

# Long and Post- COVID Support Group

**MUSCLE, BODY ACHES - DIFFICULTY BREATHING -  
FATIGUE - DIFFICULTY CONCENTRATING**

**Did you have COVID and are you still struggling  
with some symptoms weeks or months later?**

**I found out about  
the NHS Long COVID  
Clinic I can access**

**Knowing I'm not  
on my own with  
these  
symptoms has  
helped me so  
much**

**I thought I was  
losing my mind!**

**Join us: we're not  
medics, but our  
group offers a  
place to share  
experiences, chat,  
listen, cry, laugh  
and hear from  
guest speakers.**

**Every Wednesday on Zoom,  
11:30am to 12:30pm**

**Drop into our coffee morning on  
the first Monday of every month  
(excluding Bank Holidays): 10:30 to  
11:30am at Vernon Park Café (inside  
the park) Turncroft Lane, SK1 4AR**

**If you have any questions or would like to join, email  
[marie.omalley@stockport.gov.uk](mailto:marie.omalley@stockport.gov.uk) or call Marie on 07800 618570.**

**To read more about the group, search for 'Long COVID Support'  
on [www.healthystockport.co.uk](http://www.healthystockport.co.uk).**