

Is Neuro-Fatigue Affecting Your Life?

Target The Causes With Our Free Programmes



Living with a neurological condition can be challenging. Many people experience debilitating fatigue which can affect their daily activities and mindset.

At Compass, we understand, and we're here to help.

Our two new programmes, **ReCharge** and **ReVive**, conducted in small group settings, will help you regain control of your fatigue and make positive changes for a better quality of life.

Best of all, thanks to support from the Agnes Hunter Trust, these courses are currently free.

Interested? Keep reading for more details.

What to Expect

ReCharge Fatigue Management Programme

The ReCharge programme offers a comprehensive approach to managing fatigue over 6, weekly sessions. Our experts will help you:

- explore the factors beyond physical activity that may worsen your fatigue.
- reflect on how your own environment and behaviours affect your symptoms.
- create your own plan for managing your fatigue and learn strategies for restorative rest and how to use your energy more efficiently.
- join a supportive community for sharing experiences with people who truly understand.



“It’s been a relief to share stuff with the group. I didn’t realise how much it was needed. It’s such a support knowing there are other people who understand what I’m going through.”

~ Rachel, lives with Chronic Fatigue Syndrome

Who, Where & When

Both programmes are delivered face-to-face to groups of up to 8 people by our physiotherapy & rehabilitation specialists.

Duration: 6 weeks

Time & Place: Thursday, 1-2pm, Leith Treatment Centre, Junction Place, Edinburgh, EH6 5JQ

Booking: Essential

ReVive Wellness Programme

Our ReVive programme focuses on mindset and wellbeing, helping you build resilience for life's challenges. Over 6 weeks, you will:

- explore how your body reacts to stress and learn practical methods to respond.
- learn useful tools such as breathing techniques, and meditation methods aimed at managing and working with difficult emotions.
- learn effective techniques to anticipate and manage stress factors before they become a problem.
- develop a personal selfcare plan which will help you to identify solutions that work for you and will improve your overall health and wellbeing.
- share experiences and gain valuable support from your group.

Ideal as a follow-up to our ReCharge programme, ReVive can also be booked separately. Find out how to reserve your place below and start your journey towards a stronger, more resilient you.

How to Book

Places are filling up fast so reserve your spot on the next programme now.

You can book by scanning the QR code to complete the online form or by emailing andrew@wearecompass.org.uk.

If you would like more information, please contact us.



About Compass

You'll find Compass Therapy Centre in Edinburgh where our charity has been supporting people living with neurological conditions for 40 years.

The Centre is equipped with the latest rehabilitation technology, oxygen chamber and physiotherapy suite. Our in-house team are experts in neurological physiotherapy & rehabilitation, and visiting therapists provide other beneficial services such as nutritional therapy, reiki, massage, and myofascial release therapy enabling us to take a holistic approach to your care.

We welcome new clients at any time on a self-referral basis. Come and experience the difference we can make to your life.



Empowering Lives, Inspiring Hope.

Compass Therapy Centre

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