



## LONG COVID KIDS

16 Blacksmiths Field, Crowhurst, BATTLE, East Sussex,  
TN33 9AX Contact us | [info@longcovidkids.org](mailto:info@longcovidkids.org)

**Dear Secretary of State**

My husband is a serving police sergeant heading up search and rescue in Dorset. For 20mths, he has also been our carer since we contracted Coronavirus.

To put the human story behind Long Covid Kids charity;

- **Twenty months ago** my 14-year-old daughter and I experienced 'mild' COVID. I manage 5 hours a week of paid work self-employed as a Women's Wellbeing coach. I previously worked full time and ran an award-winning health & wellbeing business. My daughter's school attendance has dropped to 47%. Kitty has given up Ballet and all previous activities. She has severe abdominal pain and undiagnosed blackouts that cause her to lose bowel and bladder control, in addition to fatigue and brain fog. Last week she had to abort her GCSE mock exam as she was unable to sit up.
- **Fourteen months ago** I started advocating for the children and young people living with Long Covid and sent up a flare to alert the UK.
- **Two months ago** we had to put the family home we lovingly renovated up for sale, we have a buyer and will be downsizing in the new year due to the financial impact of living with Long Covid.

I recognise that my family is one of the 'fortunate' ones. My husband is employed, we have a house to sell. Many families are less fortunate. These families are now accessing the food bank and facing eviction. I am aware that skilled nurses, social workers and other key workers who bought COVID home



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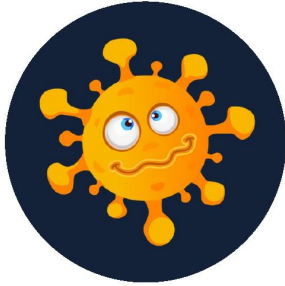
to their families have lost their jobs, unable to return to work while caring for their children or themselves.

Long Covid Kid supports over 4500 families within our support group, and receives enquires from an additional 40 families every day. Each facing a challenge that has changed the trajectory of their lives. The charity relies on volunteers, many of whom live with Long Covid, we have not received any grants. We spend our time signposting families towards support and gathering data to assist researchers and policymakers alongside our campaign on prevention and awareness.

The demand for our support services increases week on week by approximately 100 families. Long Covid is a new condition with a complex and diverse range of symptoms that can significantly impact the everyday life of children, adults and, their carers. There is nowhere for them to turn for families, children and young people to turn than Long Covid Kids.

Our understanding of the nuances of Long Covid is unparalleled. Not only have we endured chronic and disabling Long Covid ourselves, but we have also created safe and supportive spaces to meet the needs of others suffering so that their experience would be better than our own. We have become experts by experience, learning the hard way, from the 'shop floor' up.

We are asking you to recognise our tireless work. Our meaningful and impactful involvement will save the government time and money. Please consider engaging us to support the government in the development of policies and services for the communities we serve.



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Later today I will attend the next ministerial round table on Long Covid, and listen to figures and reports that have yet to relay the reality of the situation for those of us living with Long Covid.

Allow us to help. The situation is desperate and, this winter it will get worse. There is a better way. How can we share our knowledge to influence government?

There is so much to say, but I appreciate you time is precious so I have tried to keep it brief. I would be pleased to answer any questions you may have.

Yours sincerely

**Sammie Mcfarland**  
**CEO & Founder**  
**Long Covid Kids**

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