

How to contact the Team

Macmillan Allied Health Professionals Team

Wrightington, Wigan and Leigh NHS Foundation Trust – Community Services

Wigan and Leigh Hospice

Kildare Street

Hindley

Wigan

WN2 3HZ

Telephone: 01942 525566

Monday to Friday 8 am to 4 pm

Email: macmillan.ahpteam@nhs.net

Useful Contacts

Wigan and Leigh Hospice

Telephone: 01942 525566

www.wlh.org.uk

Macmillan cancer support line: 0808 808 0000

7 days a week 8.00am to 8.00pm

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.

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 to 4pm)

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

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 pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website:

www.wvl.nhs.uk/patient_information/Leaflets

This leaflet is also available in audio, large print, braille and other languages upon request.

For more information please ask in department/ward.

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Fatigue Course

Macmillan Allied Health Professionals Team

Patient and Carer Information



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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.

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 so you will be able to share your experiences with other people.

The sessions could also be offered on an individual basis if preferred

How can I find out more?

Please discuss with a member of the Macmillan Allied Health Professionals Team – our contact details are overleaf.

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”.