

For further Information and professional referrals, please contact:

Physiotherapy Service
St. Clare's Hospice
Primrose Terrace
Jarrow
Tyne and Wear
NE32 5HA

Tel: 0191 451 6378
Fax: 0191 451 6381

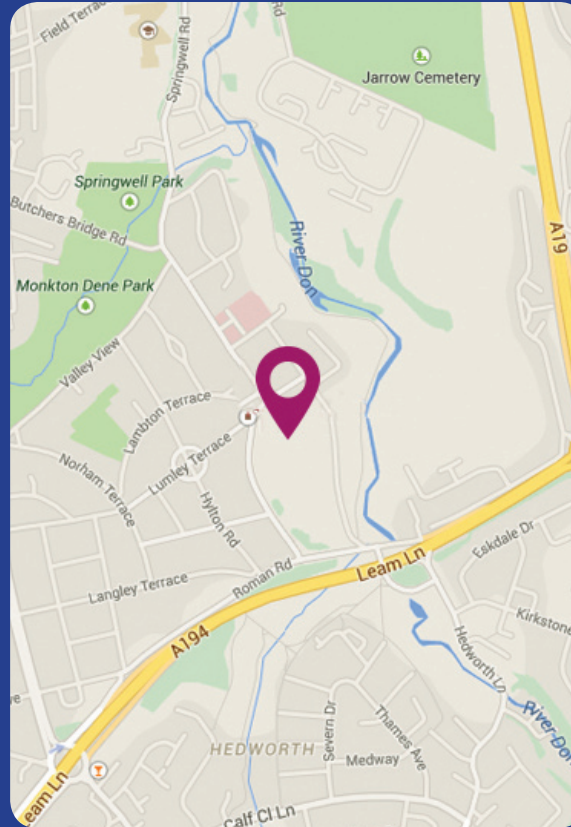
Email: physio@stclareshospice.co.uk
www.stclareshospice.co.uk

Or

Macmillan Occupational
Therapist Service
Admin Building
Primrose Hill Hospital
Primrose Terrace
Jarrow
Tyne and Wear
NE32 5HA

Tel: 0191 451 6396

How to find us:



Public Transport

There is a bus stop outside of the Hospice. Please contact Traveline on 0871 200 2233 to check latest service information.

Parking

There is free car parking available on site.



Positive Living and Managing Cancer Fatigue Group

Information Guide for Professionals, Patients and Relatives.

Registered Charity No: 1159481

Do you have a cancer diagnosis?

Feel exhausted much of the time?

Are you having difficulty managing daily tasks due to tiredness?

If the answer is **YES** to any of the above, you may benefit from our programme. Our positive living and managing cancer fatigue group is designed to introduce practical strategies to manage tiredness and energy levels.

How can I access the Group?

Anyone who is concerned about the effects of cancer related fatigue can attend. Friends and relatives are also invited to the group. Referrals to the group can be made by any health or social care professional involved

What can we offer?

The groups are held St Clare's Hospice. Transport and lunch can be provided if required.

The Group meets between 11.00am and 1.30pm, once a week over four weeks. A recall day is held approx. 4 weeks after the course has concluded to evaluate progress made, answer any questions and make any future changes.

Sessions include:

- Introduction: What is Cancer Related Fatigue?
- Energy Conservation principles
- Managing low mood and worry
- Sleep management strategies
- Diet and Nutrition
- Exercise
- Complimentary Therapy
- Goal setting

Do I have to attend every session?

We try to encourage everyone to attend all the sessions if possible to make the most of the educational sessions offered. If this is not possible, catch up sessions can be arranged.

Different professionals will be involved in each session, to help offer all group members practical strategies to manage tiredness and increase energy levels.

What should I wear?

Please wear comfortable casual clothing and shoes, as there will be an opportunity to take part in gentle seated exercises within individual limitations.