



People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

Useful contacts:

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

Headway: The brain injury association
Website: www.headway.org.uk
E-mail: enquiries@headway.org.uk
Tel: 0115 924 0800

Stroke Association: National and local stroke advice and support network
Website: www.stroke.org.uk
Tel: 0303 3033 100

Change 4 life: national campaign to encourage a healthy lifestyle providing healthy and cheap recipes and advice on ways to keep active. Website: www.nhs.uk/change4life

If you use a smartphone, you can download the Change4life app from the app store.

<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিবিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>লী তমাই ভাষান্দে সেবান্দে অথবা আ চেস্টার-উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিবিউ ঠিকানায় লিখুন।</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेडल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात किजीये, या ईमेल किजीये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The PALS, Complaints & Incidents Team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwp.nhs.uk

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Brain injury and fatigue

**Acquired Brain Injury Service
Acorn Suite
1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ
Tel: 01244 389252
Fax: 01244 389255**

Fatigue

Fatigue is described as being different to general tiredness and as a feeling of exhaustion without any explanation such as not sleeping well or having a busy day. Fatigue impacts on our ability to function. It reduces our ability to concentrate, pay attention and remember things. It can also lead to us being more irritable and low in mood.

There are four types of energy we use that contribute to fatigue levels:

Cognitive energy: Thinking skills such as problem-solving, planning and organising.

Emotional energy: Feelings such as being upset, anxious or excited.

Physical energy: Walking, dressing and exercising.

Social energy: Talking, listening and following conversations.

Fatigue and brain injury:

Fatigue is one of the most commonly reported effects of brain injury, affecting as many as 70% of survivors.

Reasons why people experience fatigue following a brain injury or stroke include:

- The brain repairing itself
- The brain working harder to compensate
- Difficulty sleeping well
- Physical difficulties
- Stress and anxiety

What can I do to help?

- **Recognise** what triggers your fatigue and learn your limitations.
- **Rest** for a minimum of 30 minutes every day with no stimulation.
- **Eat** a balanced diet – 3 meals per day and drink a minimum of 1.2 litres of water daily.
- **Plan** and follow a schedule of activities. Do the most demanding tasks when you are at your best and avoid doing too much.
- **Prioritise** the most important task and consider any tasks that can be postponed or discarded.
- **Pace** your activities into manageable amounts and ensure you take regular breaks.
- **Exercise** regularly. Begin with gentle exercise and gradually increase your tolerance over time.
- **Sleep.** Develop a good sleeping pattern with regular times of going to bed and waking in the morning. If you can, avoid caffeinated drinks before going to bed.

ABI Service Fatigue Management Group

You may be invited to attend the next Fatigue Management Group. The group covers the information contained in this leaflet in more depth. It is run in a safe environment and provides an opportunity for you to meet other people who experience similar problems. The group runs once a week over 6 weeks.

When asked what they liked about attending the group, people gave the following responses:

“Being given permission to talk about how we felt”

“Giving me more confidence and courage”

“Explanation for the reasons why the strategies advised will help”