



December 2025

May we take this opportunity to welcome you to our December newsletter. We hope you have enjoyed our previous editions and have found them informative. We would love to hear your feedback on what is good about the newsletter or what you think could be improved. Again, may I reiterate that this newsletter is also a space for you to share up-and-coming events, tips and any other news you would like to share.

With best wishes, Gerald King, Chairperson of STAND

Our ethos is to enable and empower people with mild and moderate dementia and their families to live well.

www.standinlife.org

Since our last newsletter, STAND has been extremely busy. We have attended the Alzheimer's Society Scotland Annual Conference in Edinburgh. We also took a large deputation to the 100/6000 Dementia Gathering and Deepness Scottish Dementia Arts Festival in Stirling. We have run our Good Life With Dementia Course, culminating in a new Young Onset Dementia Group being formed in Dunfermline. We have had the launch of the Climate Wisdom Project in partnership with Outside The Box (see Page 4). STAND was represented at the Age Scotland Awards Ceremony in Perth. I had the pleasure in representing STAND at St Andrews University for the annual talk with Psychology and Neurology students. We have been holding a series of staff training workshops at the Hub in Kirkcaldy. STAND is currently represented on the Age Scotland - About Dementia ESGA Funding Panel. We have held a successful AGM at the Victoria Hotel in Kirkcaldy in November, and were invited along to Glenwood High School with regard to the Youth and Philanthropy Initiative.

(see: <https://ypiscotland.org.uk> for information.)

To keep up-to-date with STAND news and other events and useful links, see our website and members' Facebook page (details on Page 4).



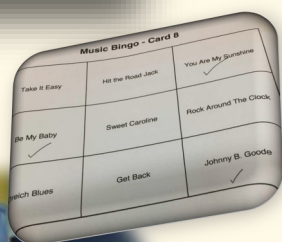
Post-diagnostic support and care co-ordination improvement programme

Stephen Lithgow
Senior Improvement Advisor
Healthcare Improvement Scotland

In the Spotlight

STAND's Dementia Friendly Meeting Space at Cadham Neighbourhood Centre evolved from the "A Good Life with Dementia" course with a small cohort - which has now expanded to the extent that we need to create an additional group in Glenrothes to enable us to meet the demand. It is envisaged that the new group would be located in the Abbotsford Care Home in Stenton, Glenrothes.

Hilary Cooper, our Cadham Meeting Centre Facilitator, brings us a flavour of some of the workshops that the Cadham group has been involved in, below:



"Cadham members have written a play about a dementia group so we have been very busy rehearsing. On a few occasions we have been joined by Andy from Art Link Central, who is filming us for a documentary in the future which is very exciting!

On the 23rd September the lovely Robyn came along with her guitar and we had a good old fashioned sing-song and also a game of musical bingo.

On the 5th November the very talented Gus was our visitor so he helped the group write a song about Bonfire night and fireworks - incredibly in less than two hours!"



As the Christmas season is upon us, STAND is delighted to have been able to provide funding for each group to celebrate the season as they wish. 43 of us are going to the Adam Smith Theatre in Kirkcaldy for a Christmas meal before enjoying “Aladdin” ...

Oh no you're not ... Oh yes we are!!!

We hope to be able to fund new social events during 2026, including two additional outings each year, open to all STAND groups. If there is somewhere you would like to visit please let us know.

We would like to take this opportunity to welcome our new group of families experiencing young onset dementia, who will start meeting every fourth Monday at St Columba's Church in Dunfermline. This group is a result of our very successful “A Good Life With Dementia Course “ which is currently facilitated by Irene Donaldson and myself. It is hoped that this group may also wish to attend and support the meeting space at the Jean Mackie Centre in Dunfermline.

If any member living with early onset dementia who has attended the course and has been inspired by it to become a co-facilitator themselves, please get in touch and we would be very happy to offer you our support. Please contact Claire Spittlehouse via email at: admin@standinfife.org or by calling Claire on: **07472 682776**.

If you or anyone you know would like to learn more about other stimulating and



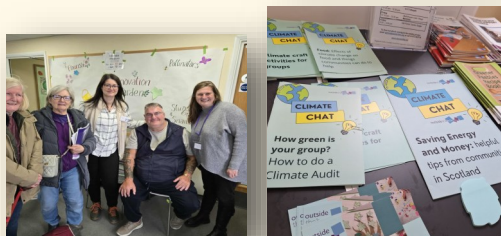
rewarding opportunities with STAND as a support volunteer, please visit our website at: www.standinfife.org

Most of our funding comes from grants, while our enthusiastic members and friends of STAND carry out boot sales, sponsored events, and several businesses support us. STAND has also received generous donations from local community groups and from funeral donations through Alex Little Funeral Directors. Most of our funding has been for STAND activity such as creating and sustaining Meeting Centre Spaces. STAND is grateful to Fife Voluntary Action, NHS Fife, Age Scotland - About Dementia, Fife Council Community Chest, Luminate, Peoples Postcode Lottery, the Agnes Hunter Trust, the Lottery Community Fund and the RS MacDonald Trust, for their awarding of grants to STAND.

Our thanks to you all for enabling us to take our vital work forward in helping people with early to moderate dementia to live well in their local communities in Fife.

The Climate Wisdom Project will be launched in December and early in the New Year we hope to have appointed a climate project worker to facilitate groups' chosen climate-related activities. STAND groups will be allocated funds towards their choice of topics, and you may wish to start thinking about some activities that you would like to do, and the equipment or resources you would need for your group.

Dates for the Diary:



The project is funded by the National Lottery Community Fund through the Climate Action Fund. It is a partnership led by Outside the Box, partnered with: Meeting Centres Scotland, The Institute for Place, Environment & Society at The University of Heriot-Watt and The Stockholm Environment Institute at The University of York.

It's that time of the year when you decorate your home and your Christmas tree with lights and baubles, and lots of love and warmth. A time when the flicker and glimmer of bright lights and the smell of fresh new pine fills the air. As many of us decorate our trees with ornaments, just take a minute to remember that many of these ornaments hold significant and precious memories of their own. Trisha and I would like to wish each and everyone of you a very Merry Christmas and a Happy New Year when it comes. Enjoy the time spent with your families and loved ones, eat well, be merry but spare a thought for our loved ones who no longer walk beside us, but remain by our side every day; and spare a thought too for those less fortunate than ourselves.

Chairperson, Gerald King

www.standinlife.org

<https://linktr.ee/standinlife>



STAND (Members' Group on Facebook)

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