

# Maintenance Cognitive Stimulation Therapy (MCST) at Age UK Wandsworth

## A 24-week group programme for people with mild to moderate dementia

### What is MCST?

MCST is a long-term version of Cognitive Stimulation Therapy (CST), which is usually offered to people after their diagnosis of dementia. MCST helps to fill in the treatment gap after CST ends.

It is the only non-drug treatment recommended by the National Institute for Health and Care Excellence (NICE) to improve a person with dementia's cognition, independence and overall wellbeing.

### What do the sessions involve?

MCST sessions are group-based, and are led by our friendly and patient staff who are trained in MCST. Sessions last for 2 hours and usually focus on a specific theme:

- Puzzles and other games, e.g. cards
- Physical activity, e.g. gentle ball games
- Crafts and creative activities
- Music games
- Conversation and reminiscence

### What are the benefits?

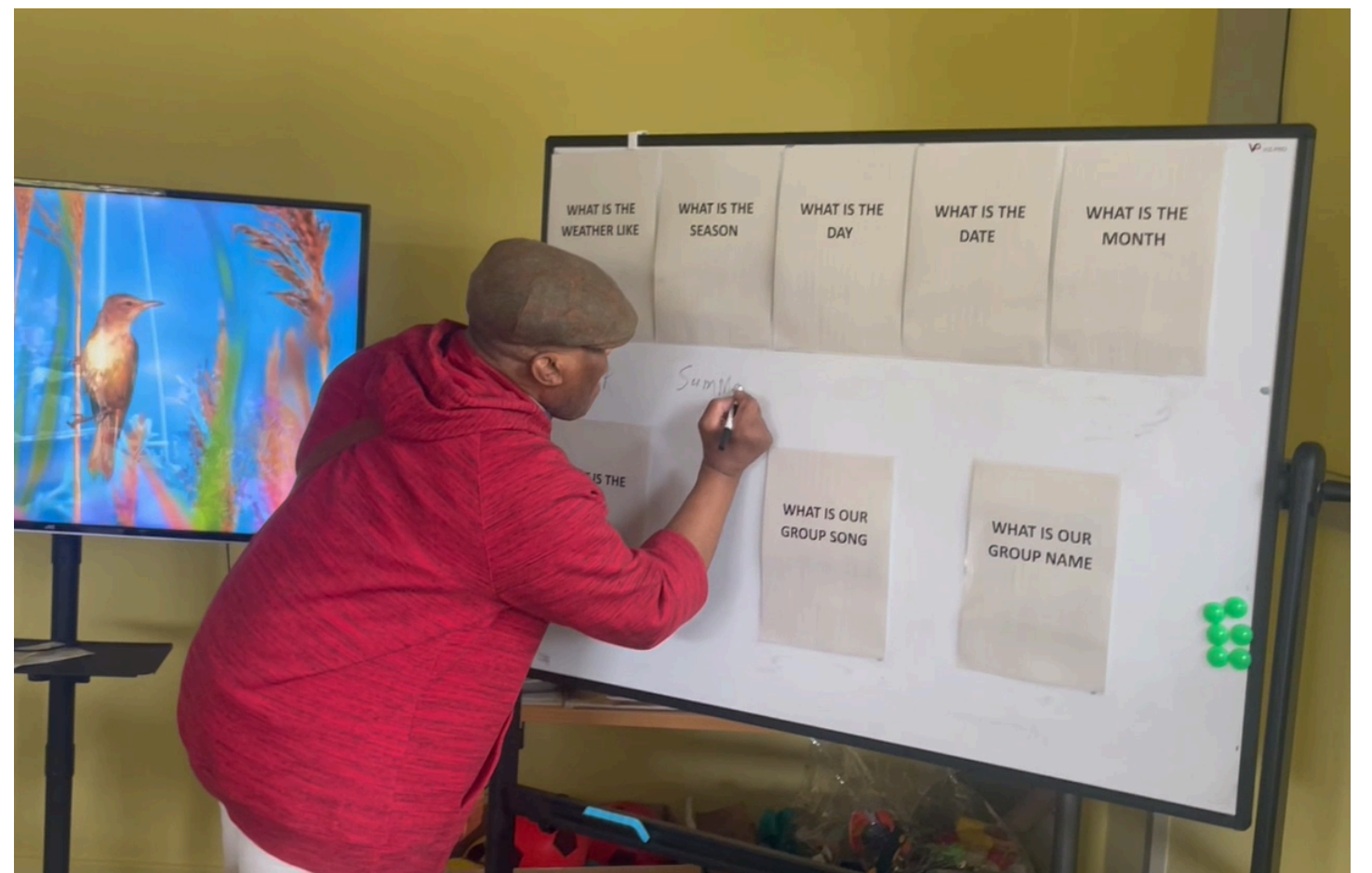
Staff, clients and their family members report increased confidence levels, a sense of belonging from forming new friendships, and improvements in memory and communication.

### What does it cost?

The programme is free, with a suggested donation of £5 per session.

### Is transport included?

We are unable to provide transport to and from the sessions. Clients must make their own transport arrangements.



### Who is eligible for the programme?

You are a suitable candidate for MCST if you are a Wandsworth resident who has:

- A diagnosis of mild to moderate dementia
- Completed a course of Cognitive Stimulation Therapy (CST)

You also need to be able to commit to attending the weekly sessions. They are not drop in.

### How do I join?

You can refer yourself, or a friend or family member with their consent.

You can pick up a referral form at our Day Centre Reception (address below), or visit our website: [www.ageuk.org.uk/wandsworth/our-services](http://www.ageuk.org.uk/wandsworth/our-services)

**Our next MCST programme will begin in August 2024.**

**If you are interested, please contact Frank on 020 8812 3645 or email him at [daycentre@ageukwandsworth.org.uk](mailto:daycentre@ageukwandsworth.org.uk).**

### Where to find us:

Gwynneth Morgan Day Centre  
52 East Hill  
Wandsworth  
SW18 2HJ

We are open from 9am-5pm,  
Monday to Friday.