

Accessing Support: Cancer-related fatigue

Fatigue is a feeling of exhaustion that does not get better with rest or sleep and can be a common problem for people with cancer. Cancer-related fatigue (CRF) can be caused by the cancer itself or may be a side effect of treatment. CRF can be difficult to deal with alongside cancer and its treatments. For most people, fatigue will get better as treatment finishes. It is important to tell your medical team about your fatigue and how it makes you feel, and there are resources that can help.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

“Coping with Fatigue (Tiredness)” – Booklet by Macmillan

A booklet on managing cancer or treatment-related fatigue. The booklet covers diet, exercise, relaxation and sleep. It includes a removable fatigue diary for tracking daily energy levels.

Website link:

https://www.macmillan.org.uk/images/MAC11664_Eo8_Cop_Fatigue_p03_20181105_lores%20pdf_tcm9-345459.pdf

“Fatigue and Brain Tumours” – The Brain Tumour Charity

An article explaining the symptoms of fatigue and linking its onset to several potential biological and psychological causes. Topics covered include managing cognitive difficulties, seizures, stress, anxiety, depression, pain, and diet.

Website link: <https://www.thebraintumourcharity.org/living-with-a-brain-tumour/side-effects/fatigue-and-brain-tumours/>



“How to manage cancer-related fatigue” – Video by Sunnybrook

A video with a helpful explanation of cancer-related fatigue and some tips for managing it. Especially useful are the models used in this video to visualise CRF, such as the ‘energy bank account’.

Website link: <http://health.sunnybrook.ca/cancer-fatigue-content/video/>

“Managing and treating cancer fatigue” – Cancer Research UK

This article has several different sections each suggesting a different angle by which fatigue can be addressed and potentially improved.

Website link: <https://www.cancerresearchuk.org/about-cancer/coping/physically/fatigue/managing-treating-cancer-fatigue>

Occupational Therapy – The Royal Marsden

The occupational therapy team here at The Royal Marsden offer support to patients for fatigue management. If this is something you are interested in, you can ask a member of your treatment team for a referral or ask for more information by calling the numbers below.

Website link: <https://www.royalmarsden.nhs.uk/your-care/supportive-therapies/occupational-therapy>

Phone (Chelsea): **020 7808 2830**

Phone (Sutton): **020 8661 3090**

RESTORE Fatigue Management Tool – Macmillan

An online tool, developed by Macmillan and the University of Southampton, which provides up-to-date information about strategies you can try to help manage fatigue.

Website link: <https://macmillanrestore.org.uk/>

Untire NHS app

A free NHS app which helps patients and their families to monitor and manage cancer-related fatigue. Its daily programme offers practical and emotional advice including stress reduction exercises, audiovisual educational guides about the condition, lifestyle recommendations, and access to online support communities.

Play Store: <https://play.google.com/store/apps/details?id=com.tiredofcancer>

App Store: <https://apps.apple.com/gb/app/untire-beating-cancer-fatigue/id944906953>



Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing Psychological.SupportAdmin@rmh.nhs.uk or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

Additional support services

Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/find-your-gp>

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Macmillan Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email Psychological.SupportAdmin@rmh.nhs.uk.





If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email Psychological.SupportAdmin@rmh.nhs.uk or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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Published 01 January 2025
Planned review 01 January 2026

