

Recovering from COVID-19: Useful resources

There are a variety of symptoms that may persist following COVID-19 after you have left the hospital. These will vary from person to person and may last for weeks or possibly months, especially if you have been critically unwell. Some of these ongoing symptoms include severe fatigue, on-going breathlessness, muscle weakness and post viral cough. These symptoms might make it more difficult to do the things you are normally able to do, like housework, getting washed and dressed or climbing the stairs.

This leaflet gives some useful links to resources that may be helpful for your recovery.

Exercise videos:

British Lung Foundation:

- <https://www.blf.org.uk/support-for-you/keep-active/exercise-video>
- <https://www.blf.org.uk/support-for-you/keep-active/how-to-stay-motivated>

Breathlessness:

Association of Chartered Physiotherapists in Respiratory Care:

- www.acprc.org.uk

Physiotherapy for breathing pattern disorder:

- www.physiotherapyforbpd.org.uk

Recovering after COVID-19:

NHS Lancashire Teaching Hospital:

- <https://covidpatientsupport.lthtr.nhs.uk/#/> Post-COVID information and exercise videos

NHS website:

- <https://www.yourcovidrecovery.nhs.uk/>

Psychological resources

PsychologyTools:

- <https://bit.ly/3bqpiAT> Living with worry and anxiety amidst global uncertainty.

Royal Berkshire Hospital ICU:

- www.readingicusupport.co.uk

ICU Steps:

- <https://icusteps.org/support>

Talking Therapies:

- <https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/talking-therapies-berkshire/> or call 0300 365 2000

Headspace:

- www.headspace.com

Calm:

- www.calm.com

NHS Every Mind Matters:

- www.nhs.uk/oneyou/every-mind-matters/sleep

NHS Apps Library:

- www.nhs.uk/apps-library

Services to support you at home:

- <https://www.citizensadvice.org.uk>
- <https://www.gov.uk/contact-jobcentre-plus>
- <https://www.gov.uk/access-to-work>
- <https://www.gov.uk/looking-for-work-if-disabled>
- <https://www.redcross.org.uk/>
- <https://www.ageuk.org.uk/berkshire/>

Social Services:

- Reading <https://www.ageuk.org.uk/berkshire/> or call 0118 937 3747
- Wokingham <https://www.wokingham.gov.uk/care-and-support-for-adults/> or call 0118 974 6000
- West Berkshire <https://info.westberks.gov.uk/adultcareadvice> or call 01635 503050

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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