

## SEAFARERS' GARDEN



Garden and Summerhouse open 24hrs a day.

## FRIENDSHIP, SUPPORT & ADVICE



The centre is a place of friendship, support and advice - with ship visiting all year round.

## SEAFARERS' TELEPHONE HELPLINES

International Seafarers Assistance Network (ISWAN)  
[www.seafarerhelp.org](http://www.seafarerhelp.org) (all seafarers) +44 20 7323 2737

Seafarer Support Referral Helpline  
[www.seafarersupport.org](http://www.seafarersupport.org) (UK seafarers only) 0800 121 4765



Produced by the Merchant Navy Welfare Board, registered as a charity  
 No.212799 in England & Wales and No.SC039669 in Scotland.  
 Please pass any amendments **directly** to MNWB on 02380 337799  
 or visit: [www.mnwb.org](http://www.mnwb.org)

## SEAFARERS' PORT INFORMATION LEAFLET

# FALMOUTH WELCOMES ALL SEAFARERS



## FALMOUTH SEAFARERS' CENTRE

Flying Angel Centre, The Docks, Falmouth,  
 Cornwall TR11 4NR  
[www.falmouthflyingangel.org](http://www.falmouthflyingangel.org)

## SHIP WELFARE VISITING ORGANISATIONS

	The Mission to Seafarers Admin, Enquiries & Emergencies Honorary Chaplain	07810 825 297 01326 319 141
	Apostleship of the Sea Lay Chaplain	07738 761 157
	Seamen's Christian Friend Society	<a href="http://www.scfs.org">www.scfs.org</a>
	Merchant Navy Association Port Welfare Officer (MN & Fishermen) plymouth@fishermensmission.org.uk	01752 210 839 07825 611 769
	Nautilus International	020 8989 6677
	RMT	020 7387 4771
	ITF Inspector ITF HQ	07949 246 219 020 7940 9287

## FALMOUTH SEAFARERS' CENTRE



As well as being a Drop-In centre, Falmouth is also a Seafarers' Wellbeing Centre and can offer Advice & Support for seafarers including free guidance, help to get fit and free Physiotherapy treatment.

Opening Hours: Mon-Fri 19:30 to 22:00  
 (Daytime and Weekends can be arranged)

Chapel • Toilets • Free WiFi • Seafarers' Garden and Summerhouse (24hr access) • Free warm clothing and hats • Free Tea & Coffee • Plenty of indoor and outdoor seating • Large comfortable lounge • Free Books • Souvenirs for Sale • Post Office (just outside main gate)


## PORT TRANSPORT

There is no port transport as the town centre is only a short walk away.

## PORT OFFICE & SECURITY

Falmouth Docks Police (24hr service) 01326 212 100

## LOCAL PORT HEALTH AUTHORITY

 Cornwall Port Health Authority 01872 323090  
[porthealth@cornwall.gov.uk](mailto:porthealth@cornwall.gov.uk)

## MARITIME AND COASTGUARD AGENCY UK

[infoline@mcga.gov.uk](mailto:infoline@mcga.gov.uk)





### MAP KEY

**LEISURE & CULTURAL HIGHLIGHTS**

- G.1 Swanpool Nature Reserve
- A.4 Ships & Castles Leisure Centre
- J.4 Phoenix Cinema
- B.4 Ocean Bowl
- D.4 Discovery Quay
- E.4 Watersports Centre
- E.2 Queen Mary Gardens
- D.3 Gyllyngdune Gardens
- J.3 Kimberley Park
- F.2 Fox Rosehill Gardens
- E.2 South West Coast Path
- E.4 Public Slipway – Watersports
- F.5 Visitors Yacht Haven
- I.5 Packet Quay
- B.4 Castle Beach
- D.2 Tunnel Beach
- E.2 Gyllyngvase Beach
- G.1 Swanpool Beach
- F.1 Rugby Ground

- J.2 Boscawen Fields (dog friendly)
- I.4 The Moor
- A.4 Pendennis Castle
- D.4 National Maritime Museum
- C.4 RNLI Station & Shop
- G.4 The Poly
- I.4 Falmouth Art Gallery
- F.4 The Custom House
- F.4 Custom House Quay (featuring The King's Pipe)
- G.5 Fish Strand Quay
- H.4 Jacob's Ladder
- E.4 Killigrew Monument
- E.4 Arwenack Manor
- G.4 Upton Slip (Amy figurehead)
- H.5 St Nazaire Memorial
- D.5 Princess Pavilion
- G.4 St George's Arcade

**AMENITIES**

- H.5 Tourist Information Centre
- G.4 The Church of King Charles the Martyr
- H.4 Methodist Church
- I.3 All Saints Church
- G.4 One Stop Shop
- I.4 Library & Town Hall
- C.6 Falmouth Docks
- I.4 The Post Office
- C.5 Pendennis Marina

**TRANSPORT**

- I.4 Bus Stop (The Moor)
- B.4 Falmouth Docks Railway Station
- E.3 Falmouth Town Railway Station
- I.4 Coach pick up point (outside Argos)
- D.4 Coach pick up point (Maritime car park)
- H.5 Prince of Wales Pier (boat trips)
- E.4 Custom House Quay (boat trips)
- D.3 County Wharf (cruise ship passengers)


### PLACES OF WORSHIP

<b>CofE:</b> King Charles the Martyr, Church Street	01326 319 141
<b>Methodist:</b> Falmouth Methodist Church, Killigrew Street	01326 211 549
<b>RC:</b> St Marys, Killigrew Street	01326 312 763
<b>Muslim:</b> Cornwall Islamic Community Centre (Truro)	07855 789 658

\* For details of places of worship for other denominations and faiths, please ask one of the ship welfare organisations or at the Seafarers' Centre

### POST OFFICE, BANKS & MONEY TRANSFER

Post Office, Bar Road (just outside Port Gates)	
Western Union (WH Smith), Market Street	01326 314 480

\*All major banks have branches in the town centre

### LIBRARY

Falmouth Library, The Moor	0300 123 4111
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### ENTERTAINMENT & LOCAL ATTRACTIONS

Princess Pavilion, Melvill Road (Concert Venue)	01326 211 222
Phoenix Cinema, Berkeley Vale	01326 313 072
Pendennis Castle, Castle Drive	01326 316 594
Ships & Castles Leisure Centre, Castle Drive	01326 212 129
National Maritime Museum, Discovery Quay	01326 313 388

### SHOPPING CENTRE (see map above)

Boots the Chemist, Market Street	01326 312 373
Specsavers Opticians, Market Street	01326 212 733
Argos, Berkeley Vale	0345 165 7369
Tesco Express, Discovery Quay	0345 671 9300
Trago Mills, Arwenack Street	01326 315 738

### TOURIST INFORMATION CENTRE

Falmouth Tourist Information Centre	01326 312 300
11 Market Street	www.falriver.co.uk

### PUBLIC TRANSPORT

<b>Train:</b> National Rail Enquiries	0345 748 4950
<a href="http://www.nationalrail.co.uk">www.nationalrail.co.uk</a>	
<b>Bus:</b> Traveline Info	0871 200 2233
<a href="http://www.travelinesw.com">www.travelinesw.com</a>	
<b>Coach:</b> National Express	0871 781 8181
<a href="http://www.nationalexpress.com">www.nationalexpress.com</a>	
<b>Air:</b> Newquay Airport	01637 860 600
<a href="http://www.cornwallairportnewquay.com">www.cornwallairportnewquay.com</a>	

### TAXIS

Able Cars	01326 373 007
Falmouth Taxis	01326 312 181

### LOCAL HOSPITAL

<b>A&amp;E:</b> Royal Cornwall Hospital (Truro)	01872 250 000
<b>Minor Injuries:</b> Falmouth Hospital, Trescobeeas Road	01326 430 000
<b>Helpline:</b> NHS Direct	111