



Long COVID Service

Virtual Group Intervention Information

Review Date: December 2024

Ref: PIL/CG/1033



About virtual group intervention

People living with Long COVID are experiencing lots of different symptoms. Some of which can be very distressing and debilitating. Lots of these symptoms can be managed through therapeutic techniques.

Virtual group intervention allows the Long COVID Service to deliver information about different elements of Long COVID and management techniques for each. Our aim is to support and educate you about resuming everyday activities within your limitations. The sessions will be delivered by various different members of the Long COVID team.

The group sessions include:

You might be **experiencing some or all** of these symptoms – everybody's experience is different it is important to **attend all of the sessions** if you can.

- What is Long COVID?
- Living with Long COVID
- Altered breathing in Long COVID
- Fatigue management
- Negotiating brain fog
- Diet and nutrition
- Dealing with set backs

What will happen now?

You will receive an email from the Long COVID Service including a link for group sessions, a group intervention workbook and Microsoft Teams Live guide. You will receive a new link for each weeks session (*please let us know if you require a paper copy of any of these resources*).



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What to expect?

The group intervention sessions will be delivered using Microsoft Teams Live, you will receive a link via email which will allow you to access the session. Each session will last approximately 45-60 minutes. During the session you will be able to see and hear the Health Care Professional delivering the session but they will not be able to see you. You will not be able to see or hear other members of the group.

Each group intervention session will start with a presentation from a member of the team about the session topic, followed by an opportunity to ask questions and/or share experiences. Alongside the group session we encourage you to use the workbook to help you put into practice strategies from the group intervention sessions.

Once you have attended all of the group intervention sessions you will receive a follow up phone call from the team member who placed you into the group intervention. This is an opportunity to discuss ongoing management, including any strategies you may have started use, and other areas you may feel you need more support.

Ground rules

- You will be able to hear the presenter but they won't be able to hear you
- If you would like to ask a question - do so in the Q&A box using either the anonymous option or your first name only (*questions will be answered towards the end*)
- If you need to leave early please let us know via the chat function
- Consider keeping devices on silent to minimise distractions
- Please do not record the session

If you have any concerns over the period of group intervention please contact the team and we would be happy to arrange a follow up phone call.



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Further Resources

- www.yourcovidrecovery.nhs.uk
- www.mind.org.uk/information-support/coronavirus
- <https://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy>
Royal college occupational therapy site for managing fatigue post COVID
- Living with worry and anxiety amidst global uncertainty. <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>
- Mental Health Foundation. How to look after your mental health during the coronavirus outbreak. <https://www.mentalhealth.org.uk/coronavirus>
- Mind. Coronavirus and your mental health. <https://www.mind.org.uk/information-support/coronavirus/>



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