



**Community Covid-19 support Easingwold and area - March 2020**

**Local Food shops**

**Co-op**

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

**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](mailto: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

Thomas the Baker - 822613

**Fruit and veg boxes**

Carl's Flowers, Fruit and veg – 07591694577

**Milk**

Russ Kings – 01904 763717

[russkings@hotmail.com](mailto: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](https://www.youtube.com/channel/UC_eE0YgYcKA8HnfdXJTZ-9Q)

**Online exercises:**

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

**For children:**

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

**Meal deliveries**

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

Ring a Dinner on Sundays - 01347 469289

**Takeaways**

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

Easingwold Barbe-Q – 822802  
 The Banyan Tree – 822543  
 Dragon Inn – 823252  
 Yan's Place – 822594  
 Jake's Plaice – 07711 234895  
 Stillington Fisheries – 811747  
 Huby fisheries – 811400  
 The Angel – 821605  
 The White Bear, Stillington - 810338

**Support Groups – National**

**Samaritans** – 116 123 [www.samaritans.org](http://www.samaritans.org)

**NSPCC** – 0800 1111 Childline for children

[www.nspcc.org.uk](http://www.nspcc.org.uk)

**Refuge** – 0808 2000 247 Provides 24 hour helpline [www.refuge.org.uk](http://www.refuge.org.uk)

**CRUSE Bereavement Care** – 0808 808 1677

Mon to Fri 9am to 5pm [www.cruse.org.uk](http://www.cruse.org.uk)

**IDAS – Independent Domestic Abuse** –

03000 110 110 (N Yorks) [www.idas.org.uk](http://www.idas.org.uk)

**NY County Council** - 01609 780780

[www.northyorks.gov.uk](http://www.northyorks.gov.uk)

**Hambleton District Council** - 01609

780780

[www.hambleton.gov.uk](http://www.hambleton.gov.uk)

**Easingwold Town Council** – 822422

[www.easingwold.gov.uk](http://www.easingwold.gov.uk)

**Diabetes** – [www.york-adult.diabetesukgroup.org/](http://www.york-adult.diabetesukgroup.org/)

01904 410490 or [yorkdiabetes@hotmail.co.uk](mailto:yorkdiabetes@hotmail.co.uk)

**Asthma** – [www.asthma.org.uk](http://www.asthma.org.uk)

Monday to Friday, 9am to 5pm on 0300 222

5800

**Local Community Support –**

**Easingwold Community Care Association (EDCCA)**

[info@edcca.org.uk](mailto:info@edcca.org.uk) or 822875

**Tollerton** - 07835 532918 or 07831 306795

**Stillington** - 07792 823450 (evenings only)

**Huby** – 833269 or 07583 377276

**Husthwaite** - 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

<p><b>Universal Credit –</b>  <a href="http://www.gov.uk/universal-credit">www.gov.uk/universal-credit</a></p> <p><b>Latest Government advice:</b>  <a href="https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance">https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance</a></p> <p><b>Telephone befriending –</b>  Easingwold District Community Care Association (EDCCA) 822875 or  <a href="mailto:info@edcca.org.uk">info@edcca.org.uk</a></p> <p><b>The Silver Line -</b> 0800 4 70 80 90</p>	<p><b>Ideas of where to get:</b></p> <p><b>Craft Materials –</b> Hobbycraft:  <a href="http://www.hobbycraft.co.uk">www.hobbycraft.co.uk</a></p> <p><b>Newspapers –</b> Towlers – contact 821733 between 9am and 1pm if you would like a paper delivered. The shop is not open to customers.</p> <p><b>Buying Books –</b> <a href="http://www.bookdepository.com">www.bookdepository.com</a></p> <p><b>Digital library -</b>  <a href="http://www.northyorks.gov.uk/digital-library">www.northyorks.gov.uk/digital-library</a></p>
---	--

### 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.