

Cognitive Stimulation Therapy Sessions

Enjoyable therapy proven to slow the progress of dementia

Age UK Somerset now offers Virtual Cognitive Stimulation Therapy (vCST) sessions.

Our new, 7 week courses of vCST are beneficial for people living with a recent diagnosis of early onset dementia, or with mild to moderate dementia, and the sessions consist of small group video meetings with fun and enjoyable activities which has been proven to initially slow the progress of dementia.



What is Cognitive Stimulation Therapy?

Cognitive Stimulation Therapy can increase quality of life and is recognised by the NHS as the leading non-pharmaceutical intervention for those recently receiving a dementia diagnosis.

The therapy sessions focus on exercising parts of the brain which are not used day-to-day, creating new neural connections, stimulating brain growth and maintenance, encouraging new thoughts, communication, word finding and using the imagination when the memory is not accessible.

FREE 'TASTER' SESSIONS ARE AVAILABLE

Leave a message on **01823 345618** to try a session for free

What happens in a session?

Group members will experience a fun, supportive environment where they can build new friendships.

Your group will meet online either once or twice a week (depending on which course you chose), for structured group activities. Groups will have a maximum of six participants and they will consist of the same people each week, so that faces become familiar and friendships can be made.

The programme offers a range of enjoyable activities providing general stimulation for thinking, concentration and memory.

Each week we will have a different theme. One week we could be reminiscing and talking about our school days, another week we could be discussing opinions on Art or Food.



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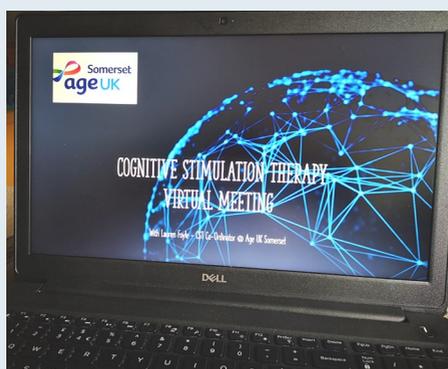


- ✓ discussions
- ✓ word games
- ✓ quizzes
- ✓ physical activities
- ✓ creative and
- ✓ musical activities!

What you'll need for the vCST sessions

Cognitive Stimulation Therapy is usually conducted in small groups, in a face to face setting as this is scientifically proven to be most effective. However due to the coronavirus outbreak we have taken the groups online for safety reasons. So they are “virtual” CST groups.

Participants will require a computer or tablet device with a camera and microphone to access the meetings, along with an internet connection.



Don't worry, if you are new to this type of technology you will not be alone and Lauren, the friendly CST facilitator, will help you in getting set-up.

**You can opt to join a group with either
1 or 2 sessions per week for 7 weeks.**

Those who join the 1 per week vCST sessions will meet online on
Tuesdays at 10.30am – 11.30am

Those who join the 2 per week vCST Sessions will meet online on
both **Mondays AND Wednesdays at 10.30-11.30am**

Each meeting will last for one hour and cost £5 per session.

Benefits of Cognitive Stimulation Therapy

- Creates opportunities for people to learn in a relaxed and fun environment
- Improves concentration, mental abilities and memory
- Improves mood
- Allows people to express their feelings and views, and encourages peer support
- Improves the well-being of members and those who care for them
- Helps members and their carers to cope and live with dementia
- The course will also offer some respite for their carers

Visit our website for more information

There is more information and links to useful videos on our website:

www.ageuk.org.uk/somerset/our-services/cognitive-stimulation-therapy

Staff delivering this programme are fully trained to provide support and improve well-being for people living with dementia.

Please contact **Lauren Foyle, CST Co-ordinator**
on **01823 345618** (leave a message)
or email **lauren.foyle@ageuksomerset.org.uk**
for more information or to book.