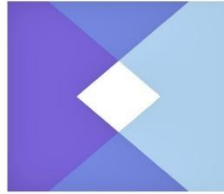


Fife Forum



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:	We provide Companionship within the home environment with activities such as cup of tea and chat, playing games, sharing an interest or hobby and accompanying people on social outings of their choice including, assisting the client to attend personal appointments, shopping trips, going on walks and outings together, having lunch or a coffee. We do NOT provide personal care or a cleaning service.
Area(s) your service operates in:	Fife wide
Company Address:	
Contact Telephone No.:	01592 396326
Contact Mobile No.:	07728 596126
Contact Other:	
Opening/Operating Hours:	Monday – Friday 9 am to 4.30pm
Cost of Service (please include associated costs):	£18.00 plus VAT
Method(s) of Payment Accepted:	Online Payments, Card payments over phone
Is your service and/or staff regulated and if so by whom:	N/A
Date of Entry:	June 2026

Company Name:	AllCare HomeCare
Charity or Company House Number (if applicable):	SC413066
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:	Fife, Dundee, Kinross and Perth
Company Address:	15 Pitreavie Court, Unit 31, Pitreavie Business Park Dunfermline, Fife, KY11 8UU
Contact Telephone No.:	<i>Tel: +447490948640</i>
Contact Mobile No.:	<i>Tel: +447490948640</i>
Contact Other:	
Opening/Operating Hours:	08:00 - 18:00 (office hours) 24-hour emergency line available including weekends
Cost of Service (please include associated costs):	From £28.00/hour. Additional charges apply for transport to and from medical appointments - 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 CS2024000411
Date of Entry:	June 2026

Company Name:	Assisted Services Fife Ltd
Charity or Company House Number (if applicable):	SC741976
Service(s) Offered:	Person-centred care.
Area(s) your service operates in:	Dunfermline, Kelty, Cowdenbeath, Lochgelly, Ballingry, Cardenden, Kirkcaldy & Glenrothes
Company Address:	Office 22 Business Incubator Myregormie Place Mitchelston Industrial Estate Kirkcaldy KY13NA
Contact Telephone No.:	01592 775261
Contact Mobile No.:	
Contact Other:	
Opening/Operating Hours:	Mon – Fri 8am – 4pm
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 & registered with the SSSC
Date of Entry:	June 2026

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, and Benarty.
Company Address:	
Contact Telephone No.:	
Contact Mobile No.:	07393 411430
Contact Other:	WhatsApp: 07393 411430 Facebook Messenger: Bloomin' Braw
Opening/Operating Hours:	Monday to Friday 08:30 – 18:00
Cost of Service (please include associated costs):	Established at face-to-face estimation.
Method(s) of Payment Accepted:	Cash, Bank Transfer
Is your service and/or staff regulated and if so by whom:	Business owner is PVG Registered.
Date of Entry:	June 2026

Company Name:	Blue Star St Andrews
Charity or Company House Number (if applicable):	
Service(s) Offered:	Cleaning, Home Help and Home Care Services.
Area(s) your service operates in:	St Andrews, Fife
Company Address:	Slotline House, Largo Road, St Andrews, KY16 8NJ
Contact Telephone No.:	07565849015
Contact Mobile No.:	
Contact Other:	
Opening/Operating Hours:	Office Open Mon to Fri 9.30am – 5pm
Cost of Service (please include associated costs):	Cleaning Services start at £22.00 per hour and Home Help/Care starts at £29.50 per hour. Additional mileage charge if going out and about in vehicle.
Method(s) of Payment Accepted:	Cash, BACS
Is your service and/or staff regulated and if so by whom:	PVG Checked, Care Inspectorate Registered and SSSC.
Date of Entry:	June 2026

Company Name:	Careoligy Elderly Daycare Centre
Charity or Company House Number (if applicable):	SC595584
Service(s) Offered:	Nurse Led Day Care
Area(s) your service operates in:	Fife
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 £124 Half Day £ 75
Method(s) of Payment Accepted:	Private - invoice Social Work funded
Is your service and/or staff regulated and if so by whom:	Care Inspectorate - CS2019376938 Nurses RGN
Date of Entry:	June 2026

Company Name:	Crisscross Companions
Charity or Company House Number (if applicable):	
Service(s) Offered:	Assist with shopping, hospital, Doctors, Dentist, hairdressers. Companionship.
Area(s) your service operates in:	East Neuk, St Andrews
Company Address:	31 Shore Road, Anstruther, KY10 3DZ
Contact Telephone No.:	
Contact Mobile No.:	07580006161
Contact Other:	crisscrosscompanions@gmail.com
Opening/Operating Hours:	Monday – Friday, 10am – 4pm
Cost of Service (please include associated costs):	£16.50 per hour, 75p per mile
Method(s) of Payment Accepted:	Cash, Bank Transfer
Is your service and/or staff regulated and if so by whom:	No
Date of Entry:	June 2026

Company Name:	Fife Shopping & Support Services
Charity or Company House Number (if applicable):	SC042624
Service(s) Offered:	Shopping Collection Housework Service Befriending/Companion Key Safes Supply & Fit
Area(s) your service operates in:	Throughout Fife
Company Address:	Collydean Cottage, Pitmedden Loan, Glenrothes, Fife KY7 6UG
Contact Telephone No.:	01592 653344
Contact Mobile No.:	
Contact Other:	lynne@fifeshoppingandsupportservices.co.uk
Opening/Operating Hours:	08:30-16:30
Cost of Service (please include associated costs):	£20 per hour Support Services £65 Key safe Supply & Fit
Method(s) of Payment Accepted:	Card Payment/Cash/ Bank Transfer
Is your service and/or staff regulated and if so by whom:	Registered Charity
Date of Entry:	June 2026

Company Name:	Got it Covered
Charity or Company House Number (if applicable):	
Service(s) Offered:	We do everything to do with domestic, also shopping
Area(s) your service operates in:	Dunfermline, Dalgety Bay, Aberdour, Crossford – Mainly West Fife
Company Address:	10M Malcom Court, Dunfermline, Fife
Contact Telephone No.:	07581367278
Contact Mobile No.:	
Contact Other:	
Opening/Operating Hours:	08.30 – 17.00
Cost of Service (please include associated costs):	£20 p/hour
Method(s) of Payment Accepted:	Cheque, Bank Transfer, Cash
Is your service and/or staff regulated and if so by whom:	No
Date of Entry:	June 2026

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 & surrounding area.
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:	9am – 5pm Monday to Friday
Cost of Service (please include associated costs):	£22 per hour plus any mileage charges.
Method(s) of Payment Accepted:	Bank Transfer
Is your service and/or staff regulated and if so by whom:	Member of PVG Scheme
Date of Entry:	June 2026

Company Name:	Home Instead West Fife & Kinross
Charity or Company House Number (if applicable):	SC670862
Service(s) Offered:	Domiciliary care, live-in care, respite care. Home help, companionship, personal care, medication support for people with support needs wishing to stay in their own homes
Area(s) your service operates in:	West Fife & Kinross
Company Address:	Suite 4, Forth House, Burnside Business Court, North Road, Inverkeithing KY11 1NZ
Contact Telephone No.:	01383 668866
Contact Mobile No.:	
Contact Other:	www.homeinstead.co.uk
Opening/Operating Hours:	08:30-17:00 Monday – Thursday, 08:30-14:30 – Friday
Cost of Service (please include associated costs):	Domiciliary Care - £38.50 per hour Live-in & Respite Care – on application
Method(s) of Payment Accepted:	Client is invoiced
Is your service and/or staff regulated and if so by whom:	SSSC (Scottish Social Services Council)
Date of Entry:	June 2026

Company Name:	Caroline Inch
Charity or Company House Number (if applicable):	
Service(s) Offered:	Podiatry
Area(s) your service operates in:	Oakley to Kirkcaldy
Company Address:	6 Fordell Gardens Hillend Dunfermline KY11 7EZ
Contact Telephone No.:	
Contact Mobile No.:	07593416528
Contact Other:	
Opening/Operating Hours:	10.00am – 4.00pm
Cost of Service (please include associated costs):	£30.00
Method(s) of Payment Accepted:	Cash, Cheque, BACS
Is your service and/or staff regulated and if so by whom:	N/A
Date of Entry:	June 2026

Company Name:	Jill of All Trades
Charity or Company House Number (if applicable):	
Service(s) Offered:	Companionship, outings, shopping, meal preparation, GP/dentist/hospital etc. appointments, medication prompts, dog walking/pet care, admin tasks/filing, storage solutions/de-cluttering.
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.:	
Contact Mobile No.:	07990 807478
Contact Other:	
Opening/Operating Hours:	Monday to Fridays
Cost of Service (please include associated costs):	£19 per hour and £9.50 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 adults and elderly clients, and Public Liability insurance
Date of Entry:	June 2026

Company Name:	Jolly Happy Feet
Charity or Company House Number (if applicable):	
Service(s) Offered:	Toenail & Fingernail Cutting at home.
Area(s) your service operates in:	Dunfermline & Surrounding Areas
Company Address:	
Contact Telephone No.:	
Contact Mobile No.:	07882859479
Contact Other:	
Opening/Operating Hours:	9 till 5, Monday to Friday
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:	June 2026

Company Name:	Karen's Chores
Charity or Company House Number (if applicable):	N/A
Service(s) Offered:	Domestic Cleaning
Area(s) your service operates in:	Kelty, Cowdenbeath, Dunfermline
Company Address:	143 Blair Street, Kelty Fife
Contact Telephone No.:	01383 831103
Contact Mobile No.:	07716607825
Contact Other:	
Opening/Operating Hours:	Monday - Thursday
Cost of Service (please include associated costs):	£17.00 per hour
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:	June 2026

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:	Whole of Fife
Company Address:	Office 18 Business incubator Myregormie Place Kirkcaldy KY1 3NA
Contact Telephone No.:	01592 651650
Contact Mobile No.:	07846032164
Contact Other:	N/A
Opening/Operating Hours:	0900 to 1700 weekdays. On call 1700 to 0900 weekdays. Saturday and Sunday
Cost of Service (please include associated costs):	£24.65 weekdays 0700 to 2000 £31.23 Sat and Sun £32.86 Waking nights and public holidays
Method(s) of Payment Accepted:	Any Method is Accepted but we prefer bank transfer.
Is your service and/or staff regulated and if so by whom:	Regulated by Care Inspectorate
Date of Entry:	June 2026

Company Name:	Natter n Spruce
Charity or Company House Number (if applicable):	
Service(s) Offered:	Your Wellbeing: Conversation and companionship. Support with activities and hobbies. Supportive short-term respite. In and Around Your Home: cleaning, hoovering, dusting, changing bedding, decluttering and organising, small garden jobs, filing and paperwork, online food shopping. Happy to discuss other areas.
Area(s) your service operates in:	Tayport, Newport-on-Tay, Wormit, Galdry, Drumoig, Balmerino, Balmullo, Leuchars, St Michaels (other areas in North Fife considered)
Company Address:	4 Banknowe Terrace, Tayport, DD6 9LL
Contact Telephone No.:	07787556824
Contact Mobile No.:	07787556824
Contact Other:	
Opening/Operating Hours:	Monday to Friday (all day), Saturday mornings
Cost of Service (please include associated costs):	£15 per hour
Method(s) of Payment Accepted:	Cash, Bank Transfer
Is your service and/or staff regulated and if so by whom:	PVG Registered Disclosure Scotland Certificate Public Liability Insurance
Date of Entry:	June 2026

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:	June 2026

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, bank, post office, shops, book club, lunch club, transport to visit friends or family, and transport to local leisure activities like golf etc.
Area(s) your service operates in:	Whole of Fife
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 – 5.30pm
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:	June 2026

Company Name:	Scholars Medicare Limited
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, Perth & Kinross
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. Services start from £28.
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:	June 2026

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

Name	Telephone Number	Email / Text Phone / Website
Age Scotland Advice – Scottish Helpline for Older People	0800 12 44 222	Email helpline@agescotland.org.uk www.agescotland.org.uk
Alzheimer Scotland Dementia Helpline	0808 808 3000	Email helpline@alzscot.org 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	Email info@carersuk.org www.carersuk.org/scotland/
Circles Network – Advocacy for unpaid carers & those experiencing substance misuse	01592 645360	Email info.fife@circlesnetwork.org.uk Text 07909 002582
Citizens Advice & Rights Fife	0345 1400095	www.fifecab.cas.org.uk Text Phone 0787 2677 904
Cruse Scotland Bereavement Support	0808 802 6161	Email info@crusescotland.org.uk www.crusescotland.org.uk
Deaf Communication Services – Fife Council	03451 551503	Email swinfo.deafcommunications@fife.gov.uk Text phone 01592 583340 SMS 07781 480185 (registered members)

Disabilities Fife	01592 203993	www.dfscot.com
Fairprice Mobility	01592 652244	www.fairprice-mobility.co.uk Mobility Specialist
Fife Bus	03451 55 11 88	Free door-to-door transport service for people who are unable to access public transport. Email fife.bus@fife.gov.uk Text 07985 737 018
Fife Carers Centre	01592 205472	www.fifecarerscentre.org Email centre@fifecarers.co.uk
Fife Cares – Home Safety & Security	03451 55 15 03	www.fife.gov.uk
Fife Centre for Equalities	01592 645310	www.centreforequalities.org.uk Email info@centreforequalities.org.uk Text 07700 149871
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	www.nhsfife.org/services Email fife.dentaladvice@nhs.scot
Fife Shopmobility		Glenrothes 01592 807102 Kirkcaldy 01592 803772 Dunfermline 01383 661455
Fife Trading Standards	0808 164 6000	Email trading_standards@fife.gov.uk www.advisedirect.scot 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 Cost of Living Support	0800 952 0330	www.our.fife.scot/gethelp
Police Scotland	101	Non-Emergency calls and business. Emergency calls 999
Queen Margaret Hospital	01383 623623	
Re-engage	0800 716543	The Charity reducing loneliness in later life. www.reengage.org.uk
Royal National Institute of the Blind	0303 123 9999	www.rnib.org.uk
Scottish Fire & Rescue Service	0800 0731 999	Home Fire Safety Visit www.firescotland.gov.uk Fire emergency call 999
Social Security Scotland	0800 182 2222	www.socialsecurity.gov.scot Adult Disability Payment Pension Age Disability Payment
Seescape	01592 644979	Visual Impairment Support Across Fife www.seescape.org.uk email info@seescape.org.uk

Shelter Scotland	0808 303 5305	www.scotland.shelter.org.uk
Silverline Helpline for Older People	0800 470 8090	www.thesilverline.org.uk
Tax Aid	0345 120 3779	Tax help & information. www.taxaid.org.uk
Telephone Preference Service	0345 070 0707	www.tpsonline.org.uk Email tps@dma.org.uk
Universal Credit	Tel 0800 328 5644 Textphone 0800 328 1344	www.gov/universal-credit
U-Switch	08453 45 12 96	Comparison Website www.uswitch.com
Victoria Hospital	01592 643355	Email: fife@maggies.org
Maggie's Fife	01592 647997	
Voiceability Independent Advocacy in Fife	0300 303 1660	www.voiceability.org/in-scotland/advocacy-in-fife email helpline@voiceability.org

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:

Unit 15
Crosshill Business Centre
Main Street
Crosshill
KY5 8BJ

Tel 01592 643743

Email info@fifeforum.org.uk

Website www.fifeforum.org.uk

Facebook Fife Forum

Scottish Charity Number SC022596



Revised June 2026