



**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 or
visit www.ageukwestminster.org.uk

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