

## 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.

## 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)  
[www.seafarerhelp.org](http://www.seafarerhelp.org) (All seafarers) 00 800 7323 2737

Chat to a Chaplain - wherever you are in the world 00 1 619 350 4368  
[www.icma.as/support](http://www.icma.as/support)  
[icmahelp@icma.as](mailto:icmahelp@icma.as)



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](http://www.mnwb.org)

## SEAFARERS' PORT INFORMATION LEAFLET

# MILFORD HAVEN WELCOMES ALL SEAFARERS



## SHIP WELFARE VISITING ORGANISATIONS



Stella Maris 07738 761 155  
[paul.osunyanami@stellamarismail.org](mailto:paul.osunyanami@stellamarismail.org)  
[www.stellamaris.org.uk](http://www.stellamaris.org.uk)



The Mission to Seafarers 07867 818 219  
Port Chaplain  
[www.missiontoseafarers.org](http://www.missiontoseafarers.org)



Fishermen's Mission 07827 965 241  
[www.fishermensmission.org.uk](http://www.fishermensmission.org.uk)



ITF Inspector [cheason\\_elinor@itf.org.uk](mailto:cheason_elinor@itf.org.uk)  
07350 359 690  
ITF HQ  
[www.itfseafarers.org](http://www.itfseafarers.org) [seafsupport@itf.org.uk](mailto:seafsupport@itf.org.uk)



Nautilus International 020 8989 6677  
[www.nautilusint.org](http://www.nautilusint.org)



RMT 020 7387 4771  
[www.rmt.org](http://www.rmt.org)



Phoenix Bowl: Open 10am to 11.00pm Weds to Sun

## PORT TRANSPORT

Free transport can be arranged from the terminals - please contact the Stella Maris Port Chaplain on 07738 761 155 or 07456 543 540



## PORT OFFICE & SECURITY

Milford Haven Port Authority 01646 696 100

## LOCAL PORT HEALTH AUTHORITY



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

## MARITIME AND COASTGUARD AGENCY UK

[CardiffMO@mcga.gov.uk](mailto: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](http://www.pembroke-castle.co.uk)

Milford Haven Museum [www.milfordhavenmuseum.co.uk](http://www.milfordhavenmuseum.co.uk)

Phoenix Bowl, Milford Haven [www.phoenixbowl.co.uk](http://www.phoenixbowl.co.uk)

Torch Theatre, Milford Haven [www.torchtheatre.co.uk](http://www.torchtheatre.co.uk)

## LOCAL HOSPITAL

Withybush General Hospital,  
Haverfordwest 01437 764 545

NHS Helpline 111  
[www.111.nhs.uk](http://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 01437 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

