SEAFARER'S DROP-IN CABIN



Cabin is open 24/7 (un-manned)

Code for entry available from Port Security office
• Free WiFi • Prayer area • Free clothing items

PUBLIC TRANSPORT	
Rail: National Rail Enquiries www.nationalrail.co.uk	0345 748 4950
Bus: Traveline (Local bus info) www.travelinesw.com	0871 200 2233
Coach: National Express www.nationalexpress.com	0871 781 8181
Air: London Stansted Airport www.stansteadairport.com	0844 335 1803
TAXIS	
King's Lynn Taxis	01553 763 636

LOCAL HOSPITAL	
A&E: Queen Elizabeth Hospital	01553 613 613
Minor Injuries Unit: St James' Medical Centre	01553 774 22
NHS Helpline	111

01553 777 788

FORT OFFICE & SECONITY	
Port office	01553 691 555
Police	101

LOCAL PORT HEALTH AUTHORITY

PORT OFFICE & SECURITY

Station Taxis

King's Lynn & West Norfolk Council 01553 616 200

MARITIME AND COASTGUARD AGENCY UK

ColchesterMO@mcga.gov.uk 01206 379 000

PLACES OF WORSHIP

Anglican: All Saints, Church Lane	01553 771 779
Catholic: Our Lady of the Annunciation, London Road	01553 772 220
Baptist: KLBC, Wisbech Road	01553 763 015

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

TOURIST INFORMATION CENTRE

Stories of Lynn, Saturday Market Place www.northwestnorfolk.com

01553 774 297

LIBRARY / INTERNET FACILITIES

Central Library, London Road 01553 772 568

POST OFFICE, BANKS & MONEY TRANSFER

Post Office, 7 Norfolk Street 0345 722 3344 (inc. MoneyGram money transfer)

*All major banks have branches in the town centre.



SEAFARERS' TELEPHONE HELPLINES

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

Seafarer Support Referral Helpline 0800 121 4765 (UK seafarers only) www.seafarersupport.org





Produced by the Merchant Navy Welfare Board, registered as a charity No.212799 in Engalnd & Wales and No.SC039669 in Scotland. Map courtesy of Ordnance Survey. Please pass any amendments directly to MNWB on 02380 337799 or visit: www.mnwb.org

SEAFARERS' PORT INFORMATION LEAFLET

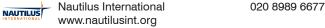
KINGS LYNN WELCOMES ALL SEAFARERS



SHIP WELFARE VISITING ORGANISATIONS

SHIF	WELLARE VISITING ORGA	NISATIONS
STELLA MARIS	Stella Maris www.stellamaris.org.uk	07758 356 372
MISSION STATEMENT	The Mission to Seafarers www.missiontoseafarers.org	07788 111 823
THE FISHERMEN'S MISSION	Fishermen's Mission www.fishermensmission.org.uk	07963 478 895

ITF Inspector ITF HQ www.itfseafarers.org	patten_tony@itf.org.uk 07706 312 270 seafsupport@itf.org.uk





www.rmt.org.uk

020 7387 4771



SHOPPING CENTRE

Argos (inside Sainburys), Vancouver Centre	0345 013 4271
Tesco Superstore, St Faith's Drive	0345 677 9392
Boots the Chemist, High Street	01553 772 427
Specsavers Optician, Norfolk Street	01533 692 604

^{*}Various other shops are located throughout the town centre.

ENTERTAINMENT - VENUES / ATTRACTIONS

Majestic Cinema, Tower Street www.majestic-cinema.co.uk	01553 771 918
Strikes Ten Pin Bowling, Lynn Road www.kingslynnstrikesbowl.co.uk	01553 760 333
Lynn Museum, Market Street	01553 775 001

Customs House (Maritime Museum), King St

SPORTS FACILITIES

Alive Leisure www.alivewestnorfolk.co.uk	01553 764 888
St James Swimming Pool, Blackfriars Street	01553 764 888
Lynnsport, Greenpark Avenue	01553 818 001



