Date XXX

Dear XXX,

ACCESS MORE COVID-19 REHABILITATION FOR YOUR COMMUNITY RIGHT NOW

Work has already begun to help people who have been affected by COVID-19 to overcome the trail of symptoms that can be left in its wake, commonly referred to as Long-COVID. In collaboration and partnership with ukactive and EuropeActive, CAWS has been working and campaigning to up-skill fitness facilities and professionals all across the country to be able to provide support for those who have been affected within their communities.

I have directly benefitted from this service, delivered to me at my local fitness [facility/professional]. This is a real solution to both a very big immediate and future problem. But it needs support. This service will make sure that our voice, those who have been affected, is heard. Awareness of what help is available needs to be raised so that more people can be helped.

I am writing on behalf of XXX [organisation/individual] in XXX [constituency] to ask for your support in ensuring fitness facilities and the services that fitness professionals provide are classed as essential for your constituents, and are allowed to reopen under their existing, robust, and proven-secure safe operating guidelines, in order that they may provide access to COVID-19 and Long-COVID rehabilitation.

XXX [organisation/individual] is a certified CAWS® Rebuild™ Facility/Coach that/who has undergone necessary training to rehabilitate an individual from COVID-19 and Long-COVID.

CAWS is a recognised education company that creates curricula specific to the needs of the fitness sector workforce. In May 2020 they built the Rebuild™ Programme in direct response to the needs of individuals enduring COVID-19 and suffering with ongoing symptoms in the wake of the virus. CAWS and the Rebuild programme are backed by ukactive and EuropeActive, and CAWS is a CIMSPA accredited Training Provider. Co-founder and CAWS Education Director, Dr Colin Robertson, now represents CAWS on the Steering Group Panel as part of the UK’s Advanced Clinical Practice collaboration with Health Education England, with regards to up-skilling clinical practitioners and fitness professionals to create parity of rehabilitation services all across the UK for people who are dealing with chronic illness and disease, and comorbidities. In collaboration with CAWS, fitness facilities and professionals nationwide are facilitating a rehabilitation programme through their pre-existing distribution network that is trusted and at the ready to receive more people in need of help.

There is a fitness facility in every community across the country and more than 35,000 fitness professionals across the UK. With plans that will enable every fitness facility and fitness professional to become certified in delivering the CAWS Rebuild programme. United the fitness sector will be able to facilitate the rehabilitation of individuals from COVID-19 and Long-COVID in almost every postcode.

CAWS has been personally funded by co-founders, Managing Director Mel Spooner and Dr Colin Robertson, both well-networked in healthcare, sports medicine and the fitness industry, and best placed to mobilise the distribution network. The CAWS Rebuild training for fitness professionals is paid for by the fitness facility for its workforce or the independent fitness professional. A rehabilitation programme is provided by the facility or professional to an individual either as a paid-for service, as part of a broader fitness membership package or offered free of charge.

The effects of the pandemic mean that all Rebuild rehabilitation programmes are currently being delivered to those in need online or remotely, which is having a positive effect but could have a more profound effect on the scale of the impact of Long-COVID if facilities were allowed to operate under COVID-revised guidelines. Right now progress is limited by space and equipment that those in recovery have access to at home and the number of fitness professionals active in the field, with the majority of fitness sector staff currently on furlough — many of whom are doing their best to undergo the CAWS Rebuild rehabilitation training at home in anticipation of facility reopening dates and operational restrictions being lifted.

Not only is the fitness sector essential to lessening the worse type of symptoms brought on by COVID-19, pre- and rehabilitation support for every type of illness and disease and in promoting good physical and mental health, it provides the only existing infrastructure and workforce ready and able to support the NHS in managing and facilitating the long-term recovery of the population and Long-COVID.

I am writing to you as someone who has personally benefitted from the services of a CAWS Rebuild Certified Coach. Having contracted COVID-19 in XXXXXX [insert story and testimonial].

You can hear more stories like mine [here](https://youtu.be/gmhZcLfHX1I).

Like me, those suffering in the wake of the virus feel unheard and disregarded, and in some cases, individuals have been battling for support and guidance for as long as 12 months. But via a CAWS Rebuild Certified Facility or Coach there is help. There is guidance. And it can be made available right here in our community.

As I have discovered, the role of the coach is far more than facilitating fitness, it’s about being responsive to an individuals physical and physiological needs and placing that person in a more advanced position with regards to their health, wellness and fitness. Right now the world needs the skills of XXX [organisation/individual] more than ever so that we can make sure COVID-19 becomes a tale of overcoming and a part of people’s past.

What can be done to help me and XXX [organisation/individual] petition for fitness facilities and professionals to operate as normal?

What can be done to help me and XXX [organisation/individual] raise awareness of the impact a CAWS Rebuild [facility/professional] can make for an individual in need so that more people across this community can access the help that they need and deserve?

I implore you to you use your voice to advocate for this level of service for our community over the coming days, inside and outside Parliament, in order that we can change the lives of more individuals like me, and like Jan in the video above, who are still waiting to be ‘saved’.

If you have any questions, or would like further information, please do not hesitate to get in contact with me or with CAWS co-founders Mel Spooner and Dr Colin Robertson at melspooner@cawsgroup.com, or you can learn more about CAWS here [Find a CAWS Rebuild Coach](https://www.trainwithcaws.com/find-a-caws-rebuild-coach).

Thank you in anticipation, as I look forward to your thoughts.

Best wishes,

XXX [name, title, organisation if applicable]