

**THE FATIGUE AND BREATHLESSNESS MANAGEMENT GROUP**

**Information for Patients**

**About the group**

The Fatigue and Breathlessness (FAB) management group aims to equip people with self-help strategies for managing their symptoms. Each group will be attended by up to 12 people; this may include both patients and a family member, friend or carer.

The course runs on a quarterly basis, from 10:30 - 12:30 on a Friday morning for four (4) consecutive weeks. Attendees are invited to stay for a light lunch afterwards.

**What is covered?**

* What are fatigue and breathlessness?
* The causes of fatigue and breathlessness.
* Techniques for managing fatigue and breathlessness.
* Managing anxiety related to breathlessness
* Gentle exercise and relaxation techniques.

**Who can access the group?**

This group is available for patients in the Weston Hospicecare catchment area who have a life-limiting illness. You can be referred to this group if you are experiencing fatigue and/or shortness of breath.

**How can I access the group?**

If you have a Hospice Community Nurse Specialist, they can refer you. If not, we also accept referrals from GPs, district nurses, specialist nurses, community allied health professionals and hospital teams.

You will need to think about whether or not you are able to cope with attending a weekly group for all four (4) sessions. The group will involve participation in gentle exercise, discussions and relaxation sessions.

You must be able to transport yourself to and from the sessions and be responsible for your own oxygen provision. Please bring any medication you may need with you.

**For more information**

For more information, please contact Stacy Gaynor or Norma Corp at Weston Hospicecare on 01934 423 900.

**How to find us**

Our address is Jackson-Barstow House, 28 Thornbury Road, Weston-super-Mare BS23 4YQ. Follow the signs for Uphill and then look for the white signs that say Weston Hospicecare. We're opposite Westhaven School. You may be able to find a parking space in our car park, or there are spaces available on nearby roads. The group will be held in our Day Hospice. Please report to main reception.