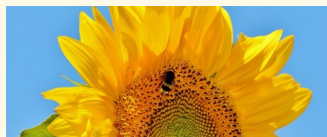


July 2025



May we take this opportunity to welcome you to our new newsletter! The hope of the newsletters is to keep everyone who is involved with STAND up-to-date on what is going on in the peer support groups and the charity, and what we have been up to with regard to promoting dementia awareness and STAND in our Fife community.

Gerald King, Chairman of the Board of Trustees.

Meet the team

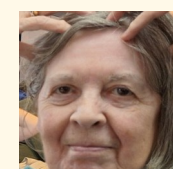
Chairperson: Gerald King, a key founding member of STAND's Peer Support Steering Group in 2019, Gerry was diagnosed with young-onset Alzheimer's disease aged 55. Gerry is a dementia activist promoting dementia awareness throughout the UK.



Administrator: Claire Spittlehouse, STAND's first employee, joined STAND in 2023 and is very busy across a broad range of key duties. We feel very lucky to have Claire on our team.



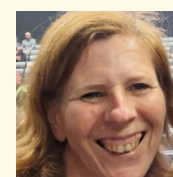
Lead Development Officer: Ruth Rooney joined STAND last autumn and is busy ensuring that STAND meets its legal and charitable obligations. Ruth has introduced a Training and Induction programme and works hard to secure a sustainable strategy for the charity's foreseeable future. We appreciate all that Ruth does.



Secretary: Gill Stokes began volunteering with STAND in 2022, bringing with her a wealth of personal and professional experience of dementia, and we are proud to have her on board.



Trustee: Margaret Simpson (Maggie), is an NHS Post Diagnostic Support Nurse and was pivotal in the creation of STAND. Maggie's professional expertise and unstinting support makes her a valued board member and supporter of families living with young-onset dementia and their families. Maggie facilitates STAND's monthly young-onset dementia peer group and the monthly carers' group.



Meet the team (continued)

Trustee: Audrey Ross, a founding member of STAND, has lived with young-onset dementia since the age of 54. Audrey, a much loved member of STAND, is a dementia activist and is happy to get involved in many other supportive activities.



Trustee: From 2019, Hilary Cooper attended STAND's peer support group with her husband Richard, following his diagnosis of young onset dementia. Unfortunately Richard is now in a care home but Hilary has kindly continued to give her time to support STAND and she now facilitates our Cadham group too, for which we are grateful.



Trustee: Edward Beck (Ed) attended the first STAND peer support group with his late wife Vicky. Ed generously continues to volunteer with STAND and provides transport on regular occasions.



Trustee: Councillor Rosemary Liewald, who has been supporting STAND for years. Rosemary represents Lochgelly, Cardenden and Benarty (Ward 8) and, as a member of many committees, is a valued supporter of STAND.



So, that's the team, but what do we do?

STAND is a peer support group and registered charity in Fife. We offer support to people who are worried about dementia, going through the diagnostic process, or who have been diagnosed with mild to moderate dementia and, along with their families, don't know where to turn. STAND began by supporting those with young-onset dementia below the age of 65 years. Since becoming a charity, STAND now supports people of all ages living with dementia.

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

www.standinfife.org

<https://linktr.ee/standinfife>



STAND (Private Group)



Currently STAND has 7 meeting centre spaces in Fife:

- ⇒ Jean Mackie Centre in Dunfermline on Tuesday afternoons
- ⇒ Ostlers House in Kirkcaldy on Wednesday mornings
- ⇒ Cadham Neighbourhood Centre in Glenrothes on Wednesday afternoons
- ⇒ Kinghorn Community Centre in Kinghorn on Thursday mornings
- ⇒ Eats Rosyth in Rosyth on Friday mornings
- ⇒ Methilhaven Care Village in Methil on Friday mornings
- ⇒ The Old Parish Centre in Cupar on Friday afternoons

Each centre opens for two hours and provides meaningful and interactive workshops which include music and song-writing, art, photography, poetry and gardening, along with other activities including wellbeing and physical exercise. We always make time for a cuppa and blether too! Some people attend more than one of the meeting centres.

With thanks to all the Facilitators, Volunteers and Sessional Workers for making the meeting centres so welcoming - the members too for supporting each other over a cuppa! Please share your news, tips, pictures and comments with us for future newsletters too.





What we have been up to in June

We delivered “A Good Life with Dementia” course, presented by people living with dementia. The course was in the lovely Old Parish Centre in Cupar and culminated in a new peer support group there!

We offered information at Markinch Highland Games, Cupar Gala Day and Glenwood High School Community Event, where we raised awareness of dementia and the work that STAND carries out in the community.

STAND was represented at Age Scotland’s About Dementia event in Stirling. The way forward for the new About Dementia team and, importantly, dementia inclusivity throughout Scotland in general, were discussed.

STAND partnered with a Dementia Friendly Meeting Centre in Angus and the development support charity, ‘Out of the Box’ in an environmental project called ‘Climate Wisdom’. They will engage with our meeting centres to help us contribute towards this project. More information will follow shortly.

Annual Community Grants are awarded by Age Scotland About Dementia, and STAND members who sit on the national charity’s **Lived Experience Panel** contributed towards the consultation.

Two Facilitators were appointed to support STAND’s new Cupar meeting centre—Janet Henderson and Grant Kidd; and Clare Taylor was appointed to facilitate the Jean Mackie Centre group.

Our young-onset dementia group moved from Beveridge Park to Abbotsford Care Home in Kirkcaldy. We thank Beveridge Park for all their hospitality.

We are seeking a **Volunteer Trustee** to join the Board - if you are interested/ to learn more, please contact Gerald King via email at: chair@standinfife.org

With best wishes, Gerald (Gerry) King, Chair of the Board of Trustees.



15th July: Age Scotland Webinar about CONSOLIDATE project. 11am—12.00pm. For people living with dementia and their unpaid carers. To learn more, contact: rachel.mclauchlan@agescotland.org.uk

17th July: North-East Fife Mental Health Networking Event, 10am—1pm at Cupar Corn Exchange.