network with which the charity works. • relationship with any related parties. • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Induction and Training of Trustees: The charity has clear policies and procedures for the induction and training of trustees, ensuring they understand their roles and responsibilities. The EDI Policy outlines the approach for trustee appointments, promoting fairness and diversity in the selection process.</p> <p>Organisational Structure and Networks: The charity operates a flat structure and uses Peer Support Groups to foster collaboration and community involvement. It also engages with a wider network of organisations to enhance service delivery and advocacy.</p> <p>Related Party Relationships: There are no related party transactions or relationships.</p> <p>Risk Management: Trustees review major risks regularly through a Risk Register to identify and manage potential threats effectively.</p>
--	---

Section C Objectives and activities

<p>Summary of the objects of the charity set out in its governing document</p>	<p>The charitable objects of Long Covid Support are to promote and protect the health of the public and to relieve the needs of people with Long Covid and their families and carers, in particular by providing information, support, advocacy and guidance, and by supporting and disseminating research into diagnosis, treatment and rehabilitation.</p>
---	--

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees confirm that, in planning and delivering the charity’s activities, they have had due regard to the Charity Commission’s guidance on public benefit.

During the year, Long Covid Support delivered its objects through three interconnected strands of work:

1. **Support and Community** – Providing peer-to-peer support for people with Long Covid and their carers through online groups, check-in sessions, and wellbeing activities. The charity’s Facebook Support Group now connects over 67,000 members worldwide and offers specialist sub-groups for men and carers. A new Volunteer Strategy was launched to strengthen recruitment, onboarding and retention of volunteers who sustain this work.
2. **Advocacy and Policy Engagement** – Representing the voices of people living with Long Covid in national and devolved policy forums. Highlights included helping to establish the All-Party Parliamentary Group on Long Covid, contributing to the UK Covid-19 Inquiry, and continued collaboration with NICE, NHS England and the Clinical Post-Covid Society on service provision and clinical guidance.
3. **Research and Evidence** – Championing patient-led research through the charity’s Research Involvement Consultancy, partnerships in multiple UK and international studies, and publication of evidence such as the *Disabled, Discharged and Disappearing from View* report on clinic closures.

The charity’s work is supported by more than forty volunteers with lived experience, ensuring that its activities remain informed by and accountable to the community it serves.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making.
- policy programme related investment.
- contribution made by volunteers.

Summary of the main achievements of the charity during the year**1. Peer Support and Community Outreach**

- Supported 67,750 members worldwide in the main Facebook Support Group (+ 2,000 on year).
- Ran weekly Check-in & Chat sessions with 6–20 participants each week, including Carers' and Men's Groups.
- Introduced new member-led sessions (career support, working with moderate Long Covid).
- Hosted wellbeing activities — the Long Covid Choir, Opera Breathing, and T'ai Chi Chih sessions.
- Created the Long Covid Community Banner and launched a three-year Community Strategy (15 Mar 2025 at Lyric Theatre Hammersmith).
- Collaborated with Long Covid Kids on Awareness Day and community projects (pins, ribbons, choirs).

2. Volunteering

- Introduced a formal Volunteer Coordinator role (June 2024).
- Conducted a volunteer audit and implemented a structured recruitment and onboarding plan with HR consultancy Nexilis.
- 20 new volunteers engaged (15 onboarded + 5 withdrew for health reasons).
- Established buddy systems, induction interviews, and retention strategies.
- Future plans include volunteer briefings and milestone recognition schemes.

3. Advocacy and Policy Influence

- Partnered with Jo Platt MP to form the All-Party Parliamentary Group (APPG) on Long Covid (Dec 2024).
- Co-organised joint APPG meeting with the APPG on ME (May 2025) — presented lived-experience evidence to Minister Stephen Timms MP.
- Delivered briefing paper with #ThereForME, Action for ME, and others; gathered 1,200+ testimonies.
- Ongoing collaboration with NICE, NHS England, JCVI, and ICBs on clinical guidance, vaccine access, and clinic closures.
- Wales advocacy: presented at Senedd 'Marketplace;' led to parliamentary debate chaired by Hefin David MS.
- Member of Overlapping Illness Alliance (Long Covid SOS, Action for ME, etc.), launching publicly in 2025.

4. Research and Evidence Work

- Launched Research Involvement Consultancy (RIC) (June 2024): 37 enquiries, 6 sessions, 2 desk reviews.
- Collaborated in major studies: LOCOMOTION, PHOSP-COVID, PHOSP-I, REACT-LC, HERITAGE, Episodic Disability, etc.
- Co-authored 10 peer-reviewed papers (June 2024 – May 2025) in *The Lancet*, *BMJ Global Health*, *Nature Genetics*, etc.
- Ran 11 Fireside Chats (40,700 views to date) connecting experts and patients.
- Partnered with Costello Medical to create a Research Dissemination Toolkit and launched a Zotero library.
- Conducted economic impact analysis feeding into Covid-19 Inquiry Module 9 and APPG briefings.

5. UK Covid-19 Inquiry

- Active Core Participant in Modules 2, 3 and 9.
- Provided written submissions and oral evidence (Natalie Rogers).
- Advocacy highlighted economic and healthcare impacts of Long Covid; collaborated with legal team Bhatt Murphy.

6. Fundraising and Financial Growth

- Raised £57,000 (nearly double previous year).
- Secured £10,000 grant from Assura (reflected in the 2026 FY) and £2,500 from Marketors' Trust.
- Merchandise (Awareness pins and ribbons) successful; community fundraising highlights:
 - Kate Weinberg – Via Francigena walk (£8,000)
 - Rose McGoldrick – Half Marathon (£1,900)
 - Marcus & Henry Hudson – Geneva Marathon (£1,600)
- Expanded fundraising team and recruited two new volunteers.
- Introduced funders' database and grant-application capacity.

7. Communications and Public Profile

- Partnership with Confido Collective (pro bono support) to develop strategic communications.
- Delivered Long Covid Awareness Day 2025 video series featuring high-profile voices (Prof Rachael Evans, Dr Maria Van Kerkhove, Morgan Fairchild, etc.).
- Maintained active social media across X, Facebook, Instagram, LinkedIn, Bluesky, strengthening visibility.

Section E

Financial review

Brief statement of the charity's policy on reserves

The trustees aim to maintain unrestricted reserves equivalent to approximately six months of operating expenditure to ensure financial stability and the ability to respond to unforeseen needs. At 31 May 2025, reserves exceeded this target, reflecting the charity's prudent financial management and growing income base. Surplus funds are held in interest-bearing accounts in line with our finance policy, which prioritises capital security and ethical use of funds.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising).
- how expenditure has supported the key objectives of the charity.
- investment policy and objectives including any ethical investment policy adopted.

Total income for the year was approximately £60,000, representing over double of the previous year. Income sources included community fundraising and donations (around 74%), Patient and Public Involvement (PPI) and consultancy income (about 16%), Merchandise Sales (approximately 5%), and grants (approximately 4%). Significant grant awards included £2,500 from the Marketors' Trust.

Expenditure was primarily directed toward activities advancing the charity's objectives. Total expenditure was approximately £35,000.

- **Consultancy and staffing** (around 64% of operating costs) supported fundraising, communications, and administration capacity essential for growth.
- **Advocacy and research dissemination** (around 16% of costs) included production of the *Long Covid Clinics Report* (93% of advocacy cost) and APPG meetings.
- **Long Covid Awareness Day** meeting expenses accounted for 11% of total costs, underpinning the charity's peer support and outreach work.
- **Office expenses** accounted for the remainder,

The charity continues to operate with minimal fundraising overheads, as most campaigns and events are led by volunteers. The trustees are satisfied that the year's financial performance places Long Covid Support on a secure footing for continued development and delivery of its mission.

Section F

Other optional information

Volunteers and People

- 40+ volunteers supported workstreams across research, advocacy, fundraising, peer support, and operations.
- Volunteer Coordinator role significantly improved recruitment, onboarding, and retention.
- Focus on accessibility and wellbeing ensures volunteering remains therapeutic and inclusive.

Governance and Leadership

- Transitioned to new Chair (Nigel Rothband, May 2025).
- Operations Committee chaired by Dr Margaret O’Hara and Prof Jo House.
- Finance and Fundraising Committee chaired by Gareth Evans.
- Over 50% of trustees have lived experience of Long Covid.

Partnerships and Collaboration

- Strengthened alliances with Long Covid Kids, Long Covid SOS, Long Covid Physio, Action for ME, and others.
- Research collaborations with NIHR, Imperial College London, and Leeds BRC.
- Joint campaigns with TUC, #ThereForME, and Clinical Post Covid Society.



Organisational Development

- Launched Volunteer and Community Strategies.
- Introduced formalised HR and volunteer policies with Nexilis consultancy.
- Built new internal fundraising and communications capacity.
- Commitment to continuous improvement, EDI principles, and robust risk management.

Section G Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)	NIGEL ROTHBAND	TEMITOPE OYEFUGA
Position (eg Secretary, Chair, etc)	CHAIR	TREASURER
Date	9/12/25	

Charity No. 1198938

LONG COVID SUPPORT

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2025

CHARLES OSEI, BSc, MSc, FCIE, MCIPP, AFA, ATA

CHARITY INDEPENDENT EXAMINER / ACCOUNTANT

FLAT 3, 11 ROCHDALE WAY

LONDON

SE8 4LY

LONG COVID SUPPORT

Registered Charity No. 1198938

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2025

CONTENTS

Page	
1	Legal and Administrative Details
2-3	Independent Examiner's report
4	Balance Sheet
5	Statement of Financial Activities
6	Statement of Cash flow
7-12	Notes to the Accounts

LONG COVID SUPPORT

Registered Charity No.

1198938

ORGANISATIONAL PROFILE
FOR THE YEAR ENDED 31 MAY 2025

TRUSTEES

Joanne Dainow Chair

Gareth Evans

Ian Marrtin Frayling

James William McGoldrick

Temitope Oyefuga

Aimie Cole

Professor Daniel Altmann

Dr Margaret O'hara

Natalie Rogers

REGISTERED OFFICE:

Long Covid Support
87 Standen Road
London
SW18 5TR

ACCOUNTANTS:

Charles Osei, BSc (Hons), MSc, FCIE, AFA, ATA, MCIPP
Flat 3, 11 Rochdale Way, Deptford London
SE8 4LY

LONG COVID SUPPORT

Registered Charity No. 1198938

INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF LONG COVID SUPPORT

I report on the financial statements for the year ended 31 May 2025 set out on pages 4 - 12.

This report is made solely to the Trustees of Long Covid Support, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP. My work has been undertaken so that I might state to the Trustees matters I am required to state to them in an independent Examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

Respective responsibilities of Trustees and independent examiner

As charity trustees of the organisation and for the purposes of charity law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

I report in respect of my examination of the Charity's accounts carried out:-

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

LONG COVID SUPPORT

Registered Charity No. 1198938

INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF LONG COVID SUPPORT

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, FCIE, AFA, ATA , MCIPP
Flat 3, 11 Rochdale Way Deptford London SE8 4LY

Date: 10th November, 2025

LONG COVID SUPPORT

Registered Charity No. 1198938

BALANCE SHEET AS AT 31 MAY 2025

	<u>Notes</u>	<u>2024/25</u> £	<u>2023/24</u> £
Fixed Assets		-	-
Current Assets			
Prepayments and accrued income	5	690	225
Debtors	5	200	1,402
Trade receivables	5	3,310	-
Cash at Bank and in hand	6	57,595	34,830
Creditors			
Amount due within One Year	7	(615)	(350)
Net Assets/Liabilities		<u><u>61,180</u></u>	<u><u>36,107</u></u>
Reserves			
General Funds		58,680	36,107
Restricted Funds:		2,500	-
		<u><u>61,180</u></u>	<u><u>36,107</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 10th November 2025 and were signed on its behalf by:



.....
Joanne Dainow
Chair

LONG COVID SUPPORT

Registered Charity No. 1198938

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MAY 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2024/25 Total Funds £	2023/24 Total Funds £
Resources Arising					
Donations and Legacies	2	44,624	-	44,624	27,800
Other Trading Activities	2	12,990	0	12,990	1,477
Grants		200	2,500	2,700	-
Total Income		57,815	2,500	60,315	29,277
Expenditure:					
Raising Funds	3	235	-	235	386
Charitable Activities -General	3	3,030	-	3,030	4,957
Charitable Activities -Direct	3	31,977	-	31,977	883
Total Expenditure		35,242	0	35,242	6,226
Resources retained for further use		22,573	2,500	25,073	23,051
Transfer between Funds		-	0	-	0
Reconciliations of Funds					
Brought forward 01/06/2024		36,107	-	36,107	13,056
Carried forward 31/05/2025		58,680	2,500	61,180	36,107

The charity made no recognised gains and losses other than those reported in the income and expenditure account.

LONG COVID SUPPORT

Registered Charity No. 1198938

STATEMENT OF CASHFLOWS FOR THE YEAR ENDED 31 MAY 2025

	Notes	2024/25 £	2023/24 £
Cash flows from operating activities			
Cash generated from operations	11	22,765	21,857
		<hr/>	<hr/>
Net cash (used in)/provided by operating activities		22,765	21,857
		<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period		22,765	21,857
Cash and cash equivalents at the beginning of the reporting period		34,830	12,623
		<hr/>	<hr/>
Cash and cash equivalents at the end of the reporting period		57,595	34,830

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MAY 2025

1. Accounting Policies

Basis of Preparation.

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. Reference to the "Charities SORP" refers to the Charities SORP (FRS 102): 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. 2nd edition effective 1 January 2019.

1a. Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1b. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is possible that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

1c. Government grants

Government grants are credited to the Statement of financial activities as the related expenditure is incurred.

1d. Fund accounting

Unrestricted Funds are receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor.

Designated Funds are unrestricted funds but earmarked by the trustees for particular purposes.

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

1e. Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1f. Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at amount prepaid.

1g. Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1h. Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

1i. Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1j. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The Charity does not currently have any significant accounting estimates or areas of judgement.

1k. Tangible Fixed Assets

Equipment and other tangible fixed assets are capitalised when the cost is £500 or more

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - straight line over 3 years

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MAY 2025

2 DONATIONS AND LEGACIES	Unrestricted	Restricted	2024/25	2022/23
	2025	2025	2024/25	2022/23
	£	£	£	£
Donations and gifts	44,624	-	44,624	27,800
PPI Income	9,450	-	9,450	75
Research	130	-	130	-
Income	100	-	100	-
Merchandise	3,310	-	3,310	1,402
Total Capital Project Income	<u>57,615</u>	<u>-</u>	<u>57,615</u>	<u>29,277</u>
Grants	200	2,500	2,700	-
Total Income	57,815	2,500	60,315	29,277

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MAY 2025

3 CHARITABLE ACTIVITIES COSTS

	Raising Funds (see note 5)	Charitable Activities - Direct (see note 5)	Support Costs (see note 5)	Total
	£	£	£	£
Charitable Activities	<u>235</u>	<u>31,977</u>	<u>3,030</u>	<u>35,242</u>

	4 DIRECT/SUPPORT COSTS OF CHARITABLE		Total 2024/25	Total 2023/24
	Unrestricted 2025	Restricted 2025		
	£	£	£	£
Fundraising agents	235	-	235	386
Regulatory Expenses	103	-	103	48
PPI	-	-	-	322
Merchandise	1,384	-	1,384	388
Office/General Administrative Expenses	2,364	-	2,364	2,900
Subscriptions	457	-	457	821
Independent Examination	500	-	500	350
COVID Inquiry	209	-	209	886
Advocacy Costs	5,557	-	5,557	-
Research	150	-	150	125
Direct Charitable Project Activities	24,282	-	24,282	-
Total resources expended	<u>35,242</u>	<u>-</u>	<u>35,242</u>	<u>6,226</u>

5 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Debtors	200	1402
Prepayments and accrued income	690	225
Trade receivables	3,310	-
	<u>4,200</u>	<u>1,627</u>

6 Cash at Hand and Bank	2025	2024
	£	£
Llyods - Current	4,438	34,830
Llyods - Savings	33,157	-
Llyods - Fixed Deposit	20,000	-
	<u>57,595</u>	<u>34,830</u>

7 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Accruals	115	0
Independent Examiner fee	500	350
	615	350

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MAY 2025

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted fund	2025 Total funds	2024 Total funds
	£	£	£	£
Fixed assets	-	0	-	0
Current assets	61,795	-	61,795	36,457
Current Liabilities	(615)	0	(615)	0
	<u>61,180</u>	<u>-</u>	<u>61,180</u>	<u>36,457</u>

9 MOVEMENT IN FUNDS

	At 1.6.24	Net movement in funds	At 31.5.25
	£	£	£
Unrestricted funds			
General fund	36,107	22,573	58,680
Restricted funds			
Restricted fund	-	2,500	2,500
	<u>36,107</u>	<u>25,073</u>	<u>61,180</u>

Net movement in funds, included in the above are as follows:

	2025 Incoming resources	2025 Resources expended	2025 Movement in funds
	£	£	£
Unrestricted funds			
General fund	57,815	(35,242)	22,573
Restricted funds			
Restricted fund	2,500	0	2,500
TOTAL FUNDS	<u>60,315</u>	<u>(35,242)</u>	<u>25,073</u>

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MAY 2025

10 RELATED PARTY DISCLOSURES

There were no related party transactions for the year 31st May 2025.

11 RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of financial activities)	25,073	23,051
Adjustment for:		
Fixed Assets	0	-
Depreciation charges	-	0
(Increase)/decrease in debtors	(2,573)	(1,194)
Increase/(decrease) in creditors	265	0
Net cash (used in)/provided by operations	<u>22,765</u>	<u>21,857</u>

12 ANALYSIS OF CHANGES IN NET FUNDS

	At 1.6.24	Cash flow	At 31.5.25
	£	£	£
Net Cash			
Cash at Bank and in hand	34,830	22,765	57,595
	<u>34,830</u>	<u>22,765</u>	<u>57,595</u>
Total	<u>34,830</u>	<u>22,765</u>	<u>57,595</u>

LONG COVID SUPPORT

Registered Charity No. 1198938

INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF LONG COVID SUPPORT

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, FCIE, AFA, ATA, MCIPP
Flat 3, 11 Rochdale Way Deptford London SE8 4LY

Date: 10th November, 2025

LONG COVID SUPPORT

England & Wales - Charity number 1198938

Accounts

Charity No. 1198938

LONG COVID SUPPORT

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2024

CHARLES OSEI, BSc, MSc, ACIE, MCIPP, AFA, ATA
CHARITY INDEPENDENT EXAMINER / ACCOUNTANT

FLAT 3, 11 ROCHDALE WAY

LONDON

SE8 4LY

LONG COVID SUPPORT

Registered Charity No. 1198938

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2024

CONTENTS

Page	
1	Legal and Administrative Details
1-5	Trustees Report
6-7	Independent Examiner's report
8	Balance Sheet
9	Statement of Financial Activities
10	Statement of Cash flow
11-16	Notes to the Accounts



Trustees' Annual Report for the period

Period start date			Period end date		
01	June	2023	31	May	2024
From			To		

Section A Reference and administration details

Charity name LONG COVID SUPPORT

Other names charity is known by N/A

Registered charity number (if any) 1198938

Charity's principal address 87 Standen Road
London
Postcode SW18 5TR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for entire year	Name of person (or body) entitled to appoint trustee (if any)
1	Joanne Dainow	Chair		
2	Dr Margaret O'Hara			
3	Natalie Rogers			
4	Gareth Evans			
5	Ian Martin Frayling			
6	James William McGoldrick			
7	Temitope Oyefuga	Treasurer		
8	Aimie Cole			
9	Professor Daniel Altman			
10				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for entire year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Articles of Association
How the charity is constituted (eg. trust, association, company)	Company
Trustee selection methods (eg. appointed by, elected by)	Appointed by the Board of Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

Induction and Training of Trustees: The charity has clear policies and procedures for the induction and training of trustees, ensuring they understand their roles and responsibilities. The EDI Policy outlines the approach for trustee appointments, promoting fairness and diversity in the selection process.

Organisational Structure and Networks: The charity operates a flat structure and uses Peer Support Groups to foster collaboration and community involvement. It also engages with a wider network of organisations to enhance service delivery and advocacy.

Related Party Relationships: There are no related party transactions or relationships.

Risk Management: Trustees review major risks regularly through a Risk Register to identify and manage potential threats effectively.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The key objective of **Long COVID Support (LCS)** is to advocate for, provide resources to, and support individuals experiencing the prolonged effects of COVID-19. This includes addressing the physical, emotional, and social challenges of those living with Long COVID by increasing awareness, influencing policy, and fostering a sense of community.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Activities Aligned with LCS Objectives:

- 1. Support and Resources:**
 - Hosting online support groups or forums for individuals affected by Long COVID.
 - Providing informational materials, such as guidance on managing symptoms and navigating healthcare services.

- 2. Awareness and Advocacy:**
 - Organising Long COVID awareness campaigns to educate the public and healthcare providers about Long COVID.
 - Engaging with media and policymakers to highlight the lived experiences of those affected.

- 3. Policy Influence:**
 - Collaborating with government bodies, healthcare organisations, and research institutions to shape policies.
 - Participating in the Long COVID Inquiry, submitting evidence or recommendations to inquiries or committees focused on pandemic response and rehabilitation.

- 4. Community Building:**
 - Creating opportunities for peer-to-peer support through events, webinars, or workshops.
 - Developing partnerships with some Long COVID charities to extend impact.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grant making.
- policy programme related investment.
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

1. Employment Advocacy:

- Influenced policy reforms and workplace inclusivity through consultations and webinars.
- Highlighted the lived experiences of Long Covid patients to combat stigma and drive legislative change.
- Supported workers through limited individual advocacy.

2. Peer Support:

- Supported a global community of over 65,000 individuals, with new groups for men and carers.
- Partnered with Oxford University to develop tools like body mapping workshops for peer support.

3. Fundraising:

- Raised £30,000 through campaigns, merchandise, and corporate partnerships.
- Adopted a strategic fundraising plan to diversify income streams.

4. Advocacy:

- Prevented clinic closures, engaged with policymakers, and contributed to national forums.
- Hosted awareness campaigns and collaborated with NICE and NHS on key initiatives.

5. Research:

- Advanced patient involvement in studies like LOCOMOTION and PHOSP-COVID.
- Organised webinars and launched a consultancy to guide research design.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity's policy is to maintain reserves equivalent to six months of operating expenses. At the end of the financial year, the charity held a surplus that significantly exceeded this target. After the balance sheet date, the charity invested this surplus into an interest savings account.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising).
- how expenditure has supported the key objectives of the charity.
- investment policy and objectives including any ethical investment policy adopted.

The charity's income was primarily derived from donations, including those generated through fundraising activities and unsolicited contributions from members and subscribers. Additional income was generated from the sale of merchandise and a small contribution from PPI income. Notably, most fundraising activities were conducted by individuals at no cost to the charity, keeping fundraising expenses to a minimal level of just 1% of donations. Donations constituted 95% of the total income for the year under review.

Expenditure on the Long COVID Inquiry accounted for 19% of total operating costs and 3% of total income, reflecting the charity's core focus on advocacy for policy change. This approach aims to address the root cause of the issue by influencing government, a key stakeholder, to adopt a different perspective on the disease. Such a shift would pave the way for more sustainable outcomes, ensuring other critical areas, such as research and support, are adequately addressed.

Section F

Other optional information

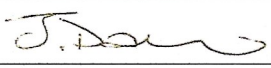
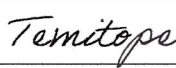
- **Impact of Volunteers:**
 - Over forty volunteers across all workstreams contributed significantly to advocacy, peer support, fundraising, and research. Their commitment enabled the charity to expand its reach despite limited resources.
- **Collaboration and Community Building:**
 - Partnerships with organisations like the TUC, Oxford University, and NHS England enhanced the charity's capacity to address Long Covid challenges holistically.

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	JO DAINOW	TEMITOPE OYEFUGA
Position (eg Secretary, Chair, etc)	CHAIR	TREASURER
Date	16-12-2024	

LONG COVID SUPPORT

Registered Charity No. 1198938

INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF LONG COVID SUPPORT

I report on the financial statements for the year ended 31 May 2024 set out on pages 8 - 16.

This report is made solely to the Trustees of Long Covid Support, as a body, in accordance with regulations made under section 145 of the Charities Act 2011 and Charity SORP. My work has been undertaken so that I might state to the Trustees matters I am required to state to them in an independent Examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and Charity's trustees for my independent examination work, for this report, or for the statement I have given below.

Respective responsibilities of Trustees and independent examiner

As charity trustees of the organisation and for the purposes of charity law, are responsible for the preparation of the financial statements. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act) and that an independent examination is needed.

I report in respect of my examination of the Charity's accounts carried out:-

- a) examine the accounts under section 145 of the 2011 Act;
- b) follow the procedures laid down in the general Directions given by the Charity Commissioners under section 145(5)(b) of the 2011 Act; and
- c) state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity, and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the reports limited to those matters set out in the statement on the next page.

LONG COVID SUPPORT

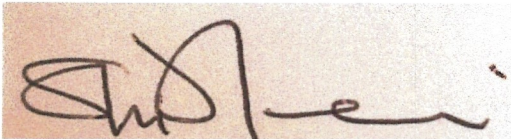
Registered Charity No. 1198938

INDEPENDENT EXAMINER'S REPORT ON THE FINANCIAL STATEMENTS TO THE TRUSTEES OF LONG COVID SUPPORT

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements
 - a) to keep accounting records in accordance with Section 130 of the Charities Act; and
 - b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Charles Osei, BSc (Hons), MSc, ACIE, AFA, ATA , MCIPP
Flat 3, 11 Rochdale Way Deptford London SE8 4LY

Date: 29th November 2024

LONG COVID SUPPORT

Registered Charity No. 1198938

BALANCE SHEET AS AT 31 MAY 2024

	<u>Notes</u>	<u>2023/24</u>	<u>2022/23</u>
		£	£
Fixed Assets		-	-
Current Assets			
Prepayments and accrued income	5	225	433
Debtors	5	1,402	-
Cash at Bank and in hand	6	34,830	12,623
Creditors			
Amount due within One Year		0	0
Net Assets/Liabilities		<u><u>36,457</u></u>	<u><u>13,056</u></u>
Reserves			
General Funds		36,457	13,056
Restricted Funds:		0	-
		<u><u>36,457</u></u>	<u><u>13,056</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28th November 2024 and were signed on its behalf by:



.....
Joanne Dainow
Chair

LONG COVID SUPPORT

Registered Charity No. 1198938

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MAY 2024

	Notes	Unrestricted Funds £	Restricted Funds £	2023/24 Total Funds £	2022/23 Total Funds £
Resources Arising					
Donations and Legacies	2	27,800	-	27,800	3,711
Other Trading Activities	2	1,477	0	1,477	7,830
Total Income		29,277	0	29,277	11,541
Expenditure:					
Raising Funds	3	386	-	386	750
Charitable Activities -General	3	4,607	-	4,607	640
Other Trading Activities	3	883	-	883	4,671
Total Expenditure		5,876	0	5,876	6,061
Resources retained for further use		23,401	-	23,401	5,480
Transfer between Funds		-	0	-	0
Net Movement in Funds		0	0	0	0
Reconciliations of Funds					
Brought forward 01/06/2023		13,056	-	13,056	7,576
Carried forward 31/05/2024		36,457	0	36,457	13,056

The company made no recognised gains and losses other than those reported in the income and expenditure account.

LONG COVID SUPPORT

Registered Charity No. 1198938

STATEMENT OF CASHFLOWS FOR THE YEAR ENDED 31 MAY 2024

	Notes	2023/24 £	2022/23 £
Cash flows from operating activities			
Cash generated from operations	11	22,207	5,047
		<hr/>	<hr/>
Net cash (used in)/provided by operating activities		22,207	5,047
		<hr/>	<hr/>
Change in cash and cash equivalents in the reporting period		22,207	5,047
Cash and cash equivalents at the beginning of the reporting period		12,623	7,576
		<hr/>	<hr/>
Cash and cash equivalents at the end of the reporting period		34,830	12,623

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS **FOR THE YEAR ENDED 31 MAY 2024**

1. Accounting Policies

Basis of Preparation.

These accounts have been prepared on an accrual basis and include income and expenditure as they are earned or incurred, rather than as cash received or paid. Reference to the "Charities SORP" refers to the Charities SORP (FRS 102): 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. 2nd edition effective 1 January 2019.

1a. Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Grants are included in the Statement of financial activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1b. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is possible that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

1c. Government grants

Government grants are credited to the Statement of financial activities as the related expenditure is incurred.

1d. Fund accounting

Unrestricted Funds are receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor.

Designated Funds are unrestricted funds but earmarked by the trustees for particular purposes.

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

1e. Taxation

The Charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

1f. Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at amount prepaid.

1g. Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1h. Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

1i. Financial Instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1j. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The Charity does not currently have any significant accounting estimates or areas of judgement.

1k. Tangible Fixed Assets

Equipment and other tangible fixed assets are capitalised when the cost is £500 or more

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - straight line over 3years

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MAY 2024

2 DONATIONS AND LEGACIES	Unrestricted	Restricted	2023/24	2022/23
	2024	2024		
	£	£	£	£
Donations and gifts	27,800	-	27,800	3,711
Research	-	-	-	6,000
PPI	75	-	75	-
Merchandise	1,402	-	1,402	-
Total Capital Project Income	<u>29,277</u>	<u>-</u>	<u>29,277</u>	<u>9,711</u>
Total Income	29,277	-	29,277	9,711

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MAY 2024

3 CHARITABLE ACTIVITIES COSTS

	Raising Funds (see note 5)	Other Trading Activities (see note 5)	Support Costs (see note 5)	Total
	£	£	£	£
Charitable Activities	<u>386</u>	<u>883</u>	<u>4,607</u>	<u>5,876</u>

	4 DIRECT/SUPPORT COSTS OF CHARITABLE / Unrestricted		Restricted	Total	Total
	2024	2024	2023/24	2022/23	
	£	£	£	£	
Fundraising agents	386	-	386	750	
Regulatory Expenses	48	-	48	1,021	
PPI	322	-	322	-	
Merchandise	388	-	388	-	
Office/General Administrative Expenses	2,900	-	2,900	248	
Subscriptions	821	-	821	392	
COVID Inquiry	886	-	886	-	
Research	125	-	125	3,650	
Website	-	-	-	-	
Depreciation - equipment	-	-	-	0	
Direct Charitable Project Activities	-	-	-	-	
Total resources expended	<u>5,876</u>	<u>-</u>	<u>5,876</u>	<u>6,061</u>	

5 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Debtors	1,402	-
Prepayments and accrued income	225	433
	<u>1,627</u>	<u>423</u>

	£	£
6 Cash at Hand and Bank	<u>34,830</u>	<u>12,623</u>

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MAY 2024

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted fund	2024 Total funds	2023 Total funds
	£	£	£	£
Fixed assets	-	0	-	0
Current assets	36,457	-	36,457	13,056
Current Liabilities	0	0	0	0
	<u>36,457</u>	<u>-</u>	<u>36,457</u>	<u>13,056</u>

9 MOVEMENT IN FUNDS

	At 1.6.23	Net movement in funds	At 31.5.24
	£	£	£
Unrestricted funds			
General fund	13,056	23,401	36,457
Restricted funds			
Restricted fund	-	-	-
	<u>13,056</u>	<u>23,401</u>	<u>36,457</u>

Net movement in funds, included in the above are as follows:

	2024 Incoming resources	2024 Resources expended	2024 Movement in funds
	£	£	£
Unrestricted funds			
General fund	29,277	(5,876)	23,401
Restricted funds			
Restricted fund	0	0	0
TOTAL FUNDS	<u>29,277</u>	<u>(5,876)</u>	<u>23,401</u>

LONG COVID SUPPORT

Registered Charity No. 1198938

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MAY 2024

MOVEMENTS IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	40,818	11,937	28,881
Restricted funds			
Restricted fund	-	-	0
TOTAL FUNDS	<u>40,818</u>	<u>11,937</u>	<u>28,881</u>

10 RELATED PARTY DISCLOSURES

There were no related party transactions for the year 31st May 2024.

11 RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net (expenditure)/income for the reporting period (as per the Statement of financial activities)	23,401	5,480
Adjustment for:		
Fixed Assets	0	
Depreciation charges	-	(433)
(Increase)/decrease in debtors	(1,194)	0
Increase/(decrease) in creditors	0	0
Net cash (used in)/provided by operations	<u>22,207</u>	<u>5,047</u>

12 ANALYSIS OF CHANGES IN NET FUNDS

	At 1.6.23 £	Cash flow £	At 31.5.24 £
Net Cash			
Cash at Bank and in hand	12,623	22,207	34,830
	<u>12,623</u>	<u>22,207</u>	<u>34,830</u>
Total	<u>12,623</u>	<u>22,207</u>	<u>34,830</u>