



**PATCH HQ**  
81, Charles Street,  
Milford Haven.  
10am - 2pm Mon – Fri.

PATCH Charity (Voucher Required from referral agencies such as DWP, CAB, Health Visitor, Social Worker, Support Agencies, and So On) You will need to telephone for a referral and ask for arrangements for your food parcel/household items to be delivered to you.

Feminine Hygiene products are available from PATCH without being referred. If you are struggling to purchase these please give them a call. Pet food is also provided without a referral so please telephone Patch directly on 01646 699275

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**Trussell Trust :** referrals obtained from the same agencies mentioned above and ourselves, Homeless Pembrokeshire.

PHONE: 07913 989624 or 01834 861999

WEBSITE: <http://pembrokeshire.foodbank.org.uk/>

\*Tuesdays: Hill Park Baptist Church,  
Prendergast,  
Haverfordwest.  
SA61 2ET.  
10.00am – till 1.00pm.

The Community Rooms of the Bethesda Baptist Church.  
High Street/Frederick Street,  
Neyland.  
SA73 1TG.  
9.00am – 12.00 noon.

\*Wednesdays: Liberty Cafe.  
Grace Court House,  
Market Square,  
Narberth.  
SA67 7AU.  
11.00am – 2.00pm.

\*Thursday: Bethel Baptist Church.  
Bush Street,  
Pembroke Dock.  
10.00am – 2.00pm.

Bethel Baptist Church,  
Fishguard.  
11.00am – 2,00pm.

\*Fresh “Farehare” produce is available, which is free to all.  
No voucher required.

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Community Hub contact: 01437 776301  
[communitycovid19@pembrokeshire.gov.uk](mailto:communitycovid19@pembrokeshire.gov.uk).

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**Community Fridges at:** FRAME.  
Old Hakin Road,  
Haverfordwest.

Fishguard and Goodwick,  
Transition Bro Gwaun.  
c/o Abergwaun Gateway Club (off Clive Road)  
Fishguard.

Narberth Bloomfield House.  
Community Centre Narberth.

All closed at present, due to “Covid 19”. Please visit  
Facebook for updates.

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**The Community Hub:** 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 telephone, the Community Hub is there for you. Email: [communitycovid19@pembrokeshire.gov.uk](mailto:communitycovid19@pembrokeshire.gov.uk) Tel: 01437 776301 Please also remember we can help outside of these hours if you are homeless, food crisis situation, or in need of the Baby Bank. You will need to ask your referral agency to email us with the name of the referrer and position held by your healthcare provider, CAB, social worker, etc. This is to protect the generosity of our Group members who have entrusted us with their donations. In certain circumstances, we may assist without a referral but we wish to make it clear that we can only provide to families in crisis.

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