



[http://www.plm-optometrists.co.uk/documents/20200325\\_Optom\\_Practice\\_Availability\\_GG.pdf](http://www.plm-optometrists.co.uk/documents/20200325_Optom_Practice_Availability_GG.pdf)

**Up-dated 21<sup>st</sup> September 2020**

**FOR PUBLIC:**

**As from 4<sup>th</sup> August all practices can now offer routine eye examinations although they must prioritise emergency and essential eye care. Every practice will have special COVID-19 measures in place including the optometrist wearing full PPE during the eye examination. In addition, any staff having to come within 2m also have to wear full PPE.**

**All practices will have limits on how many people can be in their premises at one time and this will vary markedly depending on the size. Some will have to work with a locked door policy in order to control this. Please phone your practice first for advice on attending and arranging an appointment.**

**FOR OPTOMETRY (ONLY):**

**Please see last page for list of FICOS practitioners.**

**ANSTRUTHER** – Govan Optometrists, 6A Shore Street, Anstruther KY10 3EA

**Telephone Number:** 01333 311306 **Fax Number:** 01333 311306

**Hours:** **Wheelchair Access to premises:** No

**Mon- Sat 10am – 3pm**

**ANSTRUTHER** - PLM Optometrists, 19 Rodger Street, Anstruther KY10 3DU

**Telephone Number:** 01333 310830

**Hours:** **Wheelchair Access to premises:** No

**Mon, Tues, Thur, Fri - 9am – 5pm**

**BURNTISLAND** - Ferrier & MacKinnon Optometrists, 129 High Street, Burntisland, KY3 9AA

**Telephone Number:** 01592 872525 **Fax Number:** 01592 871295

**Hours:** **Wheelchair Access to premises:** Restricted

**Mon – Sat 9am – 5.00pm**

**COWDENBEATH** - Ferrier & MacKinnon Optometrists, 148 High Street, Cowdenbeath, KY4 9NH

**Telephone Number:** 01383 510507 **Fax Number:** 01383 513760

**Hours:** **Wheelchair Access to premises:** Restricted

**Mon – Sat 9am – 5.00pm**

**COWDENBEATH** - Optical Express, 319 High Street, Cowdenbeath KY4 9QJ

**Telephone Number:** 01383 626255 **Fax Number:** 01383 515475

**Support available:**

**Wheelchair Access to premises:** Restricted

**Mon, Wed, Thurs – Sat:**  
**9.00am - 5.30pm**

**CUPAR** - McLeish, McPhee and Laing, 24 Bonnygate, Cupar KY15 4LE

**Telephone Number:** 01334 652533 **Fax Number:** 01334 656745

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon, Tues, Wed, Fri:**  
**9.30am – 12.30pm**  
**1.30pm - 3.30pm**  
**Thurs: 9.30am – 12.30pm**

**CUPAR** – PLM Optometrists, 40 Crossgate, Cupar KY15 5HS

**Telephone Number:** 01334 653560

**Hours:**

**Wheelchair Access to premises:** Yes

**Mon - Fri 9am – 5pm Sat 9am – 3pm**

**CUPAR** – Specsavers Opticians, 32 Crossgate, Cupar, KY15 5HH

**Telephone Number:** 01334 808424 **Fax Number:** 01334 808425

**Hours:**

**Wheelchair Access to premises:** Yes

**MON TO FRI 9.00am – 5.30pm.**

**DALGETY BAY** – Specsavers Opticians, 4 Ridge Way, Dalgety Bay, KY11 9AB

**Telephone Number:** 01383 667460 **Fax Number:**

**Hours:**

**Mon to Sat 9.00am – 5.30pm**

**DUNFERMLINE** – 2020 Opticians, 49 Queen Anne Street, Dunfermline KY12 7BA

**Telephone Number:** 01383 724465 **Fax Number:** 01383 625365

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon to Fri 9am – 5.30 pm**

**Sat 9am – 5.00pm**

**DUNFERMLINE** - ASDA Opticians (Vision Centre), Unit 1, Halbeath Retail Park,  
Dunfermline, KY11 4LR

**Telephone Number:** 01383 843506 **Fax Number:** 01383 843507

**Hours:**

**MON TO SAT 9.00am – 8.00pm**

**DUNFERMLINE** - Vision Express, Unit 18, Kingsgate Centre, Dunfermline KY12 7QU

**Telephone Number:** 01383 723244 **Fax Number:** 01383 720411

**Hours:**

**Mon – Fri: 9.00am – 5.30pm**

**DUNFERMLINE** - Boots Opticians, Unit 2, Kingsgate Centre, Dunfermline KY12 7QU

**Telephone Number:** 01383 737604 **Fax Number:** 01383 726059

**Hours:** **Wheelchair Access to premises:** Accessible

**Tues – Sat: 9.00am – 5.30pm**

**DUNFERMLINE** – Ferrier & MacKinnon Optometrists, 27-29 Chalmers Street, Dunfermline, KY12 8AT

**Telephone Number:** 01383 721502 **Fax Number:** 01383 624801

**Hours:** **Wheelchair Access to premises:** Yes

**Mon – Sat: 9.00am – 5.00pm**

**DUNFERMLINE** - Specsavers Opticians, 131 High Street, Dunfermline KY12 7DR

**Telephone Number:** 01383 730050

**Hours:** **Wheelchair Access to premises:** Restricted

**Mon – Sat: 9.00am - 5.30pm**

**Sun: 10.00am - 5.30pm**

**DUNFERMLINE** – Vision Express (UK) Ltd, Calais Farm Road, Duloch Park, Dunfermline KY11 8EG

**Telephone Number:** 01383 660924 **Fax Number:** 01383 740789

**Hours:** **Wheelchair Access to premises:** Yes

**Monday – Saturday:**

**9.00am - 5.30pm**

**Sunday: 10.30am – 5.00pm**

**DUNFERMLINE** – Vision Express (UK) Ltd, Calais Farm Road, Duloch Park, Dunfermline KY11 8EG

**Telephone Number:** 01383 660924 **Fax Number:** 01383 740789

**Hours:** **Wheelchair Access to premises:** Yes

**Monday – Saturday:**

**9.00am - 5.30pm**

**Sunday: 10.30am – 5.00pm**

**DUNFERMLINE** - Spex Direct (Scotland) Ltd, 3a Dickson Court, Elgin Street Industrial Estate, Dunfermline KY12 7SG

**Telephone Number:** 01383 623619

**Hours:** **Wheelchair Access to premises:** Yes

**Tues – Fri 9.00am – 1.00 pm**

**DUNFERMLINE** - iSee Opticians, 12 Abbeyview, Dunfermline KY11 4HA

**Telephone Number:** 01383 223002

**Hours:** **Wheelchair Access to premises:** Yes

**Mon - Fri 10am – 2pm**

**GLENROTHES** - Rach Optometrists, 8 Lyon Square, Glenrothes KY7 5NR

**Telephone Number:** 01592 751460 **Fax Number:** 01592 610799

**Hours:** **Wheelchair Access to premises:** Restricted

**Monday - Friday 9am – 5.30pm**

**Saturday 9am – 5.00pm**

**GLENROTHES** – Boots Opticians, 6 Lyon Way, Glenrothes KY7 5NW

**Telephone Number:** 01592 758091 **Fax Number:** 01592 754968

**Hours:**

**Wheelchair Access to premises:** Mobile Ramp

**Mon, Tue, Thurs, Fri, Sat 9-5.30**

**GLENROTHES** - PLM Optometrists, 49 Bighty Avenue, Glenrothes KY7 5AD

**Telephone Number:** 01592 611076 **Fax Number:** 01592 653630

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon, Tues, Thur, Fri: 9am – 5pm**

**GLENROTHES** – Specsavers Opticians, 32 Lyon Way, Glenrothes KY7 5NN

**Telephone Number:** 01592 611044 **Fax Number:** 01592 611334

**Hours:**

**Wheelchair Access to premises:** Yes

**Mon – Sat: 8.00am – 6.00pm**

**Sun: 10.00am – 6.00pm**

**INVERKEITHING** – Ferrier & MacKinnon Optometrists, 14 High Street, Inverkeithing, KY11 1NN

**Telephone Number:** 01383 420300 **Fax Number:** 01383 419037

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon – Sat 9am – 5.00pm**

**KELTY** – Carrick Opticians, 23 Main Street, Kelty KY4 0AA

**Telephone Number:** 01383 830077

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon to Friday 11.00am - 3.00pm**

**KIRKCALDY** - ASDA Opticians (Vision Centre), Carberry Road, Kirkcaldy KY1 3NU

**Telephone Number:** 01592 657220 **Fax Number:** 01592 657221

**Hours:**

**Wheelchair Access to premises:** Restricted

**MON TO SAT 9.00am – 8.00pm**

**KIRKCALDY** - The Spectacle Shop, 35 Whytescauseway, Kirkcaldy KY1 1XF

**Telephone Number:** 01592 642422

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon - Fri 9.30am – 5.00pm**

**Dispensing Optician(s):**

Mr Clifford Williams GOC No. D-8601

**KIRKCALDY** - Boots Opticians, 129 High Street, Kirkcaldy KY1 1LR

**Telephone Number:** 01592 205634

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon, Tues, Thurs, Fri:**

**9am – 5pm**

**Sat:**

**9am – 4pm**



**KIRKCALDY** - Vision Express, Unit 7, Mercat Centre, Kirkcaldy KY1 1NX

**Telephone Number:** 01592 268400 **Fax Number:** 01592 268402

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon - Sat 9.00am - 5.30pm**

**KIRKCALDY** – The Optician at Seescape, Fife Society for the Blind, Wilson Avenue, Kirkcaldy KY2 5EF

**Telephone Number:** 01592 644979

**Hours:**

**Wheelchair Access to premises:** Yes

**Tues and Friday**

**9am – 12 noon 1pm – 5pm**

**KIRKCALDY** - PLM Optometrists, 138 St Clair Street, Kirkcaldy KY1 2BZ

**Telephone Number:** 01592 655200

**Hours:**

**Wheelchair Access to premises:** Yes

**Mon - Fri 9am – 5pm Sat 9am – 3pm**

**KIRKCALDY** - Optical Express, 137 High Street, Kirkcaldy KY1 1LR

**Telephone Number:** 01592 802812

**HOURS:**

**Wheelchair Access to premises:** Restricted

**Mon, Wed, Thurs – Sat:**

**9.00am - 5.30pm**

**KIRKCALDY** - Specsavers Opticians, 201 High Street, Kirkcaldy KY1 1JD

**Telephone Number:** 01592 263100 **Fax Number:** 01592 261347

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon - Fri 8am – 8pm**  
**Sat 8.30am – 5.30pm**  
**Sun 10am – 5pm**

**LEVEN** – D T Hay Opticians, 56 High Street, Leven KY8 4NA

**Telephone Number:** 01333 423074 **Fax Number:** 01333 429947

**Hours:**

**Wheelchair Access to premises:** Yes

**Tues - Fri 9am - 2pm**  
**Sat 9am - 1pm**

**LEVEN** - McLeish, McPhee & Laing, Shorehead, Leven KY8 4NR

**Telephone Number:** 01333 426598 **Fax Number:** 01333 426598

**Hours:**

**Wheelchair Access to premises:** Restricted

**Mon, Tues, Wed, Fri:**  
**9.30am -12.30pm /1.30pm-3.30pm**  
**Thurs 9.30am-12.30pm**

**LEVEN** - PLM Optometrists, 44 North Street, Leven KY8 4LY

**Telephone Number:** 01333 426817 **Fax Number:** 01333 422999

**e-mail:** [leven@plm-optometrists.co.uk](mailto:leven@plm-optometrists.co.uk)

**Hours:** **Wheelchair Access to premises:** Restricted

**Mon - Fri 9am – 5pm Sat 9am – 3pm**

**LEVEN** - Optical Express, 26 High Street, Leven KY8 4LZ

**Telephone Number:** 01333 400455 **Fax Number:** 01333 427203

**Hours** **Wheelchair Access to premises:** Restricted

**Mon, Wed, Thurs – Sat:**  
**9.00am - 5.30pm**

**LEVEN** - Specsavers Opticians, 68 High Street, Leven KY8 4NA

**Telephone Number:** 01333 420180 **Fax Number:** 01333 420182

**Hours:** **Wheelchair Access to premises:** Yes

**Mon-Sat 9.00am -5.30pm**

**LOCHGELLY** - Carrick Opticians, 19 Bank Street, Lochgelly KY5 9QQ

**Telephone Number:** 01592 784004

**Hours:** **Wheelchair Access to premises:** Yes

**Mon to Friday**  
**11.00am - 3.00pm**

**METHIL** - McLeish, McPhee & Laing, 285 Wellesley Road, Methil KY8 3BN

**Telephone Number:** 01333 426385 **Fax Number:** 01333 426385

**e-mail:** [mmlmethil@gmail.com](mailto:mmlmethil@gmail.com)

**Hours:** **Wheelchair Access to premises:** Restricted

**Mon, Tues, Wed & Fri**  
**9.30am -12.30pm / 1.30pm - 3.30pm**  
**Thurs: 9.30am -12.30pm**

**NEWPORT-ON-TAY** - Ferrier & MacKinnon Optometrists, 3-5 Cupar Road, Newport-on-Tay, DD6 8AF

**Telephone Number:** 01382 541115 **Fax Number:** 01382 543289

**Hours:** **Wheelchair Access to premises:** Yes

**Mon – Sat 9am – 5.00pm**

**OAKLEY** - Vision One Opticians, 7 Station Road, Oakley KY12 9QF

**Telephone Number:** 01383 223036

**Hours:** CLOSED

**Wheelchair Access to premises:** Yes

**ROSYTH** - The Eye Centre, 10 Aberlour Street, Rosyth KY11 2RD

**Telephone Number:** 01383 416683

**E-mail address:** rosyth@eyecentrescotland.co.uk

**Hours:**

**Wheelchair Access to premises:** Yes

**Mon, Tues, Thurs & Fri:**  
10.00am - 4.00pm

**ST ANDREWS** - Boots Opticians, 9 Bell Street, St Andrews KY16 9UR

**Telephone Number:** 01334 472437

**Hours:**

**Wheelchair Access to premises:** Yes

**Mon, Wed, Thurs, Fri, Sat:**  
9.00am - 5.30pm

**ST ANDREWS** - Govan Opticians, 83 South Street, St Andrews KY16 9QW

**Telephone Number:** 01334 474558 **Fax Number:** 01334 470808

**Hours:**

**Wheelchair Access to premises:** No

**Mon- Sat 10.00am - 3.00pm**

**ST ANDREWS** – Specsavers Opticians, 169 South Street, St Andrews KY16 9EE

**Telephone Number:** 01334 468580 **Fax Number:** 01334 468582

**Hours:**

**Wheelchair Access to premises:** Yes

**Mon – Thurs 9am – 5.30 pm**

**Sat 9am – 5.30 pm**

**WILTSHIRE** - The Outside Clinic, 10-14 High Street, Old Town, Swindon, Wiltshire SN1 3EP

**Telephone Number:** 01793 610 252 **Free Phone:** 0500 295 245 **Fax:** 01793 542 011

**MON TO FRIDAY**

**8AM – 5.30PM**

**FOR OPTOMETRY USE ONLY: Please ensure you follow the FICOS pathway before contacting anyone on the list below.**

Table of FICOS practitioners

	Location	Practice	Practitioners	Telephone	NHS mail
1	Cupar	PLM Optometrists	Fiona Adamson Gavin Galloway	01334 653 560	<a href="mailto:Fife-UHB.F10273-PLMCUP@nhs.net">Fife-UHB.F10273-PLMCUP@nhs.net</a>
		Specsavers Opticians	Adrian McCann	01334 808 424	<a href="mailto:adrian.mccann@nhs.net">adrian.mccann@nhs.net</a>
2	St Andrews	Govan Optometrists	Iain Pentland	01334 474 558	<a href="mailto:i.pentland@nhs.net">i.pentland@nhs.net</a>
3	Glenrothes	Specsavers Opticians	David Platt	01592 611 044	<a href="mailto:david.platt1@nhs.net">david.platt1@nhs.net</a>
4	Leven	Specsavers Opticians	Adrian McCann	01333 420 180	<a href="mailto:adrian.mccann@nhs.net">adrian.mccann@nhs.net</a>
		PLM Optometrists	David Cummins	01333 426 817	<a href="mailto:david.cummins@nhs.net">david.cummins@nhs.net</a>
5	Anstruther	PLM Optometrists	David Cummins	01333 310 830	<a href="mailto:david.cummins@nhs.net">david.cummins@nhs.net</a>
6	Kirkcaldy	Asda Opticians	Rosemary Kerr	01592 655 370	<a href="mailto:r.kerr2@nhs.net">r.kerr2@nhs.net</a>
		SeeScape	Steven Halstead	01592 646728	<a href="mailto:steven.halstead2@nhs.net">steven.halstead2@nhs.net</a>
7	Dunfermline	Ferrier & Mackinnon	Julie Ferguson Lynsey McAllister	01383 721 502	<a href="mailto:Fife-UHB.F10100-FMDUNF@nhs.net">Fife-UHB.F10100-FMDUNF@nhs.net</a>
8	Dalgety Bay	Specsavers Opticians	Joanne Grant**	01383 667 460	<a href="mailto:joannegrant4@nhs.net">joannegrant4@nhs.net</a>

