



PLACES OF WORSHIP

Various places of worship are located throughout the town centre. Please ask the Port Chaplain / Ship Welfare Visitors for details.

LIBRARY / INTERNET FACILITIES

Plymouth Central Library 01752 305 900

ENTERTAINMENT / PLACES OF INTEREST

| | |
|---|---------------|
| Vue Cinema, Barbican Leisure Park | 0345 308 4620 |
| Tenpin Bowling, Barbican Leisure Park | 0871 222 3675 |
| Plymouth Museum & Art Gallery, Drake Circus | 01752 304 774 |
| Plymouth Life Centre (Leisure Centre) | 01752 606 900 |
| National Marine Aquarium | 0844 893 7938 |

TELEPHONE CARDS & SIM TOP-UPS

Telephone cards and sim top-ups are available for purchase from city supermarkets, Post Offices and newsagents. Seafarers are strongly advised to purchase telephone cards only from these sources.

SEAFARERS' TELEPHONE HELPLINES

| | |
|---|-----------------|
| SeafarerHelp.....the lifeline for seafarers (ISWAN) | |
| www.seafarerhelp.org (All seafarers) | +44 207323 2737 |
| Seafarer Support Referral Helpline | |
| www.seafarersupport.org (UK seafarers only) | 0800 121 4765 |



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SEAFARERS' PORT INFORMATION LEAFLET

PLYMOUTH WELCOMES ALL SEAFARERS



SHIP WELFARE VISITING ORGANISATIONS

| | | | |
|---|--|--|--------------------------------|
| + | | Apostleship of the Sea Port Chaplain | 07718 268 904 |
| | | Mission to Seafarers | 07854 102 745 |
| + | | Sailors' Society | 01752 403 707 |
| | | Fishermen's Mission secornwall@fishermensmission.org.uk | 07917 754 342 |
| | | Merchant Navy Association Port Welfare Officer | 07706 427 559 |
| | | Nautilus International | 020 8989 6677 |
| | | RMT | 0207 387 4771 |
| | | ITF Local Co-ordinator ITF HQ | 07949 246 219 0207 940 9287 |

† Locally based Port Chaplain



TOURIST INFORMATION

Plymouth Tourist Information Centre,
3-5 The Barbican 01752 306 330

SHOPPING

| | |
|------------------------------|---------------|
| Argos, Royal Parade | 0345 165 7475 |
| Sainsburys, Western Approach | 01752 674 767 |

PUBLIC TRANSPORT

| | |
|---------------------------------------|---------------|
| Train: National Rail Enquiries | 0345 748 4950 |
| Bus: Traveline | 0871 200 2233 |
| Coach: National Express | 08717 818 181 |
| Taxi: Plymouth Taxis | 01752 606 060 |

LOCAL HOSPITAL

| | |
|---|---------------|
| A&E: Derriford Hospital | 01752 202 082 |
| Minor Injuries Unit: Cumberland Centre | 01752 434 400 |
| NHS Direct | 111 |

LOCAL PORT HEALTH AUTHORITY

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|--|---------------|
| Plymouth Port Health Authority (out of hours answerphone) | 01752 304 141 |
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PORT OFFICE & SECURITY

| | |
|--------------------------------|---------------|
| ABP Port Office (Office Hours) | 01752 662 191 |
| Victoria Wharf Port Office | 01752 663 175 |
| Cattedown Wharves Port Office | 01752 665 231 |

MARITIME AND COASTGUARD AGENCY UK

infoline@mca.gov.uk

