



# LONG COVID COMMUNITY ACTIVITY PROGRAMME

A flexible programme of practical, enjoyable and welcoming activities for people recovering from Long Covid. Come to all of them, or choose the activities that appeal more to you.

Build knowledge, skills and confidence to take charge of your health and wellbeing.

Make connections and continue your recovery journey alongside others who are experiencing Long Covid.

**MONDAYS:**  
**GENTLE MOVEMENT  
FOR WELLBEING**

21 AUGUST – 25 SEPTEMBER  
1 – 2 PM

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

**Pitfield Street Civic Hub**  
170 Pitfield Street, N1 6JP

**TUESDAYS:**  
**CALM & CONNECT**

5 – 26 SEPTEMBER  
12 – 2 PM

Build your confidence to pick up on the early signs of stress and develop a toolbox of strategies to respond. Including mindfulness practice, relaxation techniques. Explore how values can help you to take actions that matter to you in the face of health challenges.

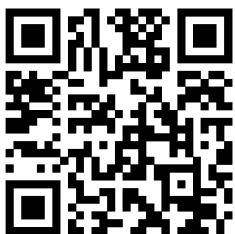
**Online**

**WEDNESDAYS:**  
**COOK & EAT**

23 AUGUST – 27 SEPTEMBER  
12 – 2 PM

Prepare and eat a meal together, join discussions and activities on nutrition and cooking topics. Using interactive activities and tools, explore balanced diet, mood and food, smart carbs, processed and unprocessed food.

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***How to access and 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](mailto: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](http://www.shoreditchtrust.org.uk)