



Cognitive
Stimulation
Therapy Sessions



Our **Memory Matters** group is a 12-month rolling programme of **Cognitive Stimulation Therapy** (CST) sessions, designed to **support** people with mild to moderate dementia. One in 14 people over 65 – increasing to one in 6 over 80 - have **dementia**, and even more are affected by **memory** loss. This number is increasing year on year as people **live** longer, with an estimated 8700 in Leeds alone. It is important to know that dementia is not a natural part of **ageing** and there are evidence-based therapies available to help **manage** cognitive changes. These sessions follow the principles behind **CST** and provide a portfolio of **support** to develop independent development and maintenance of meaningful activities.

WHAT IS CST?

Cognitive Stimulation Therapy (CST) is an evidence-based treatment for people with mild to moderate dementia. Research has shown that participants can benefit from improvements in their memory, thinking skills and general wellbeing, as well as benefitting from the social interaction of attending a group. It can also help improve the quality of life of those who take part by increasing mood, confidence, and concentration.

Our CST group involves sessions of themed activities, designed to be light-hearted and relaxed, and aims to actively stimulate and engage group members in a fun, friendly and enjoyable way. Ideally sessions are regular and build recognition and continuity – the more frequent the better for good results.

The group will provide different monthly topics that are developed through handouts for weekly use offering advanced stimulation, home interaction and individual proactive therapy progress. There will be a mix of motivating, themed activities, designed to encourage thoughts, feelings, and recognition which help maintain memory function.

Themes include current affairs, sounds and word association and activities will be adapted to suit participants in the sessions.

WHAT TO EXPECT IN THE SESSIONS

Our Memory Matters group is open to AVSED members who have recently been diagnosed with dementia or are worried about changes to their memory and want to manage early symptoms. Our dementia lead will contact you to discuss joining and invite you to a session.

The sessions take place at Nunroyd Pavilion on the 1st and 3rd Wednesday afternoon of the month between 2.00 - 4.00 and the cost is £3 per person. We have an accessible minibus offering door-to-door transport costing £4 per person.



The sessions are 2 hours and include seated exercise, based on the 'Love to Move' programme. Each session we will explore a new theme with handouts to build a portfolio which can be used individually during the month to maintain cognitive function.

Memory Matters is part of AVSEDs 'time apart' programme. We have dedicated volunteers who are trained dementia friends who work with our qualified, experienced staff facilitating the group to give you a pleasant, enriching and therapeutic session.

TIME TOGETHER -TIME APART

AVSED's new approach to supporting more people in our community. Suitable for those in a carer & cared for situation – particularly around dementia/memory and other long-term health conditions.

The theory is around supporting both the carer and cared for and offering a wrap-around programme that is suitable and feasible to access for both parties, promoting the benefits of spending time together and time apart, and ensuring the facilities and logistics to do so are available. AVSED offers meaningful activity and support for both to nurture sustainable interaction and participation:

Time Together – Comfortable space in groups that are welcoming, inclusive, and understanding of needs, with trained staff/volunteers.

Community Café & Nunroyd Perk
& Independent Trips

Time Apart – A range of activities that provide varying levels of support from low-level help, one-to-one assistance, to PA facilities.

Providing respite to carers, and a safe/supported space for those cared for, to explore their own interests & needs.

Memory Matters & Inclusion Group
& Extra Care Trips.



AVSED is a local **charity** working to prevent **social** isolation and loneliness for Aireborough **seniors** by supporting **happy**, healthy and **independent** living

JOIN US AT:

Nunroyd Pavilion, Nunroyd Park, Yeadon, Leeds LS19 7HR
info@avsed.org.uk • 0113 250 1702

www.avsed.org.uk

Registered Charity: 1165792 Limited Company: 09882948



AVSEDest1992



AVSEDest1992



AVSEDest1992