

Cludo Bwyd a Phethau Eraill	Cludo Prydau Cartref Parod	Meddygfeydd Teulu a Fferyllfeydd	Rhwydweithiau Cymunedol
Cigydd Heywoods Saundersfoot 01834 811168 Tim Evans (Dyn Llaeth) 01834 871349 Cludo gyda tuk tuk – (fferyllfa, co-op, pysgod a sglodion, Seven Spice) 01834 813333 07967 209797 07494 166444. info@tuktuktime.co.uk Farmers & Finest Sir Benfro (Ffrwythau, llysiau, bara a chynnyrch llaeth a phrydau mewn bocs) 07703 719151 farmersfinestpembrokes hire@gmail.com	Pysgod a Sglodion Cilgeti 01834 812024 Pryd ar Glud Seven Spice 5:30pm – 11pm 01834 811907 Buff Club Cilgeti 01834 812340	Meddygfa Canolfan Feddygol Cilgeti 01834 812600 Gofal Iechyd T&R Cilgeti, SA68 0UE 01834 812234	Cyngor Cymuned Cilgeti a Begeli Melanie Priestley – 07525007068 Paul Wyatt - 07871 920282 kilgetty-begellycc @live.co.uk Drws Nesaf Sir Benfro Lindsay - 07494 685 265 Formula 1 Fitness (siopa, casglu presgripsiynau, postio llythyrau) kate@1formulafitness.com gina@1formulafitness.com 01834 811733 Cysylltydd Cymunedol PAV - Joanna Brookman-Lloyd 07595 192 933 jo.brookman-lloyd@pavs.org.uk Sunshine Club Cilgeti / Golden Age Begeli Begelly Arms bob dydd iau Raydene Waters - 01834 812569