

RYEDALE COVID-19 HELP NETWORK –

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



Essential Food Items

Location	Tel:	Details:
Cedar Barn	475614 Ext. 5	Shop closed. Safe collection of orders if given 48 hours' notice. Free delivery on orders over £15 if given at least 72 hours' notice. Thornton le Dale deliveries Monday - Friday. Pickering deliveries Monday, Wednesday, Friday and Saturday. Others, Tuesday and Thursday. Call between 10-2:00pm, Monday to Friday only. Orders can also be sent via email at: info@cedarbarnfarmshop.co.uk Orders will be processed without reply due to volume of enquiries.
Beadlam Grange	01439 770303 Ext. 3	Delivery only. Call to place orders between 10-3:00 pm. Orders over £10 for delivery in Ryedale area.
R.C. Hann's Butchers	472588	Open as usual, delivery available but please call.
D.L Horsley's Butchers	473452	Open as usual for collection but delivery is available via Taylor's Fruit and Veg .
Dunning's Butchers	472627	Open 8-1:00pm for collection, card payments preferred. Call for deliveries in the afternoon.
Metcalf's Fruit and Veg	476706	Operating a closed door policy. Phone order in and will be available to collect later that day. Home delivery now available – please call for details.

The Old Weigh	798020 / 07942 636214	Open 9-1:00 pm (closed Wed & Sun) for flour, cereals, pulses, nuts, oil, teas, herbs and spices etc. as well as cleaning products. Afternoon delivery available in Pickering to those who are self-isolating only. www.theoldweigh.co.uk/product-list
Taylor's Fruit & Veg	472170	Fruit, veg, fish, dairy and other essentials. Pickering delivery including meat orders from D.L Horsley's Butchers . Please call in advance to place orders.
The Whole Hogg	01653 669469	Only one person in the shop at any time. Orders for Sunday must be placed by 2pm Saturday, collection only 10-2. Delivery available 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.
The Little Yorkshire Cheese Stall	07837 433581	Cheese/Chutney deliveries on Market Day (Monday in Pickering). Please give 2 days' notice – no minimum order.
Feast	470121	Able to organise a box of fruit & vegetables, Yorkshire meat or store cupboard essentials plus a selection of ready meals to cook at home. For collection or delivery if people are unable to get out within Pickering only. Available to order Monday to collect Wednesday, order Wednesday to collect Friday.
Willowgate Bistro	476300	Fresh pasta and bread deliveries Thursday-Saturday only. Call to pre-order.
The Groovy Moo	01653 228090	Handcrafted Italian gelato delivered to your doorstep with all the extras you will need including cones, flakes, fudge, sugar strands and marshmallows. Choose 4 flavours from a range of 11. Call on Saturday 2-4pm for a Saturday evening delivery within a 5 mile radius.

Helmsley Brewing Co.	01439 771014 / 07772835959	Local brewery offering a range of bitter and ale home deliveries covering Ryedale in full, including Malton and Pickering. Beer in bottles (Cases of 12 500ml for £30) and cask beer in a bag in a box for £20. Call Kyle for more details.
New Inn at Cropton	417330	Offering a range of beer lager and cider for delivery. 8 bottles for £20 including delivery, discounts for larger orders. Call by 5pm Wednesday for a Thursday delivery.
Middleton Service Station	477400	Shop open as usual with social distancing in place. Please wear gloves when dispensing fuel.

Essential Home Items

Location	Tel:	Details:
Coopers	472248	Matches, Light bulbs, gas, etc. Free delivery Monday, Wednesday and Friday for orders over £40. Oder by phone or Facebook messenger. Open 9 am till 1 pm.
Flintoff Ironmongers	703103	Everything you need for home and garden DIY.
RV Roger Ltd.	472226	Free delivery of plants, pots, compost, seeds and much more. Minimum £25 order. Call or email on sales@rvroger.co.uk
Ryedale Log & Kindling	07484 153340	Logs & kindling. Free same day delivery. Cash on delivery or via card over the phone. 7 days a week.
HCI Trading	07872 906702	Household cleaning supplies and toiletries delivered.
Nisa Thornton Stores	474275	Delivery of store items. The shop is closed. Please call to place orders, or email at: nisalocal07@gmail.com . Alternatively deliver order through letterbox. Payment by cash cheque or BACS only.
Yorkshire Trading	474721	Open as usual. Online ordering and delivery at www.yorkshiretrading.com .

B & M Harland Petrol Station & Spar	472673	Petrol station and Spar open: 06:30 am till 7:00 pm Monday to Saturday. 7 am till 7 pm on Sundays.
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Milk Rounds

Location	Tel:	Details:
John Morley	475688	Milk, Eggs & Potatoes. Doorstep deliveries.

Evergreen Dairy	476646	Doorstep deliveries.
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Bakery

Location	Tel:	Details:
Cinnamon Twist	07901 701120	Please call for delivery.

Baldersons Welcome Café & Bakery	07712 570501	Café Closed. Deliveries available Monday to Friday. Orders require 24 hours' notice. Bakery items, eggs and milk within a 5 mile radius. Also Snainton. No minimum spend, card payments via telephone.
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Thomas' Bakery	474899	Staying open as usual. No delivery.
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Coopland's Bakery	472612	Café closed but shop open as usual.
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Health

Location	Tel:	Details:
Pickering Pharmacy	472550	Prescriptions and other medications. For those in isolation and unable to arrange collection of prescription please contact: <ul style="list-style-type: none"> • Sandra • Sharon • Grace or contact Carrie at base. Numbers listed at the top. You will then be contacted by a volunteer who will arrange the collection and delivery of your medication. Pay pharmacy via telephone. Closed between 12 – 2 pm Monday to Friday.

Pickering Medical Practice	471296	Please sign up for the NHS app – www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/ you will be able to order repeat prescriptions via the app. This will free up the telephone lines for those needing assistance during the pandemic. Please help friends and family wherever possible.
Ryedaleeze Mobility	475440	Tena, denture and a range of personal care products. Deliveries only, please call.
Savage Cabbage	471491	CBD oil, hemp oil. Free delivery in Pickering. www.savagecabbageltd.com

Pets

Location	Tel:	Details:
Magson's	472657	Delivery of all usual stock items between Wykham and Kirbymoorside.
Pooch Pals	475415	Call or text 0779085764. Dog walking service.
Pickering Pet Shop	473521	Open 9-4:00pm with free local delivery only of all shop items. Cash or card.
Ryedale Vets	472204	Home visits and prescription delivery for those in isolation or unable to get out. Door is locked. If you have an appointment, park and ring. Please do not enter until advised.

Newsagents/Postal services

Location	Tel:	Details:
Reeds	474890	Open for magazines, newspapers, puzzle books, etc. Call for delivery. Open 5:30 am till 2 pm.

Hot and cold meal deliveries

Location	Tel:	Details:
Station Inn Hotel	476880	4 meals for £10 order by 12 for Tuesday, Thursday or Saturday delivery. Sunday lunch – please pre-order by Saturday. On Fridays, now doing a “Fish Fryday” due to popular demand.

Piggies In The Middle	475511	Meal plans available.
Eastgate Fisheries	472554	Open as usual for takeaways only.
The Soup Man	07843 977577	Geoff McClaren, delivering fresh, home-made soup free of charge to the elderly and families who are struggling. Any dietary requirements, please call.
The White Swan	472288	Speciality Sunday lunches. For collection or delivery if people are unable to get out within Pickering only. Available to order Monday to collect Wednesday, order Wednesday to collect Friday.
Chico's Pizzeria	476622	Open for take-out and delivery as usual.
Bits and Pizzas	475116	Open for take-out and delivery as usual.
Spice 4 U	473334	Open for take-out only.
Noyon	476969/477039	Usual opening hours. Order via telephone, mobile (07449845006). Take-out or delivery available. Card preferred cash also accepted.
Tuis of Malton	01653 692868 / 07590 495016	Minimum spend £25 plus £6 delivery charge. For delivery, call or text mobile number 12-5pm. After 5pm, call landline to be given a collection time. www.tuisofmalton.com/wp-content/uploads/2019/07/takeaway-menu.pdf

Educational/Entertainment

Location	Tel:	Details:
The Tutor	07868303441	Call or text Matt for online help with school work or extra work and actives with educational theme. Bespoke classes set up via SENECA learning platform – send your requirements. 1-2-1 tutoring available via Skype.

Jenny Wade		Support offered in secondary science. Free online "classrooms" on Google classroom (Rydale learning network zycpysv) and also material is available on SENECA learning platform for KS2, KS3, GCSE and A level. Email for the classroom codes - janinewade@rocketmail.com
Sue Slack		Local artist in Lockton offering free art videos via her Facebook page - sueslackpainter . Monday, Wednesday & Friday, builds into a course for all ages and abilities.
The Toy and Book Warehouse	474627	Free delivery in Pickering. Order by phone or at www.thetoyandbookwarehouse.co.uk
The Balance Rooms	07490 535001	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. Selection of vegan food items, vitamins and supplements, toilet paper, kitchen roll and health items etc.
Angela Richardson	432545	Providing assistance with computer technology. Can provide assist over the phone with computers, iPads, mobile phones, on-line shopping orders. actuition@gmail.com

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.

Name:	Tel:	Services offered:
Stacey	07528 235799	Middleton based. Home deliveries also in Pickering on Mondays or Tuesdays.
Claire	07990 964112	Pickering based.
Christine	07775 292275	Has a car and can deliver.

Additional information

Some advice from a nurse on dealing with the virus should you contract it:

“You basically just want to prepare as though you know you’re going to get a nasty respiratory bug, like bronchitis or pneumonia. You just need to have the foresight to know it might come your way! Things you should actually buy ahead of time (not sure what the obsession with toilet paper is?):

- Kleenex
- Paracetamol
- whatever your generic, mucus thinning cough medicine of choice is (check the label and make sure you're not doubling up on Paracetamol)
- Honey and lemon can work just as well!
- Vicks Vaporub for your chest is also a great suggestion

If you don't have a humidifier, that would be a good thing to buy and use in your room when you go to bed overnight. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam).

If you have a history of asthma and you have a prescription inhaler, make sure the one you have hasn't expired and refill it/get a new one if necessary. This is also a good time to meal prep: make a big batch of your favourite soup to freeze and have on hand. Stock up on whatever your favourite clear fluids are to drink - though tap water is fine, you may appreciate some variety!

For symptom management and a fever over 38°C, take Paracetamol rather than Ibuprofen.

Hydrate (drink), hydrate, hydrate!

Rest lots. You should not be leaving your house! Even if you are feeling better you may still be infectious for fourteen days and older people and those with existing health conditions should be avoided! Ask friends and family to leave supplies outside to avoid contact.

You DO NOT NEED TO GO TO THE HOSPITAL unless you are having trouble breathing or your fever is very high (over 39°C) and unmanaged with meds. 90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter meds.

If you are worried or in distress or feel your symptoms are getting worse, ring 111 and they will advise if you need to go to hospital. The hospital beds will be used for people who actively need oxygen/breathing treatments/IV fluids.”