



SHOPPING

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

PUBLIC TRANSPORT

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

LOCAL HOSPITALS & HEALTHCARE

A&E: Derriford Hospital, Plymouth	01752 202 082
Minor Injuries Unit: Cumberland Centre	01752 434 390
NHS Helpline:	111
Dentist: The Dental Access Centre 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 porthhealth@plymouth.gov.uk	01752 398 501
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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

Plymouth Central Library	01752 305 901
Central Library, Armada Way (inc. free WiFi)	

ENTERTAINMENT / PLACES OF INTEREST

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

MARITIME AND COASTGUARD AGENCY

PlymouthMO@mcga.gov.uk	01752 419 000
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SEAFARERS' TELEPHONE HELPLINE

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



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directly to MNWB on 02380 337799 or visit: www.mnwb.org

PORT INFORMATION LEAFLET

PLYMOUTH

Welcomes All Seafarers



SEAFARERS' WELFARE ORGANISATIONS

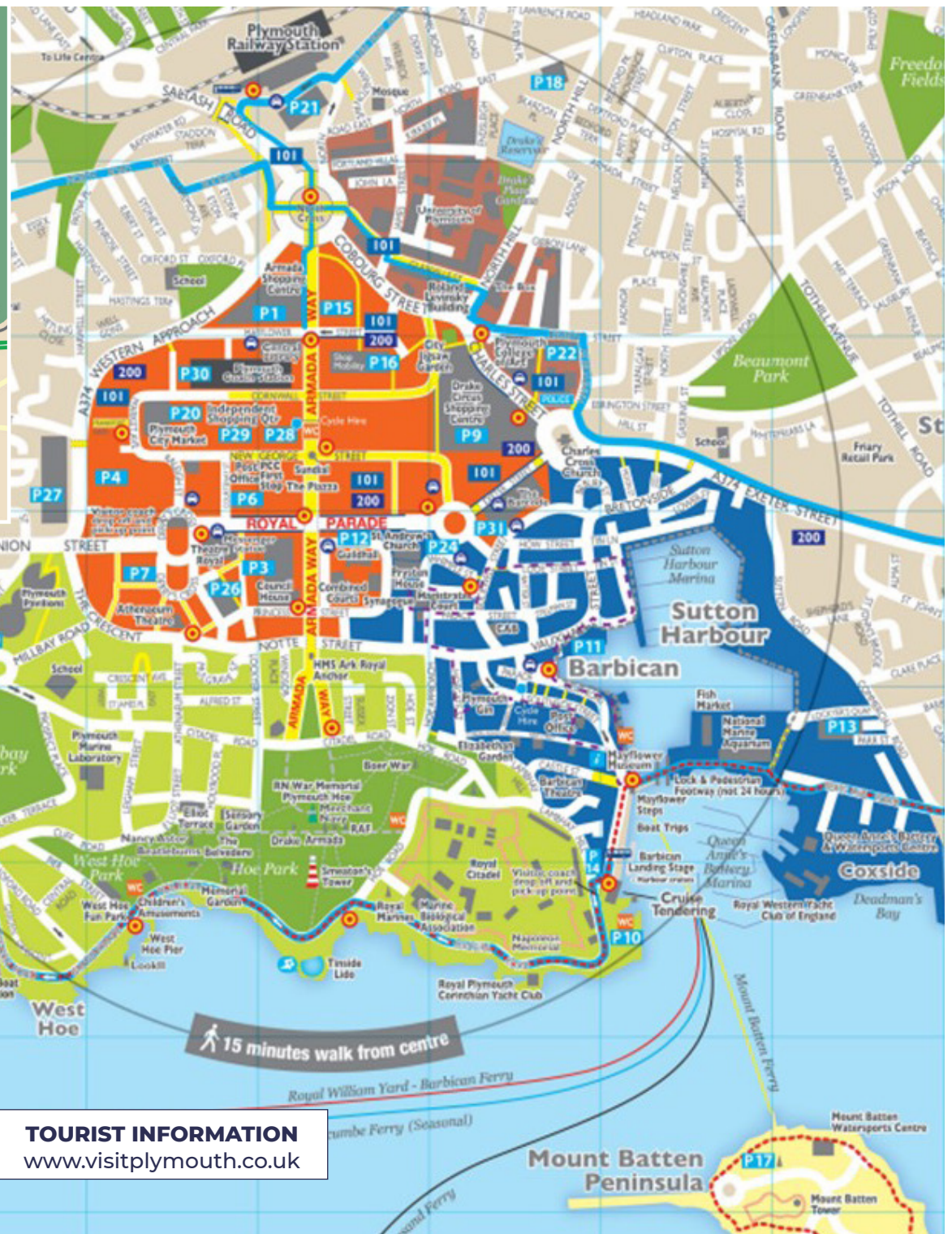
*  Stella Maris Port Chaplain www.stellamaris.org.uk	07718 268 904
 The Mission to Seafarers www.missiontoseafarers.org	01329 314 345
 Fishermen's Mission Devon@fishermensmission.org.uk Cornwall@fishermensmission.org.uk www.fishermensmission.org.uk	07917 754 293 07884 188 616
 Merchant Navy Assoc. /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

* Locally based Port Chaplain.



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TOURIST INFORMATION
www.visitplymouth.co.uk