



Community Covid-19 support Easingwold and area - March 2020

Local Food and other shops

Co-op - **Not doing deliveries**

Market Place – 821645

Long Street – 821204

Budgens – 823498

Village shops for local deliveries

Stillington Shop - 811911

Tollerton Stores – 838436

Linton on Ouse village shop - 848255

Huby village shop - 811451

Food bank – Easingwold Area

0772 4444 750

Bread and rolls

Thomas the Baker – 822613

Post Office – Easingwold - 821283

Fresh Food Deliveries

Meat, tinned goods, fruit and veg +more

The Olive Branch – 823402

Fruit, veg, eggs and potatoes

Hebdons – 824540

Fresh Meat

Sykes House Farm - 01937 582549

Meat, milk, veg, fruit, bread, eggs +more

Farm Gate Farm shop – 868894 or email

farmgatefarmshop@hotmail.com

Meat, pies, quiches +more

Thornton's Bakehouse and Butchers – 821666

S & J Quality Butchers - 821242

Bread and rolls

Clarks Bakers Long Street - 821285

Fruit and veg boxes

Carl's Flowers, Fruit and veg – 07591694577

Milk

Russ Kings – 01904 763717

russkings@hotmail.com

Pharmacy, Dentist and Drs Surgeries

Boots in the Market Place – 821254
Easingwold Dental Care – 821181
Red Lea Dental Practice – 821435
Wigginton Dental Practice – 01904 764539
Millfield Surgery – 821557
Tollerton Surgery – 838231
Stillington Surgery – 810332
Church Lane, Helperby – 01423 360296

Online activities:

Jessa Liversidge singing -

https://www.youtube.com/channel/UC_eE0YgYcKA8HnfdXJTZ-9Q

Online exercises:

<https://www.nhs.uk/Conditions/nhs-fitness-studio/>

https://epilatesonline.com/free-quarantine-pilates-pack/?fbclid=IwAR0Z9GiOIFAK1ngTdWzcQZIo0mbiHQZ9XEx5_I-nEg1LeciLABoNuMsgrUY

For children:

<https://www.worldofdavidwalliams.com/activities/>

Support Groups – National

Samaritans – 116 123 www.samaritans.org

NSPCC – 0800 1111 Childline for children
www.nspcc.org.uk

Refuge – 0808 2000 247 Provides 24 hour helpline www.refuge.org.uk

CRUSE Bereavement Care – 0808 808 1677
Mon to Fri 9am to 5pm www.cruse.org.uk

IDAS – Independent Domestic Abuse –
03000 110 110 (N Yorks) www.idas.org.uk

NY County Council - 01609 780780
www.northyorks.gov.uk

Hambleton District Council - 01609
779977

www.hambleton.gov.uk

Easingwold Town Council – 822422
www.easingwold.gov.uk

Diabetes – www.york-adult.diabetesukgroup.org/
01904 410490 or yorkdiabetes@hotmail.co.uk

Asthma – www.asthma.org.uk
Monday to Friday, 9am to 5pm on 0300 222
5800

Meal deliveries

Meals on Wheels Monday to Friday via EDCCA
Contact: Helen Beck on 07541 356046 or
email: helen.beck@edcca.org.uk

Ring a Dinner - 01347 469289 to order or
ask for details

The Feed Room – 07866 366064 to order or
ask for details

Dough and Deli – 821918

Poppy Caterers - 878628

Takeaways

**Please check to see if the following are
still open or offering a delivery service**

Easingwold Barbe-Q – 822802

Dragon Inn – 823252

Yan's Place – 822594

Jake's Plaice – 07711 234895

Stillington Fisheries – 811747

The Angel – 821605

The White Bear, Stillington – 810338

Jaipur Spice – 823370

The Mended Drum in Huby - 810264

Local Community Support –

Easingwold Community Care Association
(EDCCA)

info@edcca.org.uk or 822875

Tollerton - 07835 532918 or 07831 306795

Stillington - 07792 823450 (evenings only)

Huby – 833269 or 07583 377276

Hustwaite - 868092 (Craig), 868479(Carol),
868572(Elaine), 868105(Jane), 868291(John),
869094(Barney)

Dog walking - Morag Inglis Doggy Doos
07917725250

Pastoral Care –(Easingwold church buildings
are closed)

Anglican – 01347 821394

Methodists 01347 821460

RC Church 01347 821295

Community Church 01347 822531

Universal Credit –

www.gov.uk/universal-credit

Latest Government advice:

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

Telephone befriending –

Easingwold District Community Care Association (EDCCA) 822875 or info@edcca.org.uk

The Silver Line - 0800 4 70 80 90

Ideas of where to get:

Craft Materials – Hobbycraft:

www.hobbycraft.co.uk

Newspapers – Towlers – contact 821733 between 9am and 1pm if you would like a paper delivered. The shop is not open to customers.

Buying Books – www.bookdepository.com

Digital library -

www.northyorks.gov.uk/digital-library

What is social distancing and why is it important?

Anyone can spread the virus so the government have asked everyone to stay at home. This is social distancing. You should only leave the house for one of four reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
- any medical need, or to provide care or to help a vulnerable person.
- travelling to and from work, but only where this absolutely cannot be done from home.

Stay 2 metres (6ft) away from other people and wash your hands as soon as you get home

Social distancing makes it harder for the virus to travel from person to person, and will help stop more people getting the virus. This will help the NHS and other services support people who are sick.

It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

For all of us, we need to minimise our face to face social contact and to keep 2 metres apart from other people outside of the home. At present, we can still take exercise but we need to keep to the social distancing rules and we need to make sure we do not overwhelm the countryside, our villages and market towns.

By following guidance on hand washing, self-isolation and self-distancing we can help keep the number of new cases below the level that the healthcare system can cope with.

WASH YOUR HANDS!