



Dementia Services
Development Centre
South East

Proudly presents:

Jackie Tuppen

Speaking on

***'COGS Club: A Club for People
with Mild Dementia'***

Tuesday October 11th

4.15pm-5.30pm

Ng03, Newton

Canterbury Christ Church University

Registration will open at 4.15pm & the session will begin at 4.30pm

This session is free of charge & open to anyone; all are welcome including professionals, carers, people with dementia or anyone else with an interest.

Cognitive Stimulation Therapy (CST) is an evidence based group programme of activity and stimulation grounded in person centred care. It is recommended in the NICE Guidelines (2006) as the only non-drug related treatment for memory problems. The programme is normally run as a two hour session, twice a week, over seven weeks.

COGS Clubs are based on & run in the same structured way as a CST session but instead of two hours a COGS Club offers a day of activity, stimulation, music and fun for a person with mild dementia.

It provides the opportunity for them to recall or develop new skills in activities & to facilitate the transfer of these skills to activities at home. It also provides the family/carer/significant other with a day's respite. Fun is a key component to the day & we have found that laughter dissolves distressing emotions (you can't feel anxious, angry, or sad when you're laughing). It appears to help members relax & reduces stress whilst enabling us all to stay focused and accomplish more.

The DSDCse are very pleased to welcome Admiral Nurse Jackie Tuppen, founder of the club, to speak about the work being done & the benefits to the participants.

For further information on this or any other lecture in the series & to book, please contact:

Katy Russ, DSDCse Administrator

By telephone on 01227 767 700 ext. 3884 or by e-mail on dsdcse.events@canterbury.ac.uk

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The Dementia Services Development Centre South East is a partnership between Canterbury Christ Church University, Dementia UK and Avante Partnership.