

NHS

ACTIVE
LEEDS
for health

CAWS[®]

**LEEDS COVID-19 REHABILITATION:
DEVELOPING A NETWORK OF SUPPORT**



OUTLINE OF TODAY'S SESSION

1. An overview of the current situation in Leeds (Diana Whiteside, Leeds Community Long-COVID Rehabilitation Service)
2. The role of Active Leeds (Martin Lee, Active Leeds)
3. Introduction of CAWS Training (Dr Col Robertson & Mel Spooner, CAWS)
4. Q&A & next steps (Tim Howells, Health and Wellbeing Support Manager, Yorkshire & the Humber)

LEEDS COMMUNITY LONG-COVID REHABILITATION SERVICE

OUR TEAM

- 2 Coordinators
- 8 Physiotherapists
- 8 Occupational therapists
- 1 Breathlessness specialist (PT)
- 2 Dieticians (PT)
- 2 Therapy Assistants
- 1 Researcher (PT)
- 3 Administrators
- 1 Project manager
- 1 Rehabilitation Medicine Doctor (PT)

CONSULTANTS

- Consultant in Rehabilitation Medicine
- Consultant in Respiratory Medicine
- Consultant Cardiologist



WHERE ARE WE NOW?

COVID-19 & LONG-COVID LANDSCAPE IN LEEDS

CLINIC MODEL

1357 REFERRALS TO DATE

998 CURRENTLY IN THE SERVICE

EXTERNAL PARTNERSHIPS

REHABILITATION APPROACH

TRIAGE

CLINIC ASSESSMENT

VIRTUAL WEBINARS

FACE-TO-FACE, VIRTUAL & PHONE REVIEWS



REHABILITATION & RETURN TO ACTIVITY

PACING & FATIGUE MANAGEMENT

**STRETCHES & GENTLE STRENGTHENING
EXERCISES**

YOGA & BREATH WORK

GRADUAL INCREASE IN CV EXERCISE

FIRST-HAND EXPERIENCE

WHAT'S NEXT

ONGOING CONDITION & FUTURE STILL UNCLEAR

EMPHASIS ON SELF-MANAGEMENT

ADAPT TO INCREASING DEMAND

ONWARDS REFERRALS E.G. INTO ACTIVE LEEDS

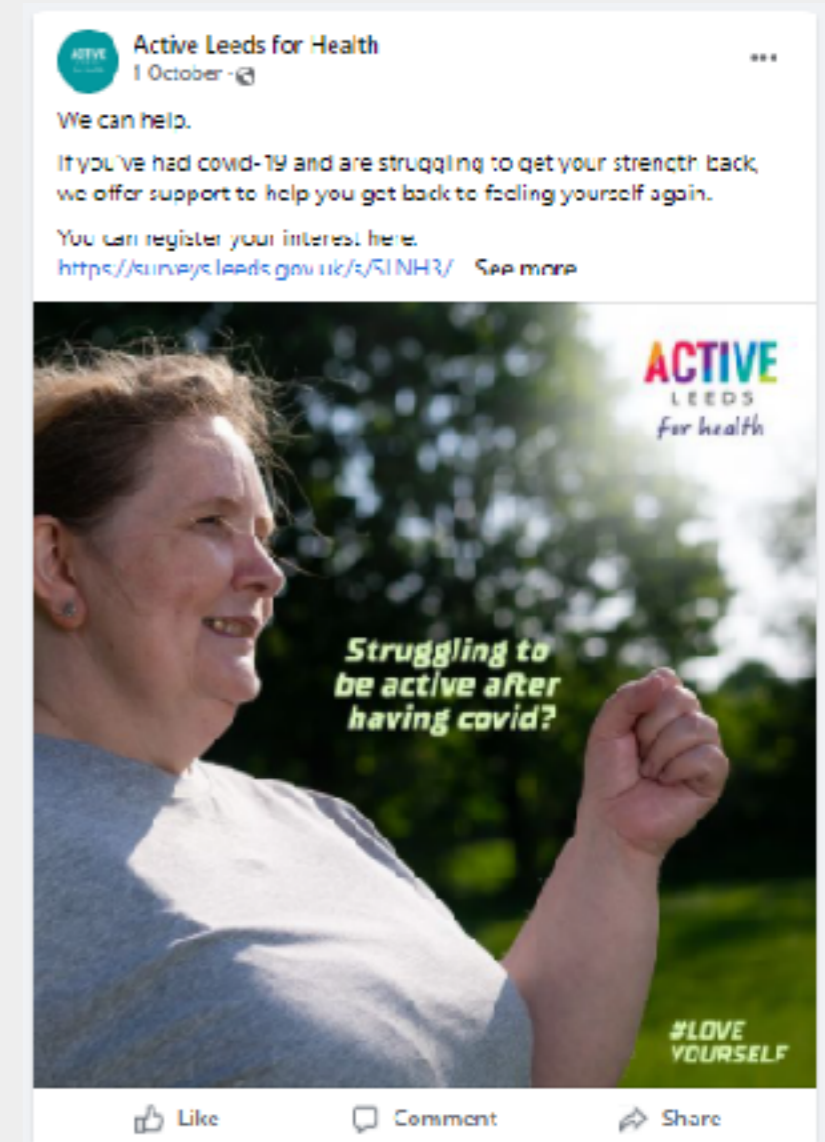
ACTIVE LEEDS, COVID-19 REHABILITATION PROGRAMME

WHY WE TOOK ACTION

Leeds City Council – Reset and Recovery from COVID

HOW WE TOOK ACTION

1. Staff training & development through 2021 with education partner CAWS
2. Soft Launch early December, focusing on two key populations:
 - i. People deconditioned by COVID-19
 - ii. Long-COVID
3. Current referral system
4. Partnership with Leeds Community Long-COVID Rehabilitation Service
5. 2022 Roadmap
 - i. Train more staff to provide support in our centres to increase access
 - ii. Collaboration with Leeds Community Long-COVID Rehabilitation Service & CAWS
 - iii. to provide a pathway to physical activity. Including;
 - Co-produced programme with referrals
 - Mix of activities, hybrid model of face to face and digital
 - Ongoing support with Active Leeds
 - Recruiting from next 3 cohorts from LCT



CAWS® & THE REBUILD™ PROGRAMME

A regulated education company that creates content, courses and curricula specific to the needs of the fitness sector workforce

Best known for our flagship programme Rebuild™, which teaches trainers and coaches how to rehabilitate a person from COVID-19 and Long-COVID

Active Leeds and best practice

450 facilities inc. corporate, 2,200 professionals, 650+ Rebuild™ graduates to date

Referral network

Origins & credibility

What it is, what it isn't, and how it fits

Success stories & Challenges

What's next

[Useful links](#)



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