

Long Covid Support Group Calderdale

Calderdale's Long Covid Support Group is now open.

This group offers peer support for people with Long Covid in Calderdale, West Yorkshire, UK and is a community-led voluntary organisation.

Peer support is when people use their own experiences to help each other.

Peer support aims to:

- bring together people with shared experiences to support each other
- provide a space where you feel accepted and understood
- treat everyone's experiences as being equally important
- involve both giving and receiving support



Scan QR code for
Facebook group

You are welcome to join the [Facebook group](#) (Long Covid Support Group Calderdale) and Twitter page (@LongCovidSGC). If you would like to join the WhatsApp group, Zoom meetings, one to one phone calls and other activities, please email lcsgroutcalderdale@gmail.com with your details giving your permission that you would like to participate.