

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

Ageless Companions

01592 396326
or 07728 596126

Rate

Shopping Delivery Service £17.95 per hour for all services
Prescription Collection Service
Post Office Services
Befriending/Companion Service

Area Covered

Fife Wide

Discloser Checked

Yes

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

Staff will assist the client in light housekeeping duties during their Companion hours.

Mileage is calculated at 50p per mile. Mileage is paid only when Companion is with the client.

An invoice is issued every 4weeks. Payment can be made by BACS transfer, Credit/Debit card or cheque.

All staff have had Adult Protection Training; Covid-19 Awareness Training and are Dementia Friends having undertaken Dementia Awareness Training.

Assisted Services

07549982245

Or 01592 775261

Rate

Personal Care £18.88 per hour Monday-Friday
£23.67 per hour Saturday-Sunday

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

01383 326401

Rate £20.00 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.

Service	Regular (Mon to Fri 9am to 5pm)	Regular (Mon to Fri- day 5pm to 9am)	Weekend	One-off Visit
Cleaning Assistant	£16.22	£18.19	£18.19	£23.85
Home Help / Home Carer	£19.50	£19.50	£21.62	£23.85
Sleep Night		£16.22	£19.50	£21.62
Sit-up Night		£19.50	£21.62	£23.85

Area Covered

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

Disclosure Checked

Yes

Constance Care **01592 577555**

Rate

Personal Care Only £18.88 per hour Monday – Friday
 £23.87 per hour Saturday - Sunday

Area Covered

Glenrothes, Kirkcaldy and Levenmouth, Dalgety Bay.

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

Kirkcaldy, Dunfermline & surrounding area.

Possible mileage charge.

Disclosure Checked

Yes PVG

Central Fife Companions **07956666275**

Rate

£16.00 per hour for all services.

Shopping Service, Prescription Collection, Post Office Services,
Befriending/Companion Service

Mileage Charge £0.50p per mile.

Area Covered

Fife Wide

Disclosure Checked

Yes

Crisscross Companion **01333 279328**

Or 07580006161

Rate

From £13.50 per hour.

Shopping Service, Appointments i.e. Doctor, Hospital,
Chiropody and Hairdresser. Staff will assist in light Housework.

Area Covered

North East Fife, St Andrews & East Neuk.

Mileage charge of 55p per mile.

Disclosure checked

Yes PVG

Domestic Matters **07901 595854**

Rate

Domestic Cleaning £16.00 per hour

Area Covered

Dunfermline through to Leven

Disclosure Checked

Yes

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

Elite Care Scotland 01334 476262

Rate

£22.00 per hour Monday – Friday
£23.32 per hour Saturday – Sunday
£17.61 per hour Sleepover

Only personal care packages.

Area Covered

Fife Wide

Disclosure Checked

Yes

For a full range of services please contact direct

Fife Shopping and Support Services 01592 653344

Table of charges

Support Service <i>Befriending</i> <i>Housework</i> <i>Banking</i> <i>Appointments</i> <i>Prescription collection</i>	£15.00 per hour
Shopping only	£7.00 small £10.00 medium £14.00 large
Gardening (March to October)	£20.00 per hour
Hairdressing	Variable

There is a charge for mileage from home to home at 45p a mile and you will be required to pay for any meals or refreshments whilst out.

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

Guardian Peace of Mind Services

07462 237437

Rate

Shopping Delivery Service	£18.00 per hour
Cleaning, cooking, property maintenance, decorating, gardening, DIY & companionship	£18.00 per hour

Area Covered

Dunfermline and surrounding area.

Disclosure Checked

Yes

Payment is by direct debit.

Got it Covered

07581367278

Domestic Cleaning – Dusting, Hoovering, Cleaning inside of windows, Kitchen and Bathrooms cleaned, all general cleaning duties.

Rate £15.00 per hour

Area Covered

Cowdenbeath, Dunfermline & Rosyth

Disclosure Checked

Yes

Payment by cheque or standing order.

Jill of All Trades

07990807478

Rate

Flat rate of £16.00 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

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

Payment by cash, cheque or bank transfer.

Jolly Happy Feet

07882859479

Nail cutting and pedicure/manicure service.

Prices on request. Dunfermline area.

Karen's Chores

01383 831103

Rate

Domestic Cleaning £13.00 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 £17.64 per hour

Area Covered

East, West and Central

Disclosure Checked

Yes

Contact direct for further information

Oran Homecare Ltd

01334 652987

Rate

Shopping Delivery	£26.00 per hour
Domestic Cleaning	£26.00 per hour

Area Covered

Fife Wide

Disclosure Checked

Yes

Mileage rates may apply for outlying clients.

Shaz's Practical Solutions

07900301079

Email:sairey_aw@hotmail.com

Rate

Shopping Delivery	
Prescription Collection	All £16.00 per hour
Post Office Services	Minimum slot 30 minutes
Befriending/Companion Service	
Gardening Service (Light)	

Cleaning Service – light cleaning using owner's materials.
No oven scrubbing.

Area Covered

Dunfermline & West Fife.

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 Anstruther, Crail, 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 £1569 per week (70 hours of care).

Provision of 24 hour live in care in your own home, providing you have a separate room for Carer.

Contact direct for any additional information

Rate

£4.00 for first 3 miles and £0.60 for every other 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.

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	0800 731 0122	Text phone: 0800 731 0317 Website: www.direct.gov.uk/pensions
Blue Badge Renewal	03451 55 00 66	
British Red Cross	07922 584616	
Bums Off Seats - Fife Walking Initiative	03451 555 555 Extension 402443	Email: vivienne.mcniven@fife.gov.uk
Carers Scotland	0808 808 7777	
Carpet Queen	07597 057121	Carpet & Domestic Cleaning
Circles Network - Professional & Independent Advocacy Service providing issue-based Individual and Collective	01592 645360	

Advocacy Support		
Citizens Advice & Rights Fife	0345 1400 095	
Contact the Elderly in Scotland	01505 874412	
Cruse Bereavement Care Scotland	0808 802 6161	www.crusescotland.org.uk
Deaf Communication Services - Fife Council	08451 55 0000	Minicom 01592 583265 SMS 07984 356580
Disability Living Allowance	0800 121 4600	Text phone: 0800 121 4523 Website: www.direct.gov.uk/pensions
Disabilities Fife	01592 203993	Mobile: SMS Text 07841504318 Email: chair@disabilitiesfife.org.uk
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 Bus	03451 55 11 88	This is a free shopping service, medical appointment service & personal care appointment

		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.
Fife Adult Support & Protection	01383 602200	
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 Centre for Equalities	01592 645310	Email: info@centreforequalities.org.uk
Fife Council Money Advice	03451 55 00 44	Email: money.advice@fife.gov.uk
Fife Council Main Switchboard	03451 55 0000	
Fife Council Social Work Contact Cntr	03451 551503	This is the number for all Social Work services.

Out of Hours	03451 550099	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 Dental Advice Line		
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		Glenrothes 01592 807102 Kirkcaldy 01592 803772 Dunfermline 01383 661455
Fife Trading Standards	01592 583141	
Fife User Panels	01592 643743	Email: info@fifeforum.org.uk
Fife Voluntary Action	0800 389 6046	
Footcare Fife	0800 389 6046	This service charges £10 for each appointment and covers the following areas: Buckhaven, Cupar, Dunfermline, Glenrothes, Kinghorn, Kirkcaldy & St Andrews

		Email: James@fifevoluntaryaction.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
NHS 24	111	
Pension Credit /State Pension	0800 731 0469	Text phone: 0800 731 0464 Website: www.direct.gov.uk/pensions
Police Scotland	101	Non-Emergency calls and business Emergency calls 999
Queen Margaret Hospital	01383 623623	
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.
Seescape	01592 644979	For people with sight impairment
Shelterline	0808 800 4444	
Silverline	0804 4 70 80 90	24hr
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	
Trading Standards Service - Fife Council	01592 583141	
U-Switch	08453 45 12 96	
Victoria Hospital	01592 643355	

Maggies	01592 265851	
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



Feb 2023