

Long COVID Webinar Breathlessness and Anxiety

'Long COVID affects a growing number of people, with many suffering silently from persistent and fluctuating symptoms such as fatigue, breathlessness, cardiovascular and neurological complications.

The Here For You team will be hosting an online webinar for staff members who may be experiencing symptoms of breathlessness and anxiety as a result of Long COVID.

Here For You will be discussing strategies to support staff through the Long COVID recovery stage, specifically focusing on understanding and managing symptoms of breathlessness and anxiety.

The Here For You Team will also be highlighting services which may be able to offer help with such issues such as anxiety and low mood.

The webinar will include a presentation on Breathlessness and Q&A with Sally Woods, Clinical Lead for Pulmonary Rehabilitation, Outpatient Chest Physiotherapy and Long COVID Rehabilitation Service.

This interactive webinar is suitable for any staff members who have experienced symptoms of Long COVID and would like further help will help us to inform any subsequent webinars on the topic.'

Date: 5th July

Time: 12pm-1.30pm

<https://www.eventbrite.co.uk/e/here-for-you-long-covid-breathlessness-and-anxiety-webinar-tickets-160954052905>

Please contact Amanda Lovitt with any queries amanda.lovitt@nhs.net

