

# Hampshire Cognitive Stimulation Therapy Service

## A service for people living with dementia

**Cognitive skills are the skills the brain uses to think, learn, remember, problem solve and communicate.**

When someone has dementia there are different ways we can help people improve their memory and thinking skills. It has been proved that cognitive stimulation therapy can help improve quality of life for people living with dementia.

### **What is Cognitive Stimulation Therapy (CST)?**

Cognitive stimulation therapy, also known as CST, is a structured programme of group activities. Each group runs once a week for a period of 14 weeks. We usually have up to eight participants at a time, along with a group leader and a volunteer for support. Each week starts with an introductory session and a warm up such as singing a favourite song. An orientation board is used to give information about the current date, weather and location. Following on from this, each week a programme of themed activities will be delivered. These are structured to stimulate cognition via increased interaction, use of language and conversation.

### **Where are the groups?**

We currently have CST Groups in three locations across the New Forest: Lyndhurst, Totton and Lymington.

### **More information**

To find out more about our CST Groups or to see if you, or someone you care for, is eligible to attend, please call Elena Prieto-Ruiz on 07764 790 330 or email [hello@scagroup.co.uk](mailto:hello@scagroup.co.uk)