**Long Covid – What Matters to You?**

**What you said in December 2021 and in May 2022**

**and what we did in response**

**Delivering four key projects to address comments made in surveys:**

* Lincolnshire Long Covid Information ‘digital hub’ – hosted on Connect to Support (detail below)
* Peer Support
* Physical Activity Providers being Long Covid/Post Covid (LC/PC) Aware
* Co-production & Engagement – Listening, sharing ideas/suggestions and doing together

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| **What you said/suggested** | **What we did/are doing** |
| **December 2021 Survey** |  |
| information/guidance/training for GPs & nurses on LC/PC and its impacts (potential for identification of ‘Covid Champion’ within GP practice) | Representatives from Lincolnshire Health organisations liaising with primary care colleagues to identify the best way to take this forward. Peer Support project linking with Primary Care Networks. Seeking GP contribution to digital hub. |
| Upskilling of Expert patients/ volunteers/ social prescribers | Peer Support project developed and being delivered by Shine Lincolnshire, commenced July 2022; liaises with various organisations/services including social prescribing and other partners  |
| information/guidance for schools | Digital hub\* located on Lincolnshire’s Connect to Support website developed and hosts links to key websites such as [www.longcovidkids.org](http://www.longcovidkids.org) – pages will regularly be reviewed and new relevant links added when made aware and available |
| Information/guidance for employers | Digital hub\* located on Lincolnshire’s Connect to Support website to host this with links to key websites such as [www.ACAS.org.uk](http://www.ACAS.org.uk) – pages will regularly be reviewed and new useful/relevant links added when made aware and available |
| Development of specific groups e.g. breathlessness, chronic fatigue, exercise and/or local peer support groups | Lincolnshire Community Health Services’ (LCHS) Post Covid Rehabilitation Service provided a broad range of web links to include on the Digital Hub\*; the service liaises closely with Peer Support and Active Lincolnshire (the latter is delivering a project to provide guidance/ information so that physical activity providers are Long Covid Aware) |
| Development of covid clinic/advice line – heart, lung, stomach, pain management, physiotherapy, mental health, chronic fatigue and monitoring of health improvement | LCHS hosts Lincolnshire’s ‘Covid Clinic’ which is the Post Covid Rehabilitation Service providing advice, guidance and support for people experiencing Long Covid symptoms |
| Awareness raising in community | Digital Hub\* launched in October 2022 raising awareness of support available; Co-production and Engagement Sessions being delivered; Peer support, social prescribers/link workers |
| Information for individuals experiencing LC/PC on what is happening to the body/ other illnesses that can be linked | Provided through Digital Hub\*; Peer Support; Co-production/Engagement Sessions; Link Workers/Social Prescribers;  |
| Exploration of financial assistance/benefit support | Digital Hub\* provides links to organisations that offer this service |
| **May 2022 Survey** |  |
| More and clear information on LC/PC in once place | Lincolnshire Digital hub\* developed, available and promoted |
| Support from professionals and peers | Partners working together in delivery of projects – Peer Support; Physical Activity providers being Long Covid Aware; Digital Hub; Coproduction/engagement; Post Covid Rehabilitation Service |
| Techniques to help those with LC/PC (eg pacing activity levels/tailored exercises/ ways to help improve symptoms) | Partners working together in delivery of projects – Peer Support; Physical Activity providers being Long Covid Aware; Digital Hub; Coproduction/engagement; Post Covid Rehabilitation Service |

\* Developed in liaison with Lincolnshire County Council the ‘digital hub’ is hosted on the Lincolnshire Connect to Support web page - <https://lincolnshire.connecttosupport.org/long-covid-information-hub/> . The hub provides, through a variety of web links, documents and videos, a broad range of guidance and information around Long Covid.

Connect to Support provides a ‘live chat’ service that enables, during specific times, Age UK colleagues to be spoken to directly. Peer Support, social prescribers, link workers etc can support people who feel less able to access digital information themselves, to speak to the advisor to find the information/ guidance they need. The site also provides access to information on community and voluntary groups that offer local activities and events.

Summary produced September 2022 and updated October 2022