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**Remember Together: group activities for older people**

Maintenance Cognitive Stimulation Therapy (MCST) is an evidence-based treatment recommended by NICE for people experiencing mild to moderate dementia. Attending MCST groups can lead to improvements in cognition and quality of life.

Our MCST group programme will be run over 14 weeks with each session lasting up to 2 hours. This will include refreshments and finish with some social time with others attending. Each session involves activities based on a different theme, including current affairs, food and using money. Each group will have 8-10 older people, supported by at least 2 facilitators. All sessions will be carried out by MCST trained staff, supported by trained volunteers.

The aim is for group members to take part in activities that are cognitively challenging, but not to a degree where they feel disempowered. The groups are designed to be inclusive for people of varying abilities and key elements include having fun and building relationships with other people experiencing similar difficulties. Following the programme, we will support attendees to access other appropriate dementia services or groups, if interested.

MCST is suitable for anyone with a diagnosis of dementia who has some ability to communicate and could manage to take part in structured activities for a 2-hour session (with breaks). In some cases, the groups maybe suitable for people with memory difficulties but without a formal diagnosis of dementia; please get in touch if you are unsure whether MCST would be appropriate for someone. We can accept referrals for anyone aged 50 and over.

The groups are designed for the person living with dementia to attend, independently from family/carers. We realise people with dementia often depend on a carer to remember to attend the group, or for transport.  It may be that after finding out more about what happens in the group carers are happy to leave the person with dementia and treat the session as a short break. However, if you feel the person needs the support of a carer to participate, please include information about this in your referral.

To find out more or to make a referral please fill out the form attached and send to: [mcst@ageukleeds.org.uk](mailto:mcst@ageukleeds.org.uk) or call 0113 389 3000 or 0113 389 3010

Please note: places will be allocated on a first come first served basis. We will also need to have an initial meeting with the person living with dementia to check that our group is able to meet all their needs before confirming a place. Carers are welcome to attend this meeting.

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| Name: |
| Preferred name: |
| DOB: |
| Address: |
| Telephone: |
| Mobile: |
| Email: n/a |
| NOK/Named contact/Carer: |
| Contact details of NOK/Named contact: |
| Diagnosis: e.g. |
| Date of diagnosis: |
| Has the person accessed CST/MCST services previously, or been referred to any other CST/MCST groups that you are aware of? |
| Referred by: |
| Contact details of referrer: |
| Referral date: |
| Additional information: *Any additional information that the facilitators need to be informed of/any information that will be helpful to best support a participant within a group setting:* |