

What is the PCWBS COVID Rehab Program?

The PCWBS is a specialist multidisciplinary team of health professionals who work in collaboration with GPs. Our specialisms include CFS/ME; Persistent Physical Symptoms Standard or Intensive Therapy and **COVID rehab**. We work holistically, in a way tailored to suit your individual needs.

- ◆ Clinical Psychology
- ◆ Occupational Therapy
- ◆ Physiotherapy
- ◆ Dietetics
- ◆ Personal Support Navigator
- ◆ Links to existing community services
- ◆ Counselling

To find out more about our individual assessment and treatment with members of the team, see contact details

I want to find out more...

For more information, please contact us, by email or letter.

Email: primarycarewellbeingservice@bdct.nhs.uk

If you want to be contacted by phone, please leave a number for a member of the team to contact you on.

Write:

**Unit 1-3 Legrams Terrace
BRADFORD
BD7 1LN**

PALS

The Care Trust employs PALS officers who can liaise on your behalf if you have any concerns and don't wish to raise them directly with staff. They can also support you if you wish to make a complaint or provide positive feedback about your care or treatment to staff.

**(Patient Advice and Liaison Service) -
01274 408600**

Recovering from COVID-19 Support

Primary Care Wellbeing
Service



Have you suffered from COVID-19?

Do you still experience excessive tiredness or muscle weakness?

Are you feeling stressed over not being able to do what you used to do?

You may suffer from what the media has termed '**Long COVID**'. This term has been used to describe symptoms lasting longer than expected.

These symptoms can include but are not limited to:

- ◆ Breathlessness/ shortness of breath
- ◆ Extreme tiredness or fatigue
- ◆ Problems with memory and concentration or "brain fog"
- ◆ Difficulty sleeping
- ◆ Joint pain
- ◆ Depression & anxiety
- ◆ Stomach problems & loss of appetite

What is the PCWBS offering to help with 'Long COVID'?

Our **7-week Recovering from COVID**

Course could help you stay on track and optimise your recovery. **The course is for ALL residents and health and care staff working across Bradford District, Airedale & Craven.**

How is the course delivered and who is it delivered by?

The course is **delivered virtually** in the comfort of your own home or office over **Microsoft Teams (free to download)** lead by a Multidisciplinary team consisting of a Psychologist, Physiotherapist, Occupational Therapist, Dietitian and Personal Support Navigator.

How can I enroll on the course and when is the start date?

If you would like to register for the course, contact the team via primarycarewellbeing@bdct.nhs.uk. Please note that by doing so you are **automatically consenting** to receiving email updates about the service. A **good internet connection** will be required to complete the course.

Course dates

Wednesdays, 1-2PM, 20th January to 3rd March 2021

Tuesdays 1-2PM, 16th February to 30th March 2021

Wednesdays, 1-2PM, 10th March to 21st April 2021

Please contact the team for further dates.

Recovering from COVID-19

Course overview

Understanding COVID19 and post-viral fatigue.

Importance of sleep and how to improve it.

Sleep hygiene and strategies.

Optimising your diet

Overview of research and meal suggestions to optimise energy levels and overall health.

Activity management

Pacing and grading. Learning how to optimise energy through regular rest periods.

Movement & energy conservation

Learning about the impact of physical movement including exercise, dysfunctional breathing and how to progress.

Stress management

Learning about the body's stress response and how to calm it down with evidence based techniques.

What next?: planning for the future

Managing setbacks, signposting for continued support.