

Greater Manchester Long Covid Support ("GM Long Covid"): Annual Report 2023-2025

1. Section One: Reference and Administrative Details:	
1.1. Registered name	Greater Manchester Long Covid Support
1.2. Other names	GM Long Covid
1.3. Registration number	1205165
1.4. Address of principal office	15 Fox Street, Oldham OL8 3ST (to 28 th April 2025 – now 25 Thorneycroft Avenue, Manchester M21 7HT)
1.5. Names of Trustees on report date	Alanna Dawn Germon Louise Frances Walls Valerie Jane Bayliss-Brideaux (to 28 th April 2025) Victoria Louise Stammers (to 30 th January 2026)
1.6. Names of other Trustees in the financial period	Lisa Jones (deceased)
2. Structure, governance and management:	
2.1. Particulars of governing documents	Charity Commission Foundation Model Charitable Incorporated Organisation Constitution dated 11 th October 2023
2.2. Name and explanation where any person or external body is entitled to appoint 1 or more charity trustees	There are no provisions within the Constitution which permit any external body to appoint any Trustee to the Board of Trustees of GM Long Covid.
3. Objectives and activities:	
3.1. Description of the purposes of the charity	GM Long Covid's Objects or charitable purpose under the Constitution is: <i>"For the public benefit in Greater Manchester and surrounding areas, to relieve the charitable needs of people experiencing or affected by the symptoms of Long Covid by;</i>

	<i>(i) Providing peer support, information, advice and resources including through a website and on-line tools;</i> <i>(ii) Raising awareness of the general public in all areas relating to Long Covid.</i>
3.2. Main activities undertaken to further its charitable purposes for the public benefit	GM Long Covid conducts the following activities to fulfil its charitable purpose and provide public benefit: 1. Welcome email/call to members on induction to assess specific needs; 2. Two online weekly peer support meetings allowing socialising, signposting and safeguarding; 3. Monthly online and face-to-face social events including games nights, coffee mornings and crafts; 4. Specific or educational events to provide additional services or activities for members; 5. WhatsApp Community with general chat and specific Community groups; 6. Website providing information and resources with access to the general public for the purpose of education; 7. Resources for education and to assist with recovery; 8. Personal services such as signposting, advocacy and safeguarding, where necessary.
3.3. Statement by the Trustees confirming compliance with the duty in s.4 Charities Act 2006 to have due regard to guidance on public benefit published by the Commission.	See Section 7.

4. Achievements and performance:	2023/24 was GM Long Covid's first year operating as a registered Charitable Incorporated Association and it therefore celebrated considerable achievements in the financial period, which were built upon in 2024/-2025: 1. Set up, incorporation and registration of the Charitable Incorporated Association; 2. Ancillary administrative tasks such as completion of Microsoft IT system and multiple online platforms like Canva and Zoom; 3. Registration with regulators such as the Charity Commission, HMRC and Manchester Safeguarding Partnership; 4. Creating of unique branding for multiple purposes; 5. Obtained funding from multiple sources including private and National Lottery with a positive year end balance; 6. Creation of a website available to members and the general public, including a link to register as a member, accessed worldwide; 7. Promotion of GM Long Covid through social media, community and NHS engagement and other activities; 8. Registration of nearly 200 Members across Greater Manchester and surrounding areas 9. Provision of member services including WhatsApp community, online peer support and social events, face-to-face events, newsletters, education and resources; 10. Engagement with research opportunities locally and nationally.
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	The CIO grew by 51 new members in Financial Year 2024-2025, to a total of 240 members. 10 face-to-face events and over 120 online sessions were run last year, with educational sessions on yoga, EFT and mental health following requests on Member feedback questionnaires, so we continue to increase activities in accordance with needs, subject to Trustee availability, as discussed below. WhatsApp Community Groups were increased to 9, again on request from Members in relation to specific issues such as work or parenting. Over 13 Members were supported personally with advocacy and safeguarding referrals. The financial year ended with approximately £3,000 funding carried over following successful grants and fundraising activity. Unfortunately, there have also been some difficulties, primarily with reducing Trustee numbers following the death of Lisa Jones and retirement of Val Bayliss-Brideaux. As the retiring Trustee was the founder of the peer support group the CIO stems from, there appears to have been a level of influence over the Board not appropriate for proper charity management. The retirement process itself has highlighted some matters that the other Trustees were unaware of but have taken steps to ensure best practice is followed.
5. Financial review:	
5.1. Policy on reserves:	GM Long Covid relies primarily on National Lottery Funding which is granted over a two-year period, and shorter-term grants from Forever Manchester. A reserve has been accumulated from private fundraising

	activities, with some application against set-up costs and IT services. Our Finance Reserve Policy sets out the aim for unrestricted reserves over the next four Financial Years, although the position is somewhat alleviated by the longevity of the funding received to date. The intention is to build reserves within a deposit account to ensure best practice in management and continuity of services for our vulnerable Members.
5.2. Deficits:	GM Long Covid does not currently hold any funds materially in deficit, nor anticipates the same occurring in the future.
6. Funds held as custodian trustee on behalf of others:	GM Long Covid and its Trustees do not currently and have no future plans to act as custodian Trustee of charitable assets.

7. Public benefit statement: (SEE ALSO 3.3)

GM Long Covid Support is a small Greater Manchester based Charitable Incorporated Association, run initially by five, reducing to three Trustees at commencement of Financial Year 2025-2026. It was established in 2023 to provide education and information to the general public, alongside charitable and peer support to those experiencing the symptoms of Long Covid in the local area.

The activities undertaken by GM Long Covid throughout the current year, and future plans, are explained throughout this Report. These varied offerings help to achieve GM Long Covid's charitable purpose by providing or passing on information generally to help increase public knowledge, further education and ideally affect relevant local and health policy. Assistance is also provided to registered Members with their Long Covid journey, both through enabling peer support and building a vibrant community to help each other with their recovery, and by providing services; education and resources, signposting within the wider community, advocacy where Members need extra assistance and safeguarding referrals where required, and to ensure our Members thrive. GM Long Covid collaborates with other relevant services and local charities, and also involves itself in research and research opportunities open to our Members as much as possible. GM Long Covid is constantly seeking to expand the services that it provides both directly to Members and in the pursuit of public awareness and continued state resourcing.

	GM Long Covid is aware of and has fully considered the Charity Commission's Guidance (PB1-3) in all actions and during preparation of this Report. The necessity for public benefit described in PB1 was considered on establishment, and in preparation of GM Long Covid's Constitution, Policies, Values and Code of Conduct, described in our Charitable Summary and Statement. The continued duty of public benefit and the requirements of PB2 are taken into account in all the joint actions of the Board of Trustees and in future planning. There has been no departure from the Commission's guidance as set out in PB3 that would require disclosure in this Annual Report.
8. Plans for future periods:	GM Long Covid has the following plans for future periods: 1. Appoint additional Trustees to increase availability and services; 2. Expand website content and resources; 3. Provide further and a wider range of Member activities and educational sessions; 4. Explore new avenues of funding, expand and increase existing funding arrangements, widen funding area to include other local Long Covid services which are closing; 5. Attempt to obtain representation at local and NHS forums; 6. Utilise volunteers to assist in provision of services; 7. Obtain further free and funded resources for Members.
9. Signatures:	[ELECTRONIC]

	Name: Louise Frances Walls Date: Signature:
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CHARITY COMMISSION
FOR ENGLAND AND WALES

Greater Manchester Long Covid Support

1205165

Receipts and payments accounts

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For the period from	11th October 2023	To	5th April 2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Forever Manchester	-	100	-	100	-
National Lottery	-	4,000	-	4,000	-
Relief in Need	-	600	-	600	-
Fundraising	1,215	-	-	1,215	-
Donation	5	-	-	5	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,220	4,700	-	5,920	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,220	4,700	-	5,920	-
A3 Payments					
Set up costs	701	-	-	701	-
IT and running costs	154	484	-	638	-
Events	100	1,041	-	1,141	-
Trustee expenses	-	156	-	156	-
Resources	15	196	-	211	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	970	1,877	-	2,847	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	970	1,877	-	2,847	-
Net of receipts/(payments)	250	2,823	-	3,073	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	250	2,823	-	3,073	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	National Westminster Bank plc	250	2,843	-
		-	-	-
		-	-	-
	Total cash funds	250	2,843	-
	(agree balances with receipts and payments account(s))	OK	Agreement Error	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		Louise Frances Walls	5th February 2026