Press Release

KNIT AND NATTER GROUP FOR FATIGUE MANAGEMENT PATIENTS
LAUNCHES AT THE RNHRD

The Royal National Hospital for Rheumatic Diseases NHS Foundation Trust (RNHRD) has started a Knit and Natter group for past patients of the hospital’s Fatigue Management Service.

The Bath based hospital, known locally as the ‘Min’, recently launched the new group and future sessions are planned at the Trust for the last Monday of every month, between 10.30am and 12pm.

The Min’s Fatigue Management service aims to help those with Chronic Fatigue Syndrome (CFS/ME) or Cancer related fatigue improve the quality of their lives, despite their fatigue levels.

Nikie Catchpool, joint service lead of the Adult Fatigue Management service at the RNHRD says, “The idea to start a ‘Knit and Natter’ group came from one of our patients and we are delighted to be able to support this initiative. The group will provide an excellent opportunity for patients to meet socially and share their experiences whilst taking part in an enjoyable, meaningful activity. You don’t need to be an experienced knitter, everyone is welcome.”

Anne Johnson, joint service lead of the Fatigue Management Service adds, “We know from research¹ that knitting as part of a group has a whole host of benefits including reducing stress, improving feelings of achievement, improving social contact, reducing feelings of isolation and improving happiness and

wellbeing. For those who struggle to cope with daily activities due to fatigue, a group like this can be a real boost. “

Anne continues, “It’s also a great way to put into practice some of the evidence based techniques we focus on during our Fatigue Management course to help people manage their daily lives, such as mindfulness, pacing and relaxation.”

If you would like to attend the group, or would like any further information please contact Kirsty Hastie or Louise Lordan on 01225 473 456.

If you would like further information about the RNHRD’s Adult Fatigue Management Course or the Macmillan Step Up Service for Cancer Survivors, please contact our admissions/referral co-ordinator Ute Elwell on 01225 473 456.

ENDS

Press contacts:

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Notes to Editors

Images available on request

- The RNHRD NHS FT is a national specialist rehabilitation and rheumatology hospital based in Bath. Offering services to adults, children and young people, the trust has expertise in general and complex:
  - Rheumatological and musculoskeletal conditions
  - Chronic pain management
  - Fatigue Management (CFS/ME and cancer survivorship fatigue)
- www.rnhrd.nhs.uk