



# ENABLE Scotland

Leading the way in learning disability



LOTTERY FUNDED

# ENABLE U Project

Supporting families through the Pre and Post  
Diagnosis Journey in Fife and Forth Valley.

**We can:**

- Help you understand the impact of learning disability on family life
- Support you to make a plan for a positive future
- Connect you with people who understand and may be able to offer support
- Offer free independent and impartial advice and support



For more information please contact us:

**FIFE -** Fife Services, Alexander House, 5 Alexander Street,  
Dysart, Kirkcaldy, Fife, KY1 2XX  
Tel: 01592 659295 [lendahand@enable.org.uk](mailto:lendahand@enable.org.uk)

**FORTH VALLEY -** Forth Valley Services, Unit 26-31, Block 2,  
Whitehouse Road, Springkerse Industrial Estate,  
Stirling, FK7 7SP  
Tel: 01786 476750 [forthvalley@enable.org.uk](mailto:forthvalley@enable.org.uk)

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