

Cludo Bwyd	Cludo Prydau Cartref Parod	Meddygon Teulu a Fferyllfeydd	Ffonio am Fws	Rhwydweithiau Cymunedol
Victoria Filling Station 01646 697609 Fresh & Fruity 01646 279745 07766258558 Welsh Bakery/Gingers 01437 762981 07494 424440 Milford News 01646 692156 J Blockwell & Son (Cigydd) 01646 693352 SPAR Aberdaugleddau 01646 692070	Caffi Bus Stop 01646 690182 07890 665479 Caffi Spinnaker 10am - 2pm 01646 694067 Taste Of Haven 07960 407166 Pysgod a Sglodion Marble Hall 01646 692143 Celtic Care 01646 698260 Spoon Me 01646 692882	Meddygfa Barlow House, Aberdaugleddau 01646 690674 Meddygfa Robert Street, Aberdaugleddau 01646 690690 Boots, Aberdaugleddau 01646 693658 Fferyllfa Cohens, Canolfan Iechyd Manchester Square 01646 692008 Fferyllfa Elders, Hakin 01646 692521 Fferyllfa Lloyds Aberdaugleddau 01646 695046 Fferyllfa Aberdaugleddau 01646 692027	Bws Tref Aberdaugleddau Dydd Mercher a dydd Sadwrn 9:30 – 4:30pm 0845 686 0242 (rhowch o leiaf 48 awr o rybudd)	Drws Nesaf Sir Benfro Natalie - 07528 399555 Grŵp Ymateb Gwirfoddolwyr Covid 19 Aberdaugleddau (ar FB) Naomi Joseph 07747602056 Cllr Steve Joseph 07789685035 Cyngor Tref Aberdaugleddau Mrs M Galliford 01646 692505 / townclerk@Aberdaugleddauhaventowncouncil.co.uk Cysylltydd Cymunedol PAV - Fern Jones 07595 192 935 / fern.jones@pavs.org.uk Clwb Cinio Sosban Fach Canolfan Ieuenctid Aberdaugleddau Bob dydd Iau 01646 697967