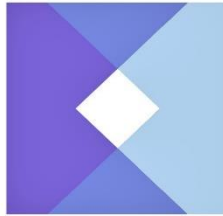


Fife Forum



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 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

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	£8.00 to £10.00 per shop
One to One outing	£14.00 for 1 st hour then £5 per ½ hour
Prescription Collection	£4.00
Pension Collection	£5.00
Paying Utilities	£5.00 per 4 week period
Cleaning	£11.00 for 1 st hour, discount for 2 nd
Bank Deposit/Withdrawals	As part of one-2-one

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
Shopping +Pension, Bills etc.	£6.00 - £14.40 if combined
Pension/Post Office Services	£6.00
Prescription Collection only	£4.80
Domestic Cleaning	£12.00 per hour
Bank Services	£6.00
Befriending & Companion Service	£12.00 + mile @45p per mile
Garden/Home Maintenance	£14.00 per hour

Discounts apply when using more than one service.

Area Covered

Fife Wide except St Andrews

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. 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 all £14.00 per hour
Prescription Collection
Befriending/Companion
Dog sitting/walking
Cooking/Meal Preparation

Attending Appointments
Cleaning/Laundry
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

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

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

Disclosure Checked

Yes

Contact direct for further information

Perfect Clean

07708484286

Rate

Domestic Cleaning £12.00 per hour
One off cleaning, curtain & bed changing, inside windows
cleaned, ironing etc.

Area Covered

Dunfermline, Crossgates, Rosyth, Inverkeithing and Dalgety
Bay

Disclosure Checked

Yes

Staff will assist with putting the groceries away.

**Range of other services available e.g. curtain changing,
ironing, one of clean etc. Contact direct for further
information.**

Payment by cash or Bank transfer.

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)	01592 643743	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	0800 12 44 222	Text phone: 0845 226 5851
Age UK	0800 678 1174	
Alzheimer Scotland Dementia Helpline	0808 808 3000	
Attendance Allowance	08457 12 34 56	Text phone: 0800 24 33 55 Website: www.direct.gov.uk/pensions
Blairhall Senior Citizens	01383 850821	
Blue Badge Renewal	03451 55 00 66	
British Red Cross	01592 770459	

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

Contact the Elderly in Scotland	01505 874412	
Cruse Bereavement Care Fife	08456 06 64 89	
Dalgety Bay Senior Citizens Club	01383 823167	
Deaf Communication Services - Fife Council	01592 583341	Minicom 01592 583265
Dental Helpline	08450 63 11 88	
Dial a Ride	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.
Disability Living Allowance	08457 12 34 56	Text phone: 0800 24 33 55 Website: www.direct.gov.uk/pensions

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

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

Housing Energy Management Service	03451 55 55 55 Ext 473412	
Local Area Coordinator's (Fife Forum)	01592 643743	
Macmillan Cancer Support	0800 500 800	
Mailing Preference Service	0845 703 4599	
NHS 24	111	
Pension Credit /State Pension	08456 06 02 65	Text phone: 0800 169 0133 Website: www.direct.gov.uk/pensions
Police Scotland	101	Non-Emergency calls and business Emergency calls 999
Queen Margaret Hospital	01383 623623	
Ring and Ride	03451 55 11 88	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"> • Kirkcaldy

		<ul style="list-style-type: none"> • Levenmouth (Leven/Buckhaven/Methil / Methilhill, Kennoway, Windygates) • Dunfermline including Rosyth • Glenrothes
Royal National Institute of the Blind	0303 123 9999	Text phone: 18001 0845 766 9999
Scottish Fire & Rescue Service	0800 0731 999	<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	0808 800 4444	
Tax Help for Older People	0845 125 9732	
Tayport Old Peoples Club	42 Elizabeth Street Tayport DD6 9LT	
Telephone Preference Service	08450 70 07 07	

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

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

Website www.fifeforum.org.uk

Scottish Charity Number SC022596



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