

Occupational Therapy – Adult Learning Disability Service

Social Resources

This handout aims to list Fife Wide resources which promote socialisation for Adults with Learning Disabilities.

Fife Forum Local Area Coordinator is a service that can help adults explore activities of interest.



Fife forum community resource:

Office 1-2, Fraser Buildings, Millie Street
Kirkcaldy KY1 2NL
01592643743

Fife forum online resource:

www.fifeforum.org.uk

On Your Doorstep can help adults explore activities of interest.



On your doorstep website resource:

www.onyourdoorstepfife.org

The Well is a service that can signpost adults to a range of community resources including social work, housing, citizens advice and health.



The Well community resource:

Glenrothes @ The Haven, Kingdom Shopping Centre (Wednesday 10am - 12pm)

Kirkcaldy @ The Mercat shops (Thursday 10am – 12pm)

Also offers **NearMe appointments** – via website detailed below - on Monday and Thursday from 1pm-3pm and Tuesday and Wednesday 10am-12pm.

The Well website resource:

<https://www.fifehealthandsocialcare.org/your-community/the-well>

The following are additional services which Adults with a Learning Disability may be interested in, with the aim of meeting new people and experiencing new activities:

Real Life Options



Real life options community resource:
Independent support

Unit 14B Elgin Industrial Estate,
Dunfermline, Fife, KY12 7SN
01383842947

Real life options website:

www.reallifeoptions.org

Options in Life



Options in life community resource:

Recreational Programme (East and West)
Peer Mentoring/ Employability project
(Wednesday)
Cooking Class (Tuesday Evenings) – **Note:**
Currently on hold due to COVID-19
Pop-up Café Ceres (Tuesday and Wednesdays
10am-3pm)

Options in life website:

www.optionsinlife.org/

Fairway Fife



Fairway Fife community resource:
Groups/ activities/ resources in Dunfermline area.

3-5 New Row,
Dunfermline,
KY12 7EA

Fairway Fife website:

www.fairwayfife.com

The Sunshine Kitchen



The Sunshine Kitchen community resource:

The Sunshine Kitchen website:

<https://thesunshinekitchen.co.uk/>

Sports Disability Fife



Sports Disability Fife community resource:

Sports Disability Fife website:

<https://www.fifeleisure.org.uk/sports/disability-sport-fife-scio/>