

Cognitive Stimulation Therapy

Specifically recommended to improve cognition, independence and wellbeing for individuals living with mild to moderate dementia.



We are offering CST in small groups and to individuals, including those who already access our Dementia services. Each session will include a range of creative and musical activities, topical discussions, physical activities, quizzes and word/number games.

We are also providing Individual Cognitive Stimulation Therapy (iCST)

The Awareness sessions help to encourage carers and family members of those living with dementia to deliver the principles of CST at home, providing opportunities to engage in meaningful activities together. This one day course will enable family members or carers to plan and continue CST with structured themes and simple to use resources.

The option of a Virtual CST session will also be available for those who wish to have access to online support.

Waiting lists are now open at our venues across Lancashire in Ormskirk, Lancaster, Nelson and Padiham

For more information and details on cost, please contact us on

t: 0300 303 1234

e: referrals@ageuklancs.org.uk