

Directory of services for Kingston and Richmond - Ongoing symptomatic COVID-19 and post-COVID syndrome

Self-help resources, activities and services

- **Long COVID rehabilitation booklet** (The Leeds Teaching Hospitals NHS Trust): [Long Covid rehabilitation booklet](#)
- **Long COVID patient information videos** (University College London Hospital NHS Foundation Trust): [Long covid clinic and treatments](#)
- **Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME / CFS)** (Epsom and St Helier University Hospitals NHS Trust) – information for patients: [Myalgic Encephalomyelitis/Chronic Fatigue Syndrome \(ME/CFS\) | Epsom and St Helier University Hospitals](#)
- **NHS UK - Long-term effects of COVID:** [Long-term effects of COVID-19 \(long COVID\) - NHS](#)
- **Be Part of Research** (long COVID research studies): [bepartofresearch.nihr.ac.uk](#)
- **Anosmia:** [Lost or changed sense of smell - NHS](#)
- **Parosmia:** [Smell training: AbScent](#)
or [SmellAbility© – Training & Testing – Fifth Sense](#)
- **Breathlessness - Physiotherapy for breathing pattern disorders** (self-help questionnaire): [Home - Physio for BPD](#)
- **Worry Tree** (NHS Apps Library, based on CBT techniques): [worry-tree.com](#)
- **Functional neurology advice** [neurosymptoms.org/en](#)
- **Postural Tachycardia Syndrome (PoTS) UK:** [potsuk.org](#)
- **Stopfainting.com:** [stopfainting.com](#)
- **Long COVID physio** (self-management guidance): [Long COVID Physio](#)
- **Suzy bolt - 360mindbodysoul** (gentle adjusted yoga and movement for nervous system regulation and relaxation): [Suzy Bolt - Covid and Chronic Illness Recovery - YouTube](#) (note: paid YouTube subscription with some free resources)
- **Raelan Agle YouTube Channel** (recovery stories, strategies, and resources for ME / CFS and Long COVID): [Raelan Agle - YouTube](#)

Kingston:

- **Connected Kingston** (local service and activities directory, access to social prescribing): [connectedkingston.uk](#)
- **Kingston Talking Therapies** (Offering guided self-help and CBT for long COVID symptoms): [Kingston Talking Therapies - Website](#)
- **Kingston Council 'Keep active and mobile':** [Keep active and mobile – www.kingston.gov.uk](#)

Richmond:

- **Ruils charity** (social prescribing): [ruils.co.uk/our-services](#)
- **Richmond Wellbeing Service** (Offering a stepped-care model of CBT-based therapy approaches and guided self-help): [richmondwellbeingservice.nhs.uk](#)

- **Richmond Council ‘Move at your own pace’ videos:** [Move at your own pace - London Borough of Richmond upon Thames](#)
- **Richmond AID** (advice and information on disability): [CILS – Information Navigation | Richmond AID](#)
- **Community Independent Living Service** (health and wellbeing): [CILS Health and Wellbeing](#)
- **CarePlace** (care and community services directory): [CarePlace Richmond](#)
- **Richmond adult social care referrals:** [Adult social care referral - London Borough of Richmond upon Thames](#)

Voluntary sector, social initiatives and charities

- **Yoga for life project** (free yoga classes for long COVID, focused on relaxation and nervous system regulation) -
Online booking: theyogaforlifeproject.co.uk/book-online Resources: www.theyogaforlifeproject.co.uk
- **COVID aid charity - community support** (free Sunday morning yoga class, focused on relaxation and nervous system regulation):
community.covidaidcharity.org
- **Mind** (mental health information and support): [Coronavirus - mental health information and support | Mind](#)
- **Voices of Hope** (active breathing course): voh.org.uk
- **Long COVID SOS charity:** longcovidsos.org

Kingston and Richmond NHS Foundation Trust services

- Kingston and Richmond NHS Foundation Trust pain services: [Pain services](#)
- Kingston and Richmond NHS Foundation Trust physiotherapy (MSK) Richmond: [Physiotherapy \(MSK\) Richmond](#)