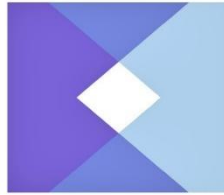


Fife Forum



Fife Forum

Making Community Connections

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). 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/.

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.

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

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

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

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

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

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.:	07923 230 314
Contact Other:	Email: ccsf.fife@gmail.com
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:	Bank transfer
Is your service and/or staff regulated and if so by whom:	Service is regulated by: Care Inspectorate
Date of Entry:	September 2025

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

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

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

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

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

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

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

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

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

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

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

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

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

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:

Name	Telephone Number	Email N° / Text Phone / Website
Age Scotland Advice – Scottish Helpline for Older People	0800 12 44 222	www.agescotland.org.uk Textphone 0845 226 5851
Alzheimer Scotland Dementia Helpline	0808 808 3000	www.alzscot.org
British Red Cross	0344 871 11 11	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/ 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 Text Phone 07872 677904
Cruse Scotland Bereavement Support	0808 802 6161	www.crusescotland.org.uk Email info@crusescotland.org.uk
Deaf Communication Services – Fife Council	03451 551503	Text phone 01592 583340 SMS 07781 480185 (registered members) Email swinfo.deafcommunications@fife.gov.uk

Department of Works & Pensions		www.gov.uk/browse/benefits Universal Credit: Tel 0800 328 5644 or Textphone 0800 328 1344 Attendance Allowance: Tel 0800 731 0122 Textphone 0800 731 0317
Disabilities Fife	01592 203993	
Fairprice Mobility Scotland	01592 652244	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 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 Email info@centreforequalities.org.uk
Fife Council Main Switchboard	03451 55 00 00	
Fife Council Social 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 807102 Kirkcaldy 01592 803772 Dunfermline 01383 661455
Fife Trading Standards	0808 164 6000	Advice Direct Scotland for Consumer Advice
Fife Voluntary Action	0800 389 6046	www.fva.org Email info@fva.org
Footcare Fife	0800 389 6046	www.fva.org Email footcarefife@fva.org
Home Energy Scotland	0800 808 2282	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
Police Scotland	101	Non-Emergency calls and business Emergency calls 999
Queen Margaret Hospital	01383 623623	
Reengage (previously Contact the Elderly in Scotland)	0800 716543	www.reengage.org.uk
Royal National Institute of the Blind	0303 123 9999	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 Adult Disability Payment Pension Age Disability Payment
Seescape	01592 644979	www.seescape.org.uk For people with sight impairment
Shelter Scotland	0808 303 5305	www.scotland.shelter.org.uk
Silverline Helpline for Older People	0800 470 8090	www.thesilverline.org.uk
Tax Help for Older People	01308 488066	www.taxvol.org.uk
Telephone Preference Service	0345 070 0707	www.tpsonline.org.uk Email tps@dma.org.uk
U-Switch	08453 45 12 96	www.uswitch.com
Victoria Hospital Maggie'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

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

Facebook Fife Forum

Scottish Charity Number SC022596



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