

Cognitive Stimulation Therapy for the Memory

Free Sessions



Venues: Central Library & Mount Gould

Tel: 01752 256020
www.ageukplymouth.org.uk

Description of Group

A friendly, interactive and inclusive group of individuals who may benefit from support to help them build confidence and maintain social skills

Aims & Objectives

To provide an interesting and enjoyable experience
To stimulate thinking, communication and memory
To provide lots of social interaction and engagement

Programme of Activities

Week 1: Physical Games & Sounds

Week 2: Childhood & Food

Week 3: Current affairs & Faces/ scenes

Week 4: Word association & Being creative

Week 5: Categorising objects & Orientation

Week 6: Using money & Number games

Week 7: Word games & Team quiz

How Many Sessions?

There will be 7 x 2 hour weekly sessions
Time: 2pm – 4pm