

The Fatigue, Anxiety and Breathlessness Management Group

About the group

The Fatigue, Anxiety 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 from 1:30-3:30 p.m. on a Thursday afternoon for four (4) consecutive weeks. Blocks are offered depending on referral numbers.

What is covered?

- The definitions of fatigue, anxiety and breathlessness
- Some of the causes of fatigue, anxiety and breathlessness
- Techniques for managing fatigue, anxiety and breathlessness
- Gentle exercise and relaxation techniques
- Next steps and where to access help in the future

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, anxiety 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.

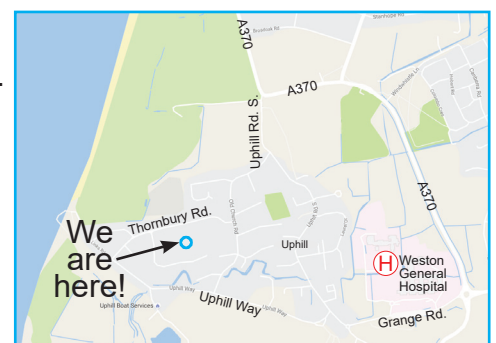
You will need to think about whether or not you are able to cope with attending a weekly group for all four (4) sessions. The group will involve participation in gentle exercise, discussions and relaxation sessions. You must be able to transport yourself to and from the sessions and be responsible for your own oxygen provision.

For more information

For more information, please contact the hospice on 01934 423 900.

How to find us

Follow the signs for Uphill, then look for the white signs that say Weston Hospicecare. We're opposite Westhaven School. You may be able to find a parking spot in our parking lot, or there are spaces on nearby roads.



The group will be held in our Wellbeing Centre. If you're attending the group, please go directly to the Wellbeing Centre, where someone will greet you.