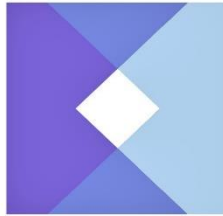


# Fife Forum



## **Fife Forum**

Making Community Connections

**SHOPPING DELIVERY  
&  
DOMESTIC SERVICE PROVIDERS  
+  
OTHER USEFUL  
INFORMATION**

Fife Forum is the umbrella organisation for all elderly fora and user panels in Fife, offering information advice and advocacy for older people.

The information contained in this booklet is provided as a guide for people who may require a shopping delivery or cleaning service to assist them with their daily living.

Along with this information are details of some other organisations that may be of use to you.

This is general information to assist you only. No organisation mentioned is endorsed by Fife Forum

**Assisted Services**

**07549982245**  
**Or 01592 775261**

**Rate**

Personal Care      £16.00 per hour

**Area Covered**

West Fife

**Disclosure Checked**

Yes

**We strive to provide Care and Support in a manner which respects the privacy, dignity and wishes of service users.**

**Payment can be made by cash or cheque.**

**Avenue Care Services**

**01764 663644**

Rate      £16.00 per hour

Domestic Cleaning  
Shopping Delivery  
Prescription Collection Service

**Area Covered**

Fife wide except St Andrews

**Disclosure Checked**

Yes

## **General household duties including Laundry and Bed changing.**

**Payment by Direct Debit, Standing Order, Cash or Cheque.**

**Blue Star St Andrews Ltd                      07967025121**

### **Rate**

£7.65 per half hour for

Shopping Delivery  
Prescription Collection  
Pension Collection  
Post Office Services

£15.30 per hour for Befriending/Companion

£15.30 per hour for Cleaning Service, this can be weekly, fortnightly or 4 weekly.

There is a 50 pence per mile charge after the 10<sup>th</sup> mile.

### **Area Covered**

St Andrews and surrounding area, East Neuk villages and Howe of Fife.

### **Disclosure Checked**

Yes

**Busy B Services**

**01592 868589**

**Or 07496 676291**

**Rate**

£9.00 per hour

Shopping Delivery

Prescription Collection

Pension Collection

Post Office Services.

Other services available per discussion

**Area Covered**

Central & West Fife

**Disclosure Checked**

Yes

**Payment by cash or direct debit**

**Caledonian Housing Association**

**01382 484542**

**Rate**

£12.95 per hour for all services

Domestic Cleaning – Vacuuming, Dusting & Polishing

One-off “Spring Clean”

Internal Windows Cleaned

Laundry & Ironing

Local Shopping  
Collection of Prescriptions  
Paying Bills

£10 set up fee includes personal visit

### **Area Covered**

Newport, Tayport, Gauldry, Ladybank and Cupar

### **Disclosure Checked**

Yes

**We provide a flexible, personalised and professional service. If you would like to find out more contact our Home Help Co-ordinator for further information**

**Carewatch                      01592 577555**

### **Rate**

Domestic Cleaning £15.95 per hour 7am to 7pm Mon to Fri only

Personal Care/Sitting Service/ Social Visits/Escort Service  
£15.95 per hour or £9.40 per ½ hour 7am to 10pm Mon to Friday

£15.95 per hour or £10.50 per ½ hour 7am to 10pm Sat & Sunday

£31.90 per hour or £21.00 per ½ hour 7 am – 10pm Public Holidays

Mileage charge is £0.35p per mile.

**Area Covered**

Fife Wide

**Disclosure Checked**

Yes

**Shopping delivery and other services also available  
contact them direct for further information.**

**Caroline Inch                      07593416528**

**Rate**

£25.00     Footcare Services only.

**Area Covered**

Fife Wide

Possible mileage charge.

**Disclosure Checked**

Yes PVG

**Central Fife Companions**

**07956666275**

**Rate**

£16.00 for all services.

Shopping Service  
Prescription Collection  
Post Office Services  
Befriending/Companion Service

Mileage Charge £0.45p per mile.

**Area Covered**

Fife Wide

**Disclosure Checked**

Yes

**Cleaner Connections 0800 158 8223**

**Rate**

Domestic Cleaning – all domestic services. £9.50 per hour

**Area Covered**

Fife Wide

**Disclosure Checked**

Yes



We offer a friendly and reliable domestic cleaning service and general help around the home. We assign the same housekeeper who will attend to the needs of the client at a time and day suitable.

Payment can be by cash, cheque or standing order.

**Crisscross Companion** **01333 279328**  
**Or 07580006161**

### Rate

£13.50 per hour.

### Area Covered

North East Fife, St Andrews & East Neuk.

Mileage charge of 50p per mile.

### Disclosure checked

Yes PVG

**Domestic Matters** **0790 159 5854**

### Rate

Domestic Cleaning	£11.50 per hour
Shopping Delivery	Not provided
Prescription Collection	Not provided
Pension Collection	Not Provided
Post Office Services	Not Provided

### Area Covered

Dunfermline through to Leven

## **Disclosure Checked**

Yes

**Will also provide oven cleaning and one-off cleaning service.**

**Easy Cleaners**

**01592 323014**

## **Rate**

A range of cleaning services are available from domestic to oven cleaning. With prices from £10.00 per hour

## **Area Covered**

Fife Wide

## **Disclosure Checked**

Yes

**Easy-Gleam Ltd**

**07944458496**

## **Rate**

Domestic Cleaning - changing beds, ironing etc. £12.50 per hour for those aged 65 and over

## **Area Covered**

Central and West Fife

## **Disclosure Checked**

Yes

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For the full range of service please contact direct or visit the website [www.easygleam.co.uk](http://www.easygleam.co.uk).

**Elite Care Scotland                      01334 472834**

**Rate**

Only domestic service when it is combined with a personal care package.

**Area Covered**

Fife Wide

**Disclosure Checked**

Yes

**For a full range of services please contact direct**

**Fife Shopping and More                      0131 618 6515**  
**07941400753 or 07800814791**  
**Email: [brava937@yahoo.com](mailto:brava937@yahoo.com)**

**Rate**

Shopping Delivery	£10.00 per shop
One to One outing	£14.00 for 1 <sup>st</sup> hour then £5.50 per ½ hour
Pension Collection	£5.00
Paying Utilities	£5.00 per 4 week period
Cleaning	£12.00 for 1 <sup>st</sup> hour then £5.50 per ½ hour

Bank Deposit/Withdrawals As part of one-2-one

Grass cutting/hedge trimming £14.00 per hour.

## Area Covered

All areas considered.

## Disclosure Checked

Yes

Payment by cash or standing order.

Mileage rates may apply depending on Location.

Contact direct for further information.

## **Life Shopping and Support Services 01592 653344**

### Rate

Shopping	£10.00 - £12.00
Prescription Collection only	£6.00
Domestic Cleaning	£13.50 per hour
Bill Payments (Banking)	£6.00
Befriending & Companion Service	£13.50 + mile @45p per mile
Garden/Home Maintenance	£16.00 per hour

Discounts apply when using more than one service.

**Area Covered**

Fife Wide

**Disclosure Checked**

Yes

**Staff will assist with completion of the shopping lists and putting the groceries away.**

**Payment by cash or standing order.**

**Charity Registered. SC042624 Not for profit organisation.**

**First Domestic Ltd**

**01383 736922**

**Or 0774 508 5970**

**Rate**

Shopping Delivery	£6.00
Prescription Collection	£3.00
Pension Collection	£3.00
Post Office Services	£3.00
Domestic Cleaning	£10.00 per hour

**Area Covered**

Ballingry, Dunfermline & Oakley

**Disclosure Checked**

Yes

**Service available 24 hours 7 days a week contact direct for any additional information**

**Guardian Peace of Mind Services 07462237437**

**Rate**

Shopping Delivery Service                      £15.00 per hour

Cleaning, cooking, property maintenance, decorating,  
gardening, DIY & companionship £15.00 per hour.

**Area Covered**

Dunfermline and surrounding area.

**Disclosure Checked**

Yes

Payment is by direct debit.

**Got it Covered    07581367278**

**Rate**

Domestic Cleaning – Dusting, Hoovering, Cleaning inside of  
windows, Kitchen and Bathrooms cleaned, all general cleaning  
duties    £11.50 per hour

**Area Covered**

West Fife

**Disclosure Checked**

Yes

**Payment by cheque or standing order.**

**Helyn Home Help**

**07565925298**

**Rate**

Shopping Delivery  
Prescription Collection  
Befriending/Companion  
Dog sitting/walking  
Cooking/Meal Preparation  
Attending Appointments  
Cleaning/Laundry

all £14.00 per hour

**Area Covered**

East Neuk to Leuchars

**Disclosure Checked**

Yes PVG

**Jean Nail Cutting Service**

**07934197854**

Nail cutting service for both hands and feet in the comfort of your own home, Care Home & Sheltered Housing etc for anyone over the age of 18 years.

**Rate**

£15.00 for each individual treatment (Hands or Feet).

**Area Covered**

Fife Wide

**Disclosure Checked**

PVG Membership

**Payment by cash when treatment completed.**

**Jill of All Trades**

**07990807478**

**Rate**

Day to day cleaning, spring clean, clear unused rooms, storage solutions and help to dispose of unwanted items.

Flat rate of £15.00 per hour charged. Slots of 20 or 30 minutes can be arranged and charged pro-rata.

**Area Covered**

North East Fife (Wormit based).

**Disclosure Checked**

Yes

**Payment by cash, cheque or bank transfer – daily, weekly or monthly.**

Companionship or outings also offered petrol costs are included in the hourly rate.



**Jolly Happy Feet**

**07882859479**

Nail cutting and pedicure/manicure service.

Prices on request.

**Karen's Chores**

**01383 831103**

**Rate**

Domestic Cleaning £11.50 per hour

**Area Covered**

Kelty, Cowdenbeath and Dunfermline

**Disclosure Checked**

Yes

**Clients must supply their own cleaning materials**

**Kenylink Services Ltd**

**01592 651650 or 07846032164**

**Rate**

Cleaning £15.83 per hour

**Area Covered**

East, West and Central

**Disclosure Checked**

Yes

**Contact direct for further information**

**KD Cleaning Services      07759 771 508**

**Rate**

Domestic Cleaning   £10.50 per hour

**Area Covered**

Dunfermline and surrounding areas and up to Glenrothes

**Disclosure Checked**

No

Contact direct for any further information

**Like2Care Limited                      01383 621462**

**Rate**

Personal Care in your home Monday-Friday	£16.00 per hour
Personal Care in your home Saturday-Sunday	£17.00 per hour
Domestic Cleaning	£13.00 per hour
Escort into the Community	£13.00 per hour
Prescription Collecting Service	£4.00 + mileage £0.40 per mile
Post Office Services	£4.00 + mileage £0.40 per mile

**Area Covered**

Dunfermline, Rosyth & Kirkcaldy

**Disclosure Checked**

Yes - PVG

All our staff have undertaken training including Good Communication, Administration of Medication, Equality and Diversity Awareness and Palliative Care. Our staff are friendly, experienced and reliable and always ready to help.

Monthly payment by cheque, standing order or banks transfer.

**Moray Home Help**

**0773243567**

## Rate

Shopping Delivery

Prescription Collection

Pension Collection

Post Office Services

Gardening Services (light gardening only)

All charged at £12 per hour with a minimum charge of £6 for 30 minutes.

## Area Covered

Dalgety Bay, Inverkeithing, Aberdour, Rosyth, Dunfermline & immediate areas.

## Disclosure Checked

Yes – PVG

Payment by cash, cheque or bank transfer.

## **Ocean Breeze Companionship Services 07584241350**

### **Rate**

Shopping Delivery	£15.00 for all services
Prescription Collection	
Pension Collection	
Post Office Services	
Befriending/Companion	

Cleaning Service	£13.00
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### **Area Covered**

East Neuk of Fife. Largo – Kingsbarns.

### **Disclosure Checked**

Yes - PVG

Payment by cash, cheque or bank transfer.

Providing companionship and non medical assistance for older people:

Activities/outings; light housework; shopping & errands; medication pick up/reminders; appointments.

## **Oran Homecare Ltd**

**01334 652987**

### **Rate**

Shopping Delivery	£15.00 per hour
Domestic Cleaning + shopping	£15.00 per hour
Pension Collection	Not given



**Shine Time Cleaning      01592 569851**  
**Or 0759 189 0766**

**Rate**

Shopping Delivery	£12.00 per hour
Prescription Collection	£12.00 (min 1 hour)
Cleaning	£12.00 per hour (min 1 hour)

Ironing, oven and window cleaning, changing beds etc also available.

A £0.20p per mile mileage charge is also payable

**Area Covered**

Central Fife

**Disclosure Checked**

Yes

**Staff will assist with completion of shopping lists, put shopping away.**

**Carpet cleaning also available.**

**Contact direct for any further information.**

**Shopping Delivery Service      0751 404 2751**

**Rate**

Shopping Delivery	£8.00 max per shop
Prescription Collection	£0.00 included with shopping
Pension Collection	£0.00 included with shopping
Post Office Services	£0.00 included with shopping

**Area Covered**

East Fife

**Disclosure Checked**

Previous enhanced disclosure

**Payment by cash on the day.**

**Spotless Team 07989 301521**

**Area Covered**

St Andrews to Tayport & Crail and Anstruther

Rate

£12.50 per hour is using your materials  
£14.50 per hour if supplying materials  
Washing and shopping service can also be provided.

**Disclosure Checked**

This is a family business; the husband and wife are disclosure checked 2 other family members are not.

**Stacey 07595 312810**

**Area Covered**

Levenmouth to St Andrews.

**The Good Care Group Scotland 0131 3413 654**

Rate

From £1250 per week (70 hours of care).

Provision of 24 hour live in care in your own home.

**The Good Old Fashioned  
Housekeeping Co**

**01383 320570  
or 0787 649 4384**

**Rate**

Shopping Delivery	£13.00 per hour
Prescription Collection	£13.00
Pension Collection	£13.00
Post Office Services	£13.00
Domestic Cleaning	£13.00 per hour

Discount is available if a combination of services being used.

**Area Covered**

West Fife

**Disclosure Checked**

Yes

**Contact direct for any additional information**



**RVS Good Neighbours** **01592 269654**  
**Rate**

£0.60 pence per mile to cover cost of transport.

**Area Covered**

Fife Wide

**Disclosure Checked**

Yes

**They will only provide a one to one escorting service to the shops.**

On-line shopping delivery is available if you or someone you know has access to the internet from:

**ASDA** <http://www.asda.co.uk/corp/home.html>

**TESCO** <http://www.tesco.com/>

**SAINSBURY**  
<http://www.sainsburys.co.uk/shop/gb/groceries>

There will be a delivery charge associated with these.

Chilled and Frozen foods can be obtained from the following:

**Oakhouse Foods** 0800 917 9338

**Wiltshire Farm Foods** 01764 655859

The following pages list other organisations that you may find useful to you.

Name	Telephone Number	Email N° / Text Phone / Website
Advocacy for Older People in Care Homes & Community Hospitals (FF)	<b>01592 643743</b>	Specifically for older people who are either resident in a care home or who are patients in a community hospital and meeting the eligibility criteria.
Age Scotland Advice - Scottish Helpline for Older People	<b>0800 12 44 222</b>	Text phone: <b>0845 226 5851</b>
Age UK	<b>0800 678 1174</b>	
Alzheimer Scotland Dementia Helpline	<b>0808 808 3000</b>	
Attendance Allowance	<b>08457 12 34 56</b>	Text phone: <b>0800 24 33 55</b> Website: <a href="http://www.direct.gov.uk/pensions">www.direct.gov.uk/pensions</a>
Blairhall Senior Citizens	<b>01383 850821</b>	
Blue Badge Renewal	<b>03451 55 00 66</b>	
British Red Cross	<b>01592 770459</b>	

Bums Off Seats - Fife Walking Initiative	<b>01592 583343</b>	Email: <a href="mailto:vivienne.mcniven@fife.gov.uk">vivienne.mcniven@fife.gov.uk</a>
Carers Scotland	<b>0808 808 7777</b>	
Carpet Queen	<b>07597 057121</b>	Carpet & Domestic Cleaning
Circles Network - Professional and Independent Advocacy Service providing issue-based Individual and Collective Advocacy Support	<b>01592 645360</b>	
Citizens Advice & Rights Fife	<b>0845 1400 095</b>	
Concessionary Travel (My Fife card)	<b>03451 55 55 55 Ext 444381 01592 583370</b>	

Contact the Elderly in Scotland	<b>01505 874412</b>	
Cruse Bereavement Care Fife	<b>08456 06 64 89</b>	
Dalgety Bay Senior Citizens Club	<b>01383 823167</b>	
Deaf Communication Services - Fife Council	<b>01592 583341</b>	Minicom 01592 583265
Dental Helpline	<b>08450 63 11 88</b>	
Dial a Ride	<b>03451 55 11 88</b>	This is a free shopping service for people who have difficulty using conventional public transport. Trained staff pick up passengers from their doors who are then driven to one of a choice of Town Centre destinations. For further information on how to use this service please contact the number provided.
Disability Living Allowance	<b>08457 12 34 56</b>	Text phone: <b>0800 24 33 55</b> Website: <a href="http://www.direct.gov.uk/pensions">www.direct.gov.uk/pensions</a>

Disabilities Fife	<b>01592 203993</b>	Mobile: SMS Text 07841504318 Email: <a href="mailto:chair@disabilitiesfife.org.uk">chair@disabilitiesfife.org.uk</a>
East Neuk Frail Elderly	<b>01333 311837</b>	Email: <a href="mailto:enproject@btinternet.com">enproject@btinternet.com</a>
Energy Saving Scotland Advice Centre	<b>0800 710 1016</b>	Email: <a href="mailto:energyadvice@changeworks.org.uk">energyadvice@changeworks.org.uk</a>
Energywatch	<b>0800 710 1016</b>	
Fairprice Mobility Scotland	<b>01592 652244</b>	Disability Equipment (Manufacturers & Suppliers)
Fife Carers Centre	<b>01592 205472</b>	Email: <a href="mailto:centre@fife.carers.net">centre@fife.carers.net</a>
Fife Care & Repair	<b>01592 631661</b>	Email: <a href="mailto:careandrepair@kingdomhousing.org.uk">careandrepair@kingdomhousing.org.uk</a>
Fife Cares - Home Safety	<b>03451 551503</b>	Email: <a href="mailto:admin.fifecares@fife.gov.uk">admin.fifecares@fife.gov.uk</a>
Fife Council Money Advice	<b>01592 583123</b>	Email: <a href="mailto:money.advice@fife.gov.uk">money.advice@fife.gov.uk</a>
Fife Council Main Switchboard	<b>03451 55 0000</b>	
Fife Council	<b>03451 551503</b>	This is the number for all Social Work services.

Social Work Contact Centre	<b>03451 550099</b>	17.00-9.00 am Mon to Fri, all weekend and public holidays
Out of Hours		
Fife Day Care Services Ltd	<b>01592 782889</b>	Email: <a href="mailto:fifedaycare@gmail.com">fifedaycare@gmail.com</a>
Fife Footcare	<b>0800 389 6046</b>	Email: <a href="mailto:james@fifevoluntaryaction.org.uk">james@fifevoluntaryaction.org.uk</a>
Fife Forum	<b>01592 643743</b>	Email: <a href="mailto:info@fifeforum.org.uk">info@fifeforum.org.uk</a> Website: <a href="http://www.fifeforum.org.uk">www.fifeforum.org.uk</a>
Fife Pakistan Assoc		Email: <a href="mailto:fifepakistanassociation@yahoo.co.uk">fifepakistanassociation@yahoo.co.uk</a>
Fife Sensory Impairment Centre	<b>01592 644979</b>	Email: <a href="mailto:info@fsbinsight.co.uk">info@fsbinsight.co.uk</a>
Fife Shophmobility	<b>0844 3356414</b>	Glenrothes - option 1 Kirkcaldy - option 2 Dunfermline - option 3
Fife User Panels	<b>01592 643743</b>	Email: <a href="mailto:wilma@fifeforum.org.uk">wilma@fifeforum.org.uk</a>
FRAE Fife	<b>01592 204005</b>	Email: <a href="mailto:info@fraefife.co.uk">info@fraefife.co.uk</a> Web: <a href="http://www.fraefife.co.uk">www.fraefife.co.uk</a>
Furniture Plus Ltd	<b>01592 654546</b>	Email: <a href="mailto:enquiries@furnitureplus.org.uk">enquiries@furnitureplus.org.uk</a>

Housing Energy Management Service	<b>03451 55 55 55 Ext 473412</b>	
Local Area Coordinator's (Fife Forum)	<b>01592 643743</b>	
Macmillan Cancer Support	<b>0800 500 800</b>	
Mailing Preference Service	<b>0845 703 4599</b>	
NHS 24	<b>111</b>	
Pension Credit /State Pension	<b>08456 06 02 65</b>	Text phone: <b>0800 169 0133</b> Website: <a href="http://www.direct.gov.uk/pensions">www.direct.gov.uk/pensions</a>
Police Scotland	<b>101</b>	Non-Emergency calls and business Emergency calls <b>999</b>
Queen Margaret Hospital	<b>01383 623623</b>	
Ring and Ride	<b>03451 55 11 88</b>	This is a door to door service that you must call and book in advance. The bus will call at your door and will take you anywhere within the local operating area. Currently operating in: <ul style="list-style-type: none"> <li>• Kirkcaldy</li> </ul>



		<ul style="list-style-type: none"> <li>• Levenmouth (Leven/Buckhaven/Methil / Methilhill, Kennoway, Windygates)</li> <li>• Dunfermline including Rosyth</li> <li>• Glenrothes</li> </ul>
Royal National Institute of the Blind	<b>0303 123 9999</b>	Text phone: <b>18001 0845 766 9999</b>
Scottish Fire & Rescue Service	<b>0800 0731 999</b>	<p>Keep you and your loved ones safe from fire - get your free home fire safety visit today.</p> <p>We'll help you sort out a fire escape plan and fit smoke alarms free of charge if your home requires them.</p>
Shelterline	<b>0808 800 4444</b>	
Tax Help for Older People	<b>0845 125 9732</b>	
Tayport Old Peoples Club	<b>42 Elizabeth Street Tayport DD6 9LT</b>	
Telephone Preference Service	<b>08450 70 07 07</b>	

Tenants Improvement Grant Scheme	<b>01334 412867</b>	
Trading Standards Service - Fife Council	<b>01592 583141</b>	
U-Switch	<b>08453 45 12 96</b>	
Victoria Hospital	<b>01592 643355</b>	
Will Writing Company	<b>0844 412 0776</b>	
RVS-Good Neighbours Home Support Project	<b>01592 269654</b>	



Anyone wishing further information or assistance with the information contained or information relating to the services of Fife Forum should contact us by writing to us at the address overleaf or by calling either of the Freephone numbers given.

# Fife Forum

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

Freephone 0800 032 4595  
0800 032 4596

Email [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk)

Website [www.fifeforum.org.uk](http://www.fifeforum.org.uk)

**Scottish Charity Number SC022596**



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