

MEMORY MAKERS

Specialised Activity Sessions for those struggling with their memory or with mild to moderate dementia

Specialised sessions with no more than 8 people offering a range of stimulating and person centred activities



What is MCST? (*Maintenance Cognitive Stimulation Therapy*)

Evidence based intervention

Stimulates working memory and improves social confidence and communication

Creative, cognitive, physical and therapeutic activities

Not just reminiscence activities

Carer respite

Sessions are structured themed activities tailored to the interest of the attendees.

The aim is for sessions to continually encourage new ideas rather than just recall previously learned information

Attendees will have a short assessment before starting to ensure suitability

**Starting July 2021
Blackburn Fridays 10.30am - 12noon
Darwen Thursdays 1.30pm - 3.00pm
£7 per session includes refreshments**

For more information please contact Age UK Blackburn with Darwen on 01254 266620 or email enquiries@ageukbwd.org.uk



@ageukbwd