



Long Covid Nurse Group Meeting

Tuesday 21 January 2025

10am - 11.30am via Zoom



Programme

Looking After Yourself

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| 9:55am | Arrival |
| 10:00am | Chair's Welcome
Helen Donovan MEd. BSc. RN, RHV, QN, Long Covid Programme Lead, The QNI. |
| 10:05am | Overview of the National Garden Scheme and support for the QNI
George Plumptre, CEO, National Garden Scheme |
| 10 :25am | Long Covid almost 5 years on – what I have learnt and how the outdoors has helped my recovery
Salli Pilcher, RN BSC DN, Queen's Nurse |
| 10 :55am | Break |
| 11 :00am | The impact on those who are carers and importance of looking after themselves
Andy McGowan, Policy and Practice Manager at Carers Trust |
| 11:20am | Reflection, Evaluation and Close
Helen Donovan Med. BSc. RN, RHV, QN, Long Covid Programme Lead, The QNI. |