

# Are you still experiencing symptoms after COVID-19?

Approximately 1.3million people in the UK continue to experience symptoms, such as fatigue, muscle weakness and breathlessness, more than 4 weeks after testing positive for COVID-19.

Come along to our new peer support group to learn about the referral process to the Long COVID team, self-care techniques and get support from the other group members. You do not need to have had a diagnosis to access this support.

Open to all. Refreshments are provided.

WEDNESDAYS 10AM TO 11AM SOUTH  
BRETTON CHILD AND FAMILY CENTRE,  
TYESDALE, BRETTON PE3 9XZ  
STARTING 9TH MARCH

FOR INQUIRIES, CONTACT KATY AT

**07751645513**

**[katy.wilde@barnardos.org.uk](mailto:katy.wilde@barnardos.org.uk)**

