

Other Languages

This leaflet can be produced in other languages on request. We can also provide the information in other formats including Braille, large print and audio CD. Please contact us if you require help.

Compliments and complaints

The Patient Advice and Liaison Service (PALS) is a confidential service that provides help, advice and information for patients, families and carers. General information and advice about local NHS services are also available here.

We welcome all your feedback about the service and you can contact PALS at:

- Email: pals@mft.nhs.uk
- Telephone: **0161 276 8686**

Who provides this service?

This service is provided by Manchester Local Care Organisation (MLCO). MLCO is the organisation that provides NHS community health and adult social care services in the city. **Find out more about MLCO at www.manchesterlco.org**

Contacting us

Central Manchester

Opening hours: Monday to Friday
8:00am to 4:00pm

Telephone: 07971 729 154

Email:
mft.centralmcrpostcovidrehab@nhs.net

Address: Alexandra Park Health Centre, 2
Whitswood Close, M16 7AP

South Manchester

Opening hours: Monday to Friday
8:00am to 4:00pm

Telephone: 0161 946 8364

Email:
mft.uhsmcommunityrehab@nhs.net

Address: Integrated Community
Rehabilitation Service, Wythenshawe
Offices, 1 Stancliffe Road, M22 4PJ.

North GPs:

Opening hours: Monday to Friday
8:00am to 4:00pm

Telephone: 0161 470 6860 ext.54860

Email: community.rehabilitation@nhs.net

Address: Community Rehabilitation
Team, Victoria Mill Health Centre, Lower
Vickers Street, Miles Platting, M40 7LH.

Manchester Post COVID Rehabilitation Service

Information for patients

Published September 2023

Powered by:

Our service

Welcome to the Manchester Post COVID Rehabilitation Service. We are a team who specialise in recovery and management of post COVID symptoms.

Post COVID or long COVID are terms used to describe the ongoing symptoms as a result of a COVID-19 infection.

Ongoing symptoms include:

- Fatigue (tiredness)
- Breathlessness
- Sleep difficulties
- Anxiety and mood changes
- Reduced stamina
- Brain fog.

Our specialist team consists of:

- **Physiotherapist** - supporting physical recovery and breathlessness through advice and techniques.
- **Occupational therapist** – supporting people to manage and recover from the physical, cognitive, psychological, and social impacts of Post COVID by identifying activities, roles and routines that are important to them.
- **Rehabilitation assistant** – supporting the occupational therapist and physiotherapist.

What do we provide at an assessment?

We provide appointments in clinic, at home or virtually. We offer an holistic assessment.

We will work with you as you set your goals, and develop rehabilitation programmes to help you achieve those goals.

Some of the ways we address the symptoms of Post COVID syndrome include:

- Fatigue management
- Pacing
- Working on cognition - attention and memory strategies and understanding brain fog
- Improving muscle strength and conditioning
- Reducing breathlessness
- Understanding the affect on the autonomic nervous system
- Signposting to additional support such as Nuffield Health Long COVID Rehabilitation programme, English National Opera 'Breathe' programme and Post COVID Psychology.

Can I use this service?

People who use the Manchester Post COVID Rehabilitation Service need to:

- Be registered with a Manchester GP
- Be aged 18 or over
- Be mentally and physically able to engage with the programme
- Be medically stable and not require acute hospital care.

All referrals to our service must come to us from the Post Acute COVID Assessment Service (PACAS).

Your GP can refer you to PACAS. The Post COVID triage nurse will then refer on to us following review.