

# Staying Power



Phyllis  
Tuckwell  
Hospice Care  
...because every  
day is precious

Learn practical  
techniques to make the  
most of your energy



This group teaches you and your carer about what fatigue is and how to manage low energy levels.

For more information about **Staying Power**, please contact [liz.faulkner-manning@pth.org.uk](mailto:liz.faulkner-manning@pth.org.uk) or **01252 913066**.

For information about **Living Well**, call **01252 913040**

Living  
Well



# Staying Power

## what are these groups?

A four week course for those who are suffering from fatigue or reduced energy levels, or who have conditions or treatments likely to cause fatigue.

## what are the benefits?

In this course you will learn what fatigue is (and isn't), a variety of principles and techniques to manage low energy levels, and practice a number of different relaxation techniques to replenish energy.

## what happens in these sessions?

You will be invited to a screening assessment before the course to discuss your fatigue and how the group can help. You will also be asked to complete a simple fatigue questionnaire both at the screening assessment and again at the end of the course. You will learn different techniques to manage fatigue or reduced energy levels now and in the future. You need to be able to participate in a group, including contributing to discussions and mutual peer support. You need to be able to retain and process the information and instructions, and be willing to attempt the homework tasks set between sessions.

## is transport to the venue available?

There is public transport to the site as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit. Please inform us of any extra needs or support (eg oxygen) by completing and returning our Patient Checklist form in advance.

## when are the groups held?

Groups are currently run quarterly at the Beacon Centre in Guildford.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.