



This leaflet was created by
The Crystal Project. The Crystal Project
is a community dementia project
involving collaboration between the HSE,
The Alzheimer Society of Ireland,
The Carers Association,
families affected by dementia,
UCC, local community groups
and GPs.

For further information

Phone: **022 58700**

Email: **info@crystalproject.ie**

www.crystalproject.ie



Designed by Skimle Design: 086 3511769

Memory Group

The Memory Group

The Crystal Project facilitates a six week memory group to explore memory strategies and the importance of keeping mentally, physically and socially active. This group is led by a HSE Occupational Therapist and is run twice a year, usually in spring and autumn.

Who is this group aimed at?

Anyone with:

- Concerns about their memory
- Age related memory loss
- Mild cognitive impairment
- An interest in learning about memory strategies and brain health

This group is not suitable for people with dementia. Instead, individual goal setting sessions can be accessed.

What happens at the group?

The group is broken into two sessions. The first session involves exploration of a new topic followed by tea and coffee. In the second session, a memory strategy is explained and practised. Work to try at home is provided each week.

What topics are explored?

We look at how memory works and the importance of keeping mentally, physically and socially active. We also explore the impact of stress and poor sleep on memory.

What strategies are explored?

We look at strategies to improve attention, remembering names and remembering numbers. We also look at the use of visual imagery, memory aids and relaxation to help overcome some of the issues being experienced.

Do I need a GP referral to attend?

A GP referral is not required. However, the occupational therapist may request to contact your GP to help determine if the group will meet your needs. Attendance at a pre group screen is required and takes place on an individual basis in the Memory Resource Room in Mallow Primary Healthcare Centre.

Is there a charge to attend?

No

Do I need to have a medical card to attend?

No

When are the groups held?

The groups are usually held in the mornings for one hour and forty five minutes.

Where are the groups held?

Mallow Primary Healthcare Centre

**For more information,
contact Sheena Cadoo,
HSE Occupational Therapist,**

Tel: 086 787 1818

Testimonials

'I enjoyed the six weeks and don't feel as negative as I did about my memory'

'Excellent talks and slides – very useful and practical'

'I found the friendliness, atmosphere and location excellent'

