

# Here to help.....

**The Ryedale Community Support Organisation (CSO)** supports individuals and communities across Ryedale as they continue to cope with the limitations and restrictions imposed during the ongoing situation with Covid19.

The Community Support Organisation continues to operate through the support of NYCC and Ryedale District Council.

## **Practical support is at hand for those who need it most:**

With our existing network of volunteers and paid staff we can:

- support those who are in temporary hardship due to COVID - offering assistance and signposting to a wide range of support opportunities
- where households are required to self-isolate and have no alternative support networks, offer volunteer help with shopping, prescription collection and assist with pets, for example walking a dog; (including those affected through NHS 'test and trace')
- offer regular social contact via telephone or other methods that avoid physical contact for anyone experiencing isolation and/or loneliness during this time. Keeping in touch is important!
- offer support to local COVID community groups and our wonderful community volunteers

**Available Monday to Friday 9.00am to 5.00pm**

**To enquire about help/support please contact the team on:**

**07922 421326 or NYCC on 01609 780780**

**email: [communities@carersresource.net](mailto:communities@carersresource.net)**