

Further Information

If you have any further queries, or for more information, please contact:

Memory Service
South Block
St Marys Hospital
Newport
Isle of Wight
PO30 5TG

Telephone: (01983) 822099

You can find more information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For health advice and out of hours GP service call Island Health Line on **0845 6031007**

We value your views on our service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on **534850**.

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: **01983 550386** to talk to Island Quitters.

Patient Information Leaflet

Cognitive Stimulation Therapy Groups (CST)

Produced by Memory Service

What is Cognitive Stimulation Therapy?

Cognitive Stimulation Therapy (CST) is an evidence-based group treatment for people with mild to moderate dementia, or other cognitive impairments. It is delivered by skilled nurse practitioners, who specialise in dementia. CST consists of 16 sessions of themed activities, spread over 8 weeks. A typical session would involve an informal introduction, a chat about current news stories and a programme of activities arranged around a particular theme.

CST is recommended by UK government NICE guidelines as a treatment for people with dementia.

CST aims to engage and stimulate people in a friendly and enjoyable group setting. Research into CST shows that it improves thinking abilities, as well as general wellbeing.

Who is Cognitive Stimulation Therapy for?

CST is for people who have a diagnosis of mild to moderate dementia. It is part of the care pathway within the Memory Service. If you have been referred to the Memory Service and have received a diagnosis of dementia from the Consultant Psychiatrist, you will receive a post-diagnostic appointment with a nurse. CST is the next step for those looking to improve their memory, thinking abilities and quality of life, in a positive and supportive environment.

What Service Users say:

“I really enjoy coming to the group, we have so much fun”

“The group has helped improve my confidence. It’s great!!!”

“It has been fun...I’m sure my confidence has improved.”

“Since I started coming I feel my memory has improved.”

“I feel the group is very good for me and I enjoy meeting other people.”

“The group helps to keep me focused and I enjoy coming very much “

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What can I expect from the group?

CST occurs twice per week for 8 weeks. Each session lasts for 2 hours and includes a wide variety of themed activities. The sessions are facilitated by 2 experienced members of staff from the memory Service. The activities are chosen to be both stimulating and fun.

An important aspect of the group is being able to socialise and share experiences with other members. Everybody is encouraged to participate but nobody is put on the spot. The groups are relaxed, light-hearted and fun, and group members support each other to cope with memory loss. CST groups will consist of a maximum of 8 people.

Refreshments are available at the group at a cost of £1 per cup of tea or coffee.

All CST sessions are evidence-based, focussing on strengthening and maintaining:

- Orientation
- Short and long term memory
- Hearing / sight
- Focus / attention / concentration
- Understanding / recognition / language
- Problem solving / reasoning abilities
- Language skills / visual and spatial skills

Maintenance CST

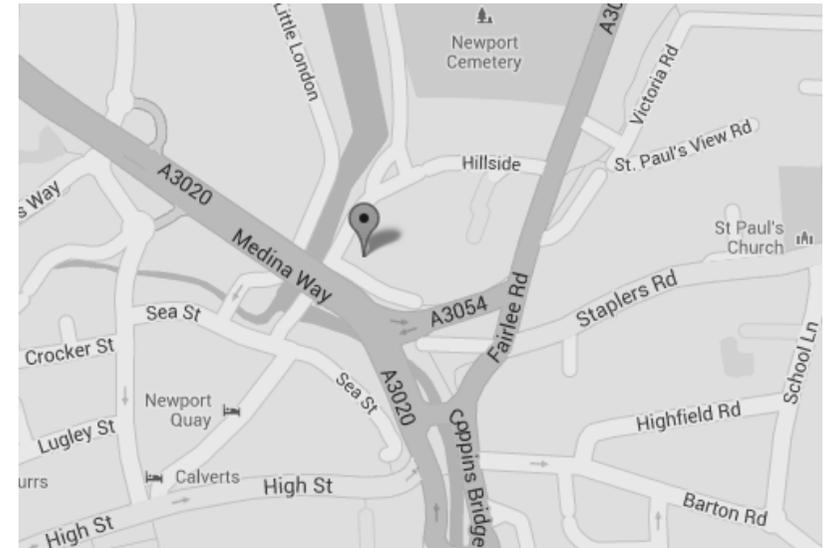
At the end of the CST programme a nurse from the CST groups who will review your care needs. You will be invited to attend the Maintenance CST Group. This involves attending one session per week over a 24 week period. The weekly sessions are 4.5 hours long and include a lunch break. Lunch can be purchased at the venue for £5, which also includes tea and coffee for the day. Alternatively you can bring your own lunch, in which case tea and coffee is £1 per cup. This group includes similar activities to the 8 week programme and provides time for social interaction. This maintenance group is usually larger than the CST group.

What happens at the end of my treatment programme?

At the end of the 24 week maintenance treatment programme you may wish to continue in one of the community groups run by voluntary organisations. You may be eligible for assistance with funding through a Personal Budget. To request further information regarding AN Adult Social Care Assessment please request assistance from one of the Memory Service staff who will be happy to advise you.

Location and Transport

CST groups and Maintenance CST groups will be held at:
The Riverside Centre, The Quay, Newport



You will be expected to make your own transport arrangements to the group. For information on the Optio volunteer driver scheme please call: **(01983) 524058**

Free parking is available at the Riverside Centre. Users of the facility are asked to sign in with their car registration number on arrival.

Depending on your circumstances, you may be entitled to help with your travel costs to the venue.

The Riverside Centre is open from 10am until late for tea/coffee, so you are welcome to stay and socialise after CST sessions if you wish. Food is also available to purchase, but booking is always advisable.