



NEW Long Covid 1-1 Support Service for North West Leicestershire

SUPPORT

*Starting September 2021, we are offering FREE
Long Covid 1 to 1 support for over 18s
in North West Leicestershire*

- Flexible holistic support; improving mood, movement and wellbeing
- A body and mind, whole of life approach, tailored according to need
- 10 weeks of 1 hour sessions (via Zoom or at local community space) with dates/times and programme plan jointly agreed
- Led and facilitated by a qualified trainer with Covid-19 Rehabilitation Course Certification

*For more information please email:
catherine@hospicehope.org.uk
or call 07511 324 968*

For other support services please see our website: www.hospicehope.org.uk

Supporting people, their carers and partners in North West Leicestershire whose quality or length of life is affected by their condition, particularly helping to ease loneliness and isolation.

www.hospicehope.org.uk

Charity No. 1169561

