

'Memory Connections' are friendly small group sessions for people living with mild to moderate dementia, which include different meaningful, stimulating and enjoyable activities each week.



The sessions use Maintenance Cognitive Stimulation Therapy which has been proven to slow the progression of dementia!

## Is there a group near you?

These friendly group sessions take place each week in:

**Bridgwater, Clevedon, Taunton, Weston super Mare & Yeovil**

### The Benefits of Cognitive Stimulation Therapy

- ✓ Learning in a fun and relaxed environment
- ✓ Improves concentration, mental abilities, memory and mood
- ✓ Improves the wellbeing of members and their helps them to cope
- ✓ Sessions last for two hours giving Carers valuable respite time

***"My father has been so much more positive and his level of engagement is greater."***

***"I enjoy the sessions very much and would definitely recommend them!"***

To find out more, register interest, ask for a new group in your location or or to book a place, please contact Age UK Somerset on

**01823 345613** or

**email [infoandadvice@ageuksomerset.org.uk](mailto:infoandadvice@ageuksomerset.org.uk)**