

Maintenance Cognitive Stimulation Therapy (MCST)

At Graysford Hall

An evidence-based treatment, recommended by NICE, to improve cognition, independence and wellbeing for people living with mild to moderate dementia.



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dementia.support@ageukleics.org.uk

Places must be booked in advance

What is MCST?

Maintenance Cognitive Stimulation Therapy (MCST) provides meaningful and stimulating group activities which are proven to help maintain memory and mental functioning. The groups provide a fun, supportive environment where people can build new friendships.

Evidence based activities are used, including discussions, reminiscence, word games, quizzes, physical activities, creative and musical activities.

Intended outcomes

- Increased quality of life
- Increased confidence in social situations
- Having fun and increasing levels of happiness.
- A sense of belonging and making new friendships.
- Increased confidence in ability to try new things.
- Improvements in communication, including reading and writing.
- Improvements in memory and mental ability.
- Increase in energy and levels of physical activity.

Monitoring your progress

Regular evaluation will take place to assess your cognition and wellbeing. We will work with you and tailor sessions, to maximise the benefit of you attending the programme. We also welcome contact with people involved in your support and care.

Where & When

Starts on 10th August 2022 for 24 weeks

Every Wednesday, 11.00am-12.30pm

Graysford Hall, 11 Elmfield Ave, Leicester LE2 1RB

Session Facilitators

Sessions will be delivered by staff within the Dementia Support Service of Leicester City & Leicestershire who have undertaken specialist training to deliver MCST.

Eligibility

You are eligible for our MCST programmes if you:

- Live in Leicester City or Leicestershire.
- Have a diagnosis of any type of dementia OR
- Have a diagnosis of Mild Cognitive Impairment.

Group for carers / supporters

- You may receive support or care from someone. If so, they are able to attend a Carers' Social Group in a separate room whilst you attend your MCST session.
- The Carers' Social Group will provide information and support to those who attend.

Costs

- Each session costs £10.
- You will be asked to pay for 12 sessions in advance.
- **This £10 per session cost includes:**
 - Attendance** to MCST **and** your carer's / supporter's attendance to the Carer's Social Group.
 - Refreshments** for the MCST **and** Carer's Social Group.
 - Lunch** for the MCST **and** Carer's Social Group.
 - Personalised folder** for your MCST journey, containing information about what you have completed during the session and activities to try at home.

Lunch & Refreshments

- Hot drinks, biscuits and light snacks are provided at the beginning of the session.
- Lunch will also be provided after the session.

Transport

Transport is not provided by Age UK Leicester Shire & Rutland. You will need to organise your transport to and from the group.

Age UK Leicester Shire & Rutland cannot pay for your transportation or parking fees.

The Dementia Support Team can provide you with information about community transport options in your area.

For further information or to book your place, please contact the Dementia Support Team on 0116 2237363.