



Being discharged from The Berkshire Long COVID Integrated Service (BLIS) Clinic: what happens next...

This leaflet explains what happens now that your care under the clinic has finished.

What can I do next?

Now that your time with the clinic has finished we are often asked 'what happens next?' 'Where can I go for more support for my Long COVID?' We hope that you continue to use the skills you have learnt in the clinic, either through one to one sessions or via the rehabilitation group. Remember, it will take time for the exercises and activities to make a difference before you start to see improvement or changes.

What other services are available?

We have listed below further resources and support for people living with Long COVID. All information is correct at the date of publishing, subject to change by external providers.

Service name	Description of service	Contact details
Social prescribing	Social prescribers are available via GP surgery. They support people with long term conditions access a range of local, non-clinical services to support their health and wellbeing.	Your GP surgery should be able to refer you, as many have their own within the practice.
Wellbeing at Path Hill	Enjoying the outdoors and connecting with nature-based wellbeing programmes to support physical and mental health for adults	Phone: 0118 984 2500 Website: https://www.rgwn.org.uk/path-hill-outdoors
English National Opera Breathe	Breathing and wellbeing programme developed specifically for people recovering from COVID-19, who are still suffering from breathlessness and associated anxiety.	Website: www.eno.org/breathe/ Enrolment requires a referral from the long COVID clinic please contact us on 0118 322 8261
Turn2Us	Financial support.	Website: https://www.turn2us.org.uk/

360mindbodysoul	Rest repair recover programme to focus on retraining the autonomic nervous system to come out of fight / flight mode and into rest / repair, allowing you to gently recondition without triggering the panic button.	Website: https://www.youtube.com/channel/UCdUIN1Pu42E4SNTFKz51mkA
Get Berkshire Active	Deliver face to face sessions in Reading and West Berkshire only. Offers virtual and face to face chair based yoga and Tai chi.	Website: https://getberkshireactive.org/ever-active
Covid Aid Charity	The UK's national COVID Charity. It offers virtual cafe drop ins to ask questions and regular virtual Q&A sessions on topics related to COVID.	Website: https://community.covidaidcharity.org/
NHS exercises at home	The NHS website lists some popular activities you can do at home. • NHS fitness studio exercise videos • NHS gym-free workouts • NHS 10-minute workouts • Couch to 5K	Website: https://www.nhs.uk/conditions/nhs-fitness-studio/
Nuffield Health COVID-19 Rehabilitation Programme	This programme is for anyone experiencing one or more of the following symptoms: • Chronic pain • Long-term fatigue • Breathlessness You can be referred by your: GP, doctor, nurse, pharmacist, social prescriber, physiotherapist, care navigator, health and wellbeing coach	Website: https://www.nuffieldhealth.com/about-us/our-impact/healthy-life/covid-19-rehabilitation-programme
Compass Recovery College	Compass Recovery College offers free drop-in groups and wellbeing workshops, both online and in-person. The sessions are open to everyone over 18 years old in the Reading area. The workshops focus on self-care, mental health and practical skills for living well. They are created and led by people with lived experience and mental health professionals.	<u>Prospectus - Compass Recovery College</u> https://www.compassrecoverycollege.uk/prospectus/

How can I participate in research?

Currently, at the time of printing, the Berkshire Long COVID Integrated Service (BLIS) is not being used as a recruitment centre for any research trials.

How can I stay updated if a treatment becomes available?

We are very hopeful that current research trials will be able to identify a treatment intervention for people with Long COVID. If treatments become available and approved for use, we are currently unsure how these might be distributed. We would recommend that you make sure you are officially registered as having Long COVID with your GP (known as coding). This will quickly identify all people living with the condition and could be the method used for the roll out when new treatments become available.

What if I need to come back?

If you need to come back to the clinic in the future, you will need your GP to send us a new referral.

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

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

RBFT Long COVID Clinic, July 2026

Next review due: July 2028