

HOPE PROGRAMME FOR LONG COVID

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



Not alone
#hopeprogramme



SCAN ME

START DATES

01.06.22
29.06.22
27.07.22
24.08.22
21.09.22
19.10.22
09.01.23
06.02.23

MEET OTHERS IN THE SAME SITUATION AND TRY RANGE OF INTERACTIVE ACTIVITIES

- ✓ goal setting
- ✓ gratitude
- ✓ mood, activity and symptoms tracking
- ✓ journalling
- ✓ online forum

BOOK NOW

WWW.H4C.ORG.UK/COURSES

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

This 8 session online course covers topics such as:

- 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

The course is delivered online via our platform.



Available 24/7 on any device - Sessions released weekly -
Learn at a time and pace that suits you - Remain anonymous