



Fatigue, Anxiety and Breathlessness Group (FAB)

The Fatigue, Anxiety and Breathlessness Group (FAB) is a 10 week course ran at the Living Well Centre. It is aimed at supporting individuals with progressive, life-limiting conditions, who experience the symptoms of fatigue, anxiety and breathlessness.

Fatigue:

extreme tiredness and lack of energy

Anxiety:

feeling out of control, worried or uneasy, or having panic attacks

Breathlessness:

feeling out of breath more than normal after physical exertion, for example struggling to cross a room

The FAB group aims to:

- enable our guests to understand the symptoms of their conditions.
- provide helpful information to support our guests to live well despite their conditions.
- incorporate gentle chair based exercises, tai chi and relaxation.
- offer our guests an opportunity to collaborate with others who are experiencing similar situations and to share ideas.
- find coping strategies and learn techniques that can help to relieve and manage their symptoms.

Who would benefit from this group?

The FAB group is designed to support individuals who have a life-limiting condition, for whom experience either fatigue, anxiety and/or breathlessness.

Would you like more information?

If you would like to discuss the FAB group in more detail or any other complementary therapies available at St Cuthbert's Hospice please contact The Living Well Centre on 0191 386 1170 option 2.

Accessible Information

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

St Cuthbert's Hospice, Park House Road, Durham, DH1 3QF

0191 386 1170

hello@stcuthbertshospice.com

www.stcuthbertshospice.com

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