



Summer 2026

Welcome to our Summer newsletter. We hope you enjoy it and find it informative. We would love to hear your feedback on what is good about the newsletter, or what you think could be improved. The newsletter is also a space for you to share events, tips and any other news you feel would be of interest to readers.

With best wishes, Gerald King, Chairperson of STAND



We are seeking volunteers for the following roles:

- ♦ Trustees with lived experience of dementia.
- ♦ A Secretary to the Board of Trustees.
- ♦ An experienced Voluntary Fundraiser.
- ♦ Volunteers to support members within our meeting space centres.
- ♦ Volunteer Drivers.

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

Gerry and his daughter took on the challenge of Walking the Talk for Dementia along the Camino de Santiago in Spain. Below he shares their inspirational journey.

Some experiences stay with you long after they have ended and the Camino de Santiago walk will always be one of them. **Walking the Talk for Dementia** was much more than a challenge, it was a journey of reflection, resilience and purpose. Every mile tested me physically and mentally as a person living with young-onset Alzheimer's disease. But it also reminded me why I was walking; every step was a reminder of the challenges faced by those living with dementia and the importance of raising awareness.

Walking the Talk for Dementia was one of my most rewarding experiences. It pushed me further than I thought I could go but, walking with others living with dementia, their strength and resilience inspired me onwards.

What made it even more special was sharing this journey with my daughter. Walking side by side with her filled me with pride.

I would like to express my heartfelt gratitude to Graham Galloway and Meeting Centres Scotland for this incredible opportunity. It was a privilege to be part of something so meaningful and an experience that has left a lasting impression on me.

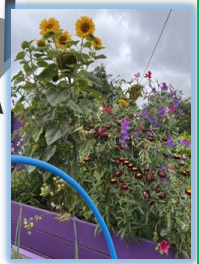
Gerald King (Chairperson, STAND)

<https://www.walkingfordementia.org>





In the Spotlight



STAND at Eats Rosyth

Gerry and I enjoyed meeting the group at the inspirational Eats Rosyth Community Garden. The members' raised bed was crowned with glorious sunflowers and, after a cuppa and enjoyable blether, their chosen flowers were pressed (above). Thank you for making us so welcome and it was good to hear about all that you do, indoors and out. Here are some of the things that members value about their group:

We are very supportive of each other. Shona and her team are excellent, they listen to your ideas. Everyone has trust in them. *Carol*

The informality and variety of things to do. I like that it's set up for us **both** to come. *Dave*

I enjoy it. I love music and liked the 'bucket drumming'!

Always a pleasure coming. We get as much out of it as all the members do.

Everybody gels quickly. If someone doesn't know something, someone will find out for them—usually Ivy! *Shona*

We can ask other carers for help and advice. *Carol*

"We don't 'prescribe'", said Shona, group facilitator.

"Members enjoy their chosen activities, including putting, bowling, indoor golf and making pots. Everyone takes turns in leading the exercise and music sessions." A truly inclusive group! *Gill Stokes*

PS: Thanks to Iain for teaching me all about growing potatoes!



Introducing: STAND's Lisa Reid

Lisa joined STAND in January 2026 as the **Dementia Friendly Meeting Centre Space Coordinator**. Lisa is responsible for making sure all of STAND'S DFMCS' are running smoothly, and overseeing the activities that are taking place at each of our centres, as well as a range of other duties.



STAND is an organisation particularly close to Lisa's heart as her Mum and late Dad were founding members after her Dad was diagnosed with Alzheimer's in 2018.

It's been another busy few months at STAND! If you feel inspired to become involved as an activist or volunteer with STAND - or would like an informal chat, please get in touch with us (Contact details on Page 4).

As a grass roots charity, volunteers are vital to our work and well supported by STAND as valued team members.

- Devine Cakes Charity fundraising music and tea afternoon for STAND at Leslie Town Hall.
- Spring Climate Wisdom Project event for STAND groups at the Ecology Centre in Kinghorn
- STAND Information tables at Markinch and St Andrew's Highland Games, and at Glenwood High School Community Group Event
- Online dementia awareness presentations to medical students at the University of Surrey
- Information table at Leslie Primary School Summer Fayre
- Walk the Talk for Dementia in Spain
- Attendance at the King's Garden Party at the Palace of Holyrood House
- A dementia awareness interview on Radio Scotland
- Training sessions at the Hub in Kirkcaldy
- Welcomed Jenny Gilruth MSP, Deputy First Minister for Scotland, to meet STAND's Cadham DFMCS members
- Attended the Scottish Government's Lived Experience Panel consultation on Dementia Policy
- Participated in the Lived Experience Panel consultation with Age Scotland's "AboutDementia ESGA" grassroots funding
- Met in Dunfermline to appoint two new facilitators to the Good Life With Dementia Course
- Appointed new facilitator Lynne Ogilvie-Niven who will be supporting our groups at Kinghorn Community Centre and Ostler's House in Kirkcaldy.



Jenny Gilruth, Gerald King, Hilary Cooper and Audrey Ross at STAND's Cadham Meeting Centre.

Our sincere thanks to you all for your kind donations in support of our work:

Devine Cakes (Leslie), donations via Just Giving and those in memory of the late Sandra Stevens and Harry Robertson.

- Alzheimer Scotland Annual Conference: Friday 18th September, 9.30am - 4.15pm at the EICC, 150 Morrison Street, Edinburgh EH3 8EE. For details see: <https://www.alzscot.org>
- STAND Members' Annual General Meeting and Lunch: Saturday 14th November, 11am - 3pm at the Victoria Hotel, Kirkcaldy KY1 1DS.

Gill and I were honoured to attend the Royal Garden Party at the Palace of Holyrood House on behalf of STAND. It was a truly magical day out and the weather stayed fair (mostly). The company was delightful and Gill and I did what we STAND folk do best ... ate cake and drank tea (pinkies up, of course!).

Trisha King



www.standinlife.org

For enquiries, please contact:

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<https://linktr.ee/standinlife>



STAND (Members' Group on Facebook)

