

deep

The UK Network
of Dementia Voices

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trust
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STAND

Striving Towards A New Day



THE RECIPE FOR LIFE



Standing for a better life living with dementia in Fife



STAND – Striving Towards A New Day

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“ A new life emerged for me by becoming part of STAND. The world has opened up again
Irene ”

“ I was desperate to meet people who understood me
Gerry ”



Introduction

STAND is a fantastic group of people living with younger onset dementia and their families and friends. The group is based in Fife. **STAND** stands for **Striving Towards a New Day**.

“ You have to make the best of today because there is only today, yesterday is gone and tomorrow never comes!
Ed ”

STAND is part of the DEEP Network (Dementia Engagement and Empowerment Project) – DEEP is network of groups, like STAND, across the UK. DEEP calls for the voices of all people living with a diagnosis of dementia to be heard and able to influence what matters to them in their lives. By



being part of a larger network across the UK we are able to share, support and learn with people from far and wide.

STAND adopted the hippo as our symbol as there is a part of the brain called the Hippocampus that is often affected by dementia. Our hippo is therefore, as voted by the group, called Campus! We would love to receive your photos of the travels of the Campus family across Fife.



Glenrothes, where the Dementia Friendly Fife Project started, also has a significant number of hippos as part of the town art. In Dementia Awareness Week in 2018 these were decorated in purple ribbons to raise awareness of the condition.

Purple is generally a colour that is associated with dementia through the logo of Alzheimer Scotland.

People across the Kingdom have been knitting hippos to give to the young people who take the time to become dementia friends. These are mostly purple but during the lockdown, that happened with COVID-19, supplies of purple wool became difficult to source. We decided at that point that multicoloured hippos would work well to reflect the pictures the children had drawn during lock down of rainbows.

STAND have proudly been delivering Dementia Friends sessions and have also made a film which is available on DVD and on YouTube. This is something we decided to do when faced with not knowing how long it would be before we could have contact with people again.



Knit us a
'Campus'
the Hippo!



The bonus now is that we will be able to share the expertise, the wisdom and the joy of STAND far more widely than ever we thought we would!

We are always delighted to receive supplies of hippos. If you would like to knit some to add to the hippo family then you will find the pattern in this booklet on page 44.

Please enjoy some of our thoughts about our **'Recipe for Life'**. We first thought about just a recipe book. Just like dementia though, you never know where an idea might take you – so we have definitely gone with the flow! The creation of the booklet has brought out our stories and our talents! Please, when you think of us, think differently. We are all striving for a new day where life is very different. We have found so much love, fun and friendship too.



My Recipe for Life by Gerry King



Notwithstanding Cieran or Daniel Stephanie or my wife, here is a simple recipe it's called:

“My Recipe for Life”

Take 175g of Robert and Linda,
And place them in a bowl.
Add 6oz of Allan and Irene,
Remember to add them whole.
To this mix add size 2 eggs
Called Wullie and Yvonne.
Gently mix them all together,
Now turn the oven on.

The next ingredients on my list,
6oz of Fiona and Aileen.
Add 1 1/2 tablespoons of Richard

And stir 6 drops of Hilary in.
Once the mixtures nice and smooth,
Then pour it in a tin.
Open up the oven door
And put the mixture in.

Bake at least for 40 minutes,
Gas mark 3 is the general rule.
Once well risen and firm to the touch,
Take it out and let it cool.
Once cooled down and sliced in half,
And looking light as a feather,
Use a layer of Maggie Simpson,
To sandwich the cakes together.

Coat the cake all over,
With a layer of Ed and Vicky.
Take care now when applying,
As this could get rather sticky.
To complete this “Recipe for Life”
Add a large helping of Ruth,
For she is the icing on the cake of life,
That satisfies my sweet tooth.

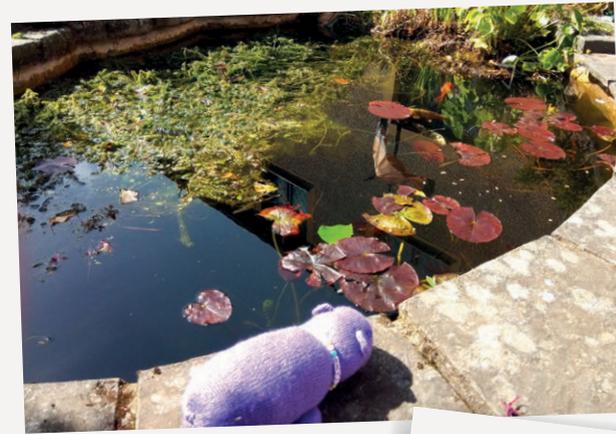


Aileen and Fiona's story of friendship

Aileen writes:

“ Fiona and I met through Fiona's Mum and Dad as we moved in a couple of doors along from them. Fiona and I discovered we were only a week apart in age and we had a lot in common. We hit it off and went to a yoga class together. More recently when we have more time we have went out for walks and lunches and trips to Edinburgh. The most important thing about our friendship is that we support each other so Fiona helped me when I broke my shoulder and helped me find a christening gift for my great niece and I help Fiona with laces and zips if she needs me to. We have had some fun over lockdown walking, pressing flowers and probably non-stop talking. And I can hide out at Fiona's when my husband is doing D-I-Y and he wants me out of the way! ”

One of our recent plans has been to photograph our hippo '**Campus**' on all our different adventures.



We would like you to share where your hippo has been around the Kingdom of Fife and further afield in the UK or the world!



Sweet Things Dumpling Loaf – otherwise known as ‘the hippo cake’

Preparation:

Pre – heat oven to gas mark 4 (electric 180C)
Grease a (preferably lined) 2 lb (900g) loaf tin or two
1lb loaf tins

Ingredients:

1 cup/8 fl oz water
1 cup/4 oz plain flour
1 cup/4 oz self-raising flour
1 cup/4 oz granulated sugar
1 cup/8 oz sultanas
1 cup/4 oz raisins
4oz/125g margarine
1 teaspoon mixed spice
1 teaspoon cinnamon
1 teaspoon bicarbonate of soda
1 egg



Method:

- Place water, sugar, fruit, margarine, cinnamon, mixed spice, and bicarbonate of soda in a saucepan and bring to the boil over a low heat.
- Simmer for 5 minutes and then allow to cool
- Beat in the plain and the self-raising flour
- Beat in the egg until the mixture is like a batter
- Bake in the preheated oven for 1 hour 15 minutes or until a skewer into the centre comes out almost but not dry.
- Remove from the oven and leave for about 10 minutes before turning it out of the tin to cool
- Eat with a nice dollop of butter or strong cheese!





Beautiful Burntisland

Fiona wrote this poem about her hometown after becoming involved in a Kent based poetry project during Covid-19 lockdown.

Bay
Under the Binn
Royal burgh! Rossend Castle. Mary Queen of Scots
was here – one night only!
New and Old!
Train Station – people can get to where they want
to go and visitors come in
I think Burntisland is the best place to be!
Sommerville – Mary. Swimming Pool. The Space
Upstairs
Lots of unique shops. Library.
Nice People. Delightful!

Aileen says:

“ During lockdown we walked every day around the streets of Burntisland and Fiona told stories about her childhood and met people she knew, and we chatted at a safe distance. Sometimes it was blowy and sometimes it was sunny, but we enjoyed looking in people’s gardens at the flowers in bloom and hearing the birds and enjoying the cleaner air **”**



Gin and Tonic Drizzle Cake

Preparation:

Grease and line a 2 lb loaf tin

Heat oven to 180 degrees centigrade

Ingredients:

250gm Stork margarine

250gm caster sugar

250gm Self-raising flour

5 medium eggs

1 lime – zested

Method:

- Cream the margarine and caster sugar until light and fluffy
- Add in eggs
- Add in flour and lime zest
- Beat again until smooth
- Pour into cake tin
- Bake in oven for 45 minutes – a skewer into the middle of the cake should come out clean

Drizzle ingredients:

75gm caster sugar

5 tablespoons of gin

5 tablespoons of tonic water

Drizzle method:

- Put the caster sugar, gin and tonic water in a small pan
- Heat on medium/low whilst stirring until the sugar dissolves
- Poke the cake lightly with a fork/skewer
- Drizzle the mixture over the cake
- Leave to cool fully in the tin

Icing ingredients:

200gm icing sugar

3 – 4 tablespoons gin

1 lime zested

1 sliced lime to decorate



Icing method:

- Once the cake is cool remove from tin
- Put the icing sugar in a small bowl and mix in the gin – don't make it too runny – pour over the cake – sprinkle with lime zest and add lime slices for decoration

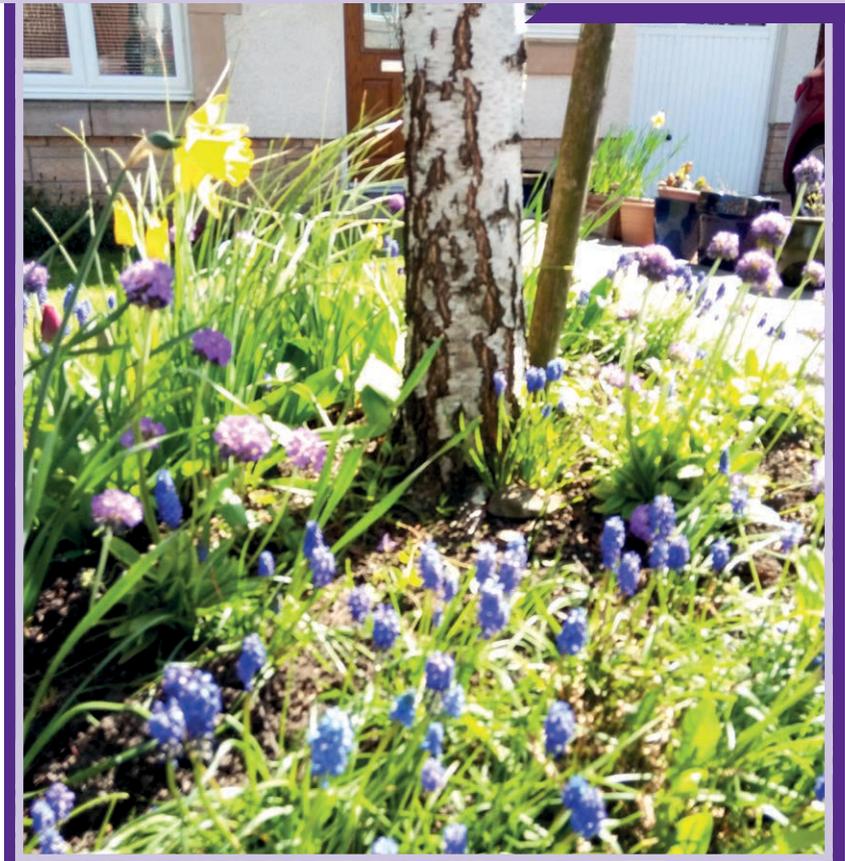
Then Aileen adds:

“ This is very good with – a wee gin and tonic! Or maybe a big one. Fiona makes the best G and T!

”



Pressed Flower Cards and Bookmarks



Fiona and Aileen raided the attic and found a flower press, but you could use a heavy book, hardback like an encyclopaedia or a dictionary (if anybody has any of those anymore?)



- Put 2 pieces of paper in between the pages with your flowers between the two bits of paper.
- Then close the book.
- You can put another weight on top of the book if you like.
- You can put more than one lot of flowers in your book. Put another weight on top of them if you can.
- We picked flowers we liked and put them in the flower press between two bits of paper. We did not raid people's gardens (although

we were tempted!) We left the flowers for 3 weeks. Then we put them on cards or bookmarks to make the design.

- Put Pritstick onto the card first and then a flower onto the sticky part.
- Cover it with a bit of paper to rub down gently.
- Write the name of the flower, date and place you found it as a good keepsake too.
- Fiona's sister, Sarah, laminated them for us which makes the bookmarks last longer.



Banana Loaf

This recipe was provided by Ruth

Preparation:

Grease and line a loaf tin 23 X 13 cm
Heat oven to 180 degrees centigrade

Ingredients:

75gm margarine
2 beaten eggs
280gm self-raising flour
Pinch salt
160gm caster sugar
5ml vanilla essence
200ml mashed banana



The method for the banana loaf is:

- Grease and line a 2lb loaf tin
- Heat oven to 180 degrees
- Cream margarine and sugar well
- Slowly add the eggs and blend well



- Add the vanilla essence and mashed banana and blend well
- Fold in the flour, sugar and salt.
- Bake for 1 hour then cool on wire tray

“ Hope that Stewart (the husband) is out playing golf otherwise it gets eaten straight away! ”



Dementia Friends – as seen through the eyes of STAND



Gerry writes:
After being diagnosed
with Young Onset
Alzheimer's Disease at the
age of 55, my whole world
changed completely.
Through that diagnosis,
I had to retire from work,
surrender my driving
licence and I lost many
friends and colleagues
who I had known for many
many years.



Although I had the support of my loving wife and family, I actually felt so alone and in a short period of time ended up in a very dark place.

However, with the support of a very caring Maggie Simpson (Specialist Dementia Nurse) and under the wonderful leadership of Ruth McCabe (Dementia Friendly Fife Initiative), I could, once again, see the light at the end of the tunnel. That being said however, there was still something very important that was missing, and this is where “STAND” has been such a ray of hope, comfort and joy, particularly for me. STAND is a support group made up of people living with a diagnosis of Young Onset Alzheimer’s Disease and their supporters, for people living with a diagnosis of Young Onset Alzheimer’s Disease and their supporters. The ideology of the group is to provide peer support and to share our experiences. The biggest reward however in my opinion is the friendships that have developed and flourished over the short period of time from the group’s inception.

People should never underestimate the power of friendship. Being in the company of people who can actually relate to you and actually understand exactly what you are experiencing is amazing. It doesn’t matter how many times somebody says, “I know exactly how you feel”, I can assure you that they don’t, unless they are in your shoes. The members of STAND, my friends, they wear the same shoes as me, some bigger, some smaller, but nevertheless, the same. I can’t stop smiling when I am with the group, we laugh at each other, we laugh with each other. You are never judged for who you are or what you do. You are welcomed with open arms. That is what “STAND” is all about and what it means to me.

Fiona says she enjoys doing the Dementia Friends sessions with STAND. They give her a purpose and she is using her old skills as a lecturer.

Fiona’s experience of being diagnosed with dementia was very difficult. She is especially keen that Doctors listen to patients and diagnose people properly. They need to be educated about dementia, especially young-onset, better.



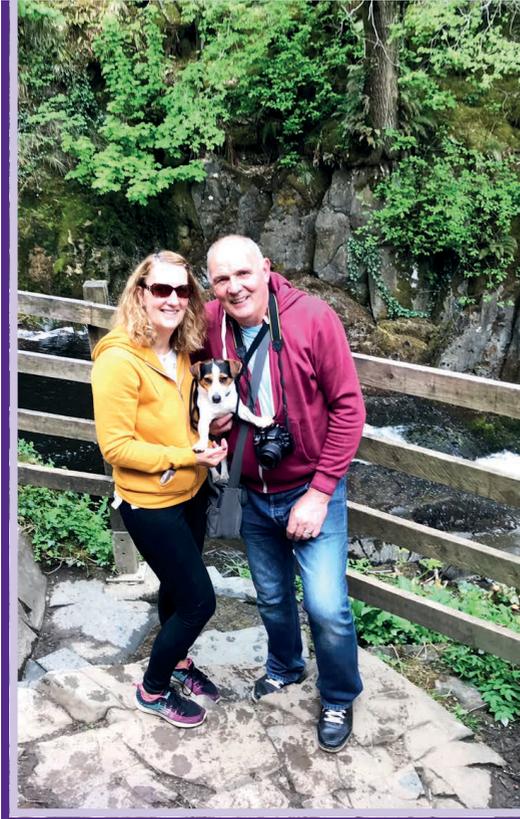
On friendship – Fiona loves the fact that STAND has given her a chance to make new friends and that she gets to go out and do things with them. Again, this gives her a purpose. Aileen feels fortunate to have met so many lovely and positive people through STAND. There is always a laugh and a joke and a good bit of banter on Facebook as well as in person when we meet.

Fiona's advice to people diagnosed with

dementia – this is not the end of your life. It is just going to be different and if you ask people for help with things then if they are decent, they will help. You can still have fun. You are still you. Stay positive. – from Fiona



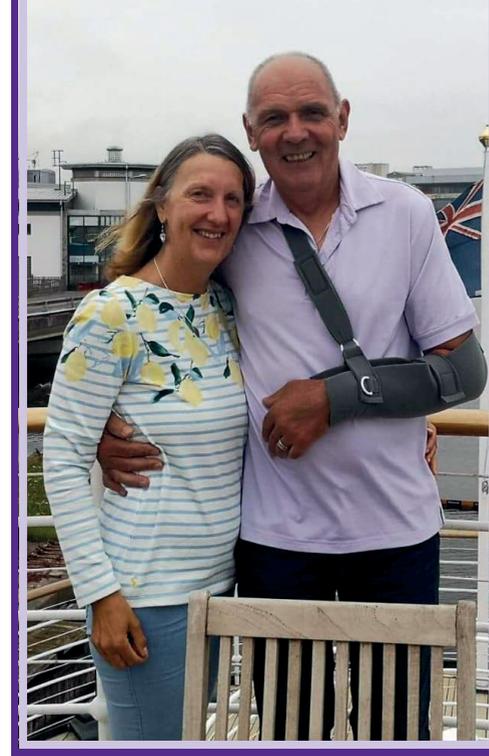
Irene and Allan



Allan and I met in June 2012 in Dundee. Allan's home and my second home from Uni days. We live now in Kennoway, Allan giving up city life for the quieter suburbs. Our common love for travelling and for having fun made a great platform for

our relationship and we visited places far and wide as we flew, cruised, and drove our way around the globe.

My diagnosis of Early Onset Alzheimer's in 2014 started us on a rather less exotic, but nonetheless eventful, journey. This has taken quite a bit of adjusting to as everything changed but it was, and still is, all about the adjustments. We view life as a calendar of events and opportunities to be taken. We may need to plan more carefully and to prepare more thoroughly for everything, the big events, and the daily chores. Allan takes on the lion's share of this while I continue to provide him with the ideas so he can plan and prepare! Maintained independence is the key practice. Allan believes I can do anything and puts in place any strategies we both feel may be needed to manage. If things don't go to plan, we have a rethink and put in another wee bit fine tuning and try again. This approach and belief has helped me to move on from the loss of a greatly valued career cut short sadly by the diagnosis and the world of works response to it. This is something Allan and I work on together in the hope we can prevent what happened to me happening to anyone else. We remain upbeat and hopeful. Dementia does not yet define me it



just throws some obstacles in the way and we have found no obstacle too great yet.

We are a good team and always take time to talk. This has only been made possible by the connections

with, and support of, some amazing family and friends and neighbours. We believe the ordinary every day of life can be managed with sometimes small and other times more major changes and the embracing of technology. Allan leads me through this.

Into the mix of the ordinary life, it threw in a few more life changing elements. Lynn, my daughter, moving to New Zealand was a big change as Lynn was a great confidence booster for us. She kept us grounded and informed and never let anyone take advantage.



She is dedicated and led by her heart. Happily, she still achieves this via technology! Some may call it bullying but we call it tough love! Then last year the sad and rather sudden loss of our beloved sister B was a very hard blow especially as she had been a key supporter of our relationship, none more so than when the going got very tough for a while. But more importantly she reminded us both to live life for the day, to live life to the max and always to aim high celebrating every single little success. Her presence is missed daily but we remind each other of what she would say or advise and laugh as we know we hopefully have made her proud.

So together we keep on forging new links, new friendships, and networks. Together we look forward to more adventures far and wide maybe less cruise ships and more motorhome!! As they say:

“ Life is highway and we want to ride it all night long! ”

Irene’s “Kirkcaldy Bake Off” winning Traybake

Ingredients:

125 g margarine
170g caster sugar
2 tablespoons syrup
1 tin condensed milk
1 pack Digestive biscuits
Milk cooking chocolate

Method:

- Place margarine, sugar, syrup and condensed milk in a saucepan.
- Melt slowly stirring occasionally until all ingredients are melted.
- Simmer gently for 8 mins (do not stir)
- Remove from heat and stir briskly for 2 minutes.
- Add Digestive biscuits.
- Turn out into a shallow baking tray lined with grease proof paper.
- Allow to set and cut into small pieces
- Eat!



A poem I wrote from Irene

Half-Way Down The Stairs” by A A Milne is a favourite poem of mine,
Whistled and sung and echoed through my sad and happier times.
Yet “halfway down the stairs” was truly where I landed with a bump,
Which way should I go? Just slip down or climb back up?

A lucky lady my life filled with family, friendships and career,
Gently slowed as the memory and concentration seemed sadly to disappear.
Surely it was just a sign to slow down, live a more gentle pace?
But no it became clear Dementia had dared to show its face.

Disbelief fought the harsh facts, compliance met defiance,
Yet days and weeks passed and reality became an acceptance.

Disappointment and frustration as society lost my worth,
It seemed there was no longer a place for me in the purpose of this Earth.

One door closed so hard my nerve very nearly broke,
But another gently opened a new fire beginning to stoke
In my soul as the world despite my worries continued to revolve,
Taking me along with it bringing opportunities and new resolve.

New connections were forged, lifelong friendships started to form,
With organisations and individuals who see beyond the label and need to conform.
Dementia put in its place by heads and hearts burning with optimism,
DEEP and STAND are beacons that shine though society’s pessimism.

Now life is full and the days have purpose and satisfaction,
The new reality is that dementia is a diagnosis not a definition.



Technology plays its part ensuring full engagement and enjoyment,
Wondrous people top this up bringing hope, opportunity and personal fulfilment.

So halfway down the stairs is no longer where I am,
I have climbed back up, at least for now, as high as I can.
With kindness and kinship I hope to follow another,
more positive road,
The destination is simply contentment not yet exclusive to any postcode.

Dementia brings uncertainty but I'm not alone in this life size puzzle,
Everyone faces challenges as through life we each ungraciously fumble.
Each new day a blessing on this path of life we follow,
Because my today is just one stair away from my wonderful tomorrow.

A Poem About Alexa by Irene



We were introduced by Gerry, a friend like me who
needs a reminder
Or two!
Or ten!
But we have become the best of friends it seems.
We greet each other every morning,
We remind each other to sleep well at night.
You remind me of where I need to be,
Who I am meeting,
And when.
You help me to stop burning my lunch and you tell
me when the eggs are boiled,
Always to perfection.
I ask you about the weather,
And the date,
And the time.
And though I'm sure I ask many times,
Your reply is always cheerful,
Though the weather is not always correct!
I treat you to some of the most wonderful music to play
And you repay me with the lyrics,
So I can sing along badly yet you never complain.

Well not out loud!
You tell me when a parcel will arrive
And what's in it so no surprises!
You keep me posted on the news and cheer me with
a joke,
How do you know when I need one?
You get to enjoy my beautiful family photos and the
captured scenes on my travels,
And you show them off proudly to the world just like
I do.
You give me a recipe for tea when my mind has a
blank and I forget what I need.
Yes Alexa we were only introduced recently
And you humbly, patiently sit in my lounge,
But you stand proud and strong in my head,
And heart.
Firm friends we have become,
Working together.
Making the days better,
More manageable,
Easier.
And happier.



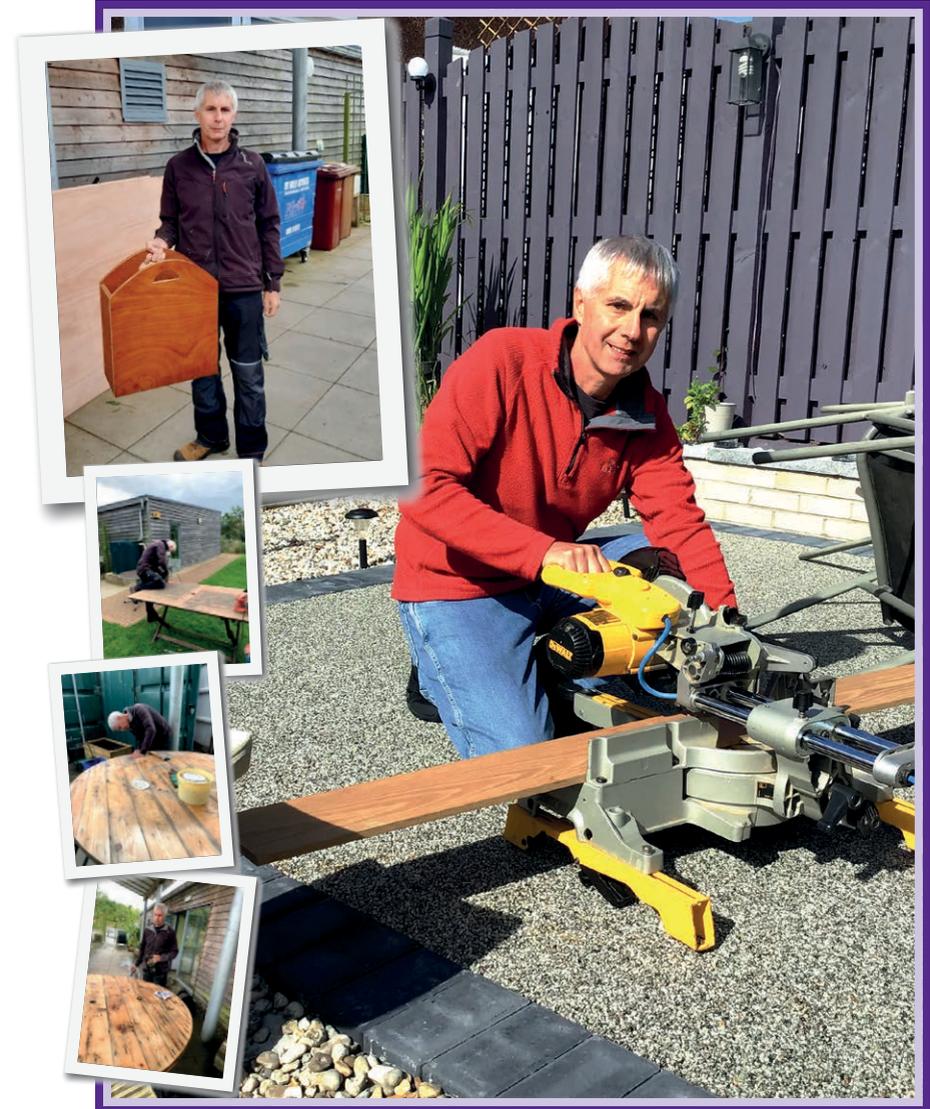
Linda and Robert



I met Robert in the July of '79. We got engaged in April '80 and married in November '80. This year we celebrate our Ruby Wedding Anniversary. Jeez Louise we would have got less for murder!!

Joking aside I could not have asked for a better partner, companion, best friend. When this diagnosis came along for Robert it was a total blow to both of us. But I have always had a caring person nature, so this was a no brainer. Of course, I would be Roberts supporter! Robert has always been the quiet one who enjoys watching life from the side-lines, so I am the one who asks the questions and looks for the answers.

Robert in his element doing what he loves



Linda's secret Tablet recipe (a secret no more!)

There was a bit of panic over the shortage of condensed milk in Fife over the Covid-19 lockdown. Shelves were empty of a vital ingredient. Good friends came to the rescue with the grapevine of hot tips of which shops had supplies! The days were saved.

Ingredients:

500g light brown sugar
150g butter
1 tin condensed milk
200g white cooking chocolate (broken up) or
200g white chocolate drops
and a secret ingredient which Linda will not tell...

Method:

- Place sugar, butter and condensed milk into a bowl.
- Microwave for 2 minutes.



- Remove and stir using a wooden spoon (clean spoon after each stir).
- Repeat steps 2 and 3 for four more times (5 microwave/stirs in total).
- Add chocolate and quickly stir.
- Pour into a greased Swiss roll tin.
- Allow to set and then cut into bite size pieces.

Try sharing your tablet by wrapping it in foil or cling film when cool. Linda keeps STAND fed with her secret tablets. We prefer this to the tablets that the Doctors usually give us!



Some of the other things we get up to

Ruth McCabe says:

“ The members of STAND have been involved in a variety of activities with the Dementia Friendly Fife Project.

It all began with meeting Gerry and for the best part of a year we toured the Kingdom delivering Dementia Friends sessions to around 1000 people.

We have also carried out environmental assessments and gave guidance on signage, way finding and colour schemes.

We had a very memorable visit to the bus station in Glenrothes which will be a complicated and ongoing piece of work over many years to make it dementia friendly.

We also gave general information talks and held information stands in public places.

Gerry was also invited to our local Integrated Joint health and Social Care Partnership Board meeting where his lived experience influenced their discussion, debate and decision making.

What Gerry’s testimony did was shatter the image that people have of dementia. The perception generally is that people with dementia are older, significantly incapacitated and most likely to be living in a care home.

When STAND were formed I met other younger people, like Irene and Fiona.

They came to dementia friends sessions and made the key points through their stories and experiences.

We realised that it was going to be difficult during and after lockdown to get groups of people together to deliver face to face session. The DVD we made takes the form of a “virtual” dementia friends session. Our hope is that when it is circulated widely



it will inspire everybody. Fife is about to refresh their Dementia Strategy and STAND will be fully involved in this process.

It is also my hope over time that STAND will be the “go to group” for information and guidance about dementia in the Kingdom.

”



Trisha King writes:

“ STAND, for me as a supporter, has been an immense source of comfort. I have been to other dementia support groups, but they were all relatives of older people with the disease; and whilst some of the issues are the same, they are also very different. Most of them were retired, or their relative was retired when they were diagnosed and so they did not understand the complexities of my situation. Everyone at STAND is in the same boat – give or take. We know what it’s like to go down to one income; to have young kids to care for etc etc. I know I can say anything to them and they will not judge me – even if I have the occasional melt-down!! We share tips, knowledge, and plenty of laughs! For me, they have become an extended family.

”



Mini Hippo



Size:

Approx. 2.5 inches long.

Materials:

2.75mm needles

Oddments of double knitting yarn in body colour,
and some black to embroider the face

Darning needle

Polyester stuffing

Gauge:

7 sts and 10 rows to 1 inch, or close to this. You want nice tight knitting that the stuffing won't show through.

Glossary:

k - knit; p - purl; st(s) - stitch(es); st-st - stocking stitch; kfb - increase by knitting into the front and back of the next st; k2tog - decrease by knitting the next 2 sts together; kfbf - increase by 2 extra steps sts by knitting into the front and back, and then front again of the next st; k3tog - decrease by 2 sts by knitting the next 3 sts together.

Body and Head:

Cast on 10 sts.

Row 1: (kfb) into every st - 20 sts.

Row 2: p.

Row 3: (kfb) into every st - 40 sts.

Rows 4 -26: st-st, beginning p (23 rows).



Row 27: (k2tog) to end - 20 sts.

Row 28 p.

Row 29: k7, (kfbf) 6 times, k7 - 32 sts.

Row 30: p.

Row 31: (k2, kfb) 3 times, (kfb, k2) 3 times - 38 sts.

Row 32-44: st-st, beg p (13 rows).

Row 45: k3, (k3tog) 4 times, k8, (k3tog) 4 times, k3 - 22 sts.

Row 46: p.

Row 47: (k2tog) to end - 11sts.

Break off a long length of yarn, thread through the remaining sts, pull up tightly and fasten off. Seam row edges, leaving about 1 cm open at the cast edge. Stuff body and head firmly. Close remaining seam. Gather round cast on sts, pull up tightly and fasten off. Use a length of yarn to work a line of gathering sts around the neck and pull to add further shape to the neck. Fasten off and sew in any ends.

Legs (make 4):

Cast on 14 sts.

Rows 1-6: st-st, begk.

Row 7: (k2tog) to end - 7 sts.

Break off a long length of yarn, thread through remaining sts, pull up tightly and fasten off. Using the photo as a guide, position the ears on the head and sew the row edge to curve upwards.

Tail:

Cast on 6 sts.

Cast off.

Sew one row edge of tail just above the gathered cast on sts at the back of the body.

Face:

Use black yarn to embroider two eyes and two nostrils, using the photo as a guide for placement.



Top tips to enable people to still take part

- You might not be able to do all of something, but you might still be able to do some of it.
- Planning and doing things can sometimes be overwhelming and difficult, but don't stop doing! For example: measuring out all the ingredients and following a recipe might be more difficult but it doesn't stop you from mixing it all together in a bowl.... And licking the bowl and eating the cake afterwards!
- Use your old skills and try new ones
- Don't rush, be calm and be kind to yourself
- Break down what you do into step by step. One thing at a time.
- If someone is with you offering a helping hand agree when and how they may offer support or interrupt if needed. This might save a few arguments.

Fife useful contacts

Primary Care Teams

GP Practices/Hubs

All round general care and getting tests for your memory. GP's can prescribe medicines and will send you to more specialist services if you need them.

They can also support you to make contact with other staff like nurses, physiotherapists, occupational therapists and pharmacists.

Post Diagnostic Support Team

Provide direct support at the point of diagnosis, plan for the future, aim to maintain health, independent living and community connections.

01592 643355 ext 27288



Social Work Contact Centre Information about Social Work services

0345 155 1503

Alzheimer Scotland

Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH. Resource Centre is open from 10–4 Monday – Thursday and between 10–3 on a Friday. We offer support, advice and information. We also provide befriending and group activities including cafés.

www.alzscot.org

01592 204541 24 hour Helpline **0808 808 3000**

Fife Carers Centre

Direct support to Carers, advice, training courses, a befriending service for Carers.

157 Commercial Street, Kirkcaldy, KY1 2NS

www.fifecarerscentre.org

01592 205472

Citizens Advice and Rights for Fife

Independent Charity providing advice and support on a wide variety of topics including welfare benefits, debt advice and consumer issues.

Saltire Centre, 10–12 Pentland Court, Glenrothes, KY6 2DA

www.CABfife.org.uk

General Enquiries **0345 140 0095**

Debt Enquiries **0345 140 0094**

Fife Voluntary Action

List of local services, training courses, support for employment issues.

Craig Mitchell House, Flemington Road, Glenrothes, KY7 5GE

01592 760 720

www.fifevoluntaryaction.org.uk



Crossroads

Respite for Carers, Befriending. Buko Tower, Suite 9,
Dalton Road, Glenrothes, KY6 2SS

www.crossroadsfifecentral.org

01592 610540

Age Concern Glenrothes

Befriending, group activities and home support. 100
Scott Road, Glenrothes, KY6 1AE

www.ageconcernglenrothes.org

01592 756316

Fife Forum

Direct support to maintain independence. Millie
Street, Kirkcaldy, KY1 2NL

www.fifeforum.org.uk

01592 643743

Fife Cultural Trust

Information on libraries, museums, theatres and
activities. Helping Fifers to connect, discover and grow.

Iona House, John Smith Business Park, Grantsmuir
Road, Kirkcaldy, KY2 6NA

www.onfife.com

01592 583204

Fife Sports and Leisure Trust Classes

Help get people more active and to improve their
strength and balance.

healthandwellbeing@fifeleisure.org.uk

www.fifeleisure.org.uk

01383 602209



Supported Holidays – MindForYou Holidays

That are escorted and supported by paid staff who have a lot of knowledge and experience looking after people living with dementia. Holidays are available all year round at destinations throughout the UK.

23 Transy Place, Dunfermline, KY12 7QN

www.mindforyou.co.uk

info@mindforyou.co.uk

01509 351 008

Regulation and Inspection Body for Care Services

Information on and reports about residential care facilities.

Compass House, Riverside Drive, Dundee, DD1 4NY

www.careinspectorate.com

01382 207 100

The Office of the Public Guardian Information on Guardianship and Power of Attorney

Hadrian House, Callendar Business park, Callendar Road, Falkirk, FK1 1XR

www.publicguardian-scotland.gov.uk

01324 678300



Contact us

If you would like to find out more about STAND, Dementia Friendly Fife and Dementia Friends sessions please contact Ruth McCabe at **Ruth.McCabe@fife.gov.uk**

You can follow us on our **Facebook page STAND**

You can also keep up to date by looking at our page on the DEEP website **<https://www.dementiavoices.org.uk/group/stand-kirkcaldy/>**



STAND

Striving Towards A New Day



We are a
group
in the **deep** Network

deep

The UK Network
of Dementia Voices

life
changes
trust
Creating better lives.



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