

**TAFLEN FFORWM GYMUNEDOL TREFDRAETH I YMWELWYR / NEWPORT COMMUNITY FORUM HANDOUT FOR VISITORS**

**GWASANAETHAU/SERVICES:**

**Meddygfa; Newport** (Prescribing) Surgery. Off Long Street Car Park. Tel 01239 820397. Community Connector alternate Monday mornings Tel: 01437769422

**Fferyllfa; Newport Pharmacy.** Market Street. Tel 01239 820239 **Public Access Defibrillator on Pharmacy Wall**

**Deintydd; Pembrokehire Dental Care.** Off Pen Y Bont. Tel 01239 639161

**Meddygaeth Naturiol; Newport Natural Health Care Centre.** Long Street. Tel 01239 820050

**Damweiniau Bychan; Minor Injuries Unit Cardigan Hospital.** Tel 01239 612214 (For Major back, rib, neck or pelvic injuries; Chest pain; Severe shortness of breath. Overdoses - alcohol or drugs. Threatened miscarriage. Severe mental health problem, **go to A&E**)

**Damweibiau Ac Argyfwng A&E Withybush District General Hospital Haverfordwest.** Tel 01437 764545

**Meddyg Ar Alw GP Out of Hours Service/ Doctors on Call** (for urgent problems that cannot wait until the GP practice re-opens) NHS Direct Tel 0845 46 47

**Llyfrgell Gymunedol; Newport Community Library.** Bridge Street. Tel 01239 821169

**SIOPAU AC ORIELAU, CAFFIS, TAFARNAU, A BWYTAI / SHOPS AND GALLERIES; CAFES, PUBS AND RESTAURANTS:**

**Church Street; Glan Towy Bakery**

**East Street ; Llwyngwair Arms Pub; Pnc Café & Kids' Climb wall; Kynochs Fish mongers; Wholefoods of Newport; Oriel Gallery; Carningli Antiques and Second Hand Books; Havards Ironmongers; Collective Crafts Shop; Gwalia Gifts; Golden Lion Pub; Llys Medygg Restaurant; WashDay Launderette**

**Long Street:: The Post Office/Bank; Angel House Newsagents; True Tulips Florist**

**Market Street; Elements Clothes Shop; Tides Café/restaurant; Blas at Fronlas Café/restaurant; Ty Twt Dolls' House and Toy Museum; SPAR; Coast and Country Holidays; Davies Butchers; The Canteen Café and Take Away **Monday Morning Street Market****

**Parrog; Morawelon Restaurant Boat Club public bar and café open in summer**

**Pen Y Bont Business Park; Pen Banc Fabrics; Newport Garage (Car Repairs)**

**West Street ; The Castle Pub; The Royal Oak Pub**

**ATYNIADAU A PHETHAU I'W GWNEUD / ATTRACTIONS AND THINGS TO DO:**

**Newport Mediaeval Pottery Kiln** Scheduled Ancient Monument at the Memorial Hall. Always open. Free entry. Please donate to costs

**Carreg Coetan Arthur Cromlech.** Off Pen Y Bont

**The Iron Bridge and Stepping Stones** Bottom of Pen Y Bont

**Yr Hen Gastell** On the Coastal Path near Long Street

**Newport Tennis Courts;** available to hire from Angel House Newsagents Long Street

**Childrens' Play area .** Bottom of Lower St Mary Street. **Parc Y Plant Community Field.** Off Pen Y Bont. **Playing Field and Skate Park** Long Street

**Bike Hire** from the Carningli Centre,

**Traethmawr Beach; Carningli Mountain and the Preseli Hills; Dinas Head; Newport Links Golf and Cat Rock Cafe; Bluestone Brewery; Cilgwyn Candles;**

**Dyfed Shire Horses; Pentre Ifan; Castell Henllys; Horse Sense for Life; Havard Stables; Dolgrannog Riding; Penlan Uchaf Gardens...and lots more...**

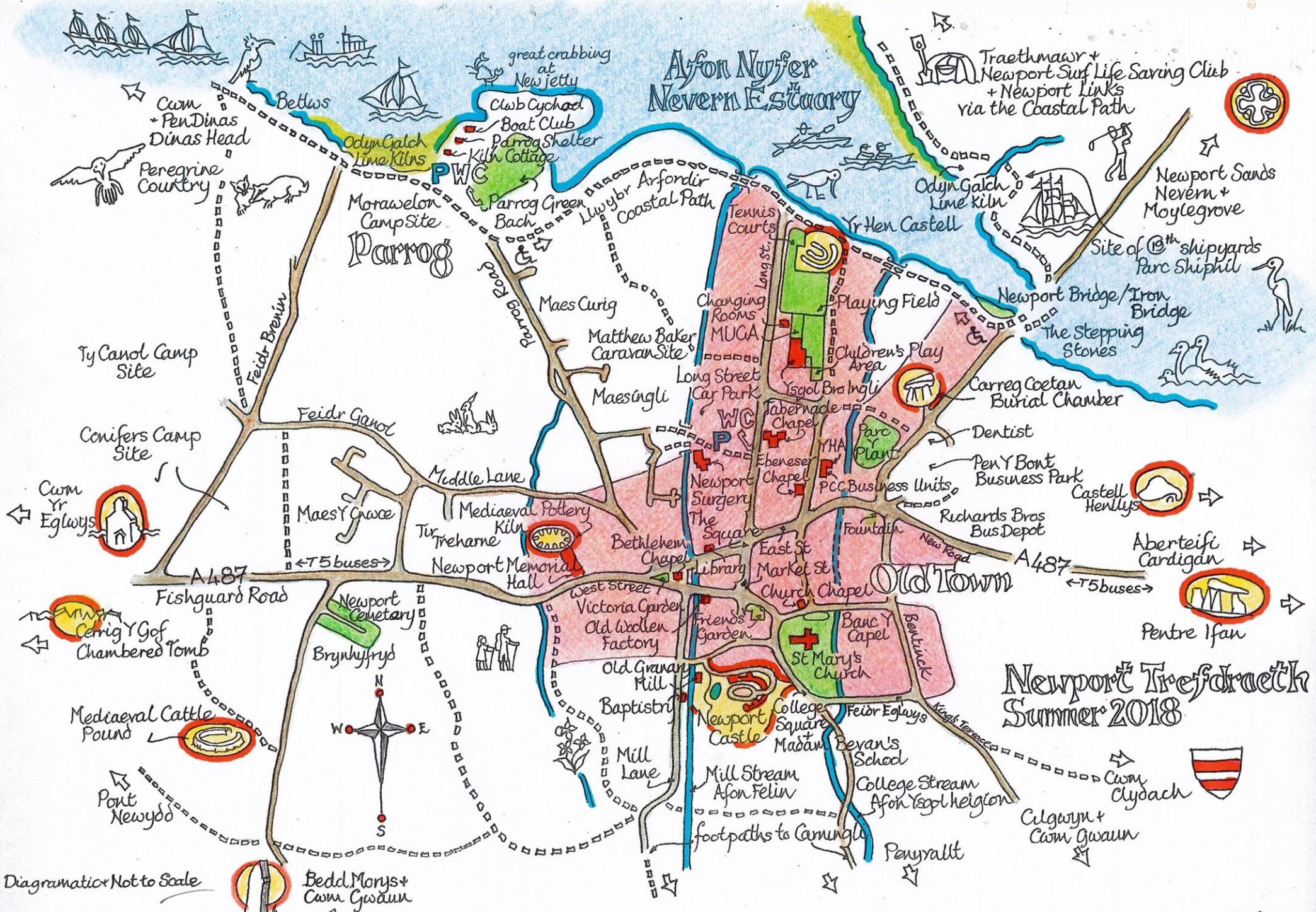
**CANOLFANNAU YMWELWYR AGOSAF / NEAREST VISITOR INFORMATION CENTRES:** Fishguard /Abergwaun Town Hall Tel 01437 776636. Cardigan/

**Aberteifi Theatre Mwldan** Tel 01239 613230

**GWYBODAETH AM GERDDED:** Information on **WALKS** from Pembrokeshire Coast National Park, National Park Summer Ranger for the North : Ewan

Rees [ewanr@pembrokeshirecoast.org.uk](mailto:ewanr@pembrokeshirecoast.org.uk) 07970 226465 <https://www.pembrokeshirecoast.wales/default.asp?PID=87>





Diagramatic Not to Scale

Tir Y Dref Gandoesol / Extent of Mediaeval Town

Fforum Gymunedd Trefoetha'r Cylch © Sandra Bayes