

The Fatigue and Breathlessness Management Group

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 from 1:30 - 3:30 pm on a Thursday afternoon for four (4) consecutive weeks. Blocks are offered depending on referral numbers.

What is covered?

- The definitions of fatigue and breathlessness.
- Some of the causes of fatigue and breathlessness.
- Techniques for managing fatigue and breathlessness.
- Gentle exercise and relation 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 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

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 Wellbeing Centre. If you are attending the group, please go directly to the Wellbeing Centre, where someone will greet you.