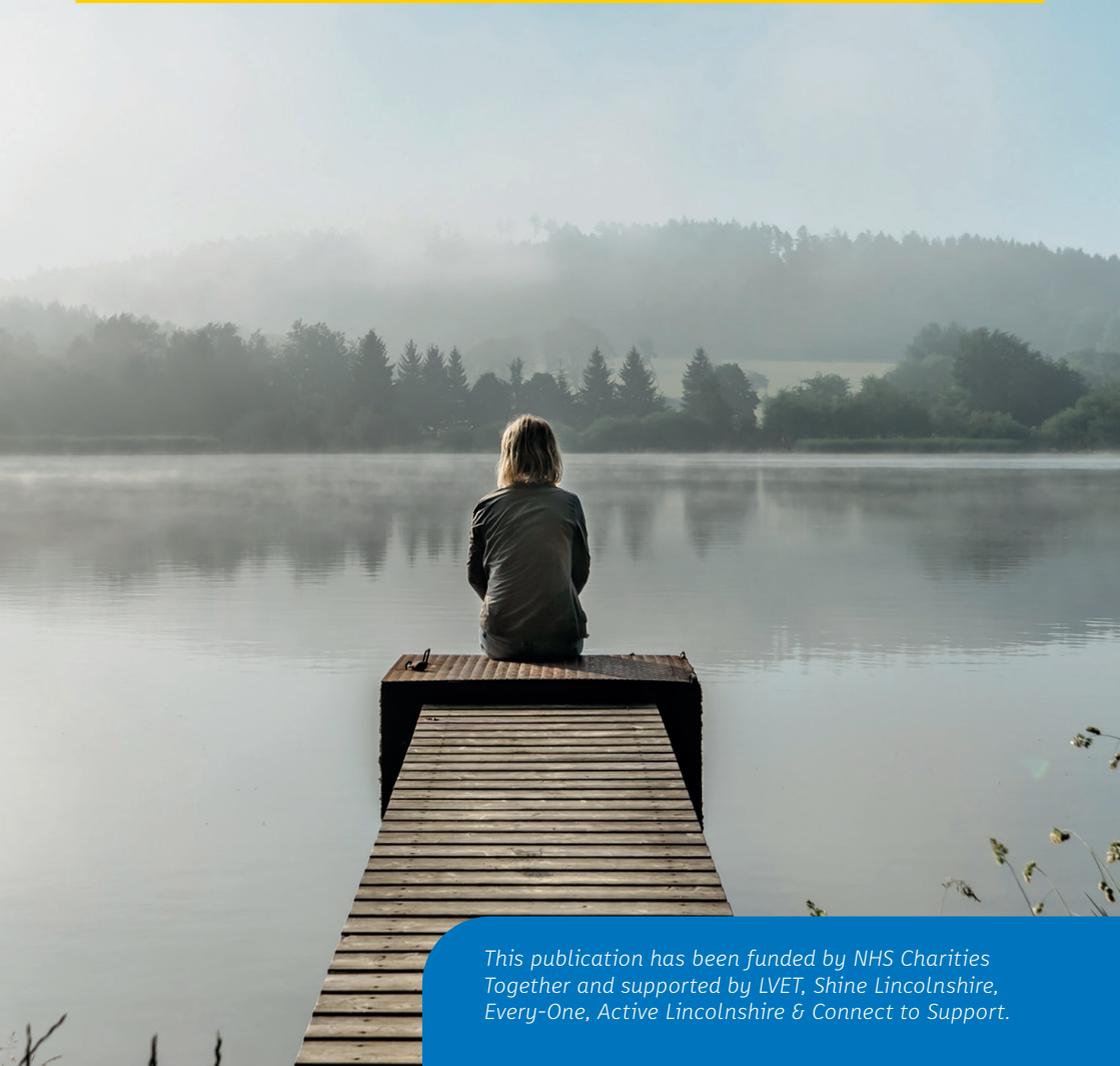


Living with the Challenges of Long/Post COVID and Managing Excessive Fatigue

A guide to offer understanding, information and signposting to further resources to support the challenges of living with Long/Post COVID and Managing Excessive Fatigue.



This publication has been funded by NHS Charities Together and supported by LVET, Shine Lincolnshire, Every-One, Active Lincolnshire & Connect to Support.

It's OK not to be OK

If you are feeling stressed or overwhelmed these simple daily tips may help

TOP TIP 1:
Get active and spend time outside

TOP TIP 2:
Connect with others

TOP TIP 3:
Focus on what is in your control

TOP TIP 4:
Make time for hobbies you enjoy

TOP TIP 5:
Access mental health support if you need help

Depressed **Lonely**
Want to talk about it? **Nervous** **Anxious**

Don't bottle it up.
Search 'need help now Lincolnshire'
Call our mental health helpline to talk to someone who can help you. Lines are confidential and open 24/7
0800 001 4331

Lincolnshire Wellbeing & Recovery College
People over the age of 16 can access free educational courses on mental health and wellbeing
07581 008924
www.lpft.nhs.uk/recovery-college

NHS Lincolnshire Talking Therapies
The service helps people who are experiencing common mental health problems such as anxiety, depression and stress
0303 123 4000
or you can self-refer on the website www.lincolnshiretalkingtherapies.nhs.uk

Here4You
24/7 Mental health and emotional wellbeing advice line for young people, parents and carers
0800 231 6342

How are you, Lincolnshire?

Are you looking to boost your wellbeing and mental health? Find local groups on haylincolnshire.co.uk

H.A.Y. Lincolnshire

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Living with Long COVID

Since 2020 the world as we know changed... The unprecedented COVID Pandemic affected us all, and changed some people's lives forever, and for others it presented lifelong challenges. Long Covid is a diagnosed condition that for some, is debilitating, lonely and affects both physical and mental wellbeing.

The Living with Long COVID Project involved a collaboration of NHS Teams and charitable organisations; NHS Charities Together, LVET, Every-One, Shine Lincolnshire, Active Lincs & Connect to Support, that came together to engage people in accessing support either by co-production, peer support, online support, organisational training, and professional support & advice.

Working as part of a collaborative team all the project partners began to raise awareness of the challenges people face living with Long COVID. Within this booklet, the project partners will share their work and signpost to various avenues of further support for people Living with



Long COVID, as part of the project funded by NHS Charities Together. In addition, there will be works of hope and inspiration from people with lived experience of the challenges of living with Long/Post COVID.

DISCLAIMER – THIS BOOKLET DOES NOT PROVIDE MEDICAL ADVICE

Details shared within this booklet is for informational purposes and should not be taken as a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a qualified healthcare professional with any questions regarding a medical condition or possible treatments. NHS Charities Together and all Project Partners are not liable for risks or issues associated with using or acting upon any information detailed within the booklet.



WHAT IS LONG COVID?

For some people, corona virus (COVID-19) can cause symptoms that last weeks or months after the infection has gone. This is sometimes called post-COVID-19 syndrome or “long COVID”.

How long it takes to recover from COVID-19 is different for everyone. Many people feel better in a few days or weeks, and most will make a full recovery within 12 weeks. For some people, symptoms can last longer.

Some of the challenges people face is around the uncertainty about symptoms and it is recognised that there are many... (The list is not exhaustive)

- Chronic fatigue
- Breathing and breathlessness
- Smell and taste (the fifth sense)
- Brain fog
- sleeping
- Heart palpitations
- Anxiety

All of these symptoms can have the potential to significantly impact day to day life, however through lived experience and research, a greater understanding of Long COVID symptoms continues to develop.



Distortion of taste



Hairloss



Insomnia



Rapid fatigue



Muscle/joint pain



Nervous system disorders



Depression



Chest pain



Deterioration of memory and concentration



Dyspnea



Rapid heartbeat



Headache/Dizziness



LYNETTE'S STORY

I was hospitalised with Covid in November 2020.

Unfortunately, my husband and my two daughters had it at the same time. My husband nearly died twice during a period of two weeks. I had had a Stroke seven years earlier, which left me with ME and I had brittle Asthma and so I was classed in the Extremely Critically Vulnerable group. We had done everything to protect me but sadly, when the children returned to school my fate was sealed.

On leaving hospital I required 24 hour supplementary oxygen and had pain and fatigue; three years on, I am down to 5 hours a day and all through the night. I still have fatigue, which is "Life stealing awful" and I have pain from muscle weakness.

I realised that Long Covid was very similar to ME and although I live with ME, I know the triggers that will put me in bed. I approached my Long Covid in the same. It did not matter to me that doctors were unable to decide if a symptom was from my Long Covid or ME, all I wanted to do



was live the best version of my life that I could.

I can no longer walk very far without my oxygen and walking frame. Because I work, I can just about get through the working day, but I will be in bed at 6pm. If I have a business meeting or event in the evening, then I have to go to bed before-hand. It has become a way of life. I can't speak when I get to the top of a flight of stairs. I have to sit down more than I did prior to Covid. I can't exercise due to the breathlessness, which means that I have put on weight. This in turn makes it harder to move. It is a vicious circle that only people living with a chronic illness will appreciate.

Even on my darkest days when I remember my life before Covid, I remind myself that I am alive and sadly that is a privilege that many Covid sufferers were denied.

Lynette, Alford

People working together
to make things better



Co-producing Long Covid support in Lincolnshire



Every-One has been pleased to facilitate the Co-production of Long Covid support in Lincolnshire as part of the NHS Charities Together project.

The Co-production Group includes people with lived experience of Long Covid, working alongside professionals from health, care and voluntary partners.

Together, at monthly meetings, members of the group shared their experience and shaped a range of community-based support for the people of Lincolnshire living with Long Covid.

Part of the work of the Co-production Group has included developing the Information Hub which offers links, documents and videos to help people with symptom management and signpost them to further help.

The videos on the Hub include stories from members of the group people with messages of hope, as well as pages on financial support and help at work. There are sections for children and young people, activities to help with symptoms and contacts for further support and advice.

If you live in Lincolnshire, have experience of Long COVID and want to share your story, contact us to discuss.

Every-One is a Lincolnshire based charity that brings people and services together to improve things for all. Find us at www.every-one.org.uk

For more information, videos and to find out how you can get involved in co-producing services in Lincolnshire:

Email: hello@every-one.org.uk

Phone: 01522 811 582



Connect to Support Lincolnshire

Being part of co-production



Let's hear from some members of the Lincolnshire Long COVID Co-production Group:

“Co production for me was a chance to make the change for people who were behind me in the process. To maybe just get into the stage of realising they had got Long COVID or actually have been stuck in the system and not gone anywhere yet. Because I had lived it and also had very much felt lucky to have had support from services to get better, I wanted to make sure everyone had access to the same thing I had access to because it did make a difference to me.”

Jenna

“It was an opportunity that I couldn't miss. It gave me that sense that there was something good coming out of this. A person with lived experience or their family actually have influence and are actually designing and shaping and commissioning services. It was so refreshing to see the professionals involved really listening. It wasn't a tokenistic gesture, they really wanted to know people's experiences and opinions, and they wanted to act upon them. So, it felt as though it was a very shared experience. I thought about this long and hard, I cannot see any negatives to it, and I don't think you can say that about much.”

Amanda



Follow this link for more videos of people sharing their experience of having Long Covid and being part of Co-production.

LONG COVID PEER SUPPORT

Peer support is a method of support between people who share a common experience, such as a mental health challenge, illness and/or trauma.

Everyday people experience life challenges that can impact how they respond, engage and manoeuvre their lives, for the most part we have people in our lives that informally support us on a day-to-day basis whether it be friends, family, work colleagues or community groups (to name but a few). At times, we may need to access professional support and guidance, especially when life throws its most difficult curve balls, and/or we face trauma.

Sometimes, someone who understands, with whom we have no emotional attachment, but has an understanding by lived experience is what we need, someone who can validate our experiences, someone who can empathise and listen without judgement.

Peer support is a unique way of supporting someone from the perspective of understanding through lived experience, in a way that is quite different from professional support. Peer support does not offer to direct or lead a resolve, but rather walk

alongside someone in their journey of rediscovering hope, opportunity and control of their lives, wherever possible.

Throughout this booklet, there will be information of face-to-face support groups, testimonies of the benefit of peer support and lived experience biographies to offer hope of living for a brighter day.

Through reading by those with lived experience hear about the benefits of social interactions, peer support and how their journeys inspire hope and embrace a sense of community and control.

Scan the QR Code to take you to the Shine Lincolnshire website and learn more about our Peer Support.



SUPPORT GROUPS DISCLAIMER – The groups detailed are factual at the time of printing. Please note that changes may inevitably occur. Contact details for all groups are noted, for any enquiries please contact the group directly.

LIVING WITH LONG TERM HEALTH CHALLENGES – A CASE STUDY

Living with a long-term health issue means for me that I have problems with walking far and everyday tasks such as housework.

My diagnosis saw me signposted to a rehabilitation course and then ongoing support through a peer support group.

After I completed a six-week course, I joined the peer support group so I could continue to get support from

people who experienced similar challenges.

I attend the Huffers and Puffers group weekly it helps me to get advice and support from others or information and tips to help me live a better life, I enjoy connecting with others and it also means I can help others with their symptoms and conditions too.

Connie, East Coast.

A GRATEFUL MAN – A CASE STUDY

My name is John Flynn and I live in Gainsborough and suffer from several long-term illnesses including, Ischemic heart disease – recurrent nasal bleeds – Anaemia requiring transfusions – Diabetes – Asthma – Kidney disease – Diverticulitis and the list goes on.

I have been attending the long-term illness group hosted by Lorraine at The Bridge, Gainsborough. Since starting this group I've found that my Depression and Anxiety have become more manageable, it helps to know

that others go through the same things and with Lorraine's help, we discuss ways to manoeuvre through the day to day things that most people take for granted, I didn't realise that suffering from Depression and Anxiety along with the other conditions I have would be so hard, but groups like this go some way to making life bearable.

John Flynn, A Grateful man (Gainsborough)

Calling all Spoonies!



ME, CFS, Post Viral Syndrome, POTS, Fibro, Lupus, Long Covid and ALL hidden disabilities.

Support and Social Group

2024 Dates

8th January
12th February
11th March
8th April
13th May
10th June

8th July
12th August
9th September
14th October
11th November
9th December

Alford Hub HQ

**15 South Market Place, Alford, Lincolnshire, LN13 9AF
(Opposite Alford Hub office and Library)**

6pm - 8pm

**Tel. 01507 464901 (9am - 12 noon Mon - Fri)
Email: owadmin@alfordhub.co.uk**

Alford Hub is a registered charity: 1193992



Huffers and Puffers

Are you living with Long COVID a Chronic Respiratory Condition or other debilitating long term condition?

We want to offer an uplifting experience with our peer support group, connecting you with other people who also understand the challenges, loneliness and isolation living with these conditions can bring.

CLIP Community Cafe, Seacroft Road Mablethorpe, LN12 2DT.
T: 01507 473325

**Every Wednesday 1pm to 3pm
barbara.hancock@acisgroup.co.uk**





Getting active with Long COVID



active lincolnshire has produced a **FREE** e-learning training guide for providers of physical activity to support people with Long COVID to recover and manage their condition.

The practical online training takes around 30 minutes to complete and contains videos and guidance for providers that is easy to digest. The training is designed to give the skills and knowledge to support people with Long COVID to regain their confidence and ability to undertake everyday things, including being physically active.

The course outlines adaptations and changes that can make activities Long COVID-friendly, many of which will be useful for other health conditions as well, especially those that cause fatigue.

The ideas in the guide are relevant for activities delivered in a variety of settings found across Lincolnshire including sports facilities, community and village halls, care homes, schools, open spaces and other non-traditional physical activity venues.



You can access the free training course using the QR code or visiting ActiveLincolnshire.com/Courses



MORE PEOPLE
MORE ACTIVE
MORE OFTEN

ActiveLincolnshire.com

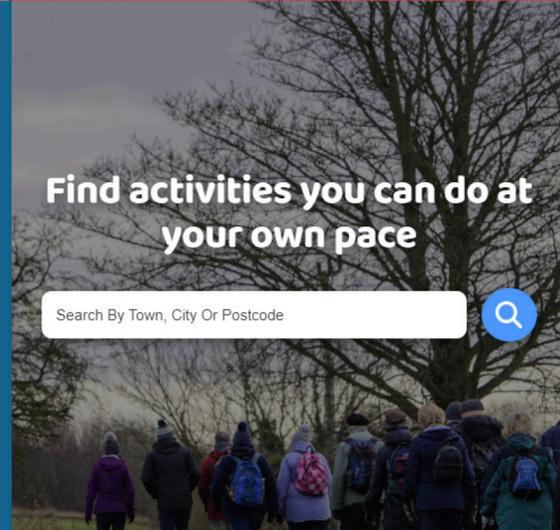


When you're living with Long COVID, getting active might seem out of reach. However gentle exercise at your own pace can be beneficial for your recovery, and it is important to get back to previous levels of activity or be more active than you are right now. Use our activity finder to search for ideas and inspiration to start moving more and find fun activities near you.

Scan the QR code to find out more and use the Activity Finder to find Long COVID friendly sessions near you.



#EveryMoveCounts
LetsMoveLincolnshire.com

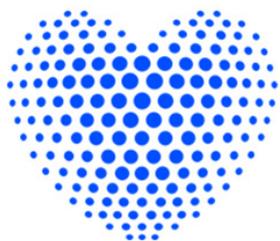


Find activities you can do at your own pace

Search By Town, City Or Postcode



Long COVID Information Hub



SUPPORTED BY
NHS CHARITIES TOGETHER

Long COVID Information Hub



<https://lincolnshire.connecttosupport.org>

The Lincolnshire Long COVID Information Hub has been created for people suffering with the effects of long COVID, and for their friends and families.

Working alongside Lincolnshire people with Long COVID, organisations in Lincolnshire came together to

develop the Information Hub. It offers links to resources, documents and videos to help people with symptom management, and signposts them to further help, including the Post-COVID Rehabilitation Service.



There are sections for: financial support, information for employers and employees, resources for families and teachers of children and young people, activities to help with symptoms, and contacts for further support and advice. There is also information about Lincolnshire's Long COVID Peer Support Groups.

The videos on the Hub include stories and messages of hope from Lincolnshire people who have experienced Long COVID.

You can access the Hub via the QR code below, or the website:

<https://lincolnshire.connecttosupport.org/long-covid-information-hub/>



CHILDREN & YOUNG PEOPLE INFORMATION ONLINE SPACES

Visit [LongCOVIDKids.org](https://www.longcovidkids.org) to find support for children and young people living with Long COVID and related illnesses, and for the parents/caregivers who look after them.

Long COVID Kids Support Services include Facebook groups, Zoom hangouts, and an online forum for children and families. You can also sign up to receive a FREE 140 page support guide for parents, schools and children <https://www.longcovidkids.org/support-guide>.

Visit [LCC Connect to Support Long COVID Hub](https://lincolnshire.connecttosupport.org) for access to information

on supporting Children and Young People with Long COVID

www.lincolnshire.connecttosupport.org/long-covid-information-hub/support-for-families-children-and-young-people/

NHS – Your COVID Recovery (CYP)

www.yourcovidrecovery.nhs.uk/children-and-young-people-with-covid/

UNICEF – What Parents Need to Know

www.unicef.org/parenting/health/long-COVID-children

CHILDREN, YOUNG PEOPLE & LONG COVID

Just as adults are experiencing the challenges of Long COVID, so are children and young people.

Whilst there is a call for more research to be undertaken in order to understand the impacts on children and young people, there are noted effects that are presenting in children and young people that are influencing their everyday lives.

It is tough to find motivation when your energy levels are zapped and you don't feel yourself, however it is important to try and adopt some good habits, all in your own stride, that can positively support your mental and physical wellbeing.

The 5 Ways to Wellbeing is a tool dedicated to supporting you with mindful reminders that you can adopt some helpful strategies in order to feel positive and contribute whilst you continue to get stronger.

Why the 5 Ways to wellbeing?

Looks after our health (physical/ Mental) our wellbeing

There are five simple things we can do – the 'Five Ways'

When practiced regularly, boosts wellbeing, builds resilience supports maintaining our health

They're beneficial for everyone



THE FIVE WAYS TO WELLBEING

Connect

Building connections with friends, family and others will support and enrich you every day

It also builds a support network for when times get tough

Connect with the people around you. With neighbours, school or in your local community

The 'cornerstones' of your life



Give

Acts of kindness, can increase happiness, life satisfaction and general sense of wellbeing

It's about cultivating a spirit of generosity and actively supporting others

Thank someone

Smile



Take Notice

Paying attention in a present moment, to your thoughts and feelings and to the world around, can boost mental wellbeing.

Be curious

Catch sight of the beautiful

Remark on the unusual

Notice the changing seasons



Keep Learning

Exploring new ideas, new experiences, sharpening our skills positively stimulates the brain.

Set yourself a challenge you will enjoy achieving

Try something new

Rediscover an old interest

Take on a different responsibility

Fix a bike

Learn to play an instrument or how to cook your favourite food



Be Active

Getting physically active every day is great for our bodies and minds. It can improve mental wellbeing and lower rates of depression and anxiety.

Discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Go for a walk or run

Step outside

Cycle

Play a game

Garden

Dance



FAMILY LIFE WITH LONG COVID

Our families life through the covid pandemic was similar to most others, starting out with jokes about the football season being affected, then as it progressed we all realised it was having a far more serious effect on families, people losing jobs and being furloughed, where to find a loaf of bread and of course the toilet roll shortage!



What we didn't realise at the time was how long this period would last, it affected the nation for a very long time in lots of ways.

For our family we all seemed to catch it, and have symptoms like other cases we heard about. 2 to 3 weeks then feeling better.

But for one of our children the pattern was the same until the getting better part. Chronic fatigue set in, and they effectively lost the first 3 years of secondary school education. The effects to education and social life at that age are huge.

We had extremely hard situations as a family as we all tried to come to terms with what was happening and try to help our child get their life back. I cannot explain how useless I felt as a parent in those darker times as none of us had any understanding of chronic fatigue, and the isolation that comes along with it. How long does it last? Where to go for support?

My advice to anyone going through a similar situation is to never give up, as although it did take time to find the correct support, once we received support from the Long Covid Fatigue Service (NHS) we felt listened to and the healing process could begin.

It was a long road, and there are still little set backs but at the minute things are ok. Having gained the support we feel better equipped to tackle this issue as a family.

Ben (East Lindsey).

LONG COVID AT SUTTON ST JAMES BAPTIST CHURCH

The Challenge

The impact of Long COVID has been particularly challenging for those in isolated rural communities such as Sutton St James. The lack of GP facilities in the village and the virtually non-existent public transport to get to Holbeach or Long Sutton has left many feeling isolated, lonely and forgotten.

As Long COVID is not something immediately visible, others can assume that the sufferer is lazy or just unsociable rather than someone suffering from an invisible illness.

SSJBC was keen to reach out to people who found themselves affected by this disease and other diseases which manifest the same way by causing excessive tiredness and to welcome them just as they are as part of the SSJBC family; MG is one such person.

The Action

The Hub @ SSJBC has been in operation since April 2021 providing a safe and welcoming place where it is ok not to be ok. We want each person to know that they can come in and be honest with how they feel –whether it's a good or bad day – and either way they will be loved just as they are.

We have known MG for almost two years; she has had many health and family problems all of which have been exacerbated by Long COVID.

MG has not been a regular at The Hub, rather she pops in and out periodically. MG knows that we are always here for her and welcome her with a smile and a cuppa; we know her by name and always have time to listen.

The Outcome

MG is beginning to come more regularly and at her last visit was exploring attending other groups within The Hub.

We will keep inviting and encouraging her to do what she feels able without making her feel like she is failing if she doesn't always make it.

This may seem a very insignificant outcome, however for MG and many others who come to The Hub, at SSJBC who suffer from various illnesses, celebrating their achievements and encouraging them to co-produce activities makes a massive difference to their own feeling of self-worth and wellbeing. In rural communities being there for the long haul is what really makes a difference.



A MESSAGE FROM OCCUPATIONAL THERAPY

The last few years during and following a pandemic have been challenging for us all on so many different levels whether we have been affected physically, emotionally, financially or socially; it is true to say many of us have faced difficulties and have had to find new ways of living our lives.

Within the NHS responding to the early days of the pandemic was initially driven by our amazing front-line services who we all know did a fantastic job in what was often very difficult circumstances. Very quickly the NHS became aware that many people would need ongoing support post covid due to the often-debilitating nature of their symptoms post covid and the impact this then had on their ability to maintain and

sustain their pre covid levels of activity and functioning. The NHS and central government were very proactive and funding for Long Covid services was quickly agreed. A multi-disciplinary service then needed to be developed within Lincolnshire, staff recruited and trained, and resources developed to then enable a robust and effective model of care and treatment to be delivered to both adults and young people across Lincolnshire. Understandably this took time and a great deal of hard work and collaborative working across Lincolnshire's 3 Trusts and charities to develop the service we have today of dedicated and committed healthcare professionals doing their best to meet the needs of people struggling with symptoms post covid infection.

Lynsey Woodman

AUTOBIOGRAPHY IN FIVE CHAPTERS: A Poem of Hope

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost ... I am hopeless.
It isn't my fault.
It takes forever to find a way out.

II
I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.

I can't believe I'm in the same place.
But it isn't my fault.
It still takes a long time to get out.

III
I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in ... it's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

IV
I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

V
I walk down another street.
A poem shared by Lynsey Woodman from the Long COVID rehab Team

MANAGING LONG COVID AND EXCESSIVE FATIGUE

Relaxation

Remember the importance of proper, recuperating and restorative relaxation within your daily routine. Try a variety of relaxation techniques to see what you like best.

Activity

It's tempting to stop completely when you are fatigued – DON'T, try to get a balance and keep the body moving. Pace your daily activity (mental, physical and emotional) as best you can. Try to get outside at least once a day.

Prioritise

Put your energy into the most important areas of your life first. Try to keep some energy each day to do something you enjoy.

Compromise

Are you asking too much of yourself at present? Don't be afraid to step back and reconsider your expectations during a setback. Remember to recognise what you are achieving!

Socialise

If you are very tired, it's easy to feel like isolating yourself. Remember that being in touch with someone can be helpful, so what about giving someone a ring, or inviting a friend round?

Pamper

If the going is tough, pace yourself and give yourself a break. If a massage or relaxing shower or bath helps, then why not?

Thinking

Remember the way we think influences how we feel. During a setback, it is easy to dwell on what's not ok. Try to be aware of this and try out different ways of thinking that are kinder to you and encourage to know this will pass.

Not all these strategies will apply to you, and you may have developed some additional ideas for successfully managing and reducing the length of a setback. We hope that the information and signposted resources in this booklet enables you to start thinking of how you can start to re-frame and stabilise your health and wellbeing.



GRANTHAM LONG COVID - PEER SUPPORT GROUP -

In collaboration with Shine Lincolnshire, the ongoing work with community organisations across Lincolnshire have seen the development of Long COVID Peer Support by way of face-to-face support groups for people living with the challenges of Long/Post COVID by providing opportunities to connect and socialise.

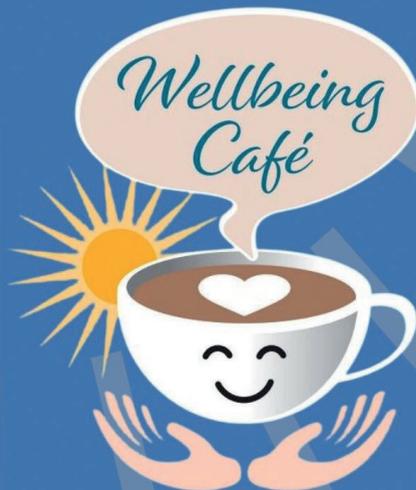
The Church of Ascencion welcomes you to join us in our uplifting environment that appreciates, understands and is supportive for people living with the challenges of Long/Post COVID.

JOIN US

EVERY MONDAY 10-12PM

**CHURCH OF ASCENSION,
HARROWBY, GRANTHAM
NG31 9QZ**

WE ARE STRONGER TOGETHER



NETTLEHAM COMMUNITY HUB

PEER SUPPORT GROUP



Are you living with Long Covid, Fibromyalgia, Chronic Fatigue, Cystic Fibrosis or some other debilitating condition?

Our peer support group aims to provide a safe and welcoming space for individuals to come together, share their experiences, and offer mutual assistance.

Join us as we foster an environment of understanding, empathy, and growth, where you're not alone on your journey. Together, we can navigate the path towards well-being and resilience.

**FORTNIGHTLY FROM 17TH JANUARY,
1:30PM - 3PM**

NETTLEHAM COMMUNITY HUB, 1 EAST STREET, NETTLEHAM, LN2 2SL

**MORE INFO
07756644239**

CAT@THEHUBNETTLEHM.CO.UK

THE LONG COVID REHAB TEAM

Hi, I am Paloma, Occupational Therapist and Clinical Team lead for the Post Covid Rehabilitation service.



The Lincolnshire Post-Covid Rehab Service is a rehabilitation service for people in Lincolnshire who are experiencing ongoing symptoms of COVID-19. Since being established in December 2021 our team has supported more than 1200 patients in their Long Covid recovery. Our team is made of Physiotherapists, Occupational therapists, GPs, Assistant practitioners, therapy assistants, and admin support. We work together with a wider MDT and are committed to providing the best possible care to our patients.

If you have long COVID, you may experience lots of different symptoms that can change over time. Long COVID means your symptoms carry on for over 4 weeks after your COVID infection and you might even have new health problems. The time it takes for someone to get better from COVID varies from person to person but there are things you can do to get better.

The Lincolnshire Post-Covid service is here to support you and help you to understand what has happened and what you might expect as part of your recovery.

We will provide treatment or management for ongoing symptoms such as breathlessness, fatigue, cognitive change, depressed mood or anxiety, or neurological symptoms. We can also provide return-to-work and sleep hygiene advice.

Who can access the service?

Anyone suffering from Post-COVID symptoms for longer than 4 weeks.

Anyone that had a positive COVID-19 test or was clinically diagnosed without being tested.

Anyone regardless of whether they were managed at home, in a care setting, or in hospital during their COVID illness.

All Ages

Please speak to your GP if you feel you would benefit from our services.



Lincolnshire Community Health Services
NHS Trust

New app to help Post-COVID

The Lincolnshire Post-COVID Rehabilitation Service, hosted by Lincolnshire Community Health Services NHS Trust (LCHS) brings together existing rehabilitation services in Lincolnshire.

The new app, called Living With- Covid Recovery is one of the tools the service has to help people recover from post-COVID and it can be accessed without a medical referral.

This app is to help and support people with symptoms of post-COVID providing self-help resources and rehabilitation programmes for common symptoms.

It contains advice and education to help with symptoms including breathlessness, fatigue, brain fog and sleep improvement to support people in getting back to their pre-COVID health.

Paloma Diaz-Estevez, the service team lead said: "The app has been tested with staff and has been effective, so we are delighted it is now available to the public.

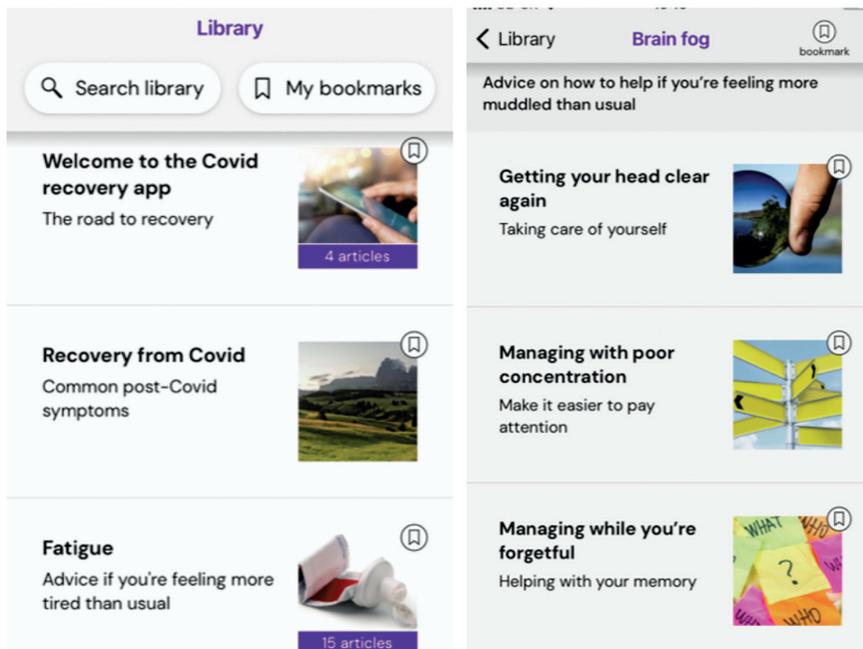
"People can use this self-help app without a referral to our service from their GP.

"The service has many ways to help people who are suffering from ongoing symptoms of COVID-19. For example, we have a fatigue and breathlessness management group and peer support."

LONG COVID IN GRANTHAM

The app is for anyone who is experiencing COVID-19 symptoms for longer than 4 weeks after having the virus.

The screenshots below show what the app looks like:



If you would like to get this self-help app, please email lhnt.lincspostcovidrehab@nhs.net

If you think you need a referral to The Lincolnshire Post-COVID Rehabilitation Service and are struggling with symptoms of COVID-19 for longer than 4 weeks, please speak to your GP or contact lhnt.lincspostcovidrehab@nhs.net

The Challenge

I caught Covid in March 2022. I was pretty unwell with it, luckily didn't have to be hospitalised. I was in bed for around 2 weeks, then gradually started getting up, doing more. What I didn't expect was to still be feeling so exhausted, achy, brain fog etc for a few months afterwards, and unable to undertake gentle activities. Unfortunately I did not receive advice or support from medical services other than to say do a little more each day. I was looking for paid work, but would have been in no way up to taking it on. I needed to talk to other people and get out of the house on my own terms, with an understanding of how I was feeling and the ups and downs of Long Covid (not medically diagnosed until autumn 2023!).

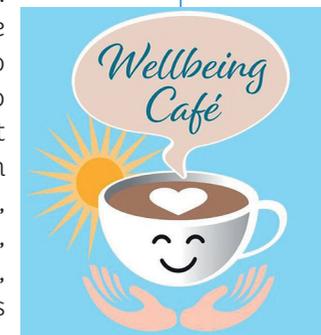
The Action

Rev Sam Parsons invited me along to the Wellbeing Café so that I would be around other people in a supportive atmosphere. I did attend but I have always had a need to be doing something, so volunteered to help out in May 2022. Since then I have been volunteering, helping in the kitchen, making hot drinks, serving delicious cakes

etc, as well as talking with service users. It was useful to find others who had been going through the same things as I was, and encouragement to keep on going, with sensitivity and care. Also volunteering has made me more employable I believe, as it gave me focus and developed a range of skills.

The Outcome

I finally got to see a locum GP, who arranged for the whole range of tests (ECG, chest X-rays, blood tests etc), and was referred to a Long Covid clinic (still waiting for this..). My confidence improved markedly from the Wellbeing Café, and it was useful to have Shine there with their knowledge and expertise. I knew I could not work full time at this stage, and applied for a vacancy with an education-based business that I would not have thought of before. I was taken on in November 2023, and it all seems to be going well, though I do have to be careful and rest after work and at weekends. Long Covid still has me in its grasp, but it isn't winning, and my involvement at the Wellbeing Café has a lot to do with how I am coping and moving on.





Peer support group for long term health conditions

Are you living with long COVID, a chronic respiratory condition or other debilitating long term condition?

We want to offer an uplifting experience with our peer support group, connecting you with other people who also understand the challenges, loneliness and isolation living with these conditions can bring.

CLIP, The Bridge Learning Centre, 142 Bridge St, Gainsborough
DN21 1LP T: 01427 677377

Every Wednesday 3pm until 4:30pm
lorraine.rooks@acisgroup.co.uk
07498990518



Wellness Essentials for Chronic Illness

Tuesdays
2.30 - 4.30pm

At the MindSpace Wellbeing Hub
39 Broad St, Stamford PE9 1PX
OR
join via Zoom

www.mindspacestamford.com

LIFE AFTER COVID

I caught Corona Virus in November 2020.

I was 46 and until then I'd been fit and healthy, working full time in an Emergency Service role.

Covid has had a significant impact on me physically and mentally. It was the start of the worst time of my life. After 3 years, I still find daily living challenging and I am still unable to work.

18 months after catching Covid, I was really struggling. Showing no signs of recovering from debilitating fatigue and brain fog, I was depressed, lonely and isolated. As the sole earner in my family, I felt incredibly anxious about not being able to work and the financial implications of that. Adjusting to the new normal of life with health restrictions was very difficult. Most people I knew responded negatively to me being unwell for such a long time and they pulled away.

One of the few things that felt like it was keeping my head above water was going for regular walks close to home. At the Church nearby I'd seen a banner a few times, advertising a Well-being Cafe.

I didn't know anyone there, but I decided to visit one Monday morning to see what it was like. It was a bid for connection. I missed being with

people and there weren't any other ways of me doing that easily at the time and I thought it might be a way of stopping myself sinking deeper into despair. I was nervous about going, but I was welcomed with kindness and warmth, and I enjoyed it. Until I had gone to the Well-being Cafe it had been hard to know how I was going to manage reintegrating with people. I wasn't sure how I would feel and how I would cope both physically and mentally and I was fearful of being judged and treated negatively.

Thankfully I had a positive experience. Meeting kind people at the well-being cafe gave me some confidence back and restored my faith in humanity. It turned out there was someone there I used to know. It was a pleasure catching up with him again and we shared our experiences of the effects of Long Covid.

I began to feel more hopeful as I could begin to imagine what life could look like again and that it wasn't going to be as bad as I'd perhaps imagined. It was an important and gentle stepping stone in giving me the confidence to try other things and has helped me to increase my ability to socialise and integrate with other groups.

A grateful friend, Grantham.

LIVING WITH LONG TERM HEALTH CHALLENGES

The challenge was around daily living, and my quality of life has changed drastically since becoming ill.

Having to travel long distances for treatment and appointments has impacted financially on my life and affects my life and relationships, each day can be very different to what I can and can't do.

From diagnosis I waited for the rehabilitation course and was

signposted to the group. The group had other peers with similar conditions and offers exercises to help with my condition as well as to support.

I attend the group weekly and have my challenges, as with any condition. We support each other and share practical advice and tips. We do some exercises to maintain and stabilise my condition to help me live with my long-term health condition.

Colin, Mablethorpe.

FIND SUPPORT ON HAY

How are you, Lincolnshire?

Are you looking to boost your **wellbeing** and **mental health**? Find local groups on

haylincolnshire.co.uk



Peer Support Group for people living with long term health conditions

Are you living with Long COVID, a chronic respiratory condition or other debilitating long term condition?

Join us for a coffee and connect with other people who understand the challenges, loneliness and isolation living with these conditions can bring. A safe space where everyone can feel accepted and understood.

**Every Tuesday
10am to 11.30pm**

**Tonic Health, 6 Broadgate House
Westlode Street, Spalding, PE11 2AF**



www.tonic-health.co.uk
charity no. 1167458



LONG COVID - PEER SUPPORT GROUP -

SHINE LINCOLNSHIRE ARE WORKING COLLABORATIVELY WITH NHS CHARITIES TOGETHER TO SUPPORT PEOPLE LIVING WITH LONG/POST COVID.

@ Renew SSJ

10am - 12 noon

Sutton St James Baptist Church
(PE12 0EF)

Every Thursday from 10th August
(Except last Thursday of the month)

Contact Sue: Tel 0750 112 3183 Email:
sue@ssjbc.org.uk

WE ARE STRONGER TOGETHER





**CONNECT TO SUPPORT COVID HUB –
INFORMATION AND RESOURCES FOR
PEOPLE LIVING WITH LONG COVID**



WWW.LINCOLNSHIRE.CONNECTTOSUPPORT.ORG/CORONAVIRUS/



**HAY LINCOLNSHIRE –
HOW ARE YOU, LINCOLNSHIRE?
HELPING PEOPLE TO FIND LOCAL
RESOURCES TO BOOST THEIR
MENTAL HEALTH AND WELLBEING**



WWW.HAYLINCOLNSHIRE.CO.UK



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ENSURE PEOPLE ARE CARED FOR AT
THE CENTRE OF THEIR OWN
WELLBEING**



WWW.EVERY-ONE.ORG.UK

