



SEAFARERS' TELEPHONE HELPLINES

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



FORTH PORTS



Produced by the Merchant Navy Welfare Board, London Tilbury Seafarers' Centre and the seafarers' welfare charities. The MNWB is registered as a charity No.212799 in England & Wales and No.SC039669 in Scotland. Map courtesy of Forth Ports. Please pass any amendments **directly** to MNWB on 02380 337799 or visit: www.mnwb.org

SEAFARERS' PORT INFORMATION LEAFLET

LONDON TILBURY WELCOMES ALL SEAFARERS



LONDON TILBURY SEAFARERS CENTRE

Tenants Row, Tilbury Freeport, RM18 7EH
 Telephone: +44 (0) 1375 840 454
 Email: londontilbury@qvsvr.org.uk

SHIP WELFARE VISITING ORGANISATIONS

+		Apostleship of the Sea Port Chaplain	07963 199 924
+		German Seamen's Mission Queen Victoria Seamen's Rest Port Chaplain	07958 005 124
+		Sailors' Society Port Chaplain	07817 767 759
+		The Mission to Seafarers Port Chaplain	0207 248 5202
		RMT	0207 387 4771
		Nautilus International	0208 989 6677
		ITF Inspector (Tilbury) ITF HQ	07949 246 219 0207 403 2733
+	Port Chaplains based at the London Tilbury Seafarers' Centre		

SEAFARERS' CENTRE FACILITIES



Manned opening hours 13:30 - 21:30
 (The lounge, toilets & outdoor recreation area
 are all accessible 24 hours a day)

Sim cards & Top-ups • Wi-Fi • TV Lounges
• Chapel • Shop • Bar • Light Refreshments
• Books • Clothing • Pool table • Outdoor
Recreational Area inc. basketball court, 5-a-side
football pitch, table tennis and putting green.



PORT TRANSPORT

Free minibus pick-ups to the Seafarers Centre
 from 14:30 daily +44 (0) 1375 840 454

PORT OFFICE & SECURITY

Port Office (Duty Harbour Master) 01375 852 456
 Police Station 01375 846 781

LOCAL PORT HEALTH AUTHORITY

London Port Health (office hours) 01375 842 663
 Emergency Duty Officer 07050 389 861

MARITIME AND COASTGUARD AGENCY UK

infoline@mcga.gov.uk

PLACES OF WORSHIP

Anglican: St John's Church,
Dock Road 01375 842 417

Catholic: Our Lady Star of the Sea, Dock Road
www.tilburycatholicchurch.org.uk 01375 842 309

*For details of places of worship covering other denominations and faiths please ask one of the Port Chaplains or staff at the seafarers' centre

BANKS / POST OFFICE / MONEY TRANSFER

Banks: All major banks have branches at Lakeside Shopping Centre which is 10mins away by train (Chafford Hundred station). The nearest cash machine to the port is located in the nearby Asda superstore (**see map**).

Post Office: Civic Square 01375 842 759

Western Union: Various outlets in Tilbury town centre inc. Asset Chemist, Dock Road
(www.westernunion.com) 0800 833 833

SHOPPING

Asda, Thurrock Park Way (**see map**) 01375 855 454

*Tilbury town centre can be found not far from the Docks' Main Gate (see map) and has some small shops. Lakeside Shopping Centre has all the major high street retailers - as well as banks and money transfer facilities - and is 10mins away by train (**see Public Transport section**)

ENTERTAINMENT / LOCAL ATTRACTIONS

Vue Cinema, Lakeside Shopping Centre 0345 308 4620

Tilbury Fort, English Heritage 01375 858 489

Thurrock Museum, Orsett Road, Grays 01375 413 965

Blackshots Leisure Centre, Grays
(Swimming pool & Gym) 01375 375 533

Lakeside Karting, West Thurrock 01708 863 070

CHEMIST / OPTICIAN

Asda Pharmacy
Thurrock Park Way, Tilbury 01375 855 454

Boots the Chemist
St Chad's Road, Tilbury 01375 843 012

K Lewis & Partners Opticians
Calcutta Road, Tilbury 01375 843 074

PUBLIC TRANSPORT

Train: National Rail Enquiries (www.nationalrail.co.uk)
0345 748 4950

Note: Tilbury train station is a 5 min walk from the seafarers' centre. Trains run regularly to Chafford Hundred (for Lakeside Shopping Centre) and Fenchurch Street (for central London). Day travel cards are available for journeys into central London which include tube and bus travel.

Bus: Traveline - local bus information
(www.traveline.info) 0871 200 2233

Coach: National Express
(www.nationalexpress.com) 0871 781 8181

Air: Heathrow Airport
www.heathrowairport.com 0844 335 1801

TAXIS

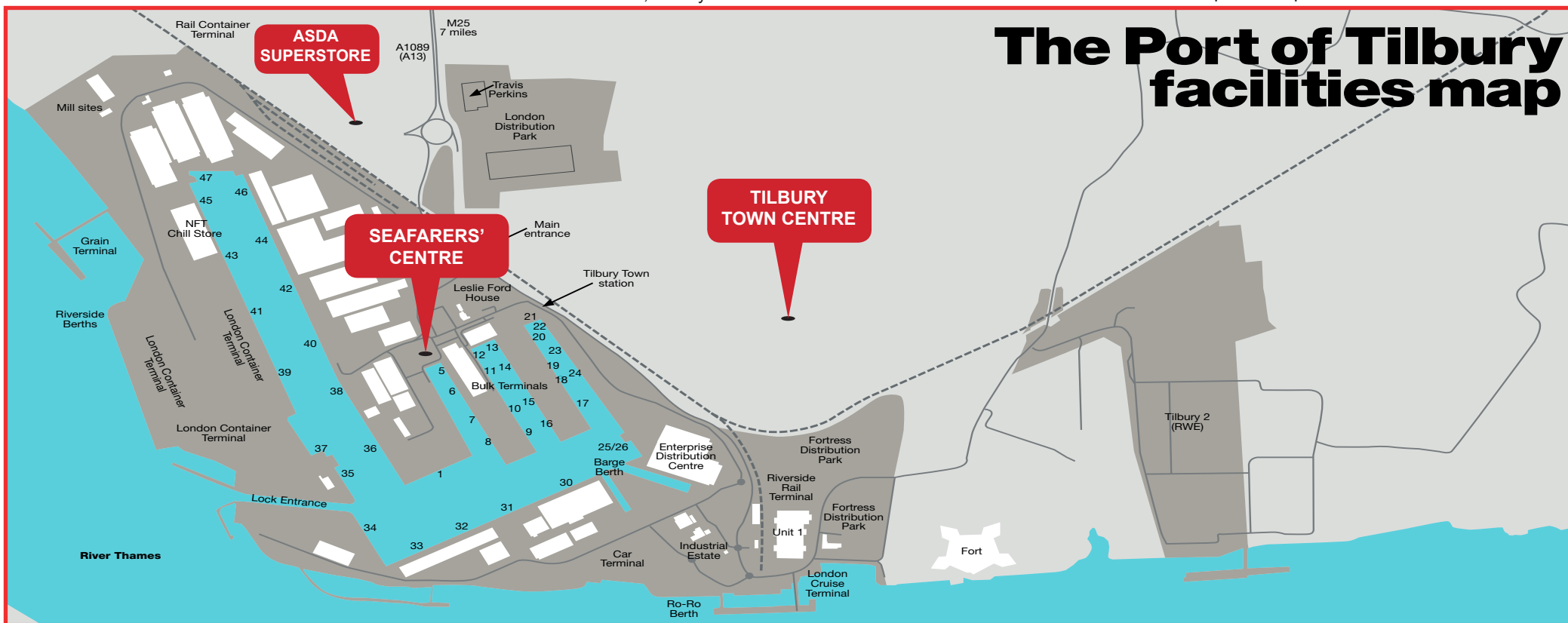
Tilbury Taxis 01375 855 555

LOCAL HOSPITAL

A&E: Basildon University Hospital 01268 524 900

Minor Injuries Unit: Orsett Hospital, Rowley Road,
Grays (open 10am to 7.30pm) 0300 300 1527

NHS Direct: Telephone helpline 111



The Port of Tilbury facilities map

