

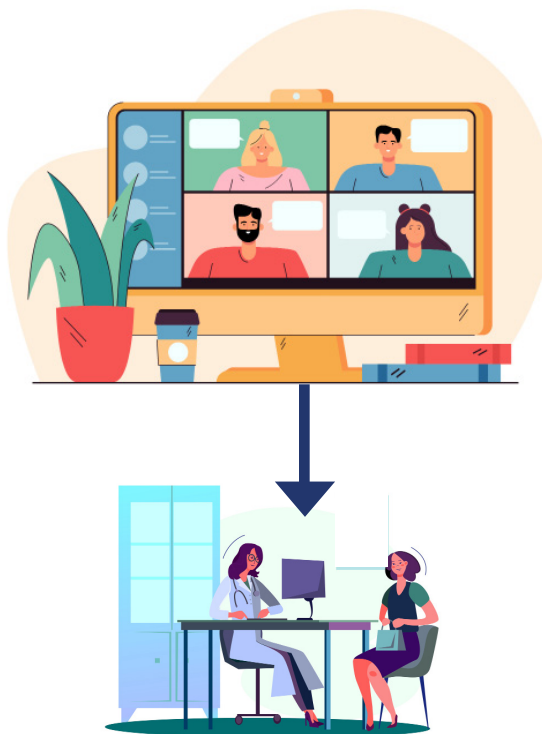
Recovering from COVID-19

Listening to people experiencing continued symptoms of COVID-19

Our staff are working closely with a group of people experiencing continuing symptoms after having COVID-19, and we are incredibly grateful to the group for sharing their experiences with us.

A COVID recovery programme is currently being developed through partnership between Therapists and the Educating Patient Programme in Gwent.

This short programme will be available from early March and will be accessible via self-referral for anyone experiencing extended post-COVID recovery symptoms.



Listening means we have the opportunity to hear experiences directly from people experiencing the varied symptoms.

Services and opportunities we provide can then be shaped to individual needs of patients.

Everyone has a unique experience and our aim is to support each person to manage their priorities and move towards recovery.

We provide information and self-management resources for a range of symptoms with referral to more specialist teams when required.



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