

# **Briarcare commences Cognitive Stimulation Therapy (CST) Sessions**

**on Tuesday June 11th.**

**Swanton Novers Village Hall**

**10.00 to 12.30—Tuesdays and Thursdays**

**\*\*\***

A programme of activities for people with early onset Dementia or with mild to moderate Dementia. It is also very good for people recovering from the effects of a stroke.

CST is proven to initially slow the progression of Dementia and increase the quality of life. It is recognized by the NHS as THE leading non pharmaceutical intervention for those recently receiving a Dementia diagnosis.

**\*\*\***

## **Proven Benefits of CST**

- \* Offers a relaxed & fun environment where people can express their feelings & views with peer support.
- \* Improves concentration, mental abilities & memory.
- \* Improves mood.
- \* Improves the wellbeing of members & those who care for them.
- \* Improves communication & language skills.



**14 sessions over 7 weeks held on a Tuesday & Thursday**

**£27.50 per session**

**Or stay all day and join in our other activities in the afternoon**

**£55.00 full day.**

**Booking the full 7 weeks essential - places are limited.**

**Contact 01263 688000 to book your place or for more information.**