

## Where are we?

Upton Lea Resource Centre  
Bowmere Hospital  
Liverpool Road  
Chester  
CH2 1BQ

Tel: 01244 397425 / 7427

For more information look at the Cheshire and Wirral Partnership NHS Foundation Trust website: [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

Information on the Older People's Memory Service in West Cheshire is also available on NHS Choices.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

লী তমাই ভাষান্তর সেবায় অথবা আ চেস্টার-উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্টের চ্যাট-লাইন পরিষেবা, নী কৃত্রিম সীডব্লিউপি (CWP) না কর্মচারীদের সাথে যোগাযোগ করুন: [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) অথবা আ চেস্টার-উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

## Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Incidents Team**, Trust Headquarters Redesmere, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

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The information in the leaflet was valid at the date of production **June 2018** and is due for review in **June 2020**.

Leaflet code: AB-CST-16-482



Cheshire and Wirral Partnership NHS Foundation Trust

Cognitive Stimulation Therapy

West Cheshire Memory Service

Care • Well-being • Partnership

## Introduction

Cognitive Stimulation Therapy (CST) is a therapy for people with mild to moderate dementia. CST is a fun programme of activity sessions, designed to improve wellbeing and confidence.

It is a therapy that has been well researched with results showing a positive improvement for the person with dementia.

## How is a referral made?

CST is one of the services offered as part of the Older People's Memory Service for West Cheshire. You can only access this service **once you have received an assessment from someone from the Older People's Memory Service.**

A general referral to the Older People's Memory Service should initially come from your GP. If appropriate this may then lead to an assessment by the service where the best course of action for your care will take place.

If the health professional you saw at the memory service thinks you would be appropriate for this therapy, they will discuss this with you at the time. You will then be contacted and informed when the sessions will begin.

## Where will the group take place?

The group will take place for 1 hour per week over a 10 week period. The group will meet at:

Upton Lea Resource Centre,  
Bowmere Hospital,  
Liverpool Road,  
Chester  
CH2 1BQ

You may need to arrange transport to attend the group and to return home. If this causes problems please discuss with the group organiser.

## Who will lead the group and what are the sessions?

The group will be facilitated by 2 members of the memory service. Each session has a specific topic. Some examples of these include:

- current affairs
- childhood memories
- famous faces
- word games
- number games
- creative activity

All of the above incorporate discussions and hands on activities.

## What will I be expected to do in the group?

The group will consist of approximately 8 participants plus the facilitators.

You will be encouraged to take part in the group as a way of stimulating your memories, experiences and knowledge, while focusing on your current strengths.

You will get the greatest benefit from the therapy if you can attend **all** the sessions.

## Can my carer come to the group?

The group is for service users only. However you will be given information following the sessions which you can share with your carer to enable you to continue with the therapy at home.

If your carer is going to transport you to the group there is parking available and they can use the facilities at the Oasis café which is on site.

If you would like more information about the CST group please speak to your health professional at the Memory Service. Alternatively you can telephone on: 01244 397425.

The Older People's Memory Service, West Cheshire, operates between the hours of 9am – 5pm Monday to Friday.