



Remember Together: group activities for older people

What is MCST?

Maintenance Cognitive Stimulation Therapy (MCST) is a group treatment for people with mild to moderate memory problems.

It includes taking part in a range of activities with other people experiencing similar difficulties. The activities have been designed so that there is something for everyone to enjoy - the aim is to have fun and meet new people!

There is good evidence that Maintenance Cognitive Stimulation Therapy helps improve thinking skills and quality of life.

What do the groups involve?

The group will run for 24 weeks. Each session will cover a different theme and will last for up to two hours. This will include refreshments and finish with some social time with others attending.

Themes include current affairs, food, and being creative.

Each group will be supported by at least two facilitators. Attending the group is free of charge; there may be a small, optional charge for refreshments.

After you have completed the group we will support you to access other appropriate dementia services or groups.

We will also ask you for feedback about your experience to help us improve future groups.

Where are the sessions being run?

A group at the Young Dementia Leeds Hub (Cottingham) will meet on a Wednesday morning

A group at Garforth NET (Garforth) will meet on a Thursday afternoon

How do I find out more?

Anyone interested in attending can contact our friendly team who can tell you (and your carer) more about what happens in the group – you can then decide whether you want to join.

We also welcome enquiries from family members, friends or relatives and from professionals involved in supporting someone with memory difficulties.

Get in touch

07983215865

mcst@ageukleeds.org.uk

