

Service information

# Fatigue, Anxiety and Breathlessness Programme



Marie Curie Hospice,  
West Midlands

Marie Curie  
Cancer Care



# What is the Fatigue, Anxiety and Breathlessness Programme?

The programme helps people with progressive, life-limiting illnesses to cope with some of the symptoms they may be experiencing and enjoy a better quality of life.

## Who should attend?

People with illnesses such as cancer, motor neurone disease, heart disease, chronic obstructive pulmonary disease (COPD) or renal failure who have any of the following symptoms:

- **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

## How can we help you?

We can help you to:

- Understand why you are feeling the way you do
- Find ways to help relieve your symptoms
- Achieve the best possible quality of life

You will also have the opportunity to talk through your feelings with staff and other people who are experiencing the same symptoms.

## How does it work?

Our specialist team includes a doctor, physiotherapist, occupational therapist and specialist palliative care nurse.

The course consists of one two-hour session a week over a period of four weeks. Group sizes are small with four or fewer people on each course. Your spouse, partner or friend can attend with you if you like.

Week 1: This session will give us the opportunity to discuss your individual needs and if necessary suggest other services that may help you. You will also learn some breathing techniques with our physiotherapist. In the following weeks you will learn how to manage other symptoms with advice and support from members of the team.

Week 2: Practise breathing exercises and other techniques to help relieve your breathlessness.

Week 3: Learn how anxiety can affect your quality of life and find out how various techniques, including relaxation, can help alleviate anxiety.

Week 4: Look at the impact of fatigue on everyday living and practise different methods to conserve your energy. Look at the importance of diet and nutrition and how equipment can help you carry out day to day tasks more easily.

## How can I join the Fatigue, Anxiety and Breathlessness Programme?

Talk to any health or social care professional and ask them to refer you to the programme. This might include your nurse, GP, physiotherapist, occupational therapist or district nurse.

## Our contact details

**Marie Curie Hospice, West Midlands**  
Marsh Lane  
Solihull  
West Midlands  
B91 2PQ

**Phone:** 0121 703 3600

**Fax:** 0121 703 3601

**Website:** [mariecurie.org.uk/westmidlands](http://mariecurie.org.uk/westmidlands)

**Email:** [westmidlands.hospice@mariecurie.org.uk](mailto:westmidlands.hospice@mariecurie.org.uk)

To contact the Fatigue, Anxiety and Breathlessness Programme

**Email:** [fab@mariecurie.org.uk](mailto:fab@mariecurie.org.uk)

For links to websites about cancer care, information and support, visit our website:  
[mariecurie.org.uk/patientsandcarers](http://mariecurie.org.uk/patientsandcarers)

## We hope you are happy with your care

Please tell us how you feel. Pick up a feedback form or leaflet from the hospice reception or phone 0121 703 3600 and ask us to send you one.

Your local Marie Curie Hospice actively promotes quality of life for people with cancer and other illnesses and provides support for their families, completely free.

[mariecurie.org.uk](http://mariecurie.org.uk)

Marie Curie  
Cancer Care

