

Neighbourhood rehabilitation

Long Covid team

Who are we?

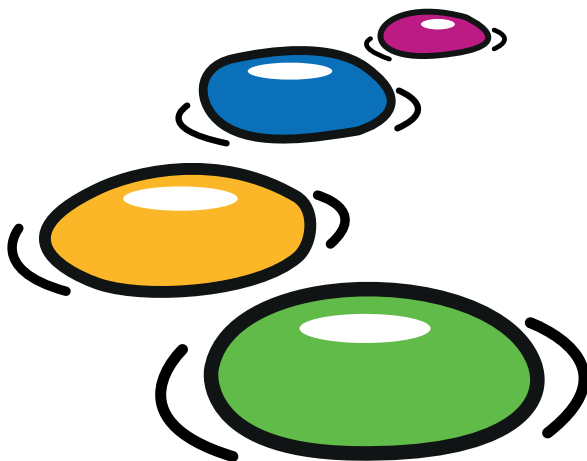
The Long Covid rehabilitation service is a team of:

- Physiotherapists
- Occupational therapists
- Therapy assistants
- Supported by Breathe team nurses

What do we do?

The Long Covid team provide detailed, individual assessment of Long Covid symptoms and how these may affect your health and wellbeing. They offer advice and treatment to help you to manage the symptoms and work towards your goals.

To access the service you need to have a Long Covid diagnosis from your GP or consultant and it be over 12 weeks since your acute Covid infection.



What can I expect from the Long Covid team?

You'll be offered an initial face to face appointment with a therapist to complete an assessment. This may be followed by either telephone or video call appointments, online educational groups, or face to face therapy sessions, depending on your needs.



Our therapy led treatment sessions include:

- Fatigue management
- Breathlessness techniques
- Cognitive assessments and brain training
- Pain management
- Vocational rehabilitation
- Reflexology / acupuncture
- Advice on sleep difficulties
- Assessment of autonomic dysfunction
- Somatic tracking
- Referrals to appropriate onward agencies such as Barnsley Talking Therapies

Contact the team

If you have any questions, please call:

01226 644575

Team member(s) name(s):

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Please tell us what you think

Scan the QR code, select "Long Covid" from the drop down menu and complete the survey.



Thank you.

Would you like to make a comment, compliment, or complaint?

If you have a comment, compliment, or complaint you can contact the team directly on the above telephone number, or you can contact the customer services team.

By telephone:

01924 316060

0800 587 2108

By email:

customerservices@swyt.nhs.uk

www.southwestyorkshire.nhs.uk