

HOPE PROGRAMME FOR LONG COVID

FREE SELF-MANAGEMENT COURSE
TO HELP YOU COPE ON YOUR
RECOVERY FROM LONG COVID



Not alone
#hopeprogramme

START DATES

19.10.22
09.01.23
06.02.23



ARE YOU LIVING WITH LONG COVID?

- **8 SESSIONS DELIVERED ONLINE VIA SECURE PLATFORM**
- **OPTION TO REMAIN ANONYMOUS**
- **AVAILABLE 24/7 ON ANY DEVICE**
- **SESSIONS RELEASED WEEKLY**
- **LEARN AT A TIME AND PACE THAT SUITS YOU**

BOOK NOW

WWW.H4C.ORG.UK/COURSES

EMAIL: HOPE@H4C.ORG.UK
OR PHONE: 024 7736 0153

Course topics:

- Self management for long COVID
- Managing long COVID symptoms e.g. brain fog, fatigue and breathlessness
- Pacing and focussing on what matters to you
- Coping with stress, change and shifting your thinking
- Getting better sleep and mindfulness
- Communication and relationships
- Eating well and moving better
- Managing setbacks
- Using your strengths to make you happier



SCAN ME



**Places available for NHS South
West staff and volunteers.**