



I am finally feeling better and am sending feedback for the Sport for Confidence sessions for long covid.

On a personal level I caught the virus very early, March 2020 when no testing was available. I had classic symptoms and was treated by my GP with two rounds of antibiotics. When testing finally started I was not positive but have not felt right since. After various blood tests and health checks I asked my GP to refer me to the long covid service. Since then I have had various types of support: telephone calls, one face to face, zoom meetings re sleep, royal opera house singing and counselling. I had covid (positive) again in May 2022.

The Sport for confidence course was the first time that I was able to meet up with other people with long covid. That in itself was wonderful. Just being with people who know what you going through and who empathise is so important. Let alone being together with someone to guide us who really understands the condition and just how complicated and varied symptoms can be. Jamie was not only very knowledgeable but very patient and understanding.

The course covered various aspects and coping mechanisms for dealing with absolute fatigue and brain fog. Planning, Prioritising and Pacing to avoid boom and bust. Working out what each individuals needs are and how they can be best managed. How to truly rest and sleep. How to manage breathlessness, with exercises to help.

Discussions were far ranging, from personal experiences to nutrition. Over and above we laughed and Jamie nudged us to get those muscles working again but in a fun way. Practical guidance to help with people going back to work was also offered.

A lot of us had to miss the odd week due to illness and I am certain that each person regretted not being able to come as meeting up was so valuable. To this end we have set up a little Whatsap group and most have tried to meet weekly for coffee. However it would be so much better if there were an organised but informal support group with some exercise that we could go to after the six week course. On a personal level it would also have been so much better to have had a class in Clacton on sea. Everyone else was from Colchester and it really was a struggle for me to drive sometimes. I literally had to force myself as I found it so valuable and then had to sleep all afternoon after I returned home.

Client

