



Sheffield's over-50s experts

Happy days for your loved one

Time and peace of mind for you



Photos and videos
on facebook:
**The Wellbeing
Centre**

At the Age UK Sheffield Wellbeing Centre, we believe that memory loss shouldn't be a barrier to fun, friendship and stimulation for the mind.

We're passionate about creating a safe, loving and welcoming environment for our members. We sing. We dance. We play. We make things. And above all else, we laugh... like drains. The Wellbeing Centre is like nowhere else. After all, we designed it as a place that we'd want to go to. Whether it's Mexican week, or the visits by therapy pony Leo, painting, or an archery competition, we always make fun happen.

We don't just have fun though. We use a technique called Cognitive Stimulation Therapy to ensure that all of our members fight back against memory loss and dementia. What's that?

About CST

Cognitive Stimulation Therapy (CST) is an increasingly popular and effective way to treat the symptoms of mild to moderate dementia. It's also really enjoyable, featuring themed activities delivered over a number of weeks by a trained professional. Each session covers a different topic and is designed to improve the mental abilities and memory of participants. Evidence so far suggests that this form of therapy could be **just as beneficial as drug treatments** for the symptoms of dementia.

And we know that when our loved ones are happier, we're happier.

Call **(0114) 250 2850** for your free taster session

“Supporting someone with memory loss can be so hard. I get angry, then I feel guilty, I get in tears; in absolute shreds thinking ‘how long can we go on like this? I don’t think I can go on like this of much longer’...But now I have respite, and it’s brilliant. I wouldn’t go anywhere else.”



“Quite simply, it’s the best dementia day service in the city. Dad just glows on Tuesday evenings”.

“It means so much to me that my husband has more to his life than just sitting in his armchair doing nothing – I really appreciate what you do for us both.”



“These are the best days of Auntie’s life. This place is keeping Auntie going and is such a lifeline. I don’t know what would happen to her without you.”

“The Wellbeing Centre is the most wonderful place with fantastic staff and volunteers. Mum loves her Thursdays.”



@wellbeing_auks



The Wellbeing Centre

www.ageuk.org.uk/sheffield