UK Strategy 2026 - 2028



Supporting Healthcare Heroes UK

Charity Registered in England & Wales No. 1205685

Our Mission

Supporting Healthcare Heroes UK (SHH-UK) empowers healthcare workers living with Long Covid by:

+ Providing peer support and evidence-based information
+ Influencing policy and practice to make workplaces safer and fairer

We stand with the healthcare heroes who cared for others - now we care for them.

What this means in practice

By the end of 2028, SHH-UK will deliver:

+ Accessible, high-quality resources via the SHH-UK Resources page
+ Facilitated support groups
+ A clear assessment of the needs of healthcare workers with Long Covid
+ A proposed guideline for Indoor Air Quality (IAQ) standards for healthcare settings
+ Evidence of working with partner organisations, agencies, and key stakeholders to advocate for updates to the National Infection Prevention and Control Manual to reflect the airborne transmission of COVID-19

How we will do this

Priority 1: Peer Support and Information

Aim: Ensure healthcare workers affected by Long Covid have access to trusted, evidence-based information and safe peer support.

Action: Information and Resources

+ Maintain and expand SHH-UK's **Resources** page covering:
  + Living with Long Covid and accessing financial support
  + Work and Long Covid
  + Prevention of reinfection
  + Long Covid stories – the stories of healthcare workers with Long Covid
  + Research summaries
+ Produce clear, accessible summaries of evidence and policy developments
+ Maintain high-quality, regularly reviewed content

Action: Peer Support

+ Deliver a range of moderated online support groups for healthcare workers with Long Covid
+ Provide training, support, and governance for volunteers
+ Maintain safeguarding, confidentiality, and escalation processes
+ Ensure sustainability and minimise volunteer burnout

Impact

+ Improved wellbeing and reduced isolation and of healthcare workers with Long Covid
+ Increased confidence navigating work, healthcare, and benefits
+ A stronger evidence-base grounded in lived experience

Priority 2. Influencing Policy and Practice

Aim: Drive improvements in healthcare policy and workplace protections, particularly in relation to Long Covid and infection prevention.

Action: Needs of healthcare workers with Long Covid

+ Engage healthcare workers with Long Covid to gather data on experiences and support needs
+ Produce an evidence-based position statement detailing the needs of healthcare workers with Long Covid
+ Deliver coordinated lobbying and engagement to ensure the needs of healthcare workers with Long Covid are met

Impact

+ Clear, evidence-informed policy recommendations
+ Increased visibility of healthcare workers' experiences in decision-making

Action: #SafeAir4All Campaign - Secure recognition of clean indoor air as a core safety standard in healthcare.

Workstream 1: Awareness and Understanding

+ Expand resources on airborne transmission, ventilation, Carbon Dioxide (CO^2) monitoring, and Respiratory Protective Equipment (RPE)
+ Deliver public and professional communications campaigns
+ Position safe air as equivalent to clean water and safe food

Workstream 2: Data and Evidence

+ Conduct Freedom of Information (FOI) requests across NHS Trusts to assess infection prevention and indoor air quality policies
+ Disseminate the results though accessible reports and briefings to the public, unions and politicians

Workstream 3: Policy Influence

+ Advocate for:
  + Recognition of airborne transmission
  + Access to respiratory protective equipment (RPE) (FFP2/3 or PAPRs)
  + Enforceable IAQ standards
+ Engage MPs, professional bodies, unions, and regulators
+ Use data and lived experience to challenge existing guidance

Impact

+ Increased awareness of airborne risk and indoor air quality
+ Robust evidence base linking indoor air quality to workforce safety
+ Policy commitments to improve ventilation, monitoring, and protection

And finally...

In delivering its priorities, SHH-UK will:

+ Centre healthcare workers' experiences in all outputs and decisions
+ Ensure outputs are accessible, inclusive, and evidence-informed
+ Align activities with wider advocacy priorities, including safer healthcare environments
+ Maintain ethical standards in the use of lived experience and research data
+ Build partnerships to increase reach and impact

SHH-UK is a Registered Charity
in England and Wales
(Registered Charity No: 1205685)

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