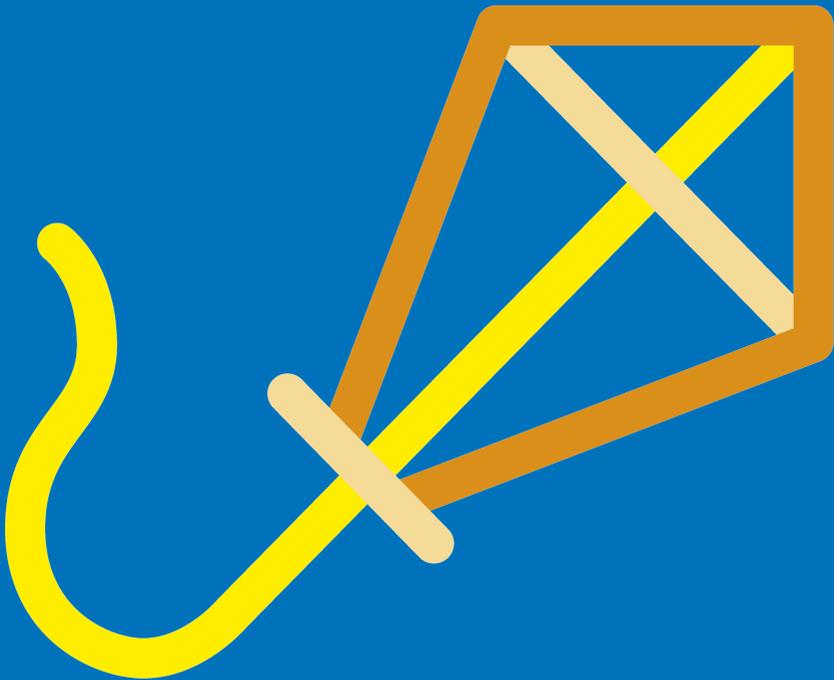


**Information for referrers**  
**Living with Fatigue and Pain Service**



## Who would you refer to the service?

The service offers a supported self-management programme for adults registered with a Manchester GP, who have a confirmed diagnosis of a long-term physical health condition where persistent fatigue and/or pain are the main problems. Individuals would also need to be:

- 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.

## Who can refer to the service?

Any health professional can initiate a referral to the service where a bio-psycho-social approach is felt to be appropriate.

Self-referral directly to the service is also possible. Please contact **0161 271 0801**.

## What can we offer?

Following an initial assessment, the service can offer:

- Up to five individual clinic sessions as appropriate.
- A mindfulness course specifically orientated towards living with pain and illness.

The programme aims to help individuals increase their self-management of fatigue and pain, reduce the daily impact of their condition, and work towards increasing independence and activity.

## Referral criteria

Please refer individuals whose primary problems are fatigue and/or pain and who have a confirmed diagnosis of a long-term condition (onset of more than six months). Conditions may include Chronic Fatigue Syndrome/ME, Fibromyalgia, Rheumatoid Arthritis, Osteoarthritis, Musculoskeletal conditions or Chronic Pain.

**Please note:** The programme is not a diagnostic service.

## Exclusion criteria

**The service will be unable to accept referrals for individuals who are:**

- Not registered with a Manchester GP.
- Waiting for further investigations or treatment.
- Under the age of 18 years.
- Housebound or have high physical care needs.
- Requiring individual psychological therapy or have high levels of anxiety or depression.
- Requiring individual specialist treatment for their condition.
- Dependent on alcohol or drugs.
- Experiencing suicidal thoughts or acute psychosis.

The service will also be unable to accept referrals for individuals who do not have a diagnosed long-term physical health condition.

## 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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