

Long Covid

Peer Support Group

Welcome Pack



For some people, coronavirus (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 coronavirus is different for everybody.

[NHS](#)



Registration form

About you:

Name:	Address:
Contact Number:	
Email:	
Date of Birth:	

Ethnic Background:			
White <input type="checkbox"/> English/Scottish /Welsh/Northern Irish <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy or Irish Traveller <input type="checkbox"/> Any other white background	Asian / Asian UK: <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Any other Asian background	Black / African / Caribbean / Black UK: <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black/African/Caribbean background	Other ethnic group: <input type="checkbox"/> Arab <input type="checkbox"/> Mixed ethnic background <input type="checkbox"/> Any other ethnic group Please type

Occupation		
<input type="checkbox"/> Employed <input type="checkbox"/> Unemployed <input type="checkbox"/> Self-employed <input type="checkbox"/> Volunteer	<input type="checkbox"/> Unpaid carer <input type="checkbox"/> Retired <input type="checkbox"/> Full-time education / training	<input type="checkbox"/> Not in paid employment due to family responsibilities <input type="checkbox"/> Not in paid employment due to illness or disability

How did you hear about this service?		Do you live in rented accommodation provided by the Council or Orbit housing?		
<input type="checkbox"/> Doctor <input type="checkbox"/> Poster / flyer <input type="checkbox"/> Social media	<input type="checkbox"/> Staff member <input type="checkbox"/> Volunteer <input type="checkbox"/> Website Word of mouth <input type="checkbox"/> Other	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Yes</td> <td style="width: 50%; border: none;">No</td> </tr> </table>	Yes	No
Yes	No			

Were you Hospitalised with Covid -19?	Yes	No
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The information provided by you will be processed in accordance with the UK Data Protection Act 2018 and the General Data Protection Regulation (GDPR). BHLC is the data controller for your information and legally responsible for taking appropriate measures to protect it. No information that would identify you as an individual will be shared or published without your specific consent unless we have a legal or safeguarding duty to do so. We use your personal information mainly to help us provide services and for monitoring and evaluation purposes. The service you receive will not be affected if you choose not to provide all of the information requested on this form. Our full Privacy Notice includes more details about how we use your data and keep it secure, and of your rights under current law. The Privacy Notice is available from BHLC staff or via email: frontdesk@bhlc.services

I agree to my information being processed in the above way's

Signed: _____ Date: _____

About the group

The aim of the group is to start supporting you with the emotional affects you are feeling as a result of living with the long term effects of Covid-19.

Nb, This group will not focus on the physical side effects of Covid-19.

About the Facilitator

Facilitator - Deb Saunders



Deb is an experienced facilitator and trainer and has worked across the Voluntary and Community Sector and Statutory Organisations for many years.

Deb has developed and delivered many courses and consultancy for a variety of clients both in the public and third sectors often around themes of personal growth and/or change management. She is an expert in helping individuals and organisations understand and develop through changing times and uncertain work landscapes.

A counsellor for over 40 years Deb brings a breadth and depth of understanding to her training work that allows a level of interpersonal interaction that some participants find transformational.

In recent years she has specialised in Bereavement work and has trained counsellors in many aspects of this subject.

Deb enjoys a challenge and brings a personal commitment and ethical stance to her work; she is a creative thinker with many years' experience of working at all levels across communities. She forges strong partnerships and has a history of working with organisations that represent the seldom heard.

Your group journey

Registration form completed

You will be contacted by the facilitator to discuss your individual circumstances and the details of the group.

Groups will be run weekly online and you will need to commit to attend the full 6 weeks course

Each session will be 1 hour and these will be participatory groups

After completion of the 6 weeks you will be invited to continue as a stand alone group



Further information and support

[Self help UK](#)

[ME association](#)

Physical wellbeing

- **Fitter Futures Warwickshire** aim to support people to improve their health. This includes maintaining a healthy weight, becoming more physically active and having a healthier lifestyle
- **Get Set to Go** aims to improve the quality of life for anyone with a severe mental health problem through access to sport and physical activity. Provide taster sessions and 12-week physical activity sessions throughout Warwickshire. Previous taster sessions included tai chi, yoga, body balance and paddle boarding! If you are interested in our sessions, finding activities in your local community or volunteering please contact: getsettogo@springfieldmind.org.uk or 01789 298615

Emotional wellbeing

- **Mental health helpline and webchat** - Call 0800 616 171 for a free 24/7 confidential helpline providing emotional support to residents of Coventry & Warwickshire
- **Togetherall** - online anonymous support platform involving peer-support, self-help information, and guided courses free to all Warwickshire residents.
- **Wellbeing for Warwickshire** - provide low level/early intervention support services aiming to enhance the mental health and wellbeing of individuals aged 16+ and support people with on-going mental health issues living in Warwickshire. Currently offering virtual support. Hubs to re-open when safe.
- **Warwickshire Safe Haven** - provides out of hours mental health crisis support to anyone aged 16+ in Nuneaton and across Warwickshire. Open 6pm-11pm every evening. Access by phone, text, email, and in-person (call in advance).
- **Recovery and Wellbeing Academy** - a wide range of courses and workshops that have been specifically designed to empower you to become an expert in your own wellbeing & recovery
- **Community Links** - Short term outcome focused support service for individuals 17+ with low level mental health needs across Warwickshire. The service is short term, offering on average up to 6 sessions of support.
- **Reading Well** - self-help and information books for adults and children
- For more information about the range of services that are available, please visit www.warwickshire.gov.uk/mentalhealth

Financial wellbeing

[Citizens advice](#)

[Warwickshire welfare rights advice service](#)

Creative Arts for Health

- **Arts on Referral for Adults** : to support wellbeing for adults in Warwickshire with mild to moderate mental health issues using a variety of art courses. The art programmes aim to bring people together to share life experience and through the creative process strengthen identity and control over their lives and futures - <https://arty-folks.org.uk/what-we-offer/>
- **Arts and Nature**: a range of 6-week programmes for adults with mild to moderate mental health challenges and those wanting to support their wellbeing, to improve engagement with the natural environment and wellbeing of residents - <http://www.escapearts.org.uk/>
- **Singing for Lung Health**: 10-week programmes for adults with chronic respiratory conditions. This will consist of courses of group-based sessions led by an experienced singing specialist - <https://breatheahr.org/breathe-sing/>