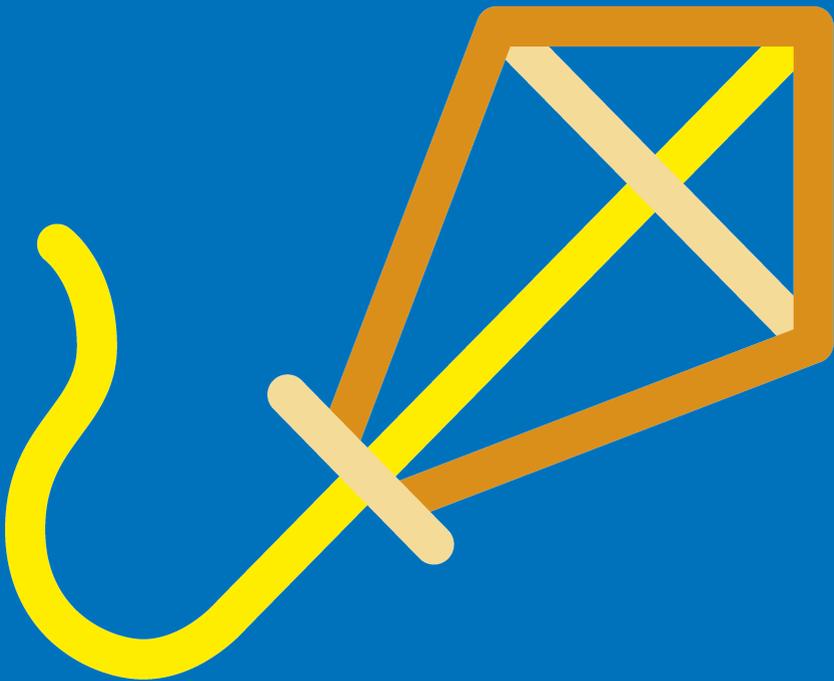


**Information for service users**  
**Living with Fatigue and Pain Service**



# Living with Fatigue and Pain Service

The service offers a supported self-management programme for adults who have a confirmed diagnosis of a long-term physical health condition where fatigue and/or pain are the main problems (onset of more than six months).

The service offers individual clinic sessions as well as a mindfulness course for pain and illness. The programme aims to support you to build skills and confidence to manage and adapt to living with fatigue and pain, reduce the daily impact of your condition, and work towards increasing independence and activity.

## Who is the service for?

The service is for individuals who are registered with a Manchester GP, have a long-term physical health condition, and are:

- Experiencing persistent pain and/or fatigue.
- Medically stable and able to travel to appointments.
- Not currently waiting for further investigations or treatment.
- Interested in using mindfulness as part of their symptom management.
- Ready to work towards a self-management approach.

## How do I access the service?

You can be referred to the service by your GP, consultant or relevant health professional. The service also accepts self-referrals.

Please contact the service on **0161 271 0801**.

## **What happens after I have been referred to the service?**

We will send you information about the service and ask that you return an opt-in form if you are interested in meeting with us. You will then be contacted by a member of the team who will arrange an appointment to discuss the possible options with you.

During the first appointment, we will gather information about how your condition impacts you on a day-to-day basis, talk to you about the service, and decide together on which approach would be suitable for you.

Clinic appointments are available in various locations across Manchester. The Mindfulness course is delivered at Gaskell House, Swinton Grove (near the Manchester Royal Infirmary).

## **What will I learn on the programme?**

The programme teaches a range of self-management skills which include:

- Effective pacing.
- Working towards personal goals which meet your individual needs and values. Your goals could be related to a particular area of activity that you wish to develop.
- Understanding the physical and emotional effects of a long-term condition and how best to manage them.
- Using mindfulness skills to help with self-management.
- Sleep management techniques.
- Managing setbacks.

## Contact details

### Living with Fatigue and Pain Service

Rusholme Health Centre  
Walmer Street  
Manchester  
M14 5NB

**Telephone:** 0161 271 0801

**This information can be provided in different languages, Braille, large print, interpretations, text only and audio formats on request.**

**Tel: 0161 358 1644**

**Email: [communications@gmmh.nhs.uk](mailto:communications@gmmh.nhs.uk).**

## For further information, visit:



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