



September 2025 Newsletter

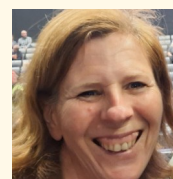
Welcome to the second edition of our newsletter! We hope you enjoyed our first edition and found it informative. We'd love to hear from you with your feedback and suggestions - and also any events, news or useful tips you would like to share.

With best wishes,

Gerald King, Chairman of STAND Email: chair@standinfife.org

Meet STAND's Meeting Centre Facilitators

Margaret Simpson (Maggie), NHS Post-Diagnostic Young Onset Dementia Support Nurse, helped to create STAND. A tireless supporter of families living with dementia, Maggie facilitates STAND's monthly young-onset dementia peer support group at Abbotsford Homes in Kirkcaldy, and the monthly carers' group at Cadham Neighbourhood Centre in Glenrothes.



Hilary Cooper, an original member of STAND with her husband Richard, facilitates Cadham's Meeting Centre in Glenrothes and generously gives so much of her time to the charity. Hilary has two children, two grandchildren, a rescue dog and four cats. She is also a huge Bruce Springsteen fan.

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Pat Phee, a well-respected member of STAND since 2022, facilitates groups at Ostler's House in Kirkcaldy, Kinghorn Community Centre and Methilhaven Home. Working for many years for Fife Council at Ostler's House as a Carer, the council kindly permitted Pat to use her skills to facilitate these three STAND groups.



Clare Taylor began her facilitating role at Eats Rosyth in 2024 before moving on to Jean Mackie Centre in Dunfermline. Drawing on her nursing credentials, holistic yoga, dance and art, she inspires a wholesome lifestyle. Clare is keen to seek attendees' views on some new ideas and initiatives at the Meeting Centre.



Janet Henderson brings 30 years of relevant work experience to our facilitator group and attendees. Janet is an asset as a Facilitator of our newest Meeting Centre in the Old Parish Centre in Cupar, which has already attracted more new members.



STAND's Meeting Centre Facilitators (continued)

Grant Kidd qualified as a Social Worker in the 1990's, working in Edinburgh and Kinross before moving to Kirkcaldy where he lives with his son. Grant co-facilitates our new weekly group in the Old Parish Hall in Cupar with Janet, welcome on board!



WE NEED YOUR HELP

As a charity, members of STAND are grateful for the skills,

commitment and compassion of our Facilitators and Volunteers. If you would like an informal chat with Gerald to learn about becoming involved in the work of the charity, whether as a Trustee with lived or carer experience of dementia; offering peer support at meetings, at awareness-raising events or fundraising, for example, please get in touch (see Page 4 for details).

Well, now that you have met us, it's over to you ... !



If you would like to share your story, ideas or tips with our readers (and on our website), we would love to hear from you. Please send to STAND via post, email, mobile phone or text message (details on Page 4)

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

Here are some comments Pat passed on from members of STAND's meeting spaces at Kinghorn, Methilhaven and Ostler's House:

"What do you most enjoy about coming to the groups?"

The company, the welcome and lovely atmosphere!

We do the activities we like at our own pace

The banter! Great bond with everyone

Prevents isolation and we all look out for each other

A safe space, can speak about anything, When leaving, our spirits are lifted. Good strong friendships have been built

Wouldn't change a thing!

Important to meet and learn from people in the same situation, they know how you're feeling and may be able to give advice

A busy July and August for STAND

Gerry and Ed covered a lot of ground, hosting stalls with lots of STAND information for visitors at Gala Days in Glenrothes, Markinch and Cupar, and the Highland Games event in Inverkeithing. STAND's Administrator Claire worked hard behind the scenes in organising all the resources and the trustees have been kept busy: 'Flying the banner for STAND', reducing the stigma surrounding dementia and highlighting that, with the right community support, people living with early to moderate dementia can continue to thrive, learn new skills while pursuing their interests; become activists, support others and maintain their independence.



Social events in July and August began with afternoon tea, arranged by Maggie, at Abbotsford Homes in Kirkcaldy. We welcomed some new members and enjoyed a delicious buffet. Abbotsford has generously offered us the ongoing use of their meeting room and gardens.

Clare at Jean Mackie Meeting Space facilitated a cinema trip for the group to enjoy 'Roman Holiday'.

Some of the former Kennoway Shed STAND members travelled to Saughton Park in Edinburgh where they received a RCHS (Royal Caledonian Horticultural Society) Award in recognition of the group's achievements in planning, planting and tending a large crop of vegetables and fruit (including Audrey's outdoor tomatoes!). We had a lovely day strolling round the gardens and glasshouse, guided by our friendly guide 'The Caley's' Emma. Good news—Emma would like to continue 'The Caley's' partnership with STAND!



September

- ♦ Monday 22nd September: **Alzheimer Scotland Conference** at Edinburgh International Conference Centre (EICC), 10.30am—4pm. Programme and further details at: www.alzscot.org
- ♦ Thursday 25th - Saturday 27th September: **Scottish Dementia Arts Festival** at Macrobert Arts Centre, University of Stirling, Stirling, FK4 9LA. See: www.deepnessdementiaarts.co.uk

October: Please see our STAND members' facebook page and website for any upcoming events in October.

November

- ♦ Saturday 1st November: STAND AGM followed by a buffet lunch at The Victoria Hotel, 28, Victoria Road, Kirkcaldy KY1 1DS. 11.30am—3.30pm. Please email Claire at: admin@standinfife.org to register your attendance.

The past year has been extremely busy and special thanks go to Ruth (Development Officer), Claire (Admin), and to Facilitators and Volunteers for their dedication and hard work, going over and above expectations for the charity. We are advertising for a part-time **Facilitator Coordinator** to strengthen capacity for STAND's mission to improve the lives of people living with dementia and their loved ones. To learn more about the role, please contact Claire Spittlehouse (see below).

www.standinfife.org

<https://linktr.ee/standinfife>

STAND (Members' Group):



Administrator (Claire Spittlehouse): admin@standinfife.org

Address: STAND, PO Box 29488, Cupar KY15 9BG

Mobile contact: 07472 682776 (Claire Spittlehouse, Administrator)

Registered Scottish Charitable Incorporated Organisation (SCIO) Number:

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