



Creative Ageing

Chat, stories and tea

A Whiddon program based on
Cognitive Stimulation Therapy



Whiddon

Ageing chat, stories and tea.

Chat, Stories & Tea is a healthy ageing program run exclusively by Whiddon for people with memory challenges or short-term memory loss.

The program is a **social, group based therapy** and has proven to improve cognitive function and mood, increase self-confidence and self-esteem around communication and social interaction. As a therapy, Chat, Stories & Tea has also proven as effective as dementia medication at delaying or stabilising cognitive decline.



Chat, Stories & Tea groups are run by specially trained employees, in a fun and supportive environment. The groups are based around conversation and draw on opinions, creative expression and life experiences - each session is unique, interesting and engaging.

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