

Young Person/Adult Groups in Fife

Autism Specific Groups

Autism Rocks (Fife)

Teen and adult social groups held at centre in Buckhaven on a Friday evening 6-8pm.

Telephone: 01592 569438

<http://autismrocksfife.org/what-we-offer/>

Autism in Fife

Social groups for adults aged 18+ on Tuesday evenings in Dunfermline. Please contact Thelma if you wish to attend.

Telephone: Thelma Fyfe 07756287774

Families Affected by Autism (FABA)

Based in Cowdenbeath, FABA offers a teen/adult drop in each Sunday, 7-9pm at the 46th Fife Scout Hall Group, Wemyss Street, Cowdenbeath.

Each session costs £3.50.

Contact: Linda Wilson 07599963719

<https://www.facebook.com/groups/158875021621794/>

General Groups

Curnie Clubs

Social groups for adults aged 24-49 who are feeling isolated or lonely. Groups run throughout Fife

Telephone: 07748 631417 or 07748 631648

Email: curnieclubsinfife@gmail.com

<https://www.fassaction.org.uk/downloads/Curnie-Clubs-Leaflet-2017.pdf>

Express Group

Groups for adults living with mental ill health. Groups are run from various locations across Fife.

Telephone: 01592 645331

Email: info@expressgroupfife.org.uk

<http://www.expressgroupfife.org.uk/>

Contact Point

Mental health day resource centres in Kirkcaldy and Buckhaven for adults aged 18+ who are experiencing mental ill health. Drop in service available and various groups available.

Telephone: 0345 140 7777

<https://www.baronyha.org.uk/care-and-support/contact-point/contact-point-fife>

Fife Forum

Local Area Co-ordinators can offer support to adults within Fife to maintain their independence and remain active and connected in their communities. This might include identification and signposting to different services and resources.

Telephone: 01592 643743

<https://www.fifeforum.org.uk/local-area-co-ordinators/adults/>

Fairway Fife

Peer mentoring service for adults with autism and learning disabilities aged 16+ living within West Fife

Telephone: 01383 249491

Email : admin@fairwayfife.com

<http://fairwayfife.com/>

HyperClub

The HyperClub has services for people with ADHD, autism and various other health issues. Various clubs run from premises in Inverkeithing including pre-bookable sensory room, games hall and karaoke disco.

Tel: 07735588480 **Email:** hyperclub2012@gmail.com

<https://www.facebook.com/Hyperclub-1450947958469056/?fref=ts>

Energi

Based in St Monans, Energi have a Drop-In Centre, Monday – Friday 10am - 2pm. The service welcomes anyone who feels they would benefit from services due to mental health/substance misuse.

<http://www.energi.org.uk/energi-drop-in.html>

SAMs Café

Based in Linton Lane Centre, Kirkcaldy, Sam's Café offers a drop-in peer support service for adults (16+) who are in crisis or experiencing difficulties with their mental health.

Opening times: Wednesday, Friday, Saturday & Sunday 2pm-10pm

For general enquiries contact: 07971892886

Special Interest Groups

Heart and Sound

A Scottish youth work and creative media charity based in Dunfermline. Groups offered for 11-16 and 16-24 year olds

Telephone: 01383 223340

<http://www.heartandsound.co.uk/16-24.html>

Gowrie Singing Group

A group of music and singing enthusiasts over the age of 17 who have various disabilities and support needs.

The group meets fortnightly on Tuesdays, 1-2pm at Parkgate Community Centre, Rosyth.

Telephone: Claire 07107 214944

Email: CSpittlehouse@gowriecare.co.uk

Gowrie Drama Group

A talented and diverse group of actors, singers, dancers and theatre enthusiasts who have various disabilities and support needs.

The group meets fortnightly on Tuesdays, 11am-12pm
Parkgate Community Centre, Rosyth

Telephone: Claire 07107 214944
Email: CSpittlehouse@gowriecare.co.uk

ADACT! Drama Group

Inclusive drama group aimed at bringing together members of the community. Breaking barriers and building confidence through creative theatre workshops.

Workshops held in Anstruther Town Hall

Telephone: 07415650584
Email: adact@mail.com

Scottish Women's Autism Network (SWAN)

A national peer support charity run by autistic women for autistic women and girls 15+. They have online support groups, and in person meet-ups in Glasgow, Aberdeen, Stirling, and Edinburgh.

The online group can be accessed by emailing SWAN or sending them a private message on Facebook and requesting to be added. The details of their in person meets can be accessed by doing the same.

Facebook: <https://en-gb.facebook.com/swans.scotland/>
Website: <http://www.swanscotland.com/>
Email: swan.scotland@gmail.com