

# Fatigue Course

## Patient Information

Macmillan Allied Health Professionals Team



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## What is fatigue?

Fatigue is a term used to describe an overall feeling of tiredness or a lack of energy. If you have any of the following symptoms you may be suffering from fatigue:

- Increased tiredness, low energy and an increased need to rest which is not related to any recent activity
- General weakness
- Reduced concentration
- Poor motivation or loss of interest in usual activities
- Changes in sleep pattern
- Feeling overwhelmed when facing certain activities
- Easily upset
- Difficulty completing daily tasks
- Forgetfulness.

## How can the Fatigue Course help me?

The Fatigue Course aims to increase your awareness and understanding about the causes and effects of fatigue.

The sessions will give you information, advice and support about managing fatigue. The Fatigue Course will also give you ideas of how to manage fatigue in your daily life.

## Who runs the Fatigue Course?

The Macmillan Occupational Therapist, Physiotherapist and Dietitian organise and run the Fatigue Course.

## What happens in the Fatigue Course?

The following topics will be covered:

**Session 1** - understanding fatigue.

**Session 2** - coping plans (pacing, planning and prioritising).

**Session 3** – physical activity and healthy eating.

**Session 4** - managing emotions and wellbeing.

The sessions are held in groups either face to face or virtual so you will be able to share your experiences with other people.

## What have people said about attending the Fatigue Course?

“I enjoyed the course and meeting the other people who are going through similar stages as myself”.

“I found it very interesting; lots of things I had not thought about before, I found it very helpful”.

“Combating fatigue is about not worrying about it too much”.

“It’s good to know others experience fatigue and that my fatigue is not imagined. I would recommend anyone in a similar position to take part”.

“I found daily activity planning and prioritising very useful”.

“The information about the psychological and physical effects of fatigue was informative and very enlightening”.

“The relaxation exercises were really good, and I use this all the time now”.

## How to contact the Team

### **Macmillan Allied Health Professionals Team**

Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Community Services  
Wigan and Leigh Hospice  
Kildare Street  
Hindley  
Wigan  
WN2 3HZ

Telephone: 01942 525566  
Monday to Friday 8am until 4pm  
Email: [macmillan.ahpteam@nhs.net](mailto:macmillan.ahpteam@nhs.net)

## Useful Contacts

Wigan and Leigh Hospice  
Telephone: 01942 525566  
[www.wlh.org.uk](http://www.wlh.org.uk)

Macmillan cancer support line:

**0808 808 0000**

7 days a week, 8am until 8pm

[www.macmillan.org.uk](http://www.macmillan.org.uk)

## Local Community Pharmacy

Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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