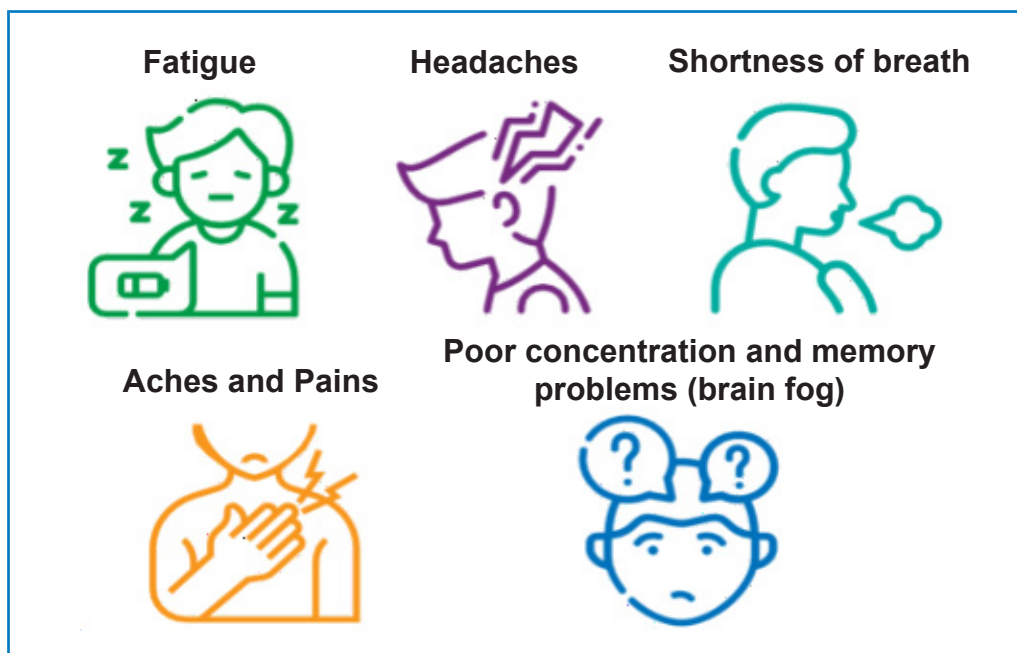


# Calderdale Post Covid Service - Long Covid

You have been referred to the Calderdale Post Covid Service.

Our service was established in April 2021 to provide rehabilitation for adults who are experiencing new, long-lasting problems 8 weeks or more after a confirmed or suspected covid-19 infection which are significantly impacting their daily life. This is also known as Long Covid.

Common Long Covid symptoms include:



Your GP is required to make the diagnosis of Long Covid after excluding other potential causes for your symptoms.

This service provides a predominantly therapy-based approach to help with symptom self-management. As yet, there are no drugs or medical treatments recommended to treat Long Covid. There is ongoing research into this area but as this is a new condition this is the current national advice. With this approach we are generally seeing steady improvements in symptoms. Sometimes certain drugs can be helpful for specific symptoms, but this is generally not the mainstay of treatment.

## The team

The specialist team are part of Calderdale and Huddersfield Foundation Trust (CHFT). The Calderdale Long Covid multi-disciplinary team consists of Physiotherapists, Occupational Therapists, Rehabilitation Assistants, a Respiratory Consultant doctor, and Psychology services.

## What can I expect next?

You will have been contacted to arrange an assessment appointment with our team at Allan House Health Clinic in Sowerby Bridge. There is some car parking available on site and it is also easy to get to from the train station in Sowerby Bridge.

You will be sent questionnaires to complete before we see you. Please complete these as soon as possible, this information will help us to better understand your symptoms and establish how the team can support you.

The assessment clinic appointment will give you the opportunity to discuss how your symptoms are affecting you and to determine your rehabilitation pathway. A set of observations and measures will be taken including blood pressure, heart rate and oxygen levels.

If you are unable to attend a clinic appointment, we do offer a telephone assessment.

The information gained at your initial assessment will be brought to the weekly long covid multi-disciplinary (MDT) team meeting with the wider long covid clinic team. Following this, you may be referred for further investigations at the hospital, offered a follow-up clinic appointment to complete further tests specific to long covid and / or referred to relevant support or rehabilitation services. This will all be determined by your individual needs.

Whilst you are awaiting your initial appointment the following resources may be helpful, however please liaise back with your GP should any urgent or new problems arise.

## Contact us:

Calderdale Post Covid Service,  
Allan House Clinic, Station Road, Sowerby Bridge HX6 3AD.

Tel: 01422 317084

Email: [longcovidclinic@cht.nhs.uk](mailto:longcovidclinic@cht.nhs.uk)

## Other support

**Support with altered taste and smell:**

<http://www.fifthsense.org.uk/longcovidhub/>

**Calderdale Peer Support Group:**

[Long COVID Support Group Calderdale \(Facebook\).](#)

**Volunteering for research https:**

[//www.nihr.ac.uk/about-us/our-key-priorities/covid-19/researching-the-long-term-impact.htm](https://www.nihr.ac.uk/about-us/our-key-priorities/covid-19/researching-the-long-term-impact.htm)

## Further support and information

Overview of post covid symptoms and self-management advice:

[www.long-covid-care.org.uk](http://www.long-covid-care.org.uk)

[www.mylongcovid.org.uk](http://www.mylongcovid.org.uk)

[www.longcovidosos.org/resources](http://www.longcovidosos.org/resources)

### Support for mental wellbeing:

- VitaMinds 0333 0153 494
- 24-hour 7 day a week mental health line 0800 183 0558
- Healthy Minds Calderdale tele: 01422 345154 or email [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

### Voluntary groups to help feel less lonely and isolated:

- Calder Community Cares – 07903 452788
- Staying Well – 01422 392767

### Benefits/Welfare Support Information

Disability support Calderdale

<https://www.calderdale.gov.uk/v2/residents/community-and-living/money-and-wellbeing-calderdale>

Citizens Advice to assist people with legal, debt, consumer, housing and other problems:

<https://calderdalecab.org.uk/>

Healthy Minds Calderdale for Welfare Rights Support

Telephone: 01422 345154 or email [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

Noah's Ark

<http://www.noahsarkcentre.org.uk/>

### Help us to get it right:

Scan the QR code below to give your feedback on the service you have received.



**If you have any comments about this leaflet or the service you have received you can contact :**

Calderdale Post Covid Service,  
Allan House Clinic,  
Station Road,  
Sowerby Bridge HX6 3AD.

Tel: 01422 317084

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"