



SEAFARERS' TELEPHONE SUPPORT

SeafarerHelp...the lifeline for seafarers (ISWAN)
www.seafarerhelp.org (all seafarers) (+44) 20 7323 2737

Seafarer Support Referral Helpline
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, Grangemouth Seafarers' Centre and the seafarers' welfare charities. Maps / Photos courtesy of Forth Ports and The Falkirk Wheel. Please pass any amendments **directly** to MNWB on 02380 337799 or visit: www.mnwb.org

PORT INFORMATION LEAFLET

GRANGEMOUTH WELCOMES ALL SEAFARERS



GRANGEMOUTH SEAFARERS' CENTRE

Central Dock Road, Grangemouth Docks, Stirlingshire FK3 8TX
 Fax: 01324 664 441

SHIP WELFARE VISITING ORGANISATIONS


- 
Apostleship of the Sea (Stella Maris)
Port Chaplain 07793 489 193

- 
Sailors' Society 07713 476 799
Port Chaplain Probertson@sailors-society.org

- 
The Mission to Seafarers
Port Chaplain 07581 625 941

- 
Norwegian Seamans Mission 07808 080 646
Port Chaplain

- 
Nautilus International 0151 639 8454

- 
RMT 0207 387 4771

- 
ITF HQ 0207 940 9287

† *Locally based Port Chaplain*

GRANGEMOUTH SEAFARERS' CENTRE



Opening Hours: Access 24 hours.

free Wi-Fi • Television • Tea & Coffee Library • Games • Prayer Room



PORT OFFICE & SECURITY

| | |
|---------------------|-------------------------------|
| Harbour Office | 01324 482 591 |
| Port Security Gates | Powdrake Rd 01324 668 436 |
| | Central Dock Rd 01324 668 466 |

LOCAL PORT HEALTH AUTHORITY

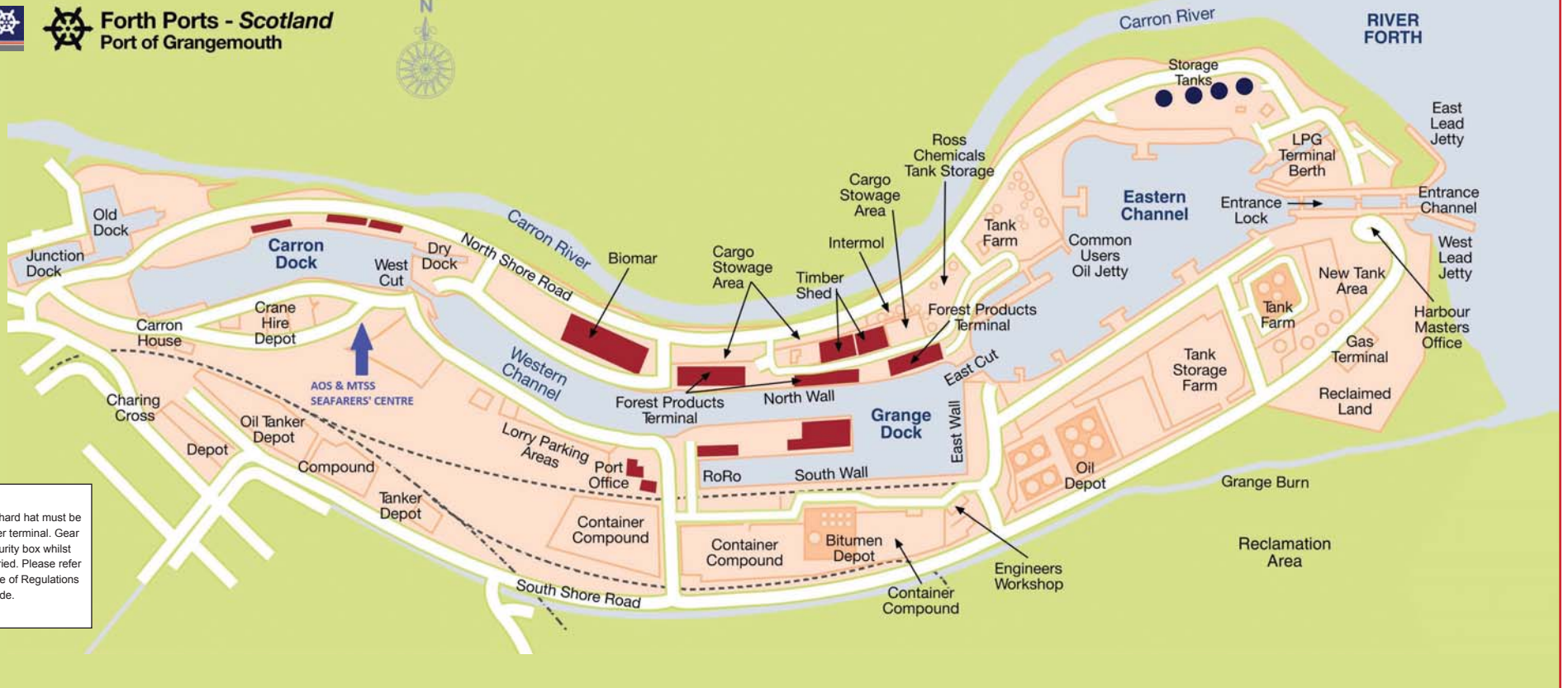
Port Health (Falkirk Council)
porthhealth@falkirk.gov.uk
 Office hours: 01324 504 982
 Out of hours: 01324 503 050

MARITIME AND COASTGUARD AGENCY UK

infoline@mcga.gov.uk



Forth Ports - Scotland
Port of Grangemouth



High vis coat or vest & hard hat must be worn whilst on container terminal. Gear may be stored at security box whilst ashore. ID must be carried. Please refer to port operator's Notice of Regulations on quayside.



PLACES OF WORSHIP

| | |
|---|---------------|
| St Mary' Episcopal Church | 01324 482 438 |
| Sacred Heart (RC), Drummond Place | 01324 482 253 |
| Abbottsgrange Parish Church | 01324 482 978 |
| Falkirk Islamic Centre, Burnhead Lane, Falkirk | 01324 611 018 |

PUBLIC LIBRARY

| | |
|-----------------------------------|---------------|
| Grangemouth Library, Bo'ness Road | 01324 504 690 |
|-----------------------------------|---------------|

BANKS

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|--|---------------|
| Bank of Scotland, 22 La Porte Precinct | 01324 507 313 |
| TSB, 89-91 La Porte Precinct | 01324 299 998 |

MONEY TRANSFER

| | |
|-----------------------------|---------------|
| Post Office, York Lane | 01324 482 986 |
| Ramsdens, La Porte Precinct | 01324 483 074 |

CINEMA

| | |
|--|---------------|
| Cineworld, Central Retail Park, Falkirk | 0871 200 2000 |
|--|---------------|

SHOPPING

| | |
|-------------------------------------|---------------|
| Asda, Dock Road | 01324 492 400 |
| Argos, Central Retail Park, Falkirk | 0345 165 7823 |

CHEMISTS/OPTICIANS

| | |
|---------------------------------------|---------------|
| Boots the Chemists, La Porte Precinct | 01324 482 118 |
| Specsavers, La Porte Precinct | 01324 483 019 |
| Lloyds Pharmacy, La Porte Precinct | 01324 482 008 |

SPORTS FACILITIES

| | |
|---|---------------|
| G/mouth Sports Complex (Sports Centre) Abbots Road | 01324 504 560 |
|---|---------------|

LOCAL ATTRACTIONS

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|--|---------------|
| The Falkirk Wheel www.thefalkirkwheel.co.uk | 08700 500 208 |
| Grangemouth Heritage Museum | |
| Zetland Park, Abbotsgrange Road | 01324 666 603 |
| The Kelpies, The Helix, Falkirk | 01324 590 600 |

PUBLIC TRANSPORT

| | |
|----------------------------|---------------|
| Edinburgh Airport | 0844 448 8833 |
| Trains - General Enquiries | 03457 484 950 |
| Buses - First Edinburgh | 01324 602200 |

TAXIS

| | |
|--------------------------|---------------|
| Gordon Taxis Grangemouth | 01324 911 442 |
| Tartan Line Radio Cabs | 01324 474 777 |
| Grange Radio Cabs | 01324 471 000 |

HOSPITALS

| | |
|----------------------------|---------------|
| Accident & Emergency | 01324 566 000 |
| Forth Valley Hospital | |
| Minor Injuries Unit | 01324 624 000 |
| Falkirk Community Hospital | |
| NHS 24 | 111 |



Local attraction -
The Falkirk Wheel