

Community Activity Programme Inclusion Criteria

To ensure participants' safety, you will need to fulfil the following criteria:

- Be aged 18+
- Living in or registered with a GP in City & Hackney
- Have received a diagnosis of Long COVID, ME/CFS or chronic pain and experiencing ongoing symptoms (See list below)
- Have received or are interested in accessing appropriate medical/rehabilitation management provided by Homerton Healthcare NHS Foundation Trust. If you have not yet accessed this, please discuss first with your GP or contact the WelCoME service 020 7683 4336 or huh-tr.welcomeservice@nhs.net for further information
- Safe and able to participate in low intensity physical activity and have not been advised otherwise by a clinician
- Have no medical issues that would be negatively impacted by taking part in these activities

And be experiencing ongoing symptoms associated with associated with Long COVID, chronic pain or ME/CFS, such as:

- Muscle and/or joint pain
- Fatigue
- Brain fog
- Low mood/anxiety
- Headaches
- Difficulty sleeping (insomnia)
- Pins and needles
- Tinnitus, earaches
- Feeling sick, diarrhoea, stomach-ache, loss of appetite
- Sore throat
- Breathlessness due to Long COVID

*** Please note: this is not an exhaustive list

If you do not meet the criteria above, you will not be able to attend Community Activity groups.

For other Shoreditch Trust groups and activities, please go to www.shoreditchtrust.org.uk/latest/whats-on/