

Date: 21st September 2021

Patient Name

Patient Address

Dear Patient Name,

We hope you are keeping well.

We are pleased to inform you that we will be running a Long Covid Video Group Clinic for our Wokingham North Primary Care Network patients, beginning on the 12th of October 2021. We will be focusing on several areas of lifestyle factors, such as Nutrition, Movement, Mental Health, Breathing Techniques and Support Services in the local area to help in managing the condition. In addition to this, we will be developing Personalised Care Plans for our patients who join the Video Group Clinic. Video Group Clinics help to provide patients with the tools necessary to help them to self-manage their conditions in a positive way. Feedback from our patients who have attended our Video Group Clinics in the past have found the sessions useful, beneficial and supportive.

Whilst this will be an online group-based clinic, we appreciate that health is unique to each individual and that any lifestyle changes that are made will be personalised to each patient.

Our aims for the Long Covid Video Group Clinic are as follows:

- To provide Long Covid Management Education
- To provide a support network for patients with Long Covid symptoms
- To provide informative, interactive and enjoyable sessions in a friendly online environment
- To help achieve good health and wellbeing for the future
- To encourage and motivate patients to help them to manage the condition for the long term with the aim of better health

The outline of the programme is as follows:

Session Topic	Date	Time
Session 1: Introduction	Tuesday, 12th October 2021	12:30- 14:00
Session 2: Mental Health and Self-Compassion	Tuesday 26 th October 2021	12:30- 14:00
Session 3: Nutrition	Tuesday 9 th November 2021	12:30- 14:00
Session 4: Movement	Tuesday, 23rd November 2021	12:30- 14:00
Session 5: Breathing	Tuesday, 7th December 2021	12:30- 14:00
Session 6: Support Services/Personalised Care Plans/Goal Setting	Tuesday, 4 th January 2022	12:30- 14:00

Throughout your journey, you will have a team of health professionals supporting you, including a GP, Health Coach, Mental Health Practitioner and a Health and Wellbeing Advisor.

If you would like to register your interest for the programme please email:
bwccg.vgc.woodley@nhs.net

We will contact you closer to the time with a Microsoft Teams joining link and supporting documentation for the programme.

We look forward to welcoming you in October. Take care and stay safe.

Kind regards,
Fatema Hafizji
Care Coordinator
Wokingham North Primary Care Network