

# Live a Good Life with Dementia



Come along to your local dementia friendly  
meeting centre space and find out more!

**See back page for details of  
times and venues**



*STAND is a charity that promotes the welfare of people living with dementia in Fife.*

**STAND's Dementia Friendly Meeting Centre Spaces** are weekly groups in various locations across Fife for people living with dementia, along with their family/friends.

The groups offer support, fun and creative activities, a chat and a cuppa.



**There's always tea, coffee, biscuits  
and friendly faces!**

## A Dementia Friendly Meeting Centre Space is for you if:

- You are **worried about your memory** and think you may be developing dementia
- You are **worried about a family member or friend** who is struggling with memory
- You are **being investigated** for changes to your memory and day to day functioning
- You **have been diagnosed with dementia** and are waiting for Post Diagnostic Support
- You are **in the mild to moderate stages of dementia**
- You are actively **supporting someone** who has a diagnosis of dementia.



For any further information on STAND, contact  
[admin@standinlife.org](mailto:admin@standinlife.org) or 07472 682776

[www.standinlife.org](http://www.standinlife.org)



*STAND's Dementia Friendly Meeting Centre Spaces are open weekly:*

<b>Tuesday</b> 1:30 - 3:30 pm	Jean Mackie Centre, <b>Dunfermline</b>
<b>Wednesday</b> 10:30 am - 12:30 pm	Ostlers House, <b>Kirkcaldy</b>
<b>Wednesday</b> 1:30 - 3:30 pm	Cadham Neighbourhood Centre, <b>Glenrothes</b>
<b>Thursday</b> 10:30 am - 12:30 pm	<b>Kinghorn</b> Community Centre
<b>Friday</b> 10:30 am - 12:30 pm	EATS <b>Rosyth</b>
<b>Friday</b> 10:30 am - 12:30 pm	Methilhaven Care Village, <b>Methilhill</b>
<b>Friday</b> 2:00 – 4:00 pm	Old Parish Centre, <b>Cupar</b>

To find out about coming to the weekly groups,  
email [admin@standinlife.org](mailto:admin@standinlife.org) or call 07472 682776

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