



**South West
London
Integrated
Care System**

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 1st September 2022
11:30am – 1:00pm

Illness Representation
& Return to work

Thursday 22nd September 2022
11.30 – 1.00pm

Fatigue, Exercise, Pacing
and Sleep

Thursday 6th October 2022
11:30am – 1:00pm

Respiration and Cognitive
Issues

Thursday 20th October 2022
11:30am – 1:00pm

Nutrition
Values & Goals

Thursday 3rd November 2022
11:30am – 1:00pm

Mindfulness

Thursday 17th November 2022
11:30am – 1:00pm

Flare Ups and Relapses

Thursday 1st December 2022
11:30am – 1:00pm

Review and Identifying
Ongoing Support Needs

All the sessions will be held on Microsoft Teams and is open to all health and care staff within the South West London Integrated Care System.

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



Call: 020 8725 3368



Email: staffsupport@stgeorges.nhs.uk

