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**Information Booklet**

**Privately Purchased Domestic & Support Services**

**and**

**Other Useful Information**

**Fife Forum is the umbrella organisation for Older People Action Groups in Fife; Advocacy for Older People in care & residential settings; and, Local Area Co-ordination for adults 18+ providing information, guidance & signposting.**

**Guidance & Disclaimer**

This booklet contains general information only to help identify potential privately purchased domestic and/or support services. **No organisation or individual listed is endorsed by or linked to Fife Forum.**

When considering privately purchasing supports Fife Forum strongly advises you carry out your own relevant checks. This could include checking reviews, registrations and vetting procedures (for example: identifying if staff are disclosure or PVG checked – for information [www.mygov.scot/organisations/disclosure-scotland](http://www.mygov.scot/organisations/disclosure-scotland)). Fife Forum would also recommend utilising **Fife Trusted Traders** as the only official Trading Standards vetted trader scheme in Fife (backed by Fife Council and supported by Police Scotland) [www.trustedtrader.scot/Fife/](http://www.trustedtrader.scot/Fife/).

The information contained in this booklet is provided by the individual services themselves. Fife Forum receives this information in good faith and cannot verify or recommend any privately purchased support or facilitate arrangements for this. For the most up-to-date information or pricing structures please contact the provider directly.

For wider community supports there are some provisions listed in this booklet and you can also view our **‘Resource & Support List’** on our website.

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| **Company Name:** | **Ageless Companions Ltd** |
| **Charity or Company House Number (if applicable):** | **SC638852** |
| **Service(s) Offered:** | **Companionship, befriending, social outings, appointments, shopping, housing support, sit-in service.**  |
| **Area(s) your service operates in:** | **Fife wide** |
| **Company Address:** | **West Bridge Mill, Bridge Street, Kirkcaldy, KY1 1TE** |
| **Contact Telephone No.:** | **01592 396326** |
| **Contact Mobile No.:** | **07728 596126** |
| **Contact Other:** | **info.agelesscompanionsltd.co.uk**  |
| **Opening/Operating Hours:** | **Office – Monday to Friday 9am to 4.30pm****Out of hours – 24/7, 365 days of year****Support – 8am to 9pm** |
| **Cost of Service (please include associated costs):** | **Hourly rate £16.50 plus VAT****Mileage rate 50p** |
| **Method(s) of Payment Accepted:** | **BACS transfer, Card, Cheque** |
| **Is your service and/or staff regulated and if so by whom:** | **N/A** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Assisted Services Fife Ltd** |
| **Charity or Company House Number (if applicable):** | **SC741976** |
| **Service(s) Offered:** | **We strive to provide care and support at home in a manner which respects the privacy, dignity, respect and wishes of our service users.** |
| **Area(s) your service operates in:** | **West Fife** |
| **Company Address:** | **Office 22, Business Incubator, Myregormie Place, Mitchelston Industrial Estate, Kirkcaldy, KY1 3NA** |
| **Contact Telephone No.:** | **01592 775261** |
| **Contact Mobile No.:** |  |
| **Contact Other:** |  |
| **Opening/Operating Hours:** |  |
| **Cost of Service (please include associated costs):** | **Monday – Friday £30 per hour****Saturday & Sunday - £35 per hour** |
| **Method(s) of Payment Accepted:** | **An invoice will be issued; payments can be made by BACS transfer or cheque.** |
| **Is your service and/or staff regulated and if so by whom:** | **Disclosure/PVG checked** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Bloomin’ Braw** |
| **Charity or Company House Number (if applicable):** | **N/A** |
| **Service(s) Offered:** | **Garden Maintenance** |
| **Area(s) your service operates in:** | **Kirkcaldy, Burntisland, Benarty and anywhere in between.**  |
| **Company Address:** |  |
| **Contact Telephone No.:** | **07393 411430** |
| **Contact Mobile No.:** | **07393 411430** |
| **Contact Other:** |  |
| **Opening/Operating Hours:** | **Monday to Friday 09:00 – 18:00** |
| **Cost of Service (please include associated costs):** | **Prices from £25, costs are calculated following a free, no obligation estimation for the required services.** |
| **Method(s) of Payment Accepted:** | **Transfer or cash** |
| **Is your service and/or staff regulated and if so by whom:** | **No** |
| **Date of Entry:** | **September 2025**  |

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| **Company Name:** | **Blue Star St Andrews**  |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Cleaning, shopping, companionship and home care services.**  |
| **Area(s) your service operates in:** | **St Andrews**  |
| **Company Address:** | **Slotline House, Largo Road, St Andrews**  |
| **Contact Telephone No.:** | **07565849015** |
| **Contact Mobile No.:** |  |
| **Contact Other:** |  |
| **Opening/Operating Hours:** | **Cleaning/Shopping Services Mon to Fri 9am - 5pm. Home Care 24/7** |
| **Cost of Service (please include associated costs):** | **Starting at £20 per hour** |
| **Method(s) of Payment Accepted:** | **BACS, cash**  |
| **Is your service and/or staff regulated and if so by whom:** | **Care Inspectorate and SSSC.**  |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Careoligy Elderly Daycare Centre**  |
| **Charity or Company House Number (if applicable):** | **SC595584** |
| **Service(s) Offered:** | **Careoligy is a daycare centre facility with recreational, leisure and holistic activities to maximise and enhance quality of life.****Careoligy promotes creativity and arts, fitness and wellbeing, recreational therapies, pet therapy, in-house entertainment, and the programmes are tailored to meet individual needs.** |
| **Area(s) your service operates in:** | **Fife-wide** |
| **Company Address:** | **Hayfield Clinic** **Dunnikier Road** **Kirkcaldy** **Fife** **KY2 5AD** |
| **Contact Telephone No.:** | **01592 210212**  |
| **Contact Mobile No.:** | **07547948255** |
| **Contact Other:** | **info@careoligy.co.uk** |
| **Opening/Operating Hours:** | **Tuesday to Friday 0830 until 1700** |
| **Cost of Service (please include associated costs):** | **Full Day Session: 8 hour - £117.25 (include two course lunch, snacks and refreshments)****Half Day Session: 4 hour – £70.00 (includes snack and refreshments)** |
| **Method(s) of Payment Accepted:** | **Monthly invoice, bank transfer or cash.** |
| **Is your service and/or staff regulated and if so by whom:** | **Care Inspectorate - CS2019376938****Nurses registered with the NMC (Nursing and Midwifery Council)** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Connected Care Services Ltd** |
| **Charity or Company House Number (if applicable):** | **633734** |
| **Service(s) Offered:** | **Home Care Service**  |
| **Area(s) your service operates in:** | **Central Fife** |
| **Company Address:** | **Unit 19, Ore Valley Business Centre, 93 Main Street, Lochgelly, KY5 9AF** |
| **Contact Telephone No.:** | **01592 781888** |
| **Contact Mobile No.:** |

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| **07923 230 314**  |

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| **Contact Other:** |

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| **Email: ccsl.fife@gmail.com**  |

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| **Opening/Operating Hours:** | **Office hours - 09.00 - 17.00** **Service provision hours - 07.00-21.30** |
| **Cost of Service (please include associated costs):** | **£28 per hour - includes weekends and bank holidays** **Minimum duration for visits 30 minutes** |
| **Method(s) of Payment Accepted:** |

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| **Bank transfer**  |

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| **Is your service and/or staff regulated and if so by whom:** | **Service is regulated by:** **Care Inspectorate**  |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Crisscross Companion** |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Shopping, medication pickup, Doctor/hospital/hairdresser appointments, social visits, befriending service.** |
| **Area(s) your service operates in:** | **East Neuk, Levenmouth** |
| **Company Address:** | **31 Shore Road, Anstruther** |
| **Contact Telephone No.:** | **01333 279328** |
| **Contact Mobile No.:** | **07580006161** |
| **Contact Other:** | **crisscrosscompanion@gmail.com** |
| **Opening/Operating Hours:** | **10 - 4** |
| **Cost of Service (please include associated costs):** | **£16 per hour, 55p per mile** |
| **Method(s) of Payment Accepted:** | **Bank transfer, cash, cheque** |
| **Is your service and/or staff regulated and if so by whom:** |  |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Fife Shopping & Support Services** |
| **Charity or Company House Number (if applicable):** | **SC042624** |
| **Service(s) Offered:** | **Shopping, Housework and Befriending Services. Uplift and Removal service.** |
| **Area(s) your service operates in:** | **Fife-wide** |
| **Company Address:** | **Collydean Cottage, Pitmedden Loan, Glenrothes, Fife KY7 6UJ** |
| **Contact Telephone No.:** | **01592 653344** |
| **Contact Mobile No.:** |  |
| **Contact Other:** | **lynne@fifeshoppingandsupportservices.co.uk** |
| **Opening/Operating Hours:** | **9:00 – 17:00** |
| **Cost of Service (please include associated costs):** | **Support Service:****Befriending £18.50****Housework £18.50****Appointments £18.50****Prescription Collection £8.00 small****Shopping Only £8.00 small** **£11.50 medium****Keysafe Supply & Fit £65.00****Uplift & Removal Service Quotations** **on request** |
| **Method(s) of Payment Accepted:** | **Invoice, BACS or telephone payment** |
| **Is your service and/or staff regulated and if so by whom:** | **NO** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:**  | **The Good Care Group Scotland**  |
| **Charity or Company House Number (if applicable):**  | **06934463**  |
| **Service(s) Offered:**  | **Live in Care at home**  |
| **Area(s) your service operates in:**  | **Scotland not including Shetland islands/Orkney**  |
| **Company Address:**  | **Unit 10, Rolland House, Cliftonhall Road, Edinburgh, EH28 8PJ**  |
| **Contact Telephone No.:**  | **0131 603 9710**  |
| **Contact Mobile No.:**  | **N/A**  |
| **Contact Other:**  | **020 3728 7575**  |
| **Opening/Operating Hours:**  | **08:00 - 18:00 (office hours) 24 hour emergency line available including weekends**  |
| **Cost of Service (please include associated costs):**  | **Price according to service required**  |
| **Method(s) of Payment Accepted:**  | **Funded/self-funded**  |
| **Is your service and/or staff regulated and if so by whom:**  | **Regulated by the Care Inspectorate**  |
| **Date of Entry:**  | **September 2025**  |

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| **Company Name:** | **Got it Covered** |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Domestic cleaning** |
| **Area(s) your service operates in:** | **Dunfermline Rosyth Dalgety bay North Queensferry, Crossford, Crossgates, Aberdour,** |
| **Company Address:** |  |
| **Contact Telephone No.:** | **07581367278** |
| **Contact Mobile No.:** |  |
| **Contact Other:** |  |
| **Opening/Operating Hours:** |  |
| **Cost of Service (please include associated costs):** | **£18.50** |
| **Method(s) of Payment Accepted:** | **Bank Transfer or cash** |
| **Is your service and/or staff regulated and if so by whom:** |  |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Guardian Peace of Mind Services** |
| **Charity or Company House Number (if applicable):** | **N/A** |
| **Service(s) Offered:** | **Essential Support/Companionship** |
| **Area(s) your service operates in:** | **Dunfermline** |
| **Company Address:** | **10 Harrier Court, Dunfermline, Fife, KY11 8JS** |
| **Contact Telephone No.:** | **N/A** |
| **Contact Mobile No.:** | **07462237437** |
| **Contact Other:** | **N/A** |
| **Opening/Operating Hours:** | **8am – 5pm Monday to Friday** |
| **Cost of Service (please include associated costs):** | **£22 per hour plus any mileage for client trips out** |
| **Method(s) of Payment Accepted:** | **Bank Transfer** |
| **Is your service and/or staff regulated and if so by whom:** | **No** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Home Instead West Fife and Kinross**  |
| **Charity or Company House Number (if applicable):** | **SC670862**  |
| **Service(s) Offered:** | **Hourly Care including Personal Care, Home help, Companionship.** **Live-in Care, Respite Care, Overnight Support. Support getting to/from medical appointments and groups, clubs, churches or local day centres.** |
| **Area(s) your service operates in:** | **Dunfermline, Carnock, Cairneyhill, Crossford, Rosyth, Inverkeithing, Limekilns, West Fife Villages, Aberdour, Dalgety Bay, Cowdenbeath, Lochgelly, Kirkcaldy, Kinross & surrounding area**  |
| **Company Address:** | **Suite 4, Forth House, Burnside Business Court, North Road, Inverkeithing, Fife. KY11 1NZ** |
| **Contact Telephone No.:** | **01383 668866** |
| **Contact Mobile No.:** |  |
| **Contact Other:** | **enquiries@wfk.homeinstead.co.uk** |
| **Opening/Operating Hours:** | **Hourly care support: 8am to 10pm Monday to Sunday, Office hours: 9am to 5pm Monday to Friday** |
| **Cost of Service (please include associated costs):** | **From £34.00/hour. Additional charges apply for transport to and from medical appointments and trips out.**  |
| **Method(s) of Payment Accepted:** | **Direct Debit, BACS or cheque, invoiced monthly. We also accept SDS Option 1 and Option 2 funding.** |
| **Is your service and/or staff regulated and if so by whom:** | **Regulated and inspected by the Care Inspectorate and SSSC** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Caroline Inch** |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Podiatry** |
| **Area(s) your service operates in:** | **Kirkcaldy, Saline, Kelty, Dunfermline, Rosyth, Inverkeithing** |
| **Company Address:** | **6 Fordell Gardens****Hillend****Dunfermline****KY11 7EZ** |
| **Contact Telephone No.:** |  |
| **Contact Mobile No.:** | **07593416528** |
| **Contact Other:** |  |
| **Opening/Operating Hours:** | **10.00am – 3.00pm** |
| **Cost of Service (please include associated costs):** | **£30.00** |
| **Method(s) of Payment Accepted:** | **Bank Transfer, Cash, Cheque** |
| **Is your service and/or staff regulated and if so by whom:** | **No** |
| **Date of Entry:** | **October 2025** |

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| **Company Name:** | **Jill of All Trades** |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Companionship, outings, shopping, meal preparation, GP/dentist/hospital appts, medication prompts, dog walking/pet care, admin tasks, storage solutions/filing** |
| **Area(s) your service operates in:** | **Wormit, Gauldry, Newport-on-Tay, Tayport, Drumoig, Balmerino, Cupar and St. Andrews**  |
| **Company Address:** | **7 Banknowe Drive, Tayport, DD6 9LN** |
| **Contact Telephone No.:** | **07990 807478** |
| **Contact Mobile No.:** | **07990 807478** |
| **Contact Other:** |  |
| **Opening/Operating Hours:** | **Monday to Fridays** |
| **Cost of Service (please include associated costs):** | **£18 per hour, £9 per half hour** |
| **Method(s) of Payment Accepted:** | **Bank Transfer/cheque** |
| **Is your service and/or staff regulated and if so by whom:** | **I have Disclosure Scotland Certificate of PVG checks to work with vulnerable and elderly clients and Public Liability Insurance** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Jolly Happy Feet** |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Toe Nail Cutting & Filing** |
| **Area(s) your service operates in:** | **Dunfermline & Surrounding Areas** |
| **Company Address:** |  |
| **Contact Telephone No.:** |  |
| **Contact Mobile No.:** | **07882859479** |
| **Contact Other:** | **jollyhappyfeet@gmail.com** |
| **Opening/Operating Hours:** | **9 till 5** |
| **Cost of Service (please include associated costs):** |  |
| **Method(s) of Payment Accepted:** | **Cash, bank transfer, card** |
| **Is your service and/or staff regulated and if so by whom:** |  |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Karen Chores** |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Domestic Cleaner** |
| **Area(s) your service operates in:** | **Kelty, Cowdenbeath, Lochgelly and Dunfermline** |
| **Company Address:** | **143 Blair Street, Kelty Fife** |
| **Contact Telephone No.:** | **07716607825** |
| **Contact Mobile No.:** | **07716607825** |
| **Contact Other:** | **01383 831103** |
| **Opening/Operating Hours:** | **Week Days** |
| **Cost of Service (please include associated costs):** | **£16.00 ph** |
| **Method(s) of Payment Accepted:** | **Cash or bank transfer** |
| **Is your service and/or staff regulated and if so by whom:** | **No** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Kenylink Services Limited** |
| **Charity or Company House Number (if applicable):** |  |
| **Service(s) Offered:** | **Care at home service, housing support and cleaning services** |
| **Area(s) your service operates in:** | **Fife**  |
| **Company Address:** | **Office 18 business incubator, Kirkcaldy,** **KY1 3NA** |
| **Contact Telephone No.:** | **01592 651650** |
| **Contact Mobile No.:** | **07846032164** |
| **Contact Other:** | **N/A** |
| **Opening/Operating Hours:** | **0900 TO 1700** |
| **Cost of Service (please include associated costs):** | **Weekdays £23.28, weekend £29.50, public holidays £ 31.50** |
| **Method(s) of Payment Accepted:** | **Through bank account or by cheque**  |
| **Is your service and/or staff regulated and if so by whom:** | **Care inspectorate** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Royal Voluntary Service** |
| **Charity or Company House Number (if applicable):** | **SC038924** |
| **Service(s) Offered:** | **Day Care, Lunch & Activity Groups, Befriending** |
| **Area(s) your service operates in:** | **Dunfermline, Methil, Tayport, Newburgh, Springfield, Cellardyke, St Monans** |
| **Company Address:** | **New Volunteer House, East Fergus Place, Kirkcaldy, KY1 1XT** |
| **Contact Telephone No.:** | **01592 800208** |
| **Contact Mobile No.:** | **07977834424** |
| **Contact Other:** | **fife@royalvoluntaryservice.org.uk** |
| **Opening/Operating Hours:** | **Mon, Wed, Thurs and Fri between 9am and 4pm** |
| **Cost of Service (please include associated costs):** | **£6 to £7 per session** |
| **Method(s) of Payment Accepted:** | **Cash, bank transfer** |
| **Is your service and/or staff regulated and if so by whom:** | **No** |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Royal Voluntary Service – Fife Community Transport** |
| **Charity or Company House Number (if applicable):** | **SC038924** |
| **Service(s) Offered:** | **Non-Emergency Patient and Social Transport (Including, but not limited to: Hospital Appointments, Doctors, Dentist, Hairdressers, Book Club, Lunch Club, Shopping etc).** |
| **Area(s) your service operates in:** | **Fife-wide** |
| **Company Address:** | **New Volunteer House, 16 East Fergus Place, Kirkcaldy, KY1 1XT** |
| **Contact Telephone No.:** | **01592 269654** |
| **Contact Mobile No.:** | **N/A** |
| **Contact Other:** | **Email: fifeCT@royalvoluntaryservice.org.uk** |
| **Opening/Operating Hours:** | **Office opening 8:30am – 5pm**  |
| **Cost of Service (please include associated costs):** | **£5 for the first 3 miles, 65p per mile thereafter, however we do have pockets of funding in East Fife which reduces the cost for some clients who live there.** |
| **Method(s) of Payment Accepted:** | **Bank Transfer (online or in person in your local branch/post office), Cheque, Postal Order** |
| **Is your service and/or staff regulated and if so by whom:** | **All our staff and volunteers are Disclosure Scotland checked. We are registered with the Community Transport Association.**  |
| **Date of Entry:** | **September 2025** |

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| **Company Name:** | **Scholars Medicare** |
| **Charity or Company House Number (if applicable):** | **SC666295** |
| **Service(s) Offered:** | **Home Care: Companionship and social activities, Live-in, Shopping, Meal preparation, Medication management, selected house chores** |
| **Area(s) your service operates in:** | **Fife** |
| **Company Address:** | **56 Macpherson Avenue, Dunfermline, KY11 8XA** |
| **Contact Telephone No.:** | **07359884245** |
| **Contact Mobile No.:** | **07359884245** |
| **Contact Other:** | **07843681566** |
| **Opening/Operating Hours:** | **Mon-Fri: 08:00-16:00, Sat:08:00-13:00, Sunday: closed****24/7 on call** |
| **Cost of Service (please include associated costs):** | The amount charged will be inclusive and no extra charges and dependant on service provided. |
| **Method(s) of Payment Accepted:** | cheque, cash, direct debit acceptable |
| **Is your service and/or staff regulated and if so by whom:** |  **Care Inspectorate** |
| **Date of Entry:** | **September 2025** |

**The following are details of other organisations that you may find useful:**

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| **Name** | **Telephone Number** | **Email No / Text Phone / Website** |
| Age Scotland Advice – Scottish Helpline for Older People | **0800 12 44 222** | [www.agescotland.org.uk](http://www.agescotland.org.uk) Textphone **0845 226 5851** |
| Alzheimer Scotland Dementia Helpline | **0808 808 3000** | [www.alzscot.org](http://www.alzscot.org)  |
| British Red Cross | **0344 871 11 11** | [www.redcross.org.uk](http://www.redcross.org.uk)  |
| Bums Off Seats – Fife Walking Initiative | **01383 602393** | Email bumsoffseats.projects@fife.gov.uk  |
| Carers Scotland | **0141 378 1065** | [www.carersuk.org/scotland/](http://www.carersuk.org/scotland/) Email advice@carersuk.org  |
| Circles Network – Advocacy for unpaid carers & those experiencing substance misuse  | **01592 645360** |  |
| Citizens Advice & Rights Fife | **0345****140 0095** | [www.cabfife.org.uk](http://www.cabfife.org.uk) Text Phone 07872 677904 |
| Cruse Scotland Bereavement Support | **0808 802 6161** | [www.crusescotland.org.uk](http://www.crusescotland.org.uk) Email info@crusescotland.org.uk  |
| Deaf Communication Services – Fife Council | **03451** **551503** | Text phone 01592 583340SMS 07781 480185 (registered members)Email swinfo.deafcommunications@fife.gov.uk  |
| Department of Works & Pensions |  | [www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)**Universal Credit:** Tel 0800 328 5644 or Textphone 0800 328 1344 **Attendance Allowance:** Tel 0800 731 0122Textphone 0800 731 0317 |
| Disabilities Fife | **01592 203993** |  |
| Fairprice Mobility Scotland  | **01592 652244** | [www.fairprice-mobility.co.uk](http://www.fairprice-mobility.co.uk)Disability Equipment (Manufacturers & Suppliers) |
| Fife Bus  | **03451 55 11 88** | Free locality-centred mini-bus service for people who have difficulty using conventional public transport   |
| Fife Carers Centre | **01592 205472** | [www.fifecarerscentre.org](http://www.fifecarerscentre.org) Email centre@fifecarers.co.uk |
| Fife Care & Repair  | **01592 632 592** | Email careandrepair@kha.scot  |
| Fife Cares – Home Safety Advisers  | **03451 55 15 03** | Email admin.fifecares@fife.gov.uk |
| Fife Centre for Equalities | **01592 645310** | [www.centreforequalities.org.uk](http://www.centreforequalities.org.uk)Email info@centreforequalities.org.uk  |
| Fife Council Main Switchboard | **03451 55 00 00** |  |
| Fife CouncilSocial Work Contact Centre | **03451 55 15 03** | This is the number for all Social Work services |
| Fife Dental Advice Line | **01592****226555** |  |
| Fife Shopmobility |  | Glenrothes 01592 807102Kirkcaldy 01592 803772Dunfermline 01383 661455 |
| Fife Trading Standards | **0808 164 6000** | Advice Direct Scotland for Consumer Advice |
| Fife Voluntary Action | **0800 389 6046** | [www.fva.org](http://www.fva.org)Email info@fva.org  |
| Footcare Fife | **0800 389 6046**  | [www.fva.org](http://www.fva.org) Email footcarefife@fva.org  |
| Home Energy Scotland  | **0800 808 2282** | [www.homeenergyscotland.org](http://www.homeenergyscotland.org)  |
| Kingdom Electricians | **01592 377198** | Email info@kingdomelectricians.com  |
| NHS 24 | **111** |  |
| Our Fife Support with the Cost of Living |  | [www.our.fife.scot/gethelp](http://www.our.fife.scot/gethelp)  |
| Police Scotland | **101** | Non-Emergency call**s** and business Emergency calls **999** |
| Queen Margaret Hospital | **01383 623623** |  |
| Reengage(previously Contact the Elderly in Scotland) | **0800 716543** | [www.reengage.org.uk](http://www.reengage.org.uk)  |
| Royal National Institute of the Blind  | **0303 123 9999** | [www.rnib.org.uk](http://www.rnib.org.uk) 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 |
| Social Security Scotland | **0800 182 2222** | [www.socialsecurity.gov.scot](http://www.socialsecurity.gov.scot) Adult Disability PaymentPension Age Disability Payment |
| Seescape | **01592 644979** | [www.seescape.org.uk](http://www.seescape.org.uk) For people with sight impairment |
| Shelter Scotland | **0808 303 5305** | [www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk) |
| Silverline Helpline for Older People | **0800 470 8090** | [www.thesilverline.org.uk](http://www.thesilverline.org.uk)  |
| Tax Help for Older People | **01308 488066** | [www.taxvol.org.uk](http://www.taxvol.org.uk)  |
| Telephone Preference Service | **0345 070 0707** | [www.tpsonline.org.uk](http://www.tpsonline.org.uk)Email tps@dma.org.uk  |
| U-Switch | **08453 45 12 96** | [www.uswitch.com](http://www.uswitch.com)  |
| Victoria HospitalMaggie’s Fife | **01592 643355****01592****647997** | Email: fife@maggies.org  |
| Voiceability Advocacy in Fife & Benefits Advocacy | **0300 303 1660** | [www.voiceability.org/in-scotland/advocacy-in-fife](http://www.voiceability.org/in-scotland/advocacy-in-fife)  |

**Anyone requiring further information pertaining to the services detailed should contact the provider directly.**

**Should you wish to discuss this booklet or require information relating to the services Fife Forum provides, please use the contacts below:**

Office 1-2 Fraser Buildings

Millie Street

Kirkcaldy

KY1 2NL

Tel 01592 643743

Email info@fifeforum.org.uk

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

Facebook Fife Forum

**Scottish Charity Number SC022596**

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**Revised October 2025**