UNMANNED SEAFARER CENTRE



Montrose Seafarer Centre North Quay, Montrose Harbour (East end of quay, next to pilot station)

Available 24 hours, free internet tea & coffee. Door key pad is the pedestrian gate code. Details from port control 01674 672 302.

PORT TRANSPORT

There is no regular port transport service available, but the town centre facilities are within a safe walking distance of the port.

PORT OFFICE & SECURITY

Montrose Port Authority

www.montroseport.co.uk

01674 672 302

LOCAL PORT HEALTH AUTHORITY

Angus Council envhealth@angus.gov.uk 01241 465 210

MARITIME AND COASTGUARD AGENCY UK

AberdeenMO@mcga.gov.uk

020 3817 2001



INTERPRETERS

The Port Chaplain has access to local interpreters to help with their work - including French, Polish, Portuguese, Ukrainian and Arabic.



SEAFARERS' TELEPHONE HELPLINE

SeafarerHelp....the lifeline for seafarers (ISWAN) www.seafarerhelp.org (all seafarers) +44 (0)20 7323 2737



Produced by the Merchant Navy Welfare Board and the local seafarers' welfare charities. The MNWB is registered as a charity No.212799 in England & Wales and No.SC039669 in Scotland. Port map courtesy of Montrose Port Authority. Photos courtesy of Sailors' Society. Please pass any amendments directly to MNWB on 02380 337799 or visit: www.mnwb.org

PORT INFORMATION LEAFLET

MONTROSE Welcomes All Seafarers



SHIP WELFARE VISITING ORGANISATIONS

Sailors' Society	Sailors' Society Port Chaplain www.sailors-society.org	07470 099 072
STELLA MARIS	Stella Maris Port Chaplain www.stellamaris.org.uk	07757 042 722
ANTE MISSION	The Mission to Seafarers www.missiontoseafarers.o	07581 625 941 rg
<i></i>	Norwegian Seamen's Miss Port Chaplain www.sjomannskirken.no	ion 07768 472 134
	ITF Inspector ITF HQ www.itfseafarers.org	07539 171 323 wilson_liam@itf.org.uk seafsupport@itf.org.uk
NAUTILUS	Nautilus International www.nautilusint.org	0208 989 6677
RMT	RMT www.rmt.org.uk	0800 376 3706





BANKS / POST OFFICE / MONEY TRANSFER

Post Office, High Street	01674 673 459
(incs. Western Union and MoneyGram)	
Located in the ScotMid Co-op convenience	store

*A selection of major banks have branches located in the town centre.

SHOPPING

Tesco, Western Road	0345 677 9478	
Aldi, Basin View	0800 042 0800	
Angus Tech, High Street	01674 660 277	
(Mobile phone sales & repairs - with discounts on all IT equipment to seafarers)		
U Grubaska (Polish shop) 20 High Street		

* There are a variety of charity shops located in the town centre, where you can buy clothes and presents.

THINGS TO DO	www.visitangus.com
Montrose Sports Centre, Marine Aven (Swimming & Gym)	ue 01674 907 600
Montrose Museum, Panmure Place Montrose Playhouse, The Mall (Cinema & Arts Centre) www.montroseplayhouse.co.uk	01674 907 447
Montrose Air Station Heritage Centre Waldon Road www.rafmontrose.org.uk	, 01674 678 222

PLACES OF WORSHIP

Catholic:St Margaret's Church, Market Street01674 67	72 208
Anglican:Trinity Church, High Street01674 62	72 447

Evangelical:

Grace Church (based at the Playhouse Arts Centre) www.gracechurchmontrose.com



CHEMIST / OPTICIAN

Boots the Chemist, High Street	01674 676 455
Specsavers, High Street	01674 679 080
Davidsons Chemist, High Street	01674 672 401

PUBLIC TRANSPORT

Train: National Rail Enquiries www.nationalrail.co.uk	0345 748 4950
Bus: Traveline (Scotland) www.travelinescotland.com	0871 200 2233
Taxi: Lucian Taxis Aero Cars	07484 653 357 07368 931 509



LOCAL HOSPITALS

www.nhs24.com

A&E : Ninewells Hospital, Dundee	01382 660 111	
Minor Injuries Unit : 01241 872 584 Arbroath Infirmary, Rosemount Road		
(Open 08:00 to 20:00 7 days a week)		
NHS Helpline:	ווו	

