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[Date]

[MP's Name]

[MP's Constituency Office Address]

Long Covid Awareness Day: saving local services

Dear [MP's Name],

My name is [your name] and I am writing to you today, during the Long Covid Awareness month of March, as your constituent. It has been 6 years since the start of the Covid-19 pandemic, and we need your support in addressing the ongoing crisis of Long Covid. Long Covid is having a dramatic impact on not only the health of the nation, but also the workforce and the UK economy. Many of these problems remain unaddressed, and the seriousness of this issue has failed to attract the attention it deserves.

[I am one of the] / [There are an] estimated 2 million plus individuals, including over 111,000 children and young people, that are suffering from the prolonged, debilitating, and sometimes disabling, effects of this illness, according to [data from the ONS](#). This has impacted me through [insert information about your personal story, including details about your local area].

One critical area of concern to me is the continued closure of specialist Long Covid clinics by Integrated Care Boards across England. Long Covid clinics began to be established as the ongoing impacts of the condition for those who did not recover as expected started to emerge. Funding has been allocated for this purpose by the government. A good Long Covid service can provide expert, tailored support to a community whose needs are simply not met by generic healthcare services, who don't understand the complexity of the condition and often trap patients in a loop of referrals and discharges. Examples of the unique support offered by some of these clinics includes:

- A core holistic assessment by trained Long Covid nurses
- Longer appointment times to account for the complexities of the condition
- Subsequent face-to-face medical reviews
- Access to a virtual multi-disciplinary medical team, saving patients multiple visits

However, these services are closing at a truly alarming rate. Clinics have closed/are closing in areas run by many ICBs, including NHS Cheshire and Merseyside ICB, NHS Coventry and Warwickshire, NHS Frimley ICB, NHS Lancashire and South Cumbria ICB, NHS Mid and South Essex ICB, NHS North East London ICB, NHS Northamptonshire ICB and NHS Surrey ICB. A charity [I work closely with/who support me](#), Long Covid Support, is fighting in partnership with global experts on Long Covid to keep these much needed clinics open.

Without them, people are simply abandoned in a healthcare system that cannot meet their needs, leaving them unable to live their lives as best as they possibly can.

Long Covid Support is also the secretariat for the All-Party Parliamentary Group on Long Covid, chaired by Jo Platt MP, a group which regularly speaks about the closures of Long Covid services and will continue to work on this over the coming year. At present the APPG is seeking new members to help them continue raising awareness of the public health crisis which Long Covid presents. These MPs champion the priorities of constituents just like me across Parliament, helping to surface an issue which has been ignored for 6 years now. This cannot be acceptable when so many lives are being affected.

As my MP, I have three simple asks:

1. Establish the status of local Long Covid services within your constituency to understand whether services are active, under consideration for closure, or already closed.
2. Depending on your findings, I ask that you urge the relevant ICB to either:
 - a. **RETAIN** all Long Covid services they already have as these are vitally important;
 - b. **RECONSIDER** any closure plans in partnership with the local community and patient charities, such as Long Covid Support;
 - c. **REVIEW** in the case of closure how to ensure Long Covid patients **like me** can access the support they desperately need.
3. Consider joining the APPG on Long Covid, helping to meet the needs of people nationwide who have stories **just like mine.**

If you require a draft letter to send to your local ICB, please do not hesitate to contact the charity Long Covid Support on appg.longcovid@longcovid.org who will happily work with you to provide any necessary information and local data. Additionally, if you are interested in finding out more about the APPG or attending a meeting, please also contact the charity.

I would welcome the chance to meet with you to discuss my concerns further, and I look forward to receiving a response from you soon.

Yours sincerely,

[Your name]