

Wistow Community

A big Thank you goes out to everyone who has helped and continue to help our community during these difficult times.

As we are now approaching the cold Autumn/Winter months and the Covid 19 virus is still with and around us We need to prepare for new restrictions on our movements etc.

During lockdown, the village community came together to provide help and support for those who needed it most, particularly our elderly and those who were shielding.

Volunteers within the village provided their contact numbers and supported us by offering their services for shopping, collecting prescriptions etc and we are all most grateful to them.

As we approach the colder months, we have put together a list of tradesmen and services which may prove helpful.

The Wistow Community page on Facebook is a very useful source of information but we know that not all people are users of the service.

Most of us have friends and family who can provide help but that is not the same for everyone.

Many of you are continuing to use services offered during the early lockdown and may not need additional help which is great but there may be villagers who need some extra help or service and we can hopefully assist them.

Our community spirit was exceptional during the last lockdown and lasting friendships were made. Let us all help each other again, check on your neighbours, they may be new to the village and need some help..

If you need any additional help or assistance, do let someone know.

If you are online, post an enquiry or recommendation on Wistow Community Facebook page

Ask a friend or neighbour to help you find what you need, please do not be afraid to ask.

We are all in this together!..

Be Prepared.....

Local trades and services

Have you had your boiler serviced ? do you need to top up your heating supplies.

Oil Boiler Servicing and repairs – Craig Duggan – 07846 692560

Richard Sharp – 07860 802885

NG Plumbing and Heating Ltd – 01757 630633

Many will already have their preferred oil suppliers but we do have a Wistow Oil Club web site and prices can often be competitive as the supplier delivers a full load into 1 village. If you join the site, the Oil club will email you to advise of current prices and when orders are due in.

Calor Gas – D and R of Castleford supply Calor gas, solid fuel and logs – 01977 559883

Logs – Sherwoods Firewood – 07879 626838/07786 911749

Solid fuel – Coopers of Goole supply all types of solid fuel, logs and also bags of Rock Salt for clearing snow and ice - 01405 860330

T Mulrooney – supplier of solid fuels - 01757 638580

Plumbers:

Steve Moxon – 07719 480940

Electricians

Are your outside lights working, do you need new, additional or security lights ?

BKS Electrical – 07811 391456

DS Electrical – 07742 641050

Mick Kitching – 07917 220665

COVID 19 Tests

If you feel you have symptoms of Covid you should take a test as soon as possible.

A test should be carried out within the first 5 days of your symptoms.

You can choose to take a test at an official Test site or with a home test kit.

If you are getting a test because you have symptoms, you and anyone you live with must stay at home until you get your test results. (self isolate).

You can also get a test for someone you live with if they have symptoms.

Covid 19 Symptoms check:

1. A High Temperature (feels hot to touch your chest or back)
2. A new continuous cough
3. A loss or change to your sense of smell or taste

Many people may have only one of the above symptoms, not all.

If you are not online – call 119 to book a test

Otherwise find the NHS test website and follow the instructions to book at a test site.

There are NHS sites online that can offer help and advice along with the GOV UK site.

If you need medical advice about your symptoms go to the NHS 111 Coronavirus online service for help and advice

The NHS are asking that you do not physically attend your GP Clinic or Hospital A & E, if you believe your symptoms could be Covid, but to get a test done asap.

Unfortunately, symptoms of the Winter Flu can be very similar but if you are unsure and feel unwell, call 111 for advice

Wistow Community

Please prepare for the coming months, as more measures and restrictions are put in place, normal day to day tasks and deliveries may well be affected or delayed

As the days become shorter and the nights longer and colder.....

A list below of services either within the village or who deliver into the village

Milkman – Crowthers Dairy – 07717 514590 – 01757 290608 who will deliver Milk/eggs etc to your door.

Paper deliveries – Isabelle Sturney -07860 618805

Butchers

The Yorkshire Meat Company – are taking orders over the phone and are regularly making deliveries into our area. They are offering meat packs but can supply bespoke meat packs to suit your needs. If this is of interest, contact 01937 843086 and the contact is Barry.

Jacksons Butcher/Grocer in Sherburn In Elmet are making deliveries of fresh meat and vegetables into the village. If you need fresh meat or fruit/veg, give them a call on 01977 682613

Starkey Butchers – Sherburn, delivery to the door – 01977 682696

Fresh Fruit and Veg

Heslington Fresh Foods of Escrick are delivering into the village on a regular basis. If you require any fresh fruit and vegetables, give them a call on 01904 728905.

David Hind – 07470 308824 – Delivering Fresh Fruit and Veg into the village. Free delivery on orders over £7.50 Call or text and they will get back to you. www.sheilas-greengrocer.co.uk

Bakers

Debbie Baw – Wicked Home Bakes, based in Cawood – place orders for freshly baked bread, Pickles, relishes etc on 07790 497135

The Little Cottage Cakery – based in Wistow - specialises in occasion cakes and cheesecakes Further information 07521 135978

Harmony House Tea Room - Stillingfleet are baking a range of cakes boxed and also offering Deluxe Afternoon Tea boxes, a special treat!. Call them on 01904 728666

Ted the Baker – supplying a range of Artisan breads, takeaways etc delivering into the village, contact 07944 842020

Takeaway meals available from **The Pickled Postie** at Cawood 01757 268351 and **Friends for dinner** (F4D) 07944 842020, deliveries are made to the door.

Mr Roast of Selby provide Sunday lunches delivered to your door – 07719 444697

Wiltshire Farm Foods is a National company who provide a wide range of frozen meals which can be ordered via their brochure – call 0800 077 3100 or look online

Please..... do not be afraid to ask for help. There are many volunteers within the village offering their help. If you are on Facebook, join the Wistow Community Group as this is a good source of information.

Helpline Numbers

Electricity – report a power cut dial 105 (a free helpline)

Environment Agency 03750 850 6506

Flood Line 0845 988 1188 – you can sign up on Gov.uk website to receive Flood alerts for your address

Yorkshire Water 0845 124 2424

Health and security

NHS Direct 111

Police 101 (Non Emergency)

Hospitals

Selby Hospital 01904 724300

York Hospital 01904 631313

Doctors

Posterngate Surgery 01757 702561

Scott Road Surgery 01757 211750

Beech Tree Surgery 01757 703933