

Muscle ,
body aches

POST COVID

Fatigue

Difficulty
Breathing

SUPPORT GROUP

Difficulty
concentrating

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

Feeling
isolated

"I found out about
the NHS Long
Covid Clinic I can
access"

"I thought I
was losing
my mind!"

"Knowing I am not on
my own with these
symptoms has helped
me so much!"

Chest Pain

Insomnia

lost hope

Join us every Wednesday,
11.30am to 12.30pm

18th August Michelle from Kiera's Kingdom is sharing about the amazing work she is doing with adults and children currently living with a life-limiting or chronic illness. The group provides support, help with benefits, health and wellbeing and advocacy.

25th August Our guest speaker is Janet Winter. Janet is a very experienced breathing coach. She specialises in treating: ME/CFS, asthma & other respiratory problems, anxiety & panic attacks and sleep-related issues. Breathlessness is one of the most common symptoms of Long Covid and Janet is already helping a number of patients with the condition.

1st Sept Heather senior CPT therapist will talk to us about the impact living with long covid has on our emotional wellbeing, and give us some tips/techniques of how to manage this.

8th Sept Jennifer Connolly/Director of Public Health will speak about the Covid vaccinations program in Stockport and answer your question

We are not medics, but able to create a platform for you
to chat, listen, cry and invite some guest speakers

For more info and the online link contact Marie on
07800 618 570 Email: marie.omalley@stockport.gov.uk