Dear Service User,

As a young person living with Long Covid you are invited to take part in

[Alchemise Theatre](https://www.alchemisetheatre.co.uk/index.html)’s government funded creative health project, [Long Covid Superheroes](https://www.alchemisetheatre.co.uk/projects/long-covid-superheroes.html).

This is a FREE and ACCESSIBLE, ONLINE drama and comics project for young people with Long Covid run by facilitators with Long Covid in partnership with Long Covid Kids and funded by the Arts Council. **Age Guide 8+ and 14+** (please feel free to get in touch if your child doesn't fit within this age bracket). During this year-long project participants will create their own superhero alter-ego, design a costume for it, and collectively create a story for an illustrator to turn into a comic book.

ACCESSIBILITY

> Sessions are **designed to avoid triggering Post-Exertional Malaise:** Sessions are an hour long and will include multiple active rest breaks (meditation/breathwork) to help support energy, with regular energy check-ins.  We encourage participants to use beanbags, yoga mats, cushions etc so that they can choose to take part from a sitting or lying position.  We will also work out a language for timeouts so that they can choose to switch off their camera, lie down and take a break whenever needed. **We believe these sessions are accessible for those unable to attend school.**

> We will have **online 1-2-1s** in advance of the sessions to assess your child's capacity and make sure we pitch the sessions correctly

> Session are **trauma-informed** and staff are trained in **Mental Health First Aid**

**>** We are also **SEN trained** and have some capacity for **additional needs** (please enquire)

> We will provide 15 minute windows either side of the session for arrival and departure to help with transitions.  We will provide session plans in advance of sessions, and optional at home activities for weeks when participants are too unwell to attend.

Sessions will start in September 2025. We will run two online groups and you can choose to participate in either the Monday or the Thursday group.

Monday: 4.30-5.30

Thursday: 4.30-5.30

**TO APPLY:**

Please fill out this [Expression of Interest Form](https://docs.google.com/forms/d/e/1FAIpQLSczqQsLCF_15g8mw2NHoaqPCFMl_e3ashzaLW4wgUlKR10zIQ/viewform?usp=header) which can also be found on our website.  We operate on a **first come, first serve** basis.  **Please try to fill this form out by September 15th**. We cannot guarantee you a place if this date has passed, but please do still get in contact as we would like to try!
Any questions please email alchemisetheatre@gmail.com

Website: [www.alchemisetheatre.co.uk](http://www.alchemisetheatre.co.uk/)