

COMMUNITY ACTIVITY PROGRAMME 2024

**SUPPORTING WELLBEING:
FOR PEOPLE EXPERIENCING CHRONIC FATIGUE,
PERSISTENT PAIN AND LONG COVID**

Practical, enjoyable and welcoming activities.

The Community Activity Programme helps you to (re)connect with community-based support for health and wellbeing.

The programme supports people who are:

- Aged 18+
- Registered with a GP in City & Hackney
- Living with Chronic Fatigue & Persistent Pain*

* For example, fibromyalgia, chronic low back pain, chronic neck pain, chronic widespread pain, long COVID, ME/CFS (chronic fatigue syndrome), osteoarthritis.

COOK & EAT

Prepare and eat a meal together, join discussions and activities on nutrition and cooking topics. Explore balanced diet and links between mood and food using interactive activities and tools.

ACT FOR WELLBEING

Explore how values can help to take actions that matter to you in the face of health challenges. Develop a toolbox of strategies to respond, including mindfulness practice.

GENTLE MOVEMENT

Explore movement and reconnect gently with the body. Find creative ways to move and stretch, for relaxation and selfcare.



How to register for the programme

Click here or use the QR code to register your interest.

If you have any questions or require support with registration, **contact: connect@shoreditchtrust.org.uk / 020 7033 8500**

Our vision for Hackney is a society where we support each other to flourish – socially, economically, in our health and in our wellbeing.
www.shoreditchtrust.org.uk

