

## The Benefits of Cognitive Stimulation Therapy

Cognitive Stimulation Therapy (CST) is proven to initially, slow the progression of dementia and increase quality of life and is recognised by the NHS as THE leading non-pharmaceutical intervention for those recently receiving a dementia diagnosis.

- 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 wellbeing of members and their carers
- Helps members and their carers to cope and live with dementia
- The course may also offer some respite for partners and carers

### Comments from previous participants

*"I enjoy the sessions very much. I would definitely recommend them to others."*

*"My father has been so much more positive after the last 2 sessions and his level of engagement is greater."*

*"Your session today lifted my wife's spirits enormously. Thank you."*

**You can find videos and more information on our website**

[www.ageuk.org.uk/somerset/our-services/memory-connections-dementia-mcst/](http://www.ageuk.org.uk/somerset/our-services/memory-connections-dementia-mcst/)

For more information or to book your place

please contact **Lauren** at **Age UK Somerset**

on **01823 345613** or

email [infoandadvice@ageuksomerset.org.uk](mailto:infoandadvice@ageuksomerset.org.uk)

Age UK Somerset is Registered Charity no: 1015900

## 'Memory Connections' Dementia MCST

**'Memory Connections' is a new service using Maintenance Cognitive Stimulation Therapy (MCST) to slow the progress of dementia through a programme of weekly group sessions which include meaningful, stimulating and enjoyable activities for people living with a mild to moderate diagnosis.**



### What is Cognitive Stimulation Therapy?

Maintenance Cognitive Stimulation 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.

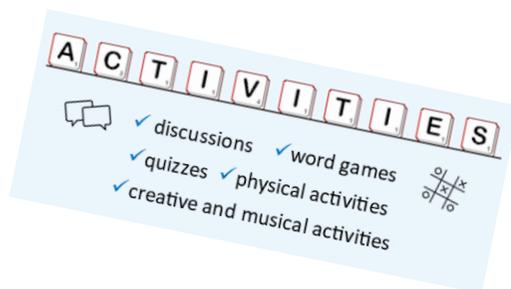
Cognitive Stimulation Therapy has been shown to increase quality of life and is recognised by the NHS as the leading non-pharmaceutical intervention for those recently receiving a dementia diagnosis. (See the back page for further benefits). Our Memory Connections (Dementia MCST) groups can accommodate people with or without a formal dementia diagnosis.

## About our Memory Connections groups

A Memory Connections group session offers its members a range of enjoyable activities providing general stimulation for thinking, concentration and memory.

Our trained specialist team deliver the sessions but we aim for them to be group led to encourage greater engagement. Members chose topics and themes they would enjoy discussing and they take part in a wide variety of activities to promote the maintenance of an active and stimulated mind.

Each week we will cover different themes and topics such as; Life History, Current Affairs, Word Games, Physical activity, Music, Creativity and much more.



**Participants can attend face-to-face group sessions (MCST) or virtual sessions at home using Zoom (vCST).**

## Face-to-Face Sessions



Memory Connections Groups are run in two locations in North Somerset and Somerset.

They are held in a community halls and sessions and last for two hours giving Carers valuable respite time. Members meet in small groups (maximum of eight) with much care being taken to make sure that we are COVID safe.

Face-to-face sessions run across 6 weeks and cost £25 per session.

### Find your nearest group:

*Tuesdays 10.30am-12.30pm*  
at Britton's Ash Community Hall, West Monkton, near **Taunton**

*Wednesdays 10.30am - 12.30pm*  
at Milton Baptist Church, **Weston super Mare**

## Online Sessions

Virtual CST (vCST) groups run on 'Zoom' each week. Each session lasts for approximately one hour and has a maximum of 6 members.

Virtual CST sessions cost £15 per session across 6 weeks.

### We can help if you lack IT confidence or equipment

Support is available if people would like to join the online group but don't have a device, internet connection and/or the skills to use. So, please ask us for support if you don't feel confident joining online.

We can offer an option of loaning one of our brand new 'Facebook portal' devices at no extra cost. These make our vCST groups much more accessible. You can also use the 'Facebook Portal' to support your loved one at home – this may be to keep in touch with loved ones or even ask it questions, it's a very interactive device we are really excited to offer!

### When are the online sessions held?

vCST sessions are held on:

**Monday 10.30am-11.30am or Tuesday 2pm-3pm.**

