

Remote COVID-19 rehabilitation programme launched

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Oscar Kilo, the National Police Wellbeing Service, has collaborated with Nuffield Health to bring the healthcare charity's online COVID-19 rehabilitation programme to policing.

Brief 1 min read

The programme is aimed at supporting those recovering from long-term effects of COVID-19. The self-managed programme provides a holistic approach, blending both physical and emotional support.

The 12-week programme can be tailored to the individual's needs, and provides the tools to aid recovery and to return to good health and wellbeing.

Those requiring support can access the programme remotely through the Rehabilitation Hub, which is available via smartphone, tablet or computer.

Oscar Kilo and Nuffield have listed the following symptoms. The programme can help if an individual is experiencing:

- fatigue, muscle pain and weakness
- shortness of breath
- anxiety and low mood
- memory loss
- sleep problems
- not being able to return to your pre-illness lifestyle

The programme consists of specialist delivered exercise classes, on-demand work, activity sessions, and emotional wellbeing activities and webinars. It is available to UK policing staff and their families.

Read more: [COVID-19 rehabilitation programme launched](#)

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