



Welcome to our Spring 2026 newsletter. We hope you have enjoyed our previous editions and found them informative. We welcome your feedback on what is good about the newsletter or what you think could be improved. May I reiterate that this newsletter is also a space for you to share up-and-coming events, tips and any other news.

With best wishes, Gerald King, Chairperson of STAND.



Spring 2026

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

www.standinlife.org



STAND has reached the finals of the UK Dementia Awards!

The charity is shortlisted for an award in the Young Onset Dementia category.



We are seeking volunteers for the following roles: Supporting members with creative activities in our meeting spaces, volunteer drivers, and a Secretary to the Board of Trustees. See Page 4 for contact details.

Introducing Katie Cook and the Climate Wisdom Project



Having worked in Community Development bringing projects to life for many years, I am excited to be working with STAND on the Climate Wisdom Project. I have an MSc in Social Work and have worked with people and groups all across Fife, and know that STAND does incredible work for people living with a dementia diagnosis. The Climate Wisdom project is a great opportunity for us to think about climate change and the impact it has on us all. Too often people with a dementia diagnosis are left out of climate conversations and not given opportunities to make positive changes. I'm really looking forward to supporting STAND members to enjoy climate related activities in their groups, and to supporting you all in the work we do together.

As retirement closes a chapter, for Pat Phee we hope it feels more like turning a page to something just as exciting. The lives Pat has touched and her impact will carry on in all of us. Pat's kindness and dedication have set a standard that will be hard to match. We will feel her absence in the day-to-day runnings of STAND but her influence will remain. Pat, we hope your retirement brings you all that you have put on hold and every joy you so richly deserve. Thank you for all you have given. You will always be admired, appreciated and missed.

On behalf of all at STAND,
Gerald King.



In the Spotlight

Dementia Friendly Meeting Centre Space at The Old Parish Centre in Cupar

"I recently visited STAND's Cupar Meeting Centre with Gill and we had a lovely afternoon chatting over a cuppa with the members. The group has visited the Deer Centre, enjoys coffee dates at Fisher & Donaldson, monthly pottery sessions, and other arts and crafts. Guests visit the centre with useful information too. The camaraderie and humour was a joy and we spent some time chatting about members' favourite sports, including golf, horse-riding, rugby, hockey, football, pickleball and table tennis. We agreed that a walk in the countryside is good for body and mind too! A member of the group suggested STAND walking sessions and we also discussed disc golf and walking football." *Gerald King*



"It's one of the best things that's happened— I'm on my own and it gets me out of the house. I don't have the bravado to get on the bus and the meeting centre is accessible. I think we do very well; the people who run and organise it are fantastic. There is lots of collaboration—you are very busy, Janet! I come for the company and tell people they should come."

Pam

"I enjoy coming too!" Janet (Facilitator)

"It's good that you are spending quality time with people who know what you're going through. It's a safe space to have a cuppa."

Gerry

As more folk now attend the Meeting Centre, Linda Couper has recently been welcomed on board as a second STAND facilitator.

(Lots to enjoy at the Scottish Deer Centre as you see from the pictures!)



Another busy few months! We hope our news update might inspire you to join STAND's campaigning team - if so, please get in touch with us for an informal chat about how you can be supported to add your voice in a number of ways. (Contact details overleaf).

- Irene Donaldson and I attended the Scottish Government's "**Rethink Dementia**" campaign to raise awareness of dementia and highlight how people diagnosed with dementia CAN DO. As part of the Government's **Lived Experience Panel**, we also recently reviewed its Dementia Policy.
- Irene, Audrey Ross and I attended the Scottish Government's **Resilient Communities Programme Board Meeting**, which decides how funding is distributed to charities across Scotland.
- We received positive feedback and another year's funding from Fife Health & Social Care Partnership (FHSCP) for our impactful "**A Good Life with Dementia**" course.
- STAND is involved in **Fife Council's Dementia Strategy Group** to continue to develop its Dementia Policy. We are also meeting FHSCP's **Implementation Group** monthly to assist with their Dementia Policy.
- I gave a dementia awareness talk to Fife Transport Police and Fife Stagecoach Bus Managers, and STAND has been invited to review bus stations, to help make them more dementia-friendly.
- We met other community groups at the Independent Living Advice Hub in Kirkcaldy and gave an overview of our work at STAND.
- I spoke to Inverkeithing & Dalgety Bay Rotary Club about dementia awareness and how STAND was formed. They very generously donated £1,350 to the charity.
- Hilary Cooper and I gave a dementia awareness presentation at the Pitlessie Women's Institute.
- My wife Trisha and I do online presentations to university students, and we 'virtually' met students from the University of Surrey.
- I did an online workshop for 'Playlist for Life' to celebrate the power of music in the community. See: <https://www.playlistforlife.org.uk> to create your Playlist of personally meaningful music!
- Irene and I delivered the six-week "A Good Life with Dementia" course in Dunfermline to a group of people recently diagnosed with young-onset dementia.
- Audrey sits on the Climate Wisdom Project Steering Group.

Over the coming months, we will be attending local events such as Highland Games with our information table. Why not consider joining us to talk about the services we offer across Fife?

Gerald King



STAND has been busy with its intergenerational work at **Leslie Primary School**. We have been involved in a 'Dragon's Den' Project where the P4/P5 children designed a dementia-friendly Guidance Book with Velcro-backed pullout images, to help someone living with dementia manage better at home through memory prompts. We were impressed by the children's creative thinking skills and insight into some of the challenges living with dementia brings, so it's a gold star and BIG thank you from us all!



We also attended the children's BOLD Dementia Friendly Club at the school and enjoyed an afternoon of board games, cuppas and cookies! **Future dates: 18th May (Active Games) and 15th June (Cooking & Music), 1.30pm—2.30pm Call the school on 01592 583 433 to book a place.**

Thank you all for your generous donations to STAND:

- * Inverkeithing & Dalgety Bay Rotary Club
- * Fife & Kinross Cycle Touring Group
- * Technic FMC
- * Angela Gray
- * Hillend Tavern Quiz Night
- * Kim & Tanya Aplin

Our grateful thanks also go to those who have donated to STAND online via JustGiving.

www.standinife.org

 <https://linktr.ee/standinife>

STAND Members' Group on Facebook

STAND Administrator (Claire Spittlehouse):

admin@standinife.org M: 07472 682776

**Address: STAND, c/o Independent Living Advice Hub,
257 High Street, Kirkcaldy, KY1 1JF**



It is with great sadness to inform you of the recent death of Edward Beck (Ed). Ed was a volunteer driver with STAND for many years, happily driving myself, Pete and others around, wherever we needed to be, and he was generous to a fault. Our thoughts are with Ed's family at this sad time.

Gerald King

