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**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**

 **0r 01592 775261**

**Rate**

Personal Care £17.08 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 £18.00 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.

£18.40 per hour for Care at Home

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

**Caledonian Housing Association 01382 484542**

**Rate**

£14.95 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

£15 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**

**Constance Care 01592 577555**

**Rate**

Domestic Cleaning £17.75 per hour 7am to 7pm Mon to Fri only

Mileage charge is £0.35p per mile.

**Area Covered**

Glenrothes, Kirkcaldy and Levenmouth

**Disclosure Checked**

Yes

**Personal Care/Sitting Service/ Social Visits/Escort 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

**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 £12.50 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.**

**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 £12.00 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.**

**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**

Dunfermline, Carnock, Cairneyhill, Hill of Beath & Oakley

**Disclosure Checked**

Yes

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

**Friends For Life 07305949045**

**Rate**

Befriending; Shopping Delivery; Prescription Collection; Pension Collection; Appointments; Post Office Services; Light Housework; Activities/Outings. £15.00 per hour.

Area Covered

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

**Disclosure Checked**

Yes

Payment by bank transfer, cheque 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 £12.50 per hour

**Area Covered**

West Fife

**Disclosure Checked**

Yes

**Payment by cheque or standing order.**

**Helyn Home Help 07565925298**

**Rate**

Shopping Delivery £14.00 per hour/£7.00 per ½ hour

Prescription Collection £14.00 per hour/£7.00 per ½ hour

Befriending/Companion £14.00 per hour/£7.00 per ½ hour

Dog sitting/walking £14.00 per hour/£7.00 per ½ hour

Cooking/Meal Preparation £14.00 per hour/£7.00 per ½ hour

Attending Appointments £14.00 per hour/£7.00 per ½ hour

Cleaning/Laundry £14 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**

Central & West Fife

**Disclosure Checked**

PVG Membership

**Payment by cash when treatment completed.**

**Jill of All Trades 07990807478**

**Rate**

Flat rate of £15.50 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.**

Companionship or outings, shopping, meal preparation, hospital/dentist and GP appointments. Medication prompts, dog walking/pet care, storage solutions and house clearing.

**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 £17.03 per hour

**Area Covered**

East, West and Central

**Disclosure Checked**

Yes

**Contact direct for 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.

**Area Covered**

Kirkcaldy

Payment by cash on the day.

**Like2Care Limited 01383 621462**

**Rate**

Personal Care in your home Monday-Friday £17.00 per hour

Personal Care in your home Saturday-Sunday £17.00 per hour

Domestic Cleaning £13.00 per hour

Escort into the Community £17.00 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

**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.**

**Oran Homecare Ltd 01334 652987**

**Rate**

Shopping Delivery £22.00 per hour

Domestic Cleaning + shopping £22.00 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.**

**Shine Time Cleaning 01592 569851**

 **Or 0759 189 0766**

**Rate**

Shopping Delivery £13.00 per hour

Prescription Collection £15.00 (min 1 hour)

Cleaning £15.00 per hour (min 1 hour)

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

A £0.20p per mile mileage charge may apply out with Kirkcaldy

**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.**

**Spotless Team 07989 301521**

**Rate**

£16.00 per hour for one off clean

£14.00 per hour for regular cleaning

Washing and shopping service can also be provided.

**Area Covered**

St Andrews and surrounding area including Cupar, Drummoig & Strathkinnes

**Disclosure Checked**

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

**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**

Domestic Cleaning £14.00 per hour

**Area Covered**

Burntisland, Cowdenbeath, Crossford, Dalgety Bay, Dunfermline, Gowkhall, Inverkeithing, Kelty, Kinghorn, Kirkcaldy, Newmills, Oakley, Saline & Torryburn

**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.**

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

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| **Name** | **Telephone Number** | **Email No / 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](http://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 | **0345 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](http://www.direct.gov.uk/pensions) |
| Disabilities Fife | **01592 203993** | Mobile: SMS Text 07841504318Email: chair@disabiltiesfife.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 632592** | 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 CouncilSocial Work Contact CentreOut of Hours | **03451 551503****03451 550099** | This is the number for all Social Work services.17.00-9.00 am Mon to Fri, all weekend and public holidays |
| 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.ukWebsite: [www.fifeforum.org.uk](http://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 |  | Glenrothes 01592 807102Kirkcaldy 01592 803772Dunfermline 01383 661455 |
| Fife User Panels | **01592 643743** | Email: wilma@fifeforum.org.uk  |
| FRAE Fife | **01592 204005** | Email: info@fraefife.co.uk Web: [www.fraefife.co.uk](http://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](http://www.direct.gov.uk/pensions) |
| Police Scotland | **101** | Non-Emergency call**s** 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:* Kirkcaldy
* 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** | 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 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.**



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

**Scottish Charity Number SC022596**

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