



Are you living with Long Covid, ME/CFS, Post Viral Illness or Fibromyalgia?

Do you live in Torfaen, Caerphilly, Newport, Blaenau Gwent or Monmouthshire?

Do you want to help create connections and improve services? You can do this by joining the Symptom Management Service Co-production Group



What is Co-production?

- Using our assets as a community
- Services working together with the people they support
- Developing equal and caring relationships
- Building support
- Contributing to social change

Co-production is underpinned by 5 principles:

1. Value all participants, and build on their strengths.
2. Develop networks of mutual support.
3. Do what matters for all the people involved.
4. Build relationships of trust; share power and responsibility.
5. People can be change makers, and organisations enable this.



Would you like to attend and listen to what is being discussed? Do you have some ideas about what can change? You can contribute as little or as much as you want. The group normally runs on the 3rd Thursday of the month.

Co-Production Meeting schedule for 2025

19th June, 17th July, 18th September, 16th October and 20th November

Takes place on Teams – anyone can attend; 5.00pm – 6.30pm

If you are interested in being a part of our community co-production group, please drop us an email to be added to our mailing list: abb.symptommanagementservice@wales.nhs.uk