

Managing fatigue from cancer or cancer treatment

We invite you to our fatigue management courses at the **Macmillan Centre**, Southampton General Hospital.

We have two options:

- A **four-week** course (two hours each week)
- A one-off **two hour workshop** to give you tips for managing fatigue

These courses may be for you if:

- you have fatigue
- you are over 18
- you have cancer or have had cancer
- you are having treatment or have finished

Contact us

To speak to our team about these courses, please call Charlotte Brooks on telephone number: **07917 643206**

You can also complete the self-referral form on the next page or ask your clinical team to refer you.

Managing day-to-day life with cancer-related fatigue courses

- Fatigue or low energy is common for people who are having or have had cancer treatment.
- Fatigue can affect all areas of our lives, such as work, hobbies and daily tasks.
- The courses are a chance to share with people who are in a similar situation to you.

What do the courses involve?

You can choose which course is right for you:

Four week course

- Cause of fatigue
- Setting goals
- Speaking about fatigue
- Day-to-day tasks with fatigue
- Diet
- Pacing
- Physical activity
- Emotions
- Relaxation
- Sleep
- Memory/concentration

One-off two hour workshop

A brief overview of the topics from the four week course will be covered.

This will give you some tips and resources for managing fatigue during or after treatment.

Fatigue management service

Self-referral form

Name:.....

Telephone number.....

Address:

.....

..... Postcode:.....

Date of birth:.....

GP surgery:.....

Cancer type (e.g. breast, prostate):

Cancer stage if known (e.g. stage 3):

How would you rate your fatigue levels over the past 7 days? **Please circle:**

0	1	2	3	4	5	6	7	8	9	10
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Low

High

Please return this form to:

Charlotte Brooks, Therapies department, Mailpoint 78, B level, West Wing, Southampton General Hospital, Tremona Road, SO16 6YD