

Long COVID Community Activity Groups Inclusion Criteria

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

- Be aged 18+
- Have received a diagnosis of long COVID
- Have received appropriate medical/rehabilitation management
- You are safe and able to participate in low intensity physical activity and have not been advised otherwise by a clinician
- You have no medical issues that would be negatively impacted by taking part in these activities

And be experiencing ongoing symptoms associated with Long COVID, such as:

- Breathlessness due to long COVID
- Pain/fatigue (mild/moderate) and interested in getting active in a group setting
- Brain fog
- Low mood/Anxiety
- Headaches
- Difficulty sleeping (insomnia)
- Pins and needles
- Joint pain
- Tinnitus, earaches
- Feeling sick, diarrhoea, stomach aches, loss of appetite
- Sore throat
- Changes to sense of smell or taste
- Rashes
- *** *Please note: this is not an exhaustive list*

These courses are being offered by Shoreditch Trust to support ongoing physical and psychological recovery in the community and are NOT substitute for treatment.