

# Fatigue, Anxiety and Breathlessness (FAB) programme

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A nine-week self-management programme held at our Erdington site for people with chronic respiratory conditions who would like to learn strategies to manage breathlessness. Sessions are held in a group setting and include education, exercise and relaxation.

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## Living with a lung condition can affect many aspects of your life.

Physical symptoms such as tiredness and shortness of breath can affect the way you feel about your ability to carry out everyday tasks.

There are also the psychological and emotional symptoms which may affect your confidence and general sense of wellbeing.

At Birmingham Hospice our clinical specialists have devised a group therapy programme to help you understand the symptoms you have and assist you in the management of them.

The nine-week course is delivered by our healthcare professionals and is hosted in the Living Well Centre at our Erdington site.



The programme has been designed to provide you with appropriate education, advice, practical skills and techniques to enable you to self-manage your condition and achieve your full potential.

This innovative course has already proved to be very successful, with a friendly group atmosphere. You will be welcomed by our dedicated FAB team and other patients from the moment you arrive.

Participants have also given us lots of positive feedback about the significant practical benefits of the sessions.

“The course has brought me out of my shell and I get excited about going; it’s absolutely incredible. It’s a lovely close-knit team they’re there with open arms for people in our situation who want to benefit from their support.”  
Barrie, FAB participant.

### Find out more

More information can be found on our website:

[www.birminghamhospice.org.uk](http://www.birminghamhospice.org.uk)

Or call our Erdington switchboard on 0121 465 2000 and ask to speak to a member of the FAB team who will be happy to help.