

# Long Covid Support Annual Report and Accounts

For the period ending  
31st May 2022

2021-2022



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[www.longcovid.org](http://www.longcovid.org)



**General Enquiries:**  
[info@longcovid.org](mailto:info@longcovid.org)

# What is Long Covid?

Long Covid is a term created by patients to describe the prolonged, fluctuating symptoms following Covid-19. It is also known as post Covid-19 syndrome, post-acute sequelae of SARS-CoV-2 infection (PACS), or Post Covid Condition.

After Covid-19, many people make a full recovery within a month. For others, symptoms can last longer. Symptoms lasting 4 weeks or more after suspected or known Covid-19 may be Long Covid.

You can have Long Covid after a mild or even symptom-free initial illness. Symptoms can affect any part of the body, can come and go, or new ones may appear weeks or months later.

People of all ages and previous levels of health and fitness are at risk of experiencing the life-changing effects of Long Covid - including children and adolescents.

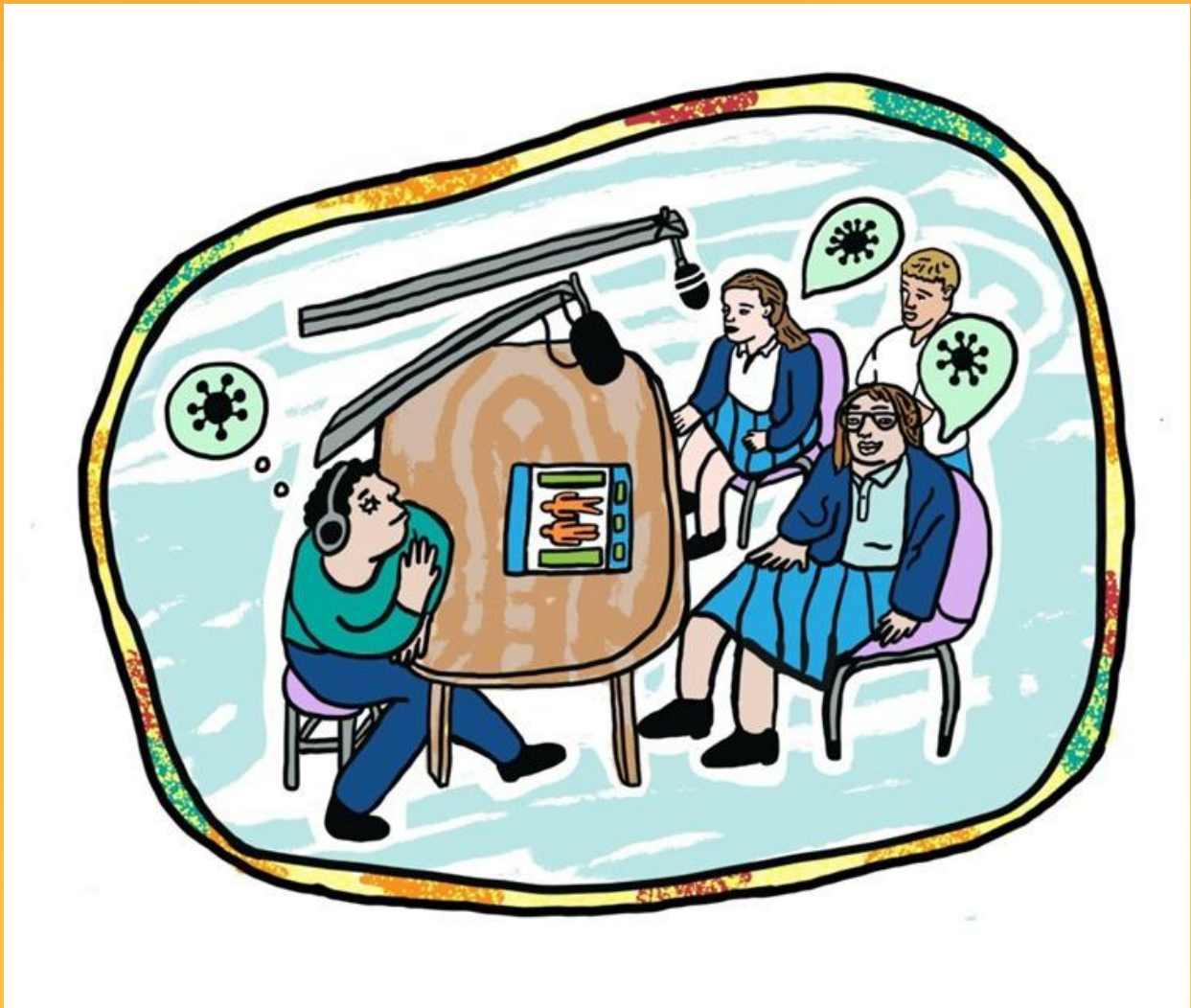


Image of young people on radio raising awareness of Long Covid.  
Image courtesy of Monique Jackson 2022

# Why Long Covid Support is needed

**Millions of people around the world are living with Long Covid. Estimates of prevalence vary, with between 10% and 40% of people who contract Covid likely to develop Long Covid.**

People experiencing debilitating symptoms months after infection with SARS-CoV-2 need investigations, treatment and rehabilitation, as well as support returning to work or education. Many people experience stigma and discrimination, and difficulties accessing appropriate healthcare and support.

Whilst patients await further research into treatments and many struggle to get help, our peer support group provides a lifeline by giving patients access to support and information. Strictly for patients or their direct carers, it is one of the largest of its type in the world.

Our advocacy work includes our instrumental role in establishing the Long Covid term, now used around the world, although our focus tends to be on the UK. We speak at conferences and contribute to pieces in international, national and local media. We have dedicated teams focused on equitable access to health care, employment and benefits, comprising people with professional as well as lived experience.

We strongly believe that patients should be at the heart of research, working as equal partners with scientists throughout the research lifecycle, and we promote the sharing of learnings between all chronic post viral conditions. Patients have specialised knowledge of their disease and will have to live with the consequences of research. It is therefore important that lived experience knowledge is given equal value to learned knowledge.

#1YrOfLongCovidSupport

*"Thank you so much. I don't  
feel alone anymore. I feel  
heard and understood."*

a member of the Long Covid Support Group



# Our vision, mission and values

## Our vision

For everyone affected by Long Covid to have access to appropriate treatment and support.

## Our values

**Peer-led:** Warm, genuine, compassionate, empathetic and approachable

**Inclusive:** Diverse, equity-oriented and open-minded

**Expert:** Professional, lived-experience informed, evidence based and knowledgeable

**Driven:** Motivated, tenacious, passionate and determined

**Collaborative:** People-centred, partner-oriented, open, fair and holistic

**Dependable:** Trustworthy, safe and respected

## Our mission

### Support

To connect people living with Long Covid globally to share learnings and perspectives and provide support to improve their quality of life.

### Advocacy

To engage with key policy makers so that patients' rights and needs are heard and they are equal partners in all decisions about their health, employment and welfare.

### Research

To support research into effective treatments, innovations and services and to ensure that research priorities are informed by lived experience.

### Education

To raise awareness and improve understanding so that Long Covid is well defined, with high quality information, support and health services in place throughout the UK.



# Chair's Statement



**It is remarkable reflecting on the advances that Long Covid Support has made as an organisation in the last 12 months - starting out as Facebook groups in 2020, to representing thousands of people internationally, to this year succeeding in gaining status as a UK registered charity. From engagement with policy makers and the media, to research participation and advocacy work it has been a remarkable collective effort, of collaboration and commitment from our members to find ways to make things happen.**

The scale at which Long Covid impacted the lives of millions globally is unprecedented. Although cases are dismissed and disregarded as 'mild' for the many, the sudden onset of a broad range of often debilitating symptoms has had a severe impact on the quality of life of those affected and their families. In addition to the hardship of managing the condition, for many it is a disorienting process adapting to restrictive lifestyle changes required to manage a novel chronic illness, without help or understanding to overcome barriers to accessing health care. Individuals with Long Covid are vulnerable to social isolation, discrimination and financial instability, particularly those from marginalised higher risk groups.

Despite the vast numbers of people left to face the chaos brought on by the rampant spread of COVID-19, public health messaging during the pandemic has remained inconsistent and inadequate in communicating the long term health risks caused by Long Covid and unmet urgent needs of those living with the condition. Furthermore, the health inequality experienced by marginalised groups such as; ethnic minorities, clinically vulnerable, people with learning difficulties, people with disabilities, physical and mental health difficulties, children, the elderly, socio economically disadvantaged and LGBTQ+ communities has frequently been overlooked.

From the outset Long Covid Support has proven to be committed to engage in activity to raise awareness via media advocacy, peer to peer online communities, employment rights and patient research involvement. Long Covid Support has succeeded in connecting people with Long Covid to a broader active and vocal patient community, moderated online spaces, sharing of credible patient information and dialogue with researchers and health care professionals. Long Covid Support has grown as a grass roots organisation to be representative of the diverse array of patient experiences with a significant social media presence and combined wealth of lived experience expertise.

As COVID-19 continues in waves to spread with a rise in reinfection rates it is clear that further work is urgently needed to prioritise understanding of the long term effects of the disease and advocate for sustained patient participation in research. Having successfully raised the required funds, Long Covid Support was granted Charity status in May 2022. It is thanks to the efforts of members and affiliates of the organisation that all achievements to date have been made possible.

*Monique Jackson*

# Report of the Board of Trustees

## Objectives and Activities

The trustees present their report of the charity's activities alongside a financial statement made up until 31st May 2022.

Long Covid Support is a charity based in England and Wales providing information, support and advocacy for people with Long Covid.

Formed by a group of people with ongoing symptoms following SARS-CoV-2 infection, Long Covid Support have been working to build awareness of the challenges and needs of people living with the long-term after effects of Covid-19. We advocate for people with Long Covid to have access to quality healthcare and to make a sustainable return to work or education, where relevant. We are also working hard to ensure that people with lived experience are equal partners at all stages of research into Long Covid. In the meantime, we provide support for those already living with Long Covid, and undertake targeted awareness raising to prevent more people being affected.

**The objects of the charity as set out in its governing document are:**

### 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.

## Public Benefit Statement

The trustees confirm that they have referred to the Charity Commission's guidance on the public benefit when setting the charity's aims and objectives and in planning future activities.

# Our accomplishments at a glance

- ★ Incorporated as a company limited by guarantee on 26th May 2021
- ★ Provided peer support to over 50.000 people
- ★ Strengthened our reputation and reach through a strong social media presence
- ★ Raised funds to register as a charity
- ★ Developed strong partnerships across the UK and internationally
- ★ Carried out surveys into patient experiences of Long Covid services in England and the impact of the condition on employment status and quality of life
- ★ Provided information for policymakers, health and social care workers, employers and managers
- ★ Raised awareness about Long Covid through our information leaflet, developed in conjunction with Long Covid Kids
- ★ Co-produced guidance for HR professionals, line managers and colleagues to support employees with Long Covid in collaboration with the Chartered Institute of Personnel and Development
- ★ Contributed to the consultation review of the NICE COVID-19 rapid guideline: managing the long-term effects of COVID-19
- ★ Worked with the NHS England Long Covid Task Force to help shape the NHS Long Covid Plan 2021-22
- ★ Co-created the VOICE Global Long Covid Research Involvement Hub
- ★ Worked with the NIHR to improve Patient and Public Involvement and Engagement processes
- ★ Registered as a charity in England and Wales 31st May 2022





# Support

Our tightly moderated, international Long Covid Support Group is a friendly, inclusive space for people experiencing the diverse, debilitating and alarming symptoms of Long Covid to share information, help each other through the bad days and celebrate the good.



Image of person accessing online peer support for Long Covid.  
Illustration courtesy Monique Jackson 2022

**“This group means so much to me. It’s been a huge support, a shoulder to cry on, an encyclopaedia of knowledge and incredibly helpful advice. It’s given me hope, and the comfort of not being alone in a world where so many have turned their backs. Thank you from the bottom of my heart.”**

Quote from a member of the Long Covid Support Facebook Group



# Support

It is well understood that creating opportunities for people to share their experiences improves overall wellbeing. Our Support Team facilitates peer support through an online forum on Facebook, connecting people from over 100 countries and territories. The team also run a weekly programme of online social and wellbeing activities including Zoom chats, the Long Covid Choir, Chair Yoga and Opera Breathing.

The Facebook Peer Support Group has over 50,000 members from over 100 countries, with a large proportion in the UK and US and its membership continued to grow during the period with approximately 300 joining each week. The group is managed by 16 moderators across 5 timezones (UK, US and India). Every member and post is approved by the team to ensure they meet the criteria and agree to our rules.

**Image of a woman from the back holding hands out looking across a river.  
Image courtesy of Judit Blaskovics-Felszeghy**



# Advocacy

Long Covid Support advocates for UK policy changes regarding public awareness of the risks of Long Covid, NHSE healthcare provision, employment and welfare rights of those affected and increased research funding into appropriate treatments.



Image of person interviewed on camera advocating for patients with Long Covid.  
Illustration courtesy Monique Jackson 2022



# Employment Advocacy

Our Employment Advocacy Team focuses on supporting workers and employers with return to work. We have co-developed materials with bodies including the UK's Society of Occupational Medicine and Chartered Institute of Personnel and Development (CIPD).

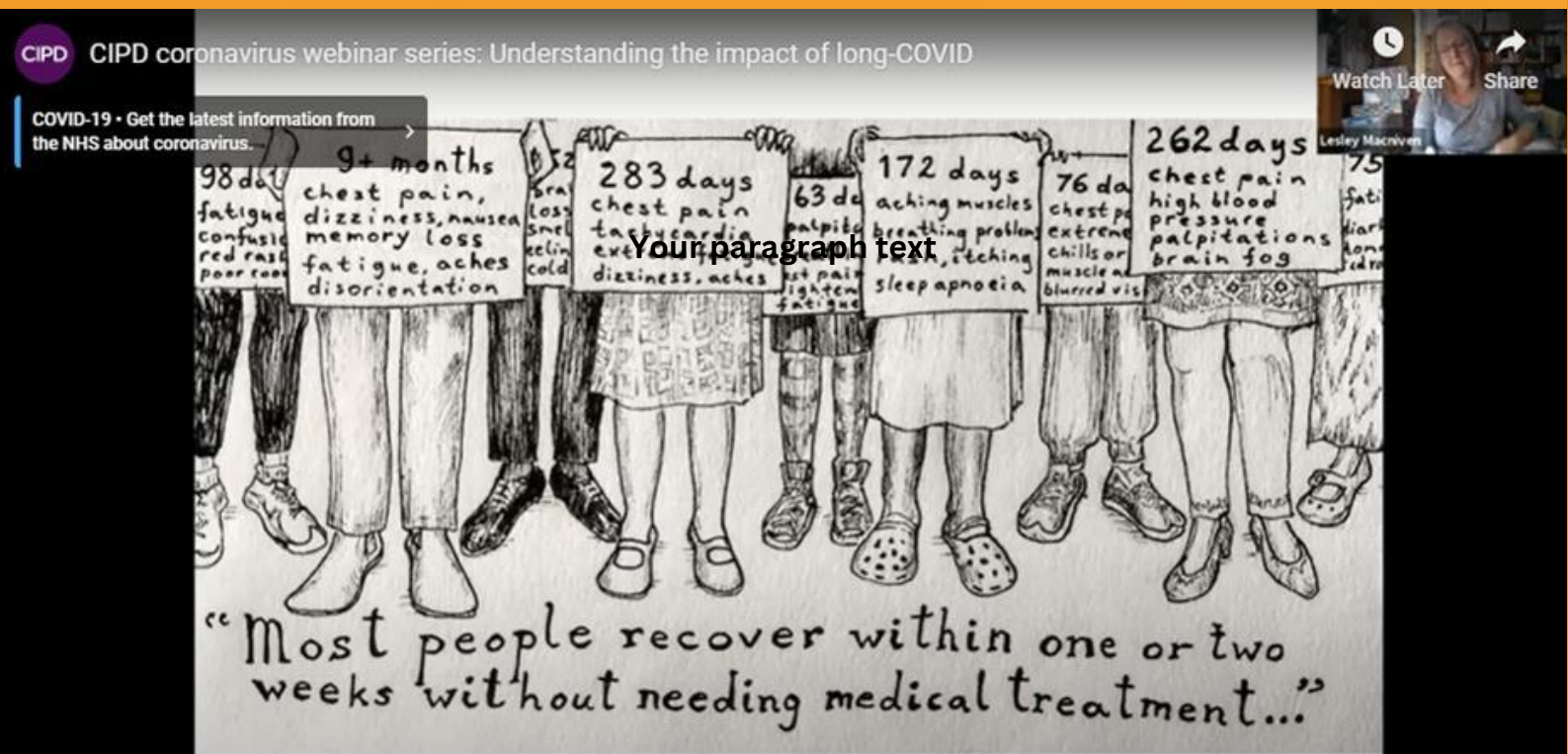


Image above is from CIPD webinar series including LCS member Lesley Macniven

The team collaborates with TUC Equality to assess the impact of Long Covid on employment. The first joint survey received 3500 responses and findings were published in June 2021. As well as co-produced research, the team participated in a webinar and were involved in developing training for Union reps.

In September 2021, the team were part of an expert panel on the CIPD webinar series Understanding the impact of long COVID. In October 2021, the team submitted a response to the Department for Work and Pensions, Shaping Future Support: the Health and Disability Green Paper consultation.

# Health Advocacy

Our Health Advocacy Team works with policymakers and healthcare providers on the NHS England Taskforce on Long Covid and the UK's Department of Health & Social Care Roundtable on Long Covid. We shared insights from our on-going surveys into patient experience of accessing care in England, to improve planning, provisions and training. We had significant input into the NHS 2021-22 plan and the updated "NHS plan for improving long covid services" for 2022-23, published July 2022.

We contributed to the updated "NICE COVID-19 rapid guideline: managing the long-term effects of COVID-19" (having contributed to the previous guideline), and to improving the Office of National Statistics monthly questionnaire providing data on Long Covid prevalence and impacts. We have provided written and oral evidence to the All Party Parliamentary group on Coronavirus, and to the Health Select Committee.

Members of the team have given numerous presentations to policy makers and health and social care professionals including at the HSJ Patient Safety Congress on Effective approaches to protecting patients living with Long Covid (October 2021), the Parliamentary Inquiry on Health Benefits (Feb 2022), the Westminster Health Forum (March 2022), as well as to many healthcare professional bodies, including the Royal Colleges.



Image is from HSJ Patient Safety Congress including Long Covid Support member Claire Hastie





# Research

Long Covid Support has a Covid-19 Research Involvement Group on Facebook. It allows scientists and researchers to interact directly with people with Long Covid and is a place to discuss and promote involvement, participation and engagement in scientific research.

Members of our team have worked extensively with researchers, including as co-investigators, members of advisory groups and co-authors of numerous papers published in respected journals, such as the BMJ, The Lancet, and Nature. We have provided training in Patient and Public Involvement in Research to members of the Long Covid community.

Long Covid Support worked with Imperial College London's Patient Experience Research Centre to co-create the VOICE Global Long Covid Research Involvement Hub. This is a focal point for research where the public can sign up to receive alerts about new research, and investigators can place opportunities for involvement, participation and engagement in research.

Our members worked with the NIHR Centre for Engagement and Dissemination to explore our experiences and stimulate changes to their processes. We co-created and presented at an event as part of the NIHR Necessary Conversations series in May 2022. The purpose of the event was to consider what has worked well in patient involvement in research, but also to identify areas where the NIHR, other funders and institutions need to address effort to ensure that good quality, meaningful involvement happens throughout the research process.



Image above of the Covid-19 Research Involvement Facebook page.



Welcome to our dedicated Long COVID page

Where patients and researchers can connect to co-create and share ongoing research into the long-term effects of COVID-19.

Image above of the VOICE Global Long Covid Research Involvement Hub webpage.



Image above of the Imperial College London WILCO study advertisement.

# Education

Long Covid can be difficult to diagnose, and some people might not realise their symptoms could be linked to prior Covid-19 infection.

- There can be more than 200 symptoms
- Symptoms can affect anywhere in the body
- Symptoms can come and go, and new ones can appear weeks or months later
- People may not be aware they had Covid-19: some don't have symptoms at the time of infection, and test results can be unreliable

We therefore produced an information leaflet, in partnership with Long Covid Kids, to educate the public on the symptoms of Long Covid, signpost to our support group and to seek medical help where necessary. The leaflet was produced by people with lived experience of Long Covid, including GP's and reviewed by the Patient Information Forum.

Link to this page for sharing:  
<https://www.longcovid.org/resources/information-leaflet>

Members of Long Covid Support continued to raise awareness of Long Covid by giving frequent interviews in local, national and international media, as well as giving conference presentations. Our members spoke at medical conferences for GPs, nurses and pharmacists, some of which have carried CPD accreditation. We co-authored publications in medical, occupational health and human resources journals.



Image above of Long Covid Support member Claire Hastie presenting at The Pharmacy Show.

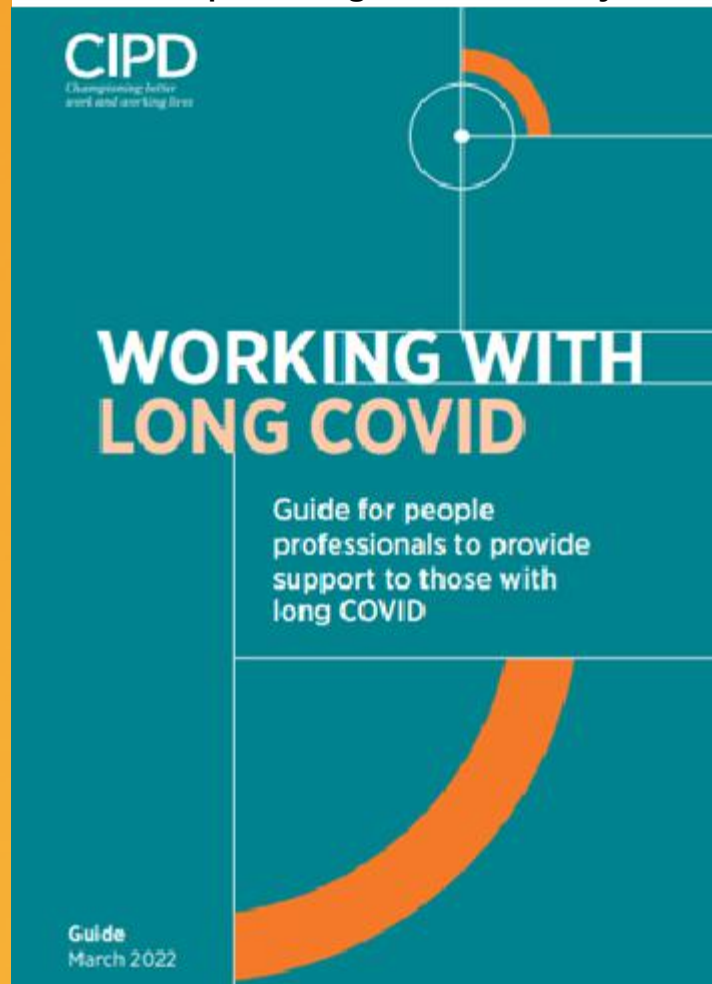


Image above of front of The Chartered Institute of Personnel and Development Long Covid guide.



**If you or your child have had new symptoms for a month or more and think you might have had Covid-19, support is available.**

After a Coronavirus infection, many people make a full recovery. For some, the illness can last longer. This is known as Long Covid.

You can have Long Covid after a mild or even symptom-free initial illness. Symptoms can affect any part of the body, can come and go, or new ones can appear weeks or months later.



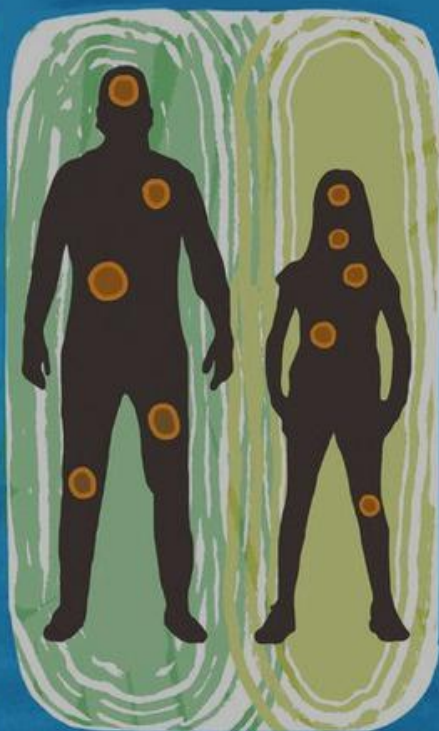
## Common Long Covid Symptoms



### ADULTS

- Extreme tiredness
- Shortness of breath
- Chest pain or tightness
- Memory or concentration problems
- Difficulty sleeping
- Fast heart rate or palpitations
- Joint or muscle pain
- Upset stomach or pain
- Changes to smell or taste
- Headaches or dizziness
- Anxiety or depression

Source: NHS



### CHILDREN

- Extreme tiredness
- Dizziness
- Rashes
- Brain fog
- Headaches
- Chest pain
- Stomach pain or upset
- Sore throat
- Mood changes
- Joint or muscle pain or swelling
- Sickness or nausea

Source:

Centers for Disease Control and Prevention

**For information and support visit  
LongCovid.org or LongCovidKids.org**



**LONG COVID KIDS**



**Seek medical help if you are worried.**

Long Covid Support registered company limited by guarantee (England and Wales) 13422248

Long Covid Kids and Friends registered charity (England and Wales) 1196170

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© 2021 Long Covid Kids

Published: November 2021

# Fundraising

As an organisation that receives no government funding, we are entirely reliant on charitable income. We work remotely so that every penny raised will go towards helping people with Long Covid. As well as the obvious devastating effects on our health and wellbeing, the Covid-19 pandemic continued to impact charity income throughout 2021/22. Alongside economic factors such as the increased cost of living, this has been a challenging time to launch as a new charity. However, thanks to the dedicated efforts of the team and the generosity of our supporters, we were able to raise the £5K required to achieve registered charity status (England and Wales) on 31st May 2022.



Over the coming year we will focus on growing our income, so that we can support and empower more individuals and their families affected by Long Covid.

**“I donated because Long Covid Support has eased my Long Hauler journey on good and bad days. It’s a great opportunity to be part of a legacy to provide support to others in times of need.”**

**“The Long Covid Support group was a lifeline for me in the early days, finding out I wasn’t alone with the symptoms and feelings that no-one around me were experiencing. I can’t thank all those who have looked after the admin of the group enough and done so much more to gain recognition for the condition when they have been suffering as much as any of us. Thank you.”**



Image is of a person using their mobile phone to donate to Long Covid Support.  
Image of courtesy of Monique Jackson 2022



# Plans for the Future

**Looking ahead, we are focused on building on our achievements to date in working towards our key objectives:**

## Support

Support people with Long Covid to improve their quality of life, by:

- expanding and enhancing our online international peer support group
- extending our support services beyond digital populations
- co-creating additional wellbeing events and expert talks

## Advocacy

Make people with Long Covid equal partners in decisions about their health, employment and welfare by:

- engaging with key policy makers, service providers and employers so that the rights and needs of those affected are heard
- partnering with experts in the UK in specialist areas such as benefits, occupational health and support with returning to work
- calling for appropriate mitigations and public health messaging to prevent more people being affected by the debilitating impact of Long Covid on their lives

## Research

Co-produce research into effective treatments, innovations and services, by:

- facilitating high quality patient involvement, engagement and participation in research via our international Research Involvement group
- collecting data on the health, social care and employment experiences of our members to inform policy and service provision
- engaging relevant stakeholders to boost investment and innovation in research and to ensure
- the expedient implementation of the results of research

## Education

Raise awareness and improve understanding of Long Covid, by:

- developing evidence based educational materials for patients, employers and health and social care professionals co-produced by people with Long Covid
- providing clear and consistent messaging via our website and social media channels and when representing the Long Covid community
- adapting our resources to make them more accessible for hard-to-reach communities



# Organisational Details and Key Personnel

## Trustee Board

The directors of the charitable company are the trustees for the purposes of charity law. Trustees who have served during the year from the May 2021 to May 2022:

Prof Danny Altman	Trustee (appointed September 2021)
Dr Gail Carson	Trustee (appointed September 2021)
Jo Dainow*	Founding Trustee
Michael Gobbi **	Trustee (resigned March 2022)
Monique Jackson*	Chair (appointed August 2021)
Dr Elaine Maxwell	Deputy Chair (appointed October 2021)
Dr Margaret O'Hara*	Founding Trustee
Natalie Rogers*	Founding Trustee

\*Lived experience of Long Covid \*\*Family member of someone with Long Covid

In keeping with the charity's ethos of being patient-led, over 50% of trustees have been personally affected by Long Covid either as a patient or family member. Our trustees also include medical professionals, who are leaders in Long Covid care and research.

## Operational Committees and Teams

The Operations Committee oversees the day to day running of the organisation, including the work of individual teams. It acts in such a way as to support the Board of Trustees decisions in line with the charity's existing policy or governance arrangements.

Operations Committee Chair:	Natalie Rogers, Deputy Chair: Dr Margaret O'Hara
Comms team Lead:	Monique Jackson
Employment advocacy team Lead:	Lesley Macniven
Health advocacy team Lead:	Dr Jo House
Peer support team Lead:	Jo Dainow
Research advocacy team Lead:	Dr Margaret O'Hara

## Advisory Board

The Advisory Board provides input whenever an expert view is needed, relating to information that we provide to the community of people with Long Covid and to our research involvement activities.

Prof Nisreen Alwan	Assoc Prof Public Health, University of Southampton
Prof Brendan Delaney	Prof Medical Informatics/Decision Imperial College London
Dr Caroline Dalton	Assoc. Prof. Neuroscience & Genetics, Sheffield Hallam
Helen Hughes	CEO Patient Safety Learning

## Reference and Administrative Details

Charity name: Long Covid Support

Registered address: 87 Standen Road, London, SW18 5TR

Charity number: 1198938 Companies House number: 1342224

# Structure, Governance and Management

Long Covid Support was registered with the Charity Commission in England and Wales as a Charitable Company Limited by Guarantee (CLG) on 31st May 2022, having previously registered with Companies House on 26th May 2021. The governing document is the Articles of Association, which was approved by the trustees on 25th April 2022.

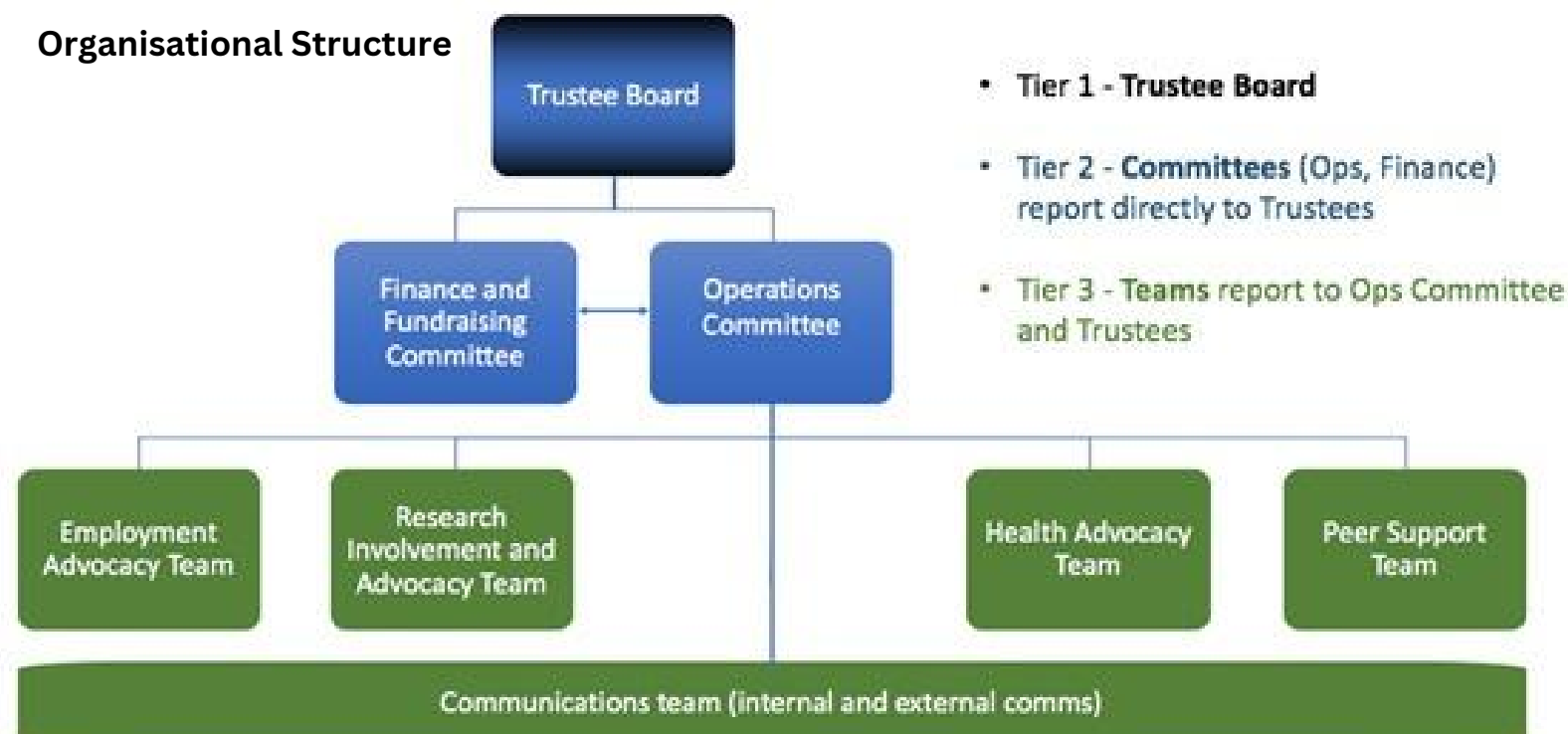
The Board of Trustees meets formally on a monthly basis to review the charity's progress, formulate general policy and strategy and ensure adherence to charity regulations. At each meeting reports are received on the charity's work. Attention is paid to any significant risks that may arise from time to time and the effectiveness of the system of internal controls is monitored. The monthly meetings are supported by regular electronic and online communication. The Board consults with professional advisers as necessary, for advice and guidance on legal and financial issues.

## Appointment of new trustees

The Board of Trustees regularly reviews the skills and experience of its members and considers if changes are needed to face new and emerging challenges. The Board appoints new members to strengthen the Board and where necessary to replace a member who leaves. Trustee positions are advertised both internally and externally in addition to personal contacts and contact made directly to the charity.

An appointment process is in place that includes receipt of a formal application outlining the skills and experience of the applicant. Candidates are initially invited to meet with at least three trustees to discuss their application and to receive information about Long Covid Support, the Board and the responsibilities of a trustee. Following due diligence, prospective trustees are invited to attend a trustee meeting for approval by all trustees prior to confirmation of appointment. An induction process follows providing the new trustee with comprehensive information on the charity and their role.

## Organisational Structure



# Financial Review

Details of the company's income and expenditure are set out in the financial statement. It is important to note that for the period covered by this first Annual Report, Long Covid Support was in the process of transitioning to registered charity status, which was granted on 31st May 2022.

The company's financial statement is due to be submitted to Companies House by 26th February 2023. Our first financial report to the Charity Commission will cover the period 31st May 2022 to 31st May 2023. Our total income for the year was £8,123.37 and our total expenditure was £547.73 (see financial statement below). Once our income for the financial year exceeds £10,000 we are required to complete and file an annual return with the Charity Commission. Registered charities with a gross income of less than £10,000 in the financial year are only asked to complete the annual return for certain items

Once our gross income in the financial year exceeds £25,000 we will be required to file our accounts and an annual report with the Commission. We will also be required to have our accounts independently examined. Prior to that we are required to prepare these documents annually so that they are available on request. As a charitable company we will be required to prepare accruals accounts that comply with the applicable Statement of Recommended Practice (SORP). The SORP to follow will depend upon the charity's financial year. Accruals accounts contain a balance sheet, a statement of financial activities and explanatory notes.

To date, Long Covid Support has been run by unpaid volunteers. Our activities have been conducted online which has meant that our overheads are minimal. In the coming year, we are looking to increase our fundraising activities in order to resource the charity and its planned activities around our key objectives and to ensure the charity's sustainability.

## Key Risks and Uncertainties

It is the trustees' responsibility to regularly review the risks and uncertainties to which the charity may be exposed. Policies and procedures have been established to manage those risks. The Trustees have written a risk register which will be reviewed quarterly. This lists the key identified risks and rates them based on the probability and potential impact of the risk concerned. Actions taken to mitigate the identified risks are also listed on the register.

# Statement of responsibilities of the trustees

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales, and in Scotland, requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and the incoming resources and application of resources, including the net income or expenditure, of the charity for the year.

In preparing those financial statements the trustees are required to: select suitable accounting policies and then apply them consistently; observe the methods and principles in the Charities SORP; make judgements and accounting estimates that are reasonable and prudent; state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

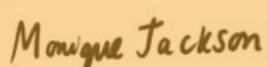
The financial statements comply with the charity's governing document, the Charities Act 2011, the Companies Act 2006 and Accounting and Reporting by Charities; Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2009.

The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Approved by the trustees on 2022 and signed on their behalf by:



Monique Jackson - Chair

# Financial Statement

Long Covid Support  
Annual Report 2021-2022

## 2021/2022

Long Covid Support

Statement of Financial Activities

Including Income and Expenditure Account

For the year ended 31st May 2022

	Note	Unrestricted £	Restricted £	2021-22 Total £	2020-21 Total £
<b>Income from :</b>					
Donations		6,352.75		<b>6,352.75</b>	
Charitable Activities	1	1,770.62		<b>1,770.62</b>	
Investments		0.00		<b>0.00</b>	
<b>Total Income</b>		<b>8,123.37</b>	<b>0.00</b>	<b>8,123.37</b>	<b>0.00</b>
<b>Expenditure on:</b>					
Raising Funds		0.00		<b>0.00</b>	
Charitable Activities	2	547.73		<b>547.73</b>	
<b>Total Expenditure</b>		<b>547.73</b>	<b>0.00</b>	<b>547.73</b>	<b>0.00</b>
<b>Net Income / (Expenditure) and Net Movements in funds</b>					
		7,575.64	0.00	<b>7,575.64</b>	0.00
<b>Reconciliation of Funds</b>					
Total funds abrought forward		0.00	0.00	<b>0.00</b>	0.00
<b>Total Funds carried forward</b>		<b>7,575.64</b>	<b>0.00</b>	<b>7,575.64</b>	<b>0.00</b>

The statement of financial activities includes all gains and loss recognised in the year.

Note 1 - University of Toronto - patient involvement in research

Note 2 - Overheads

