

LONG COVID GROUP

Do you have long covid?

If yes, then this group is for you.

This group is about enabling connection with others, with the opportunity to share experiences and learn about different symptoms in a safe and confidential space to help support each others recovery.

DATE	TOPIC
Thursday 24th March 2022 11:30am – 1:00pm	Illness Representation & Return to work
Thursday 21st April 2022 11:30am – 1:00pm	Fatigue, Pacing and Sleep Values and Goals
Thursday 5th May 2022 11:30am – 1:00pm	Respiration and Cognitive Issues
Thursday 19th May 2022 11:30am – 1:00pm	Nutrition
Thursday 9th June 2022 11:30am – 1:00pm	Mindfulness
Thursday 23rd June 2022 11:30am – 1:00pm	Flare Ups and Relapses
Thursday 30th June 2022 11:30am – 1:00pm	Review and Identifying Ongoing Support Needs

All the sessions will be held on Microsoft Teams and is open to staff from the South West London Health & Care Partnership.

For further information and to book a place please contact Marian Williams:

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Email: staffsupport@stgeorges.nhs.uk