What some of our patients have said...

“The course has been invaluable and I would recommend it to anybody”

“Found it beneficial to talk to others a similar situation”

“Nice know there are things I can do to help myself”

“I know that it does make a difference when I do the exercises, I feel I can do more around the house”
What is Fatigue?
Fatigue is the feeling of extreme tiredness or exhaustion all or most of the time. It can feel overwhelming and unrelenting and it is often not improved by rest. Fatigue can affect anybody at any time irrespective of their age or illness.

What is Breathlessness?
Breathlessness (sometimes called dyspnoea) is difficult, laboured and uncomfortable breathing. It can be both frightening and overwhelming and may be caused by a combination of physical and psychological factors.

Common Features
For some people, symptoms may be very mild and do not interfere much with daily life.
For others it can be very disruptive. If you experience one or more of the following symptoms, you will benefit from attending this course.
- General tiredness and a feeling of having no energy
- Breathlessness after only minimal exertion
- Even the smallest chore feels like an enormous challenge
- Difficulty remembering or making decisions

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About the programme
At St Peter’s Hospice, we run a five week course to enable you to manage your fatigue and breathlessness more effectively and regain a sense of control.
We will help you to identify realistic, meaningful goals and find ways of achieving them.
It is important to find a balance between activity and rest. Each week we will focus on a different area of your life such as energy levels, exercise, nutrition, sleep, breathing control and relaxation.

Programme Outline
- Week one: introduction to the aims of the course, how fatigue affects you, setting goals, introduction to exercise and relaxation.
- Week two: benefits of exercise, practical session of exercise, relaxation and homework.
- Week three: energy conservation, prioritizing and planning tasks, exercise, relaxation and homework.
- Week four: understanding breathlessness, exercise, relaxation, reviewing goals and homework.
- Week five: appetite advice, information for carers, the next step, exercise and relaxation.

Need to Know More? To find out more please contact our Day Hospice team on: 0117 915 9469 or visit: www.stpetershospice.org