



Cognitive Stimulation Therapy Group

Information for patients
Mental Health

Contact information:

WHAT IS COGNITIVE STIMULATION THERAPY (CST)?

CST is a programme of group activities for people with memory problems, which is designed to stimulate your brain.

All the activities are informal and fun. Each session will focus on a different activity including:

- ❖ Discussing opinions on recent items in the news
- ❖ Looking at old and new photographs
- ❖ Playing word or number games such as bingo, crosswords
- ❖ Being creative e.g. gardening, cooking
- ❖ Light exercise e.g. boules

Your CST group will meet 14 times in total. You will meet twice a week for seven weeks or once a week for 14 weeks. Each meeting will last between 60 and 90 minutes.

Your group leaders will support you throughout the programme.

We hope that you will find the experience very enjoyable.

WHO IS THE SERVICE FOR?

This service is for anybody who has a diagnosis of dementia, has memory problems and is able to participate in a group.

You have been asked to take part in the group because a member of our team thinks that you might enjoy the group and benefit from it.

You will not be asked to do anything that you are not able to do, or do not want to do.

WHO WILL BE AT THE GROUP?

Up to three members of staff (e.g. nurse, occupational therapist, psychologist) will lead the group.

There will be 4 to 8 people in your group. All group members will be experiencing problems with their memory.

The same group members will attend each session so you will have a chance to get to know everyone in the group.

WHAT ARE THE BENEFITS OF COMING TO THE GROUP?

CST has been shown to be an effective therapy for people with memory problems. Studies have shown that the benefits for your memory from attending the group are similar to those

of a medication for dementia.

The group will give you the chance to meet new people and take part in new activities.

HOW CAN I GET INVOLVED?

If you would like to take part in this group, a member of the Community Mental Health Team will be able to tell you more about the group. They will also be able to answer any questions you might have.

They may also be able to help you to arrange transport to the group.

EVALUATING THE GROUP

Before coming to the group, a member of the team will meet you at your home or at a clinic. At this point, we will ask you a few questions about how you have been feeling over the last week and about your memory.

After the group has finished, we will ask you the same questions and for some feedback about what you thought about the group.

By answering these questions, you will help us to find out if people have enjoyed the group. This will also tell us if the group has been helpful for people who attend.

Your participation in the group will not be affected if you choose not to answer the questions.

COMMENTS, COMPLIMENTS AND SUGGESTIONS

Our staff are firmly committed to providing the best possible treatment and care for you. We are keen to improve what we do by listening to what you and your relatives tell us. We would therefore welcome your comments on what you think we did well and where we could do better.

Please speak to a member of the Community Mental Health Team in the first instance, who will advise you thereafter.

LEGAL ADVICE

Equals Advocacy is an organisation that enables vulnerable people in Lanarkshire to have a voice and provide independent advocacy. Here you can obtain information regarding legal and financial matters and in particular advice on the "Mental Health Act Scotland 2003" and the "Adults with Incapacity (Scotland) Act 2000". For further information, telephone 01698 327 772.

Alternatively visit www.equalsadvocacy.org.uk.

MENTAL WELFARE COMMISSON

This organisation is interested in all matters concerning patient welfare, for example, if you are detained under the Mental Health Act.

For further information, telephone 0131 225 7034. Alternatively visit www.mwc.co.uk

OTHER USEFUL LINKS

Alzheimer Scotland

For further information, Telephone 01698 275300 or call the 24 hr Dementia helpline 0808 808 3000. Alternatively visit www.alzscot.org

Carers Together

North Lanarkshire Carers Together is a voluntary carer organisation actively linking carers and professionals across North Lanarkshire. For further information, telephone 01698 404055.

Alternatively visit www.carerstogether.org

Lanarkshire Links

This organisation is used for Mental Health service users and carers. For further information, Telephone 01698 265 232/265 254. Alternatively visit www.lanarkshirelinks.org.uk

Information Café

“Living Well with Dementia” information café is held on the first Friday of every month in South Parish Church, Gavin Street, Motherwell. For further information, Telephone 01698 269649.

In compliance with the provisions of “The Smoking Health and Social Care” (Scotland) Regulations 2006, you are not allowed to smoke within any NHS premises or grounds.

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.
Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	July 2023
Review date:	July 2025
Issue No:	03
Department:	Mental Health
Clinical Lead:	

PIL.COACST.19_17377.L
23_16014