

**MEMORY MAKERS**

***An evidenced based programme for people with mild to moderate dementia*.**

***What we offer:***

* Weekly small group sessions in Blackburn and Darwen
* Stimulating and engaging programme of activities
* Respite for carers
* Fast track access to other Age UK BwD services

***Criteria***

* Mild to moderate dementia
* Aged over 50 and have a need for small group activities and socialisation (exceptions can be made for people under 50, for example early onset dementia)
* No formal diagnosis of dementia is required

***Ways to refer***

* Complete a referral form and email to:

[here.tohelp@nhs.net](mailto:here.tohelp@nhs.net) or [heretohelp@ageukbwd.org.uk](mailto:heretohelp@ageukbwd.org.uk)

* Self-referrals accepted by calling Age UK BwD directly on 01254 266620

CST, or ‘Cognitive Stimulation Therapy’, is a brief intervention, developed by researchers at University College London (UCL), (Spector et al (2003) Efficacy of an evidence based cognitive stimulation therapy programme for people with dementia: randomised controlled trial. British Journal of Psychiatry, 183 248-254)