



Cognitive Stimulation Therapy Group

Cognitive Stimulation Therapy (CST) aims to improve cognitive and social functioning for people with mild-to-moderate dementia. CST is an evidence based therapy which is recommended by the National Institute of Clinical Excellence (NICE).

CST group sessions are held at St Cuthbert's Hospice Living Well Centre over a 7 week period. The sessions include time for light refreshments.

The group is a small group welcoming a maximum of 8 people and will be a 'closed' group meaning that the same people will be invited to attend each session in the 7 week programme. The group will be facilitated by Hospice staff and may also be supported by volunteers.

During CST sessions people will have the opportunity to engage in activities and discussions which will focus around particular themes such as current affairs, word and number games. The sessions are light-hearted and relaxed, and aim to actively stimulate and engage group members, in a supportive, friendly and enjoyable way.

The current criteria for referral is:

- The person referred has a diagnosis of dementia with mild-to-moderate difficulties and can communicate within a group.
- The person is registered with a County Durham GP

All referrals will be invited to attend an assessment session before the group starts to confirm the group is suitable and to make sure that we have all of the information we need to best support the person whilst attending the Hospice during their programme of care.

Admiral Nurse Dementia Specialist support is available for people living with advanced dementia, these at the end of life and support for their family/carers/next of kin.

We ask visitors not to attend the Hospice if they are displaying symptoms of Covid 19. Attendances would be rescheduled. For more information, please speak to Living Well Centre staff.

Would you like more information?

If you would like to know more about Cognitive Stimulation Therapy Group for Wellbeing or any other complementary therapies available at St Cuthbert's Hospice please contact **The Living Well Centre** on 0191 386 1170 option 2.

Accessible Information

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

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St Cuthbert's Hospice, Durham is registered by the Charity Commission
as a Charitable Incorporated Organisation.

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