

**Pembrokeshire
Community**

**HUB
HWB**

**Cymunedol
Sir Benfro**

**A one-stop shop
for all your
support needs
during COVID 19**

Are you self-isolating?

Do you need a little bit of help?

**Do you want to find out what is
available in your area?**

**If you need help with essential tasks, such as
shopping, collecting medication or other
supplies, or just need a friendly voice on the
other end of the phone - help is out there.**

Give us a call on

01437 776301

or drop us an email

communitycovid19@pembrokeshire.gov.uk

#connect2kindnesspems



**GIG
CYMRU
NHS
WALES**

**Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board**

Pembrokeshire
Community

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**Siop un alwad ar
gyfer eich holl
anghenion cymorth
yn ystod COVID 19**

Ydych chi'n hunan-ynysu?

Oes arnoch chi angen ychydig o gymorth?

**Ydych chi eisiau gwybod beth sydd ar gael
yn eich ardal?**

**Os bydd arnoch angen cymorth gyda phethau hanfodol
fel siopa, casglu moddion neu gyflenwadau eraill, neu
ddim ond angen llais cyfeillgar ar ben arall y ffon -
mae cymorth allan yna.**

Ffoniwch ni ar

01437 776301

**neu anfonwch e-bost atom ni
covid19cymunedol@sir-benfro.gov.uk**

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