

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**

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LONG COVID SUPPORT

Registered Charity No.

1198938

ORGANISATIONAL PROFILE **FOR THE YEAR ENDED 31 MAY 2024**

TRUSTEES

Joanne Dainow Chair

Gareth Evans

Ian Martin 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

BANKERS:

ACCOUNTANTS:

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



Trustees' Annual Report for the period

Period start date

01 June 2023

Period end date

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)

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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

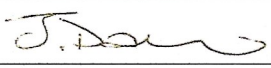
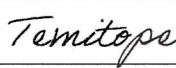
- **Impact of Volunteers:**
 - Over forty volunteers across all workstreams contributed significantly to advocacy, peer support, fundraising, and research. Their commitment enabled the charity to expand its reach despite limited resources.
- **Collaboration and Community Building:**
 - Partnerships with 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

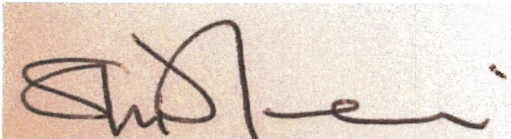
Registered Charity No. 1198938

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**

	Notes	2023/24	2022/23
		£	£
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		36,457	13,056
Reserves			
General Funds		36,457	13,056
Restricted Funds:		0	-
		36,457	13,056

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

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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

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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 3 years

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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

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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

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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

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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>