

TUESDAY, 31 JANUARY, 2012

Free health course to help manage tiredness starts in Brechin

A new free self management course to help people manage their tiredness and fatigue to starts on Wednesday 1 February at Brechin Infirmary.

A Fatigue Management Programme is being introduced in Angus with the aim of helping people who experience excessive tiredness or exhaustion, all or most of the time, to have a better quality of life.

Fatigue is experienced by many people with long term conditions and can have a major impact on daily life. People who have fatigue have no energy and find it difficult to do simple, everyday things that are taken for granted by others.

The first session of this new free programme will be held at Brechin Infirmary on Wednesday, 1 February from 2pm until 4pm. The programme will run weekly for five weeks at the hospital and will be led by staff from Angus Community Health Partnership's occupational therapy department.

At each afternoon session occupational therapists will provide practical ideas and suggestions to help people understand more about fatigue and its effect on their lives, and help them manage their own fatigue to live as well as possible. It is an interactive programme where participants will learn from each other and share tips for coping with tiredness.

Occupational therapist Morag Cave said, "No-one understands fatigue better than the people who have gone through it themselves. Feeling fatigued is not always relieved by rest and can affect you physically, psychologically and emotionally. Periods of fatigue can also cause other symptoms to worsen temporarily. The effective management of fatigue requires a very individual approach.

"By sharing tips and advice and combining them with the experiences of various healthcare professionals, we hope this course will enable people who are feeling fatigued to manage their symptoms more successfully and live a more rewarding life."

The next programme is due to start in April in Forfar and further programmes will be taking place in other areas of Angus over the course of the year.

If you would like more information about the programme and to book your place contact Primary Care Development Team on **01307 474889** or email rhona.guild@nhs.net

Media Information



Press Release

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