

## RYEDALE COVID-19 HELP NETWORK –

**Carrie (BASE NUMBER) 01751 269270**  
**Sandra 07540 330364**  
**Sharon 07917 434984**  
**Grace 07398 827802**  
**Food Bank (ask for Rob) 07800 877932**  
**Food Share 07340 387826**



Essential food items – Milk, Bread, Yoghurts, Veg, Meat, Ready Meals, etc.

Cedar Barn	475614 ext. 5	Free delivery on orders over £15, 5 mile radius
Beadlam Grange	01439 770303 Ext 3	Free delivery on orders over £10 delivery in Ryedale area
Dunning's Butchers	472627	also deliver items from <b>The Old Weigh &amp; Metcalf's Fruit &amp; Veg</b>
Middleton Tea Parlour	07528235799	Delivery on foot, any fresh products usually Available. This also covers the post office so stamps etc.
Taylor's Fruit & Veg	472170	
The Sun Inn	473661	Sharon is providing take out of all their beer and Cider until stocks run dry. No take out for the 22nd and 23 <sup>rd</sup> due to cellar clear out but back trading 5-7 from Tuesday 24 <sup>th</sup> .
The Whole Hogg	01653 669469	Delivery within a 10 mile radius of fruit, veg, Meat, pies and pastries. Minimum order £10
The Horny Cow	07788 194038	Locally bred fresh and frozen meats. Delivery to Pickering on Mondays and Thursdays C.O.D. or PayPal. Collections available on weekdays except Tuesdays and 9-12.30 on a weekend.

## Essential Home Items

Coopers	472248	Matches, Light bulbs, gas, etc. Free delivery
Flintoff's	703103	Everything you need for home and garden DIY.
Ryedale Log & Kindling	07484 153340	Logs & kindling. Free same day delivery. Cash On delivery or via card over the phone.
Barnes Nurseries	472266	Spending time in your garden? Barnes will deliver plants etc. Call and leave a message.
HCI Trading	07872 906702	Household cleaning supplies and toiletries delivered.

## Pets

Magson's	472657	Free delivery of all usual stock items between Wykham and Kirbymoorside.
Pooch Pals	475415	or text/call 0779085764 Dog walking service
Pickering Pet Shop	473521	Free delivery of all shop items. Cash or card
Ryedale Vets	472204	Home visits and prescription delivery for those in Isolation or unable to get out.

## Magazines, Newspapers, Milk etc.

Reeds	474890
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## Health

Pickering Pharmacy	472550	Deliveries of prescriptions and other medications for those in isolation.
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## Hot and cold meal deliveries

Station Inn Hotel	476880	Call before 10:00 am for same day delivery
Piggies In The Middle	475511	Meal plans available
The White Swan	472288	Cold food delivered between 12 noon and 8 pm. Hot food between 12 noon & 2 pm and again between 6 pm & 8pm.
Café Stop	471400	Delivery service. Anything off the menu as well as pies and quiche etc. Plus anything we can help you with that is out of stock at the supermarket (though not toilet rolls!)
Cappleman's Fish n Chips	476984	Home deliver in the Pickering area. "Click and Collect" by ordering on: <a href="http://www.capplemanspickering.co.uk">www.capplemanspickering.co.uk</a>
Eastgate Fisheries	472554	Open as usual for takeaways only.
Potter Hill Fisheries	472687	Full menu available via "Drive by collection." Cash or card payments.
Russell's Café	473661	Sausage rolls, cakes, pies and pastries all Still available. Takeaway service only, but to include sandwiches, drinks selection of main meals and a classic full English breakfast.
The Soup Man	07843 977577	Geoff McClaren, delivering fresh, home-made soup <b>free of charge</b> to the elderly and families who are struggling. Any dietary requirements, please call.

## Bakery Items

Cinnamon Twist	07901 701120	Deliveries on a Wednesday or collection from Unit 5, West Gate Carr Industrial Estate
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## Milk deliveries- Milk, Eggs & Potatoes

John Morley	475688	Doorstep deliveries
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## Taxis

Pickering Taxis Station Taxis Malton	If any of you know of any older or vulnerable people struggling to get particular items then station taxis drivers will try to get them while out and about and drop them for you if you message their Facebook page either Station taxis Malton or Pickering taxis.
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We get near a lot of different places so may have a better chance of getting these items and we'll drop as were passing that area on other work for as long as we can. **The community has kept us going for nearly 30 years so we'll try our best to keep you going too.**

**Private Volunteers – please call or text if you are need of smaller items delivered and not enough from one place to warrant a delivery i.e. you only need a pint of milk and a loaf. All the numbers below are given freely by the people listed who just want to help in any way they can. Should anyone who is named find that their circumstances change I will remove their numbers.**

Stacey	07528 235799	Middleton based. Home deliveries also in Pickering on Mondays or Tuesdays
Claire	07990 964112	Pickering based.
Debbie	07979 193329	Has a car and can deliver.
Christine	07775 292275	Has a car and can deliver.

Schools - current situation, all schools to closed from Friday 20<sup>th</sup> March till further notice

## Educational/entertainment

The Tutor	07868303441	Call or text Matt for help with school work or extra work and actives with educational themes. Help can be given online, at our home or your home, groups welcome.
Sue Slack		Local artist in Lockton offering free art videos via her Facebook page - <b>sueslackpainter</b> . Every weekday, builds into a course for all ages and abilities.
The Toy and Book Warehouse	474627	Free delivery in Pickering. Order by phone or on their website <a href="http://www.thetoyandbookwarehouse.com">www.thetoyandbookwarehouse.com</a>

## Other bits of Interest

NHS	During these unprecedented times the NHS needs to know that we are grateful. On Thursday 26 <sup>th</sup> March at 8pm please join us for a big applause from living rooms, gardens, balconies, front doors etc. to show appreciation for all those who work in the health service during this crisis <b>#clapforourcareres</b> <a href="http://www.clapforourcareres.co.uk">www.clapforourcareres.co.uk</a>
Churches	Open for private prayer 9am till 5pm there are currently no church services being held. The Church would like to request that as many people as possible light candles at <b>7pm on Sunday 23rd March</b> and place in a window to show we are all united.
Dalby Forrest	All trails are still open though the visitor centre, café and shops are now closed until further notice.

**The Balance Rooms** All yoga and pilates practices offered 100% online via zoom. Please sign up for practice online or through the app to be sent a link.

The Balance Rooms Shop open Monday, Tuesday, Wednesday and Friday from 11:30am-12:30pm and on Saturdays from 9am-1pm. Selection of vegan food items, vitamins and supplements, toilet paper, kitchen roll and health items etc.

For more information about online classes etc., contact Chantelle on 07490 535001

**Town Council Meeting** 23<sup>rd</sup> March 476503 [townclerk@pickering.gov.uk](mailto:townclerk@pickering.gov.uk)

To discuss response to the current situation. Call/email for more details or to give information of services you may have set up to support residents.