

#weareNHFT

# MILD COGNITIVE IMPAIRMENT WORKSHOP



 01933 416509

 [nhft.nhs.uk/mas](https://nhft.nhs.uk/mas)



**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

# WHAT IS THE MILD COGNITIVE IMPAIRMENT (MCI) WORKSHOP?

The Mild Cognitive Impairment (MCI) workshop is a programme that has been developed to support people who have been informed they have Mild Cognitive Impairment.

If you have been referred to the Memory Assessment Service (MAS) and have been informed you have MCI, support from this workshop is open to you.

The workshop is also open to your relatives and friends, should they wish to attend, to understand and talk about MCI. Please feel free to discuss any concerns you may have about joining the workshop by contacting the assistant psychologist on the telephone number overleaf.

## FURTHER INFORMATION

If you have any further questions, or would like to join a workshop then please contact our assistant psychologist who manages the workshop, and will be able to answer any questions that you might have. They can be contacted using the information below:

Assistant Psychologist  
Memory Assessment Service  
Rushden Centre  
Newton Road  
Rushden  
NN10 0PT

Telephone: 01933 416509

## WHAT CAN I EXPECT FROM THE WORKSHOP?

The aim of the workshop is to help people understand more about MCI. It encourages discussion about the difficulties people may experience and how these impact upon everyday life. The workshop also aims to encourage people to develop coping strategies to support them in managing any difficulties they experience.

MCI can be a difficult topic to discuss, so the workshop provides a relaxed and sensitive environment where everyone is supported. We use a recovery-focused approach, which encourages people to adapt to the changes in their lives by learning new strategies and supporting them to continue to thrive with MCI.

The workshop meets over the course of three sessions. Sessions last for an hour and a half with a tea break in the middle. Individuals will be provided hand-outs from the session to refer back to, and will be given opportunities to extend their learning at home. The overall aims of the workshop are to:

- Increase understanding of MCI
- Give people the space to talk about how they feel about MCI
- Help to problem solve any difficulties people are experiencing
- Learn strategies for dealing with any problems people are facing
- Support people to maximise their well-being

If you decide that you would like to attend the workshop, please call the phone number overleaf and one of the facilitators will contact you to discuss this further.





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**Memory Assessment Service**  
**Rushden Centre**  
**Newton Road**  
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**NN10 0PT**  
**Telephone: 01933 416509**  
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Inspected and rated

**Outstanding** ★



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বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করুন

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli s3 skrajutę norite gauti kitu formatu ar kalba, kreipkités j PALS: 0800 917 8504

Jeżeli s3 Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub j3zyku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Daçã aveți nevoie de acest prospect în alte formate sau limbi, v3 rug3m s3 contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.