

Food Deliveries	Home Cooked Meals Delivered	GP's & Pharmacy	Dial a Bus	Community Networks
Victoria Filling Station 01646 697609 Fresh & Fruity 01646 279745 07766258558 Welsh Bakery/Gingers 01437 762981 07494 424440 Milford News 01646 692156 J Blockwell & Son (Butchers) 01646 693352 SPAR Milford Haven 01646 692070	Bus Stop Café 01646 690182 07890 665479 Spinnaker Cafe 10am - 2pm 01646 694067 Taste Of Haven 07960 407166 Marble Hall Chippy 01646 692143 Celtic Care 01646 698260 Spoon Me 01646 692882	Barlow House Surgery, Milford Haven 01646 690674 Robert Street Practice, Milford Haven 01646 690690 Boots, Milford Haven 01646 693658 Cohens Chemist Manchester Square Health Centre 01646 692008 Elders Chemists, Hakin 01646 692521 Lloyds Pharmacy Milford Haven 01646 695046 Milford Pharmacy Milford Haven 01646 692027	MH Town Rider Weds & Sat 9:30 – 4:30pm 0845 686 0242 (give at least 48 hours notice)	Pembrokeshire Next Door Natalie - 07528 399555 Milford Haven Covid 19 volunteer Response group (on FB) Naomi Joseph 07747602056 Cllr Steve Joseph 07789685035 Milford Haven Town Council Mrs M Galliford 01646 692505 / townclerk@milfordhaventowncouncil.co.uk PAVs' Community Connector - Fern Jones 07595 192 935 / fern.jones@pavs.org.uk Sosban Fach Lunch Club Milford Haven Youth Centre Every Thursday 01646 697967