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 10th 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
For the full range of service please contact direct or visit the website 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

Rate

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

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**Fife 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

Friends For Life 07305949045

Rate
Befriending £15 per hour

Area Covered
Cowdenbeath, Dunfermline, Inverkeithing, Kelty, Lochgelly, Rosyth, Valleyfield and most west Fife villages.

Disclosure Checked
Yes

Payment by bank transfer or cash.

Mileage 45p per mile.

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  all £14.00 per hour
Prescription Collection
Befriending/Companion
Dog sitting/walking
Cooking/Meal Preparation
Attending Appointments
Cleaning/Laundry
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).

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
Laine Housekeeping Service  07999734919

Rate

Most domestic chores including the making up of beds and hanging up of laundry. £15 per hour or £13 per hour if on a regular basis. Client must provide the cleaning materials.

Payment by cash on the day.

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

Area Covered

20
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
Post Office Service Not Given

**Area Covered**

Fife Wide

**Disclosure Checked**

Yes

Mileage rates may apply for outlying clients.
**Paramount Care Agency**  01592 266711

**Rate**

Personal Care  £15.60 per hour (Mon – Fri) 8 am – 4pm,  
               £18.50 4pm – 8am  
Personal Care  £21.00 per hour (Sat-Sun)  
Public Holidays – please contact direct for cost

**Area Covered**

Burntisland, Buckhaven, Glenrothes, Kinghorn, Kirkcaldy, Leslie & Leven

**Disclosure Checked**

Yes

**Contact direct for further information**

**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** 01383 320570
**Housekeeping Co** 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](http://www.asda.co.uk/corp/home.html)

**TESCO**  [http://www.tesco.com/](http://www.tesco.com/)

**SAINSBURY**  [http://www.sainsburys.co.uk/shop/gb/groceries](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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Telephone Number</th>
<th>Email N° / Text Phone / Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy for Older People in Care Homes &amp; Community Hospitals (FF)</td>
<td>01592 643743</td>
<td>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.</td>
</tr>
<tr>
<td>Age Scotland Advice – Scottish Helpline for Older People</td>
<td>0800 12 44 222</td>
<td>Text phone: 0845 226 5851</td>
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<tr>
<td>Age UK</td>
<td>0800 678 1174</td>
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<tr>
<td>Alzheimer Scotland Dementia Helpline</td>
<td>0808 808 3000</td>
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<tr>
<td>Attendance Allowance</td>
<td>08457 12 34 56</td>
<td>Text phone: 0800 24 33 55 Website: <a href="http://www.direct.gov.uk/pensions">www.direct.gov.uk/pensions</a></td>
</tr>
<tr>
<td>Blairhall Senior Citizens</td>
<td>01383 850821</td>
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<tr>
<td>Blue Badge Renewal</td>
<td>03451 55 00 66</td>
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<tr>
<td>British Red Cross</td>
<td>01592 770459</td>
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<tr>
<td>Organization</td>
<td>Phone Number</td>
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<tr>
<td>Bums Off Seats - Fife Walking Initiative</td>
<td>01592 583343</td>
<td>Email: <a href="mailto:vivienne.mcniven@fife.gov.uk">vivienne.mcniven@fife.gov.uk</a></td>
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<tr>
<td>Carers Scotland</td>
<td>0808 808 7777</td>
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<tr>
<td>Carpet Queen</td>
<td>07597 057121</td>
<td>Carpet &amp; Domestic Cleaning</td>
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<tr>
<td>Circles Network - Professional and Independent Advocacy Service providing issue-based Individual and Collective Advocacy Support</td>
<td>01592 645360</td>
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<tr>
<td>Citizens Advice &amp; Rights Fife</td>
<td>0845 1400 095</td>
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<tr>
<td>Concessionary Travel (My Fife card)</td>
<td>03451 55 55 55 Ext 444381 01592 583370</td>
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<tr>
<td>Service</td>
<td>Contact Information</td>
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<tr>
<td>Contact the Elderly in Scotland</td>
<td>01505 874412</td>
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<tr>
<td>Cruse Bereavement Care Fife</td>
<td>08456 06 64 89</td>
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<tr>
<td>Dalgety Bay Senior Citizens Club</td>
<td>01383 823167</td>
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<tr>
<td>Deaf Communication Services - Fife Council</td>
<td>01592 583341 Minicom 01592 583265</td>
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<tr>
<td>Dental Helpline</td>
<td>08450 63 11 88</td>
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<tr>
<td>Dial a Ride</td>
<td>03451 55 11 88              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.</td>
<td></td>
</tr>
<tr>
<td>Disability Living Allowance</td>
<td>08457 12 34 56              Text phone: 0800 24 33 55 Website: <a href="http://www.direct.gov.uk/pensions">www.direct.gov.uk/pensions</a></td>
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<tr>
<td>Service</td>
<td>Phone Number</td>
<td>Other Details</td>
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<tr>
<td>Disabilities Fife</td>
<td>01592 203993</td>
<td>Mobile: SMS Text 07841504318 Email: <a href="mailto:chair@disabilitiesfife.org.uk">chair@disabilitiesfife.org.uk</a></td>
</tr>
<tr>
<td>East Neuk Frail Elderly</td>
<td>01333 311837</td>
<td>Email: <a href="mailto:enproject@btinternet.com">enproject@btinternet.com</a></td>
</tr>
<tr>
<td>Energy Saving Scotland Advice Centre</td>
<td>0800 710 1016</td>
<td>Email: <a href="mailto:energyadvice@changeworks.org.uk">energyadvice@changeworks.org.uk</a></td>
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<tr>
<td>Energywatch</td>
<td>0800 710 1016</td>
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<tr>
<td>Fairprice Mobility Scotland</td>
<td>01592 652244</td>
<td>Disability Equipment (Manufacturers &amp; Suppliers)</td>
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<tr>
<td>Fife Carers Centre</td>
<td>01592 205472</td>
<td>Email: <a href="mailto:centre@fife.carers.net">centre@fife.carers.net</a></td>
</tr>
<tr>
<td>Fife Care &amp; Repair</td>
<td>01592 631661</td>
<td>Email: <a href="mailto:careandrepair@kingdomhousing.org.uk">careandrepair@kingdomhousing.org.uk</a></td>
</tr>
<tr>
<td>Fife Cares - Home Safety</td>
<td>03451 551503</td>
<td>Email: <a href="mailto:admin.fifecares@fife.gov.uk">admin.fifecares@fife.gov.uk</a></td>
</tr>
<tr>
<td>Fife Council Money Advice</td>
<td>01592 583123</td>
<td>Email: <a href="mailto:money.advice@fife.gov.uk">money.advice@fife.gov.uk</a></td>
</tr>
<tr>
<td>Fife Council Main Switchboard</td>
<td>03451 55 0000</td>
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</tr>
<tr>
<td>Fife Council</td>
<td>03451 551503</td>
<td>This is the number for all Social Work services.</td>
</tr>
<tr>
<td>Social Work Contact Centre</td>
<td>03451 550099</td>
<td>17.00-9.00 am Mon to Fri, all weekend and public holidays</td>
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<tr>
<td>Fife Day Care Services Ltd</td>
<td>01592 782889</td>
<td>Email: <a href="mailto:fifedaycare@gmail.com">fifedaycare@gmail.com</a></td>
</tr>
<tr>
<td>Fife Footcare</td>
<td>0800 389 6046</td>
<td>Email: <a href="mailto:james@fifevoluntaryaction.org.uk">james@fifevoluntaryaction.org.uk</a></td>
</tr>
<tr>
<td>Fife Forum</td>
<td>01592 643743</td>
<td>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></td>
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<tr>
<td>Fife Pakistan Assoc</td>
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<td>Email: <a href="mailto:fifepakistanassociation@yahoo.co.uk">fifepakistanassociation@yahoo.co.uk</a></td>
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<tr>
<td>Fife Sensory Impairment Centre</td>
<td>01592 644979</td>
<td>Email: <a href="mailto:info@fsbinsight.co.uk">info@fsbinsight.co.uk</a></td>
</tr>
<tr>
<td>Fife Shopmobility</td>
<td>0844 3356414</td>
<td>Glenrothes - option 1 Kirkcaldy - option 2 Dunfermline - option 3</td>
</tr>
<tr>
<td>Fife User Panels</td>
<td>01592 643743</td>
<td>Email: <a href="mailto:wilma@fifeforum.org.uk">wilma@fifeforum.org.uk</a></td>
</tr>
<tr>
<td>FRAE Fife</td>
<td>01592 204005</td>
<td>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></td>
</tr>
<tr>
<td>Furniture Plus Ltd</td>
<td>01592 654546</td>
<td>Email: <a href="mailto:enquiries@furnitureplus.org.uk">enquiries@furnitureplus.org.uk</a></td>
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<tr>
<td>Service</td>
<td>Number/Website</td>
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<tr>
<td>Housing Energy Management Service</td>
<td>03451 55 55 55 Ext 473412</td>
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<tr>
<td>Local Area Coordinator's (Fife Forum)</td>
<td>01592 643743</td>
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<td>Macmillan Cancer Support</td>
<td>0800 500 800</td>
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<tr>
<td>Mailing Preference Service</td>
<td>0845 703 4599</td>
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<tr>
<td>NHS 24</td>
<td>111</td>
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<tr>
<td>Pension Credit /State Pension</td>
<td>08456 06 02 65 Text phone: 0800 169 0133 Website: <a href="http://www.direct.gov.uk/pensions">www.direct.gov.uk/pensions</a></td>
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<tr>
<td>Police Scotland</td>
<td>101</td>
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<tr>
<td>Queen Margaret Hospital</td>
<td>01383 623623</td>
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<tr>
<td>Ring and Ride</td>
<td>03451 55 11 88 Text 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: • Kirkcaldy</td>
<td></td>
</tr>
</tbody>
</table>
| Royal National Institute of the Blind | Levenmouth (Leven/Buckhaven/Methil/Methilhill, Kennoway, Windygates)  
| Dunfermline including Rosyth  
| Glenrothes |
| Scottish Fire & Rescue Service | 0303 123 9999 | Text phone: 18001 0845 766 9999 |
|  | 0800 0731 999 | Keep you and your loved ones safe from fire - get your free home fire safety visit today.  
|  |  | We'll help you sort out a fire escape plan and fit smoke alarms free of charge if your home requires them. |
| Shelterline | 0808 800 4444 |
| Tax Help for Older People | 0845 125 9732 |
| Tayport Old Peoples Club | 42 Elizabeth Street  
| Tayport  
<p>| DD6 9LT |
| Telephone Preference Service | 08450 70 07 07 |</p>
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tenants Improvement Grant Scheme</td>
<td>01334 412867</td>
</tr>
<tr>
<td>Trading Standards Service - Fife Council</td>
<td>01592 583141</td>
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<tr>
<td>U-Switch</td>
<td>08453 45 12 96</td>
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<tr>
<td>Victoria Hospital</td>
<td>01592 643355</td>
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<tr>
<td>Will Writing Company</td>
<td>0844 412 0776</td>
</tr>
<tr>
<td>RVS-Good Neighbours Home Support Project</td>
<td>01592 269654</td>
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</table>
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.

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

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0800 032 4596

Email info@fifeforum.org.uk

Website www.fifeforum.org.uk

Scottish Charity Number SC022596