

 KEEPING
LONG
 **COVID** 
ON THE AGENDA



4TH FEBRUARY 2026
2.30-4PM

*A webinar to discuss
research priorities and
Lived Experience of
Long Covid*

The webinar began with introductions and re-connecting with people who attended a webinar held in July 2025. These introductions included attendees' experiences of living with Long Covid.

INTRODUCTIONS
RECONNECTING
WHAT IS
GOING ON?



WHAT'S YOUR
KEY FOR YOU
ABOUT LONG
COVID...?

WORRIED
WE DON'T
HAVE THE
SERVICES
WE NEED



KEEP IT
ONGOING

GPs



LONG-COVID
SUPPORT
GROUPS



PEOPLE BECOME

INVISIBLE



ARE TRYING

BUT WE WEREN'T

PREPARED



ALL YOU
WANT TO DO
IS GET BETTER



A TIME
BEFORE
LONG-
COVID

OTHER
CONDITIONS
POST-COVID
TREATED MORE SERIOUS

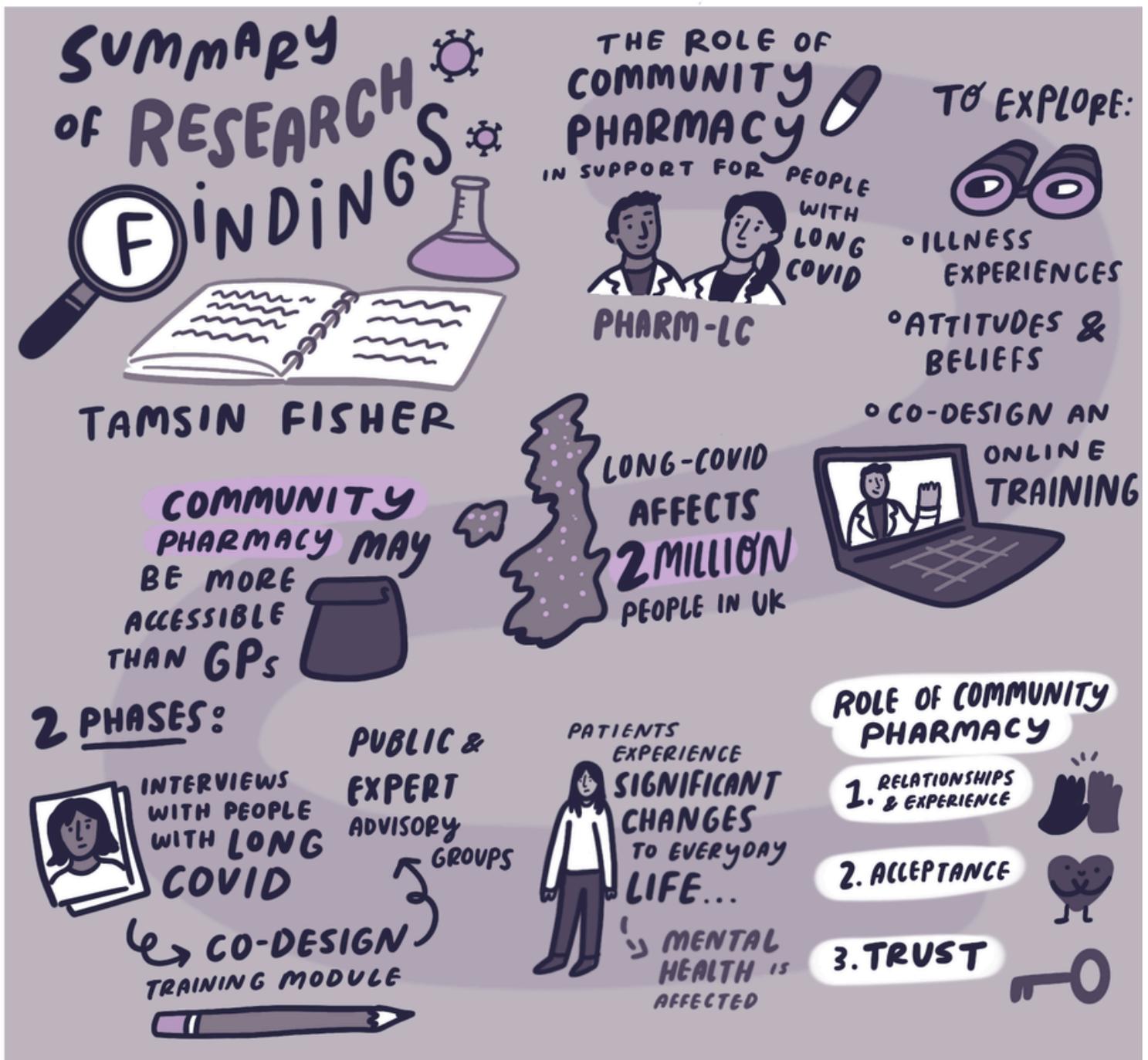


DRIVEN
INTO
PRIVATE
HEALTHCARE



WE DON'T HAVE
ANY FORMAL
TREATMENTS





Dr Tamsin Fisher then presented findings from the PHARM-LC research study. This study aimed to understand how community pharmacy could support people with Long Covid. We have worked with CPPE (Centre for Pharmacy Postgraduate Education). to develop a Long Covid training module for pharmacy staff.

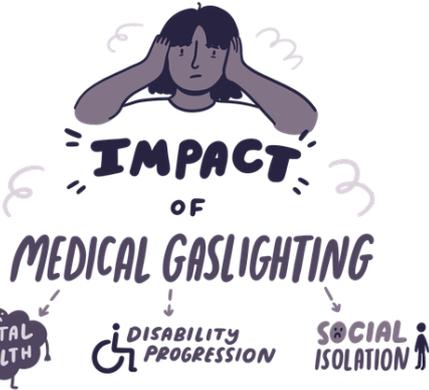
Participants raised concerns about their symptoms of Long Covid not being seriously, and an increasing stigma associated with Long Covid.



**Dr Tom Kingstone
(with support
from Michael
Natt) then
presented
opportunities for
future research...**



**including the use of
off-label prescribing
and the role of
complementary and
alternative
medicines and
therapies for Long
Covid..**



PEOPLE BECOME
INVISIBLE

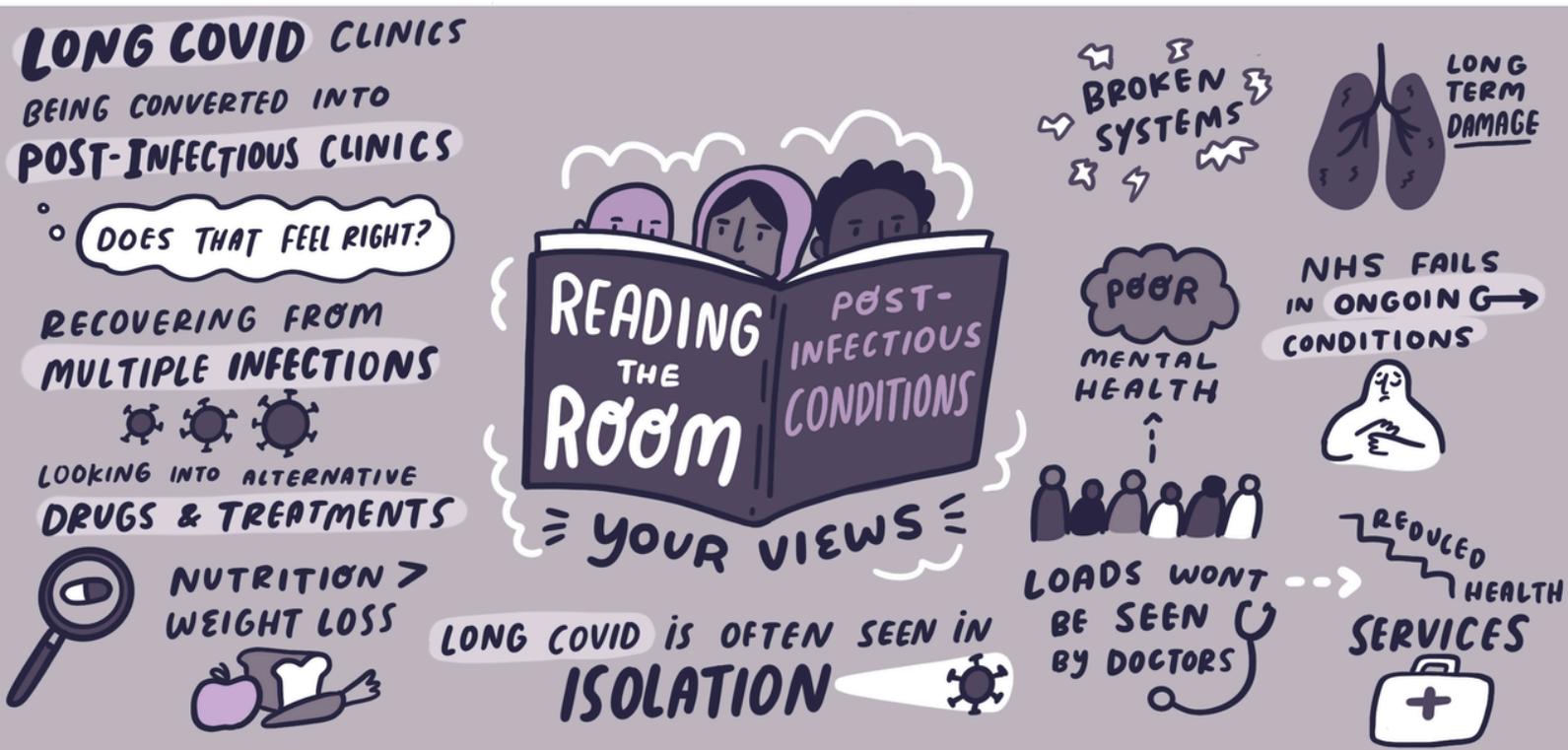


YOUR IDEAS

- THERE'S A LACK OF PATIENCE (SOME DAYS ARE SEVERE & MILD)
- OPEN A WINDOW
- DAYS OF THE WEEK & LABELING
- LEVEL OF ACCESSIBILITY FOR CERTAIN MEDICATIONS → GETTING MEDS ABROAD BECAUSE UK IS TOO EXPENSIVE
- HELPFUL MEDS OFTEN NOT LICENSED OR NOT PERSCRIBED
- DIETS/FOOD CAN OFTEN BE MORE ACCESSIBLE → TO HELP MANAGE SYMPTOMS

Ideas for further research were welcomed and people talked about the importance of diet and food impacting symptoms of Long Covid; that living with Long Covid can impact on mental health and wellbeing.

The webinar finished with discussions about using the term 'Post Infectious conditions' to include a range of conditions, including Long Covid.



This did not feel right to some participants and other people suggested that this removes Long Covid from the agenda, along with their experiences of Long Covid clinics being decommissioned. People spoke about fragmented services and lack of access to clinicians with expertise in Long Covid.

**A SPECIAL
THANKS TO ALL
OUR
ATTENDEES**



**THE RESEARCH TEAM AT KEELE WILL BE
LOOKING OUT FOR FUNDING CALLS AS WE
WISH TO ADD TO THE EVIDENCE-BASE TO
IMPROVE THE MANAGEMENT OF PEOPLE
WITH LONG COVID. IF YOU WISH TO KEEP
IN TOUCH WITH THE TEAM, HERE ARE
THEIR CONTACT DETAILS:**

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WEDNESDAY 4TH FEBRUARY