



**Maintenance Cognitive Stimulation  
Therapy (MCST) for people living with  
dementia in Westminster**  
For Westminster residents aged 50+

# Face to face sessions available for people living with dementia in Westminster

Group members will take part in meaningful and stimulating activities through our weekly 24-session Maintenance Cognitive Stimulation Therapy (MCST) programme proven to help maintain memory and mental function. The groups provide a fun, supportive environment where people can build new relationships.

Our weekly group takes place at **St Marylebone Parish Church, 17 Marylebone Rd, London NW1 5LT, from 2.30-4.00pm.**

**MCST Activities include:**

- Discussions
- Word games
- Quizzes
- Physical activities
- Creative and musical activities

For more information please contact

**020 3004 5610 (Mon-Fri, 10am-2pm)**

email [dementia@ageukwestminster.org.uk](mailto:dementia@ageukwestminster.org.uk)

or visit [www.ageukwestminster.org.uk](http://www.ageukwestminster.org.uk)