

Join us for an

INSPIRATIONAL EVENING

for Caraway volunteers and Chaplains



Cognitive Stimulation Therapy

How it can help you in the way you communicate with and engage with people living with dementia in Care Homes, Memory Cafes and in one to ones.

CST aims to get peoples' minds active and engaged with stimulating discussion and activities. At the same time, people living with dementia share their experiences with others with dementia without their carers. Elena, from Memory Works, runs groups in the New Forest and will share her experiences. She will highlight how to use this person centred approach towards people living with dementia.

Wednesday 5 November 2025

4.30-6.30pm

Upper Room, Highfield Church Centre, SO17 1RL

with Elena Prieto-Ruiz

Founder/Lead CST Facilitator, Memoryworks Hampshire CIC

Hosted by Dr. Elisabeth Schroeder-Butterfill

Light refreshments - the evening is FREE

RSVP: CARAWAY@CARAWAY.UK.COM

