

Activity for Memory Group Information Sheet

	<p>We run an activity group for people with dementia.</p> <p>This group is called Activity for Memory.</p>
	<p>You might like to come to the group.</p>
<p>CST</p>	<p>There is something called Cognitive Stimulation Therapy.</p> <p>CST for short.</p>
	<p>CST:</p> <ul style="list-style-type: none"> • helps people who have difficulties with their memory • is made up of helpful activities • is about learning things together

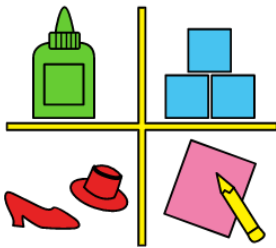


At our group we will be doing **CST activities.**

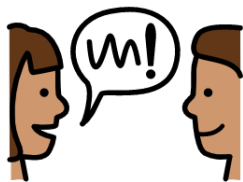


The activities can **help** you to:

- **Feel good**
- **Be more confident**



There are lots of **different activities.**



We will:

- **Look at pictures**
- **Play games**
- **Make things**
- **Talk about ourselves**
- **Move our bodies**
- **And lots more...**





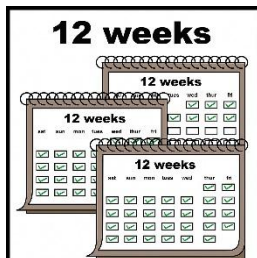
Rebecca Jemma

Rebecca and Jemma will be helping the group.

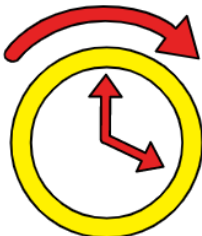
We work with the **Community Learning Disabilities Team** at Westbourne.



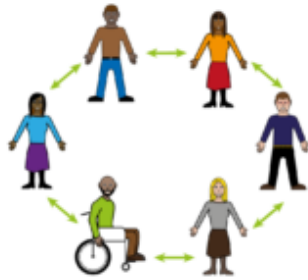
There will be **12 group sessions** altogether.



One group session **every week**, for **12 weeks**.



Each session will last **1 hour**.



There will be **3 or 4 other people and their carers** in the group.



Each session will be on a **different topic with different activities.**



Let us know if you would like to come to a group. We will meet you to find out if coming to a group is right for you.

You or your carers can let us know by:

Phone: 01752 434033

Email:

livewell.cldreferrals@nhs.net