

Other Services

MILD to MODERATE CFS/ME:

This service is delivered in your own home. Comprehensive assessment followed by time limited input from a CFS/ME Specialist Health Professional. Access to Physiotherapy, Dietician, Nurse and Psychotherapy as required. Work towards stability and learn how to safely and sustainably achieve your goals.

RETURN TO WORK:

South Coast Fatigue can support your return to work or help you with remaining well at work. We can work with you, your employer, Occupational Health Dept and any other key stakeholders to facilitate a safe and sustainable return to work including regular reviews of your return to work plan.

TRAINING AND DEVELOPMENT:

Training in the workplace can be adapted to suit your requirements.

For more information please call us on: **01489 883295**, email us on info@southcoastfatigue.co.uk or complete the contact form on the 'contact us' page on our website: www.southcoastfatigue.co.uk



How to be Referred?



- 1** Please see the referral tab on our website.
- 2** Complete the South Coast Fatigue Referral Form with your GP or ask someone to do this on your behalf.
- 3** GP submits the referral form with all relevant clinical correspondence and details of treatment/input to date to the Head of IFRs at the usual address.
- 4** Send a copy of all paperwork to us at address below.

All forms are available to download on our website: www.southcoastfatigue.co.uk

Address

Lancaster Court
8 Barnes Wallis Road
Fareham
Hampshire
PO15 5TU

Telephone 01489 883295 **Mobile** 07786446347

Email
info@southcoastfatigue.co.uk

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and Associates

Journeying
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South Coast Fatigue
A Bespoke, Occupational Therapy
Led Service for Chronic Fatigue
Syndrome/ME



A Bespoke, Occupational Therapy Led Service for Chronic Fatigue Syndrome/ME

Journeying with you!

We FOCUS on Bespoke/Severe CFS/ME programmes:

"These people are likely to only be able to manage minimal daily tasks for themselves.

They will have severe cognitive difficulties and will likely depend on a wheelchair for mobility. They are unable or barely able to leave the house and they spend most of their time in bed. They are often extremely sensitive to light and noise and sensory overload will produce a severe pay back effect."

(Cox & Findley 1998)



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