VISITING ASHORE

Welcome to the Port of Milford Haven. The Port Welfare Committee (PWC) and the various ship welfare organisations hope you have a meaningful, restful and safe visit. To enhance your time ashore, please note the following:







DON'T....

- Use your camera inside the various oil and gas installations.
- Take pictures of people especially children without their express permission.
- Drink alcohol on the streets.
- Forget that there are limits on the areas in which you can smoke.

DO....

- Always keep your personal belongings with you.
- Exchange your currency with reputable companies like the Post Office.

TELEPHONE CARDS / SIM CARDS / TOP-UPS

Telephone cards, Sim cards and Top-Ups are available from the Port Chaplains and Ship Welfare Visitors.

SEAFARERS' TELEPHONE & ONLINE SUPPORT

SeafarerHelp....the lifeline for seafarers (ISWAN)

00 800 7323 2737 www.seafarerhelp.org (All seafarers)

Seafarer Support Referral Helpline

0800 121 4765

www.seafarersupport.org (UK seafarers only)

Chat to a Chaplain - wherever you are in the world

www.icma.as/support

icmahelp@icma.as

00 1 619 350 4368





Port of Milford Haven

Produced by the Merchant Navy Welfare Board - registered as a charity No.212799 in England & Wales and No.SC039669 in Scotland - together with the seafarers' welfare charities. Maps courtesy of Milford Haven Port Authority. Please pass any amendments directly to MNWB on 02380 337799 or visit: www.mnwb.org

SEAFARERS' PORT INFORMATION LEAFLET

MILFORD HAVEN WELCOMES ALL SEAFARERS



SHIP WELFARE VISITING ORGANISATIONS



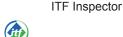
The Mission to Seafarers 07788 312 288 Port Welfare Officer adam.oliver@mtsmail.org www.missiontoseafarers.org



Stella Maris 07738 761 155 paul.osunyikanmi@stellamarismail.org www.stellamaris.org.uk



Fishermen's Mission 07827 965 241 www.fishermensmission.org.uk



molloy_tommy@itf.org.uk ITF HQ +44 7590 880 285 www.itfseafarers.org (Messages only)



Nautilus International www.nautilusint.org

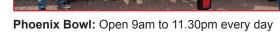
020 8989 6677

020 7387 4771

07764 182 768



RMT www.rmt.org **PORT OFFICE & SECURITY**



PORT TRANSPORT

Free transport can be arranged from the terminals please contact the Port Chaplains on 07788 312 288 or 07738 761 155



Milford Haven Port Authority

01646 696 100





Milford Haven Port Health: 01437 776 389 Out of Hours: 0845 6015 522 Email: porthealth@pembrokeshire.gov.uk

MARITIME AND COASTGUARD AGENCY UK

CardiffMO@mcga.gov.uk 02039 085 220

PLACES OF WORSHIP

A list of places of worship, covering a variety of faiths and denominations, is available from Port Chaplains and Ship Welfare Visitors

POST OFFICE & MONEY TRANSFER

Milford Haven:

Post Office, Charles Street 01646 690 103

Pembroke Dock:

Post Office, Dimond Street 01646 682 352

(inside Londis)

ENTERTAINMENT - VENUES/ATTRACTIONS

Pembroke Castle	www.pembroke-castle.co.uk
Milford Haven Museum	www.milfordhavenmuseum.co.uk
Phoenix Bowl, Milford Ha	ven www.phoenixbowl.co.uk
Torch Theatre, Milford Ha	ven www.torchtheatre.co.uk

LOCAL HOSPITAL

Withybush General Hospital,

01437 764 545 Haverfordwest

NHS Helpline 111 www.111.nhs.uk

SHOPPING CENTRE

Milford Haven:

Tesco. Havens Head Park 0345 677 9473 Boots the Chemist, Havens Head Park 01646 692 004 Home Bargains, Havens Head Retail Park 01646 697 971

Pembroke Dock:

Asda, Gordon Street	01646 624 100
Tesco, London Road	0345 677 9537
Boots the Chemist, Dimond Street	01646 622 429
Argos, London Road	0345 656 4126
McDonald's, London Road	01646 687 962

^{*}Most major retail chains can be found in Haverfordwest, a 20min taxi ride away

LIBRARY

Milford Haven Library, Havens Head Park		771	888
Pembroke Dock Library Water Street	01437	775	825

SPORTS FACILITIES

Milford Haven Leisure Centre, Priory Road 01437 775 959 Pembroke Leisure Centre, Bush 01437 776 660

TAXIS

Milford Haven: Links Taxi	01646 695	060
Pembroke Dock: Monkton Cars	01646 622	047

