

## In this issue

- Information on the Long Covid Support Service
- How to help prevent falls
- A Spotlight on CAFAG at the Whitfield Valley Centre

### Long Covid Support Service

People who have COVID-19 usually get better within a few days of weeks. However, for some people symptoms can last longer. If symptoms continue, they may have 'long COVID'. People who have had COVID-19 symptoms for more than 4 weeks should contact their GP who might suggest some further tests or refer you to the long COVID service.



### How you can help prevent falls

Falls are common, especially for older adults. 1 in 3 adults over 65 and half over 80 fall yearly, but the good news is that by understanding what puts us at risk of falling, we can try and stop them happening in the first place. Help prevent falls by keeping walking areas clear, furniture stable, and providing seating for if people feel dizzy.



### Spotlight on CAFAG



CAFAG is a charity based at the Whitfield Valley Centre in Fegg Hayes, Stoke-on-Trent. They provide activities and services that are designed to improve the lifestyle in the local community, particularly for families.

As a Community Health Champion organisation, they have created a CHC notice board featuring lots of our messages, and recently, they have been creating free hygiene packs for the local community.



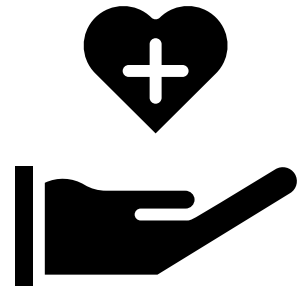
**We have lots more information available. If you're looking for local health information or support, chat with your local champion.**

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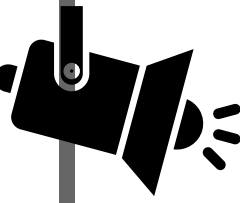


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