Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Fatigue Course-Macmillan Therapy Team

Version number: **3**
Last modified date: **12th November 2026**

Fatigue Course

Patient Information

Macmillan Allied Health Professionals Team

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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 Occuaptional 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

Useful Contacts

Wigan and Leigh Hospice

Telephone: 01942 525566

www.wlh.org.uk

Macmillan cancer support line:

0808 808 0000

7 days a week, 8am until 8pm

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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