

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: |
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| Cedar Barn | 475614 Ext. 5 or for orders only: 07579 810621 | Shop closed. Safe collection of orders if given 72 hours' notice by phone or 48 hours' via email. Free delivery on orders over £15. Thornton le Dale deliveries Monday - Friday. Pickering deliveries Monday, Wednesday, Friday and Saturday. Others, Tuesday and Thursday. Call between 10-2:30pm, 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. Payment taken by card over the phone. |
| Beadlam Grange | 01439 770303 Ext. 3 | Delivery only. Call to place orders between 10-3:00 pm. Now doing veg boxes although still doing individual fruit and veg orders. Frozen ready meals also available. Orders over £10 for delivery in Ryedale area. Pickering deliveries on a Wednesday. |
| 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 Now available courtesy of Taylor's Fruit and Veg. |

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| Dunning's Butchers | 472627 | Open 8-1:00pm for collection, card payments preferred. Call for deliveries in the afternoon. Easter opening – Good Friday 8-1pm, Saturday 8-1, closed Sunday to Tuesday. |
| 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, pastries, quiches, bottled beers, jams and chutneys. Ready meals and afternoon teas now available as well as a range of essentials such as toilet and kitchen rolls. Minimum order £10 for delivery but contactless collection now available – please call for details. |
| The Horny Cow | 07788 194038 | Locally bred fresh and frozen meats. Delivery to Pickering for orders over £20, smaller orders can be left in a safe place outside for collection. 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. Will be open on Monday 13th April as usual despite bank holiday. |

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| Dales The Chef's Choice | 01653 916699 | Fruit, veg, salad, Derek Fox meats, dry goods, dairy and bakery items. Free Delivery within 20 miles of Malton. New website just launched to make ordering easier. First orders may be placed at 5pm on the 6 th April. www.dalesthechefschoice.co.uk/webshop |
| White Swan/ Feast | 472288 | 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 to place order, pay and to get advice on delivery day. Will deliver surrounding villages including Pickering. |
| 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. www.helmsleybrewingco.co.uk , beer@helmselybrowingco.co.uk |
| 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 discuss delivery times. Email orders to anna@newinncropton.co.uk |

Essential Home Items

| Location | Tel: | Details: |
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| Coopers | 472248 | Matches, Light bulbs, gas, etc. Free delivery Monday, Wednesday and Friday for orders over £40. Order 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 |
| Barnes Nurseries | 472266 | Free delivery of plants and compost to the local area. Please call or message on Facebook to order. |
| 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 . |

Milk Rounds

| Location | Tel: | Details: |
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| John Morley | 475688 | Milk, Eggs & Potatoes. Doorstep deliveries. |
| Evergreen Dairy | 476646 | Doorstep deliveries. |

Bakery

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

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| 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. |
| Thomas' Bakery | 474899 | Staying open as usual. No delivery. |
| Coopland's Bakery | 472612 | Café closed but shop open as usual – only 2 people allowed in at any time. We now sell milk, eggs, cheese, bacon, turkey, chicken, ham and Flora spread. |

Petrol stations

| Location | Tel: | Details: |
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| B & M Harland Petrol Station & Spar | 472673 | Petrol station and Spar shop open: 06:30 am till 7:00 pm Monday to Saturday. 7 am till 7 pm on Sundays. Hot food available. ATM on premises |
| Middleton Service Station | 477400 | Shop open with new opening hours – Monday to Saturday 6am – 8pm, Sunday 7am – 7pm with social distancing in place. Hot food available. ATM on premises. Please wear gloves when dispensing fuel. |
| Spar & Petrol Station, East Ayton | 01723 865112 | Open 24 hours, 7 days a week for fuel, Spar shop, Post Office, Pay point, Apple Pay, Hot food and ATM. |

Health

| Location | Tel: | Details: |
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| 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. |

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| 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. Paper prescriptions will stop on the 6th April, so we have increased the dispensary telephone opening hours. Now open 10-12pm and 2-5pm. Alternatively, please use the app. |
| 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: |
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| 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 9-3:00pm with free local delivery only of all shop items – call for details. 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: |
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| Reeds | 474890 | Open for magazines, newspapers, puzzle books, etc. Call for delivery to surrounding. Open 5:30 am till 2 pm. |

Hot and cold meals

| Location | Tel: | Details: |
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| 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 – when collecting, park on park street and wait by cones. |
| The Black Swan | 798209 | Beer and pizza takeaway. Currently collection only. Friday and Saturday nights between 5-9pm. Call or order via the website www.blackswan-pickering.co.uk |
| 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. |
| White Swan/ Feast | 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. Pay by cash or bank transfer. |
| 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. |

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| 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 |
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Educational/Entertainment

| Location | Tel: | Details: |
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| 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 |

Services for NHS workers only

| Name: | Tel: | Details |
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| Zoe's Ironing Service | 07833 210941 | Free ironing service for NHS workers. Call for details |

Volunteers – If you wish to volunteer to support the network or are in need of support yourself, please call the helplines

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.”