



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)
porthealth@falkirk.gov.uk
 Office hours: 01324 504 982
 Out of hours: 01324 503 050

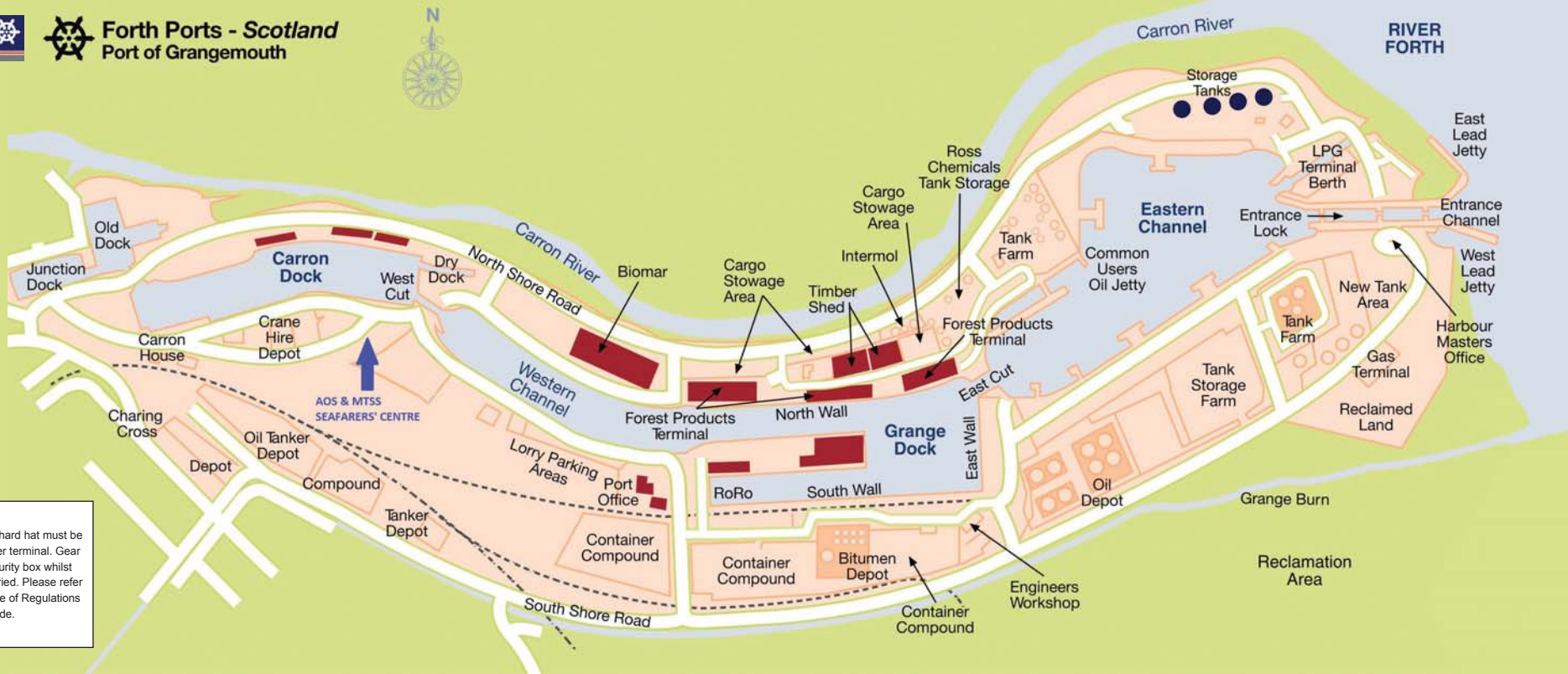
MARITIME AND COASTGUARD AGENCY UK

GlasgowMO@mcga.gov.uk

01413 970 002



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
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BANKS

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
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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
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LOCAL ATTRACTIONS

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

