

Food Deliveries	Home Cooked Meals Delivered	GP & Pharmacy	Dial a Bus	Community Networks
Garage on the Green, Pembroke 01646 682632 Pembroke Londis 01646 685047 07309 742115 Pennar Post Office 01646 685699 Wisebuys 01646 687046 Long Meadow Bakery 01646 562378 077795001964 Robinsons Retail 01646 685047 Ascona Petrol station Posh Paws Dog Food & Treats 07788231606	Shipwright Inn 01646 682090 Rite Bite 07521 900781	St Oswald's Surgery The Parade 01646 624198 Lloyds Pharmacy Main Street 01646 682865 Mendus Pharmacy Main Street 01646 682370	Pembroke and Pembroke Dock Town Rider Tues & Thurs of 9:30 - 4.30pm 0845 686 0242 (give at least 48 hours notice)	Cllr Joshua Beynon has a team of 35 volunteers in the Pembroke Dock area Joshuabeynon1997@gmail.com 07802 761520 Pembrokeshire Next Door Area Joshuabeynon1997@gmail.com 07802 761520 Pembroke Town Council (shopping and prescriptions) Cllr Aaron Carey - 079177 33833 S Thomas - 01646 683092 enquiries@pembroketowncouncil.co.uk PAV's Community Connector - Mia Gillies 07595 192 931 / mia.gillies@pavs.org.uk Hundleton Luncheon - Speculation Inn Every other Thursday Michael Price - 01646 684617 Pennar Luncheon Club - Dolphin Hotel Every other Tuesdays Mrs. G. Dooley Insta Wash, Bush Hill Service Station, Pembroke Laundry - Pick up and drop off washing service. 07583613012

