



## SHOPPING

|                                                                   |               |
|-------------------------------------------------------------------|---------------|
| <b>Aldi</b> , Union Street                                        | 0800 042 0800 |
| <b>Sainsburys</b> , Western Approach                              | 01752 674 767 |
| A variety of major chain stores have branches in the town centre. |               |

## PUBLIC TRANSPORT

|                                                                 |                |
|-----------------------------------------------------------------|----------------|
| <b>Train: National Rail Enquiries</b><br>www.nationalrail.co.uk | 03457 48 49 50 |
| <b>Bus: Traveline</b><br>www.travelinesw.com                    | 0871 200 2233  |
| <b>Coach: National Express</b><br>www.nationalexpress.com       | 0871 781 8181  |
| <b>Taxis: Need-A-Cab</b><br>www.needacab247.com                 | 01752 666 222  |

## LOCAL HOSPITALS & HEALTHCARE

|                                                           |               |
|-----------------------------------------------------------|---------------|
| <b>A&amp;E:</b> Derriford Hospital, Plymouth              | 01752 202 082 |
| <b>Minor Injuries Unit:</b> Cumberland Centre             | 01752 434 390 |
| <b>NHS Helpline:</b>                                      | 111           |
| <b>Dentist:</b> The Dental Access Centre<br>Baring Street | 01752 434 664 |

## PORT OFFICE & SECURITY

|                                |               |
|--------------------------------|---------------|
| ABP Port Office (Office Hours) | 01752 662 191 |
| Victoria Wharf Port Office     | 01752 663 175 |
| Cattedown Wharves Port Office  | 01752 665 934 |

## LOCAL PORT HEALTH AUTHORITY

|                                                                                                                                                  |               |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
|  Plymouth Port Health Authority<br>porthhealth@plymouth.gov.uk | 01752 398 501 |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------|



## 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

|                                              |               |
|----------------------------------------------|---------------|
| <b>Plymouth Central Library</b>              | 01752 305 901 |
| Central Library, Armada Way (inc. free WiFi) |               |

## ENTERTAINMENT / PLACES OF INTEREST

|                                                                                               |               |
|-----------------------------------------------------------------------------------------------|---------------|
| <b>Vue Cinema</b> , Barbican Leisure Park                                                     | 0345 308 4620 |
| <b>Tenpin Bowling</b> , Barbican Leisure Park                                                 | 0871 222 3675 |
| <b>The Box (Museum &amp; Art Gallery)</b> , Tavistock Place<br>www.theboxplymouth.com         | 01752 304 774 |
| <b>Plymouth Life Centre</b> , Mayflower Drive<br>(Swimming & Gym)<br>www.plymouthactive.co.uk | 01752 606 900 |
| <b>National Marine Aquarium</b> , Rope Walk<br>www.national-acquarium.co.uk                   | 0844 893 7938 |

## MARITIME AND COASTGUARD AGENCY

|                        |               |
|------------------------|---------------|
| PlymouthMO@mcga.gov.uk | 020 3908 5245 |
|------------------------|---------------|

## SEAFARERS' TELEPHONE HELPLINE

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



Issue Date 05/23

Produced by the Merchant Navy Welfare Board, registered as a charity  
No. 212799 in England & Wales and No. SC396669 in Scotland. Maps/Photos  
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PORT INFORMATION LEAFLET

# PLYMOUTH

## Welcomes All Seafarers



## SEAFARERS' WELFARE ORGANISATIONS

|                                                                                       |                                                                                                                                   |                                            |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
|    | <b>Stella Maris</b><br>Port Chaplain<br>www.stellamaris.org.uk                                                                    | 07718 268 904                              |
|    | <b>The Mission to Seafarers</b><br>www.missiontoseafarers.org                                                                     | 01329 314 345                              |
|  | <b>Fishermen's Mission</b><br>Devon@fishermensmission.org.uk<br>Cornwall@fishermensmission.org.uk<br>www.fishermensmission.org.uk | 07917 754 293<br>07884 188 616             |
|  | <b>Merchant Navy Assoc. / Royal Fleet Auxiliary Assoc.</b><br>Welfare Officer                                                     | 07706 427 559                              |
|  | <b>ITF Inspector</b><br>www.itfseafarers.org                                                                                      | cheason_elinor@itf.org.uk<br>07350 359 690 |
|  | <b>Nautilus International</b><br>www.nautilusint.org                                                                              | 020 8989 6677                              |
|  | <b>RMT</b><br>www.rmt.org.uk                                                                                                      | 0800 376 3706                              |

\* Locally based Port Chaplain.



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