



PORT TRANSPORT

Free transport can be arranged from the terminals by the Master or Chief Officer contacting their local shipping agents:

GAC	01646 622 220
Graypen	01646 690 691
S5	01646 602 655
Cory Brothers	01646 692 472
Inchcape (ISS)	01646 401 602
VertomCory	01646 692 472



PORT OFFICE

Port of Milford Haven Authority 01646 696 100

LOCAL PORT HEALTH AUTHORITY



Milford Haven Port Health: 01437 776 389
01437 776 390
Out of Hours: 0345 601 5522
Email: porthealth@pembrokeshire.gov.uk

MARITIME AND COASTGUARD AGENCY UK

CardiffMO@mcga.gov.uk 02920 448 818

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....

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

DO....

1. Always keep your personal belongings with you.
2. Exchange your currency with reputable companies like the Post Office.
3. When dialling UK telephone numbers from a foreign mobile number, use the numbers 44 before the required number.

SEAFARERS' TELEPHONE HELPLINE

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



Chat to a chaplain wherever you are in the world 00 1 619 350 4368
www.icma.as/support icmahelp@icma.as



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 OpenStreetMaps / Photos courtesy of Stella Maris & The Carmarthenshire Herald. Please pass any amendments directly to MNWB on 02380 337799 or visit: www.mnwb.org

Issue Date 05/26

MILFORD HAVEN

Welcomes All Seafarers



SHIP WELFARE VISITING ORGANISATIONS



Stella Maris
Port Chaplain
www.stellamaris.org.uk 07738 761 155
07456 543 540



The Mission to Seafarers
Port Chaplain
www.missiontoseafarers.org 07502 746 822
(Mon-Wed AM only)



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



ITF Inspector
cheason_elinor@itf.org.uk 07350 359 690
ITF HQ seafsupport@itf.org.uk
www.itfseafarers.org



Nautilus International
www.nautilusint.org 020 8989 6677



RMT
www.rmt.org 0800 376 3706



Scan here to download a digital copy of this leaflet



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 St 01646 690 103

Pembroke Dock: Post Office, Dimond St 01646 682 352
(inside Londis)

ENTERTAINMENT - VENUES/ATTRACTIONS

Pembroke Castle www.pembrokecastle.co.uk

Milford Haven Museum www.milfordhavenmuseum.co.uk

Phoenix Bowl, Milford Haven www.phoenixbowl.co.uk

LOCAL HOSPITAL

Withybush General Hospital, Haverfordwest 01437 764 545

NHS Helpline www.111.nhs.uk 111

SHOPPING CENTRE

Milford Haven: Tesco, Havens Head Park 0345 677 9473

Boots the Chemist, Havens Head Park 01646 692 004

McDonald's, Havens Head Business Park 07301 247 091

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 01437 771 888

Pembroke Dock Library, Water Street 01437 775 825

TAXIS

Milford Haven: Link Taxi 01646 695 060

Pembroke Dock: Ready Cabs 01646 686 666

*Taxis are not allowed to enter the port estate, so can only be used outside port areas.

