



### SEAFARERS' TELEPHONE SUPPORT

SeafarerHelp...the lifeline for seafarers (ISWAN)  
[www.seafarerhelp.org](http://www.seafarerhelp.org) (all seafarers) (+44) 20 7323 2737

Seafarer Support Referral Helpline  
[www.seafarersupport.org](http://www.seafarersupport.org) (UK seafarers only) 0800 121 4765



Produced by the Merchant Navy Welfare Board, registered as a charity No.212799 in England & Wales and No.SC039669 in Scotland, Grangemouth Seafarers' Centre and the seafarers' welfare charities. Maps / Photos courtesy of Forth Ports and The Falkirk Wheel. Please pass any amendments **directly** to MNWB on 02380 337799 or visit: [www.mnwb.org](http://www.mnwb.org)

### PORT INFORMATION LEAFLET








## GRANGEMOUTH WELCOMES ALL SEAFARERS



### GRANGEMOUTH SEAFARERS' CENTRE

Central Dock Road, Grangemouth Docks, Stirlingshire FK3 8TX  
 Fax: 01324 664 441

#### SHIP WELFARE VISITING ORGANISATIONS

- 
 Apostleship of the Sea (Stella Maris)  
 Port Chaplain 07793 489 193
- 
 Sailors' Society 07713 476 799  
 Port Chaplain [Probertson@sailors-society.org](mailto:Probertson@sailors-society.org)
- 
 The Mission to Seafarers  
 Port Chaplain 07581 625 941
- 
 Norwegian Seamans Mission 07808 080 646  
 Port Chaplain
- 
 Nautilus International 0151 639 8454
- 
 RMT 0207 387 4771
- 
 ITF HQ 0207 940 9287

† *Locally based Port Chaplain*

### GRANGEMOUTH SEAFARERS' CENTRE



Opening Hours: Access 24 hours.


free Wi-Fi • Television • Tea & Coffee Library • Games • Prayer Room



#### PORT OFFICE & SECURITY

Harbour Office	01324 482 591
Port Security Gates	Powdrake Rd 01324 668 436
	Central Dock Rd 01324 668 466

#### LOCAL PORT HEALTH AUTHORITY

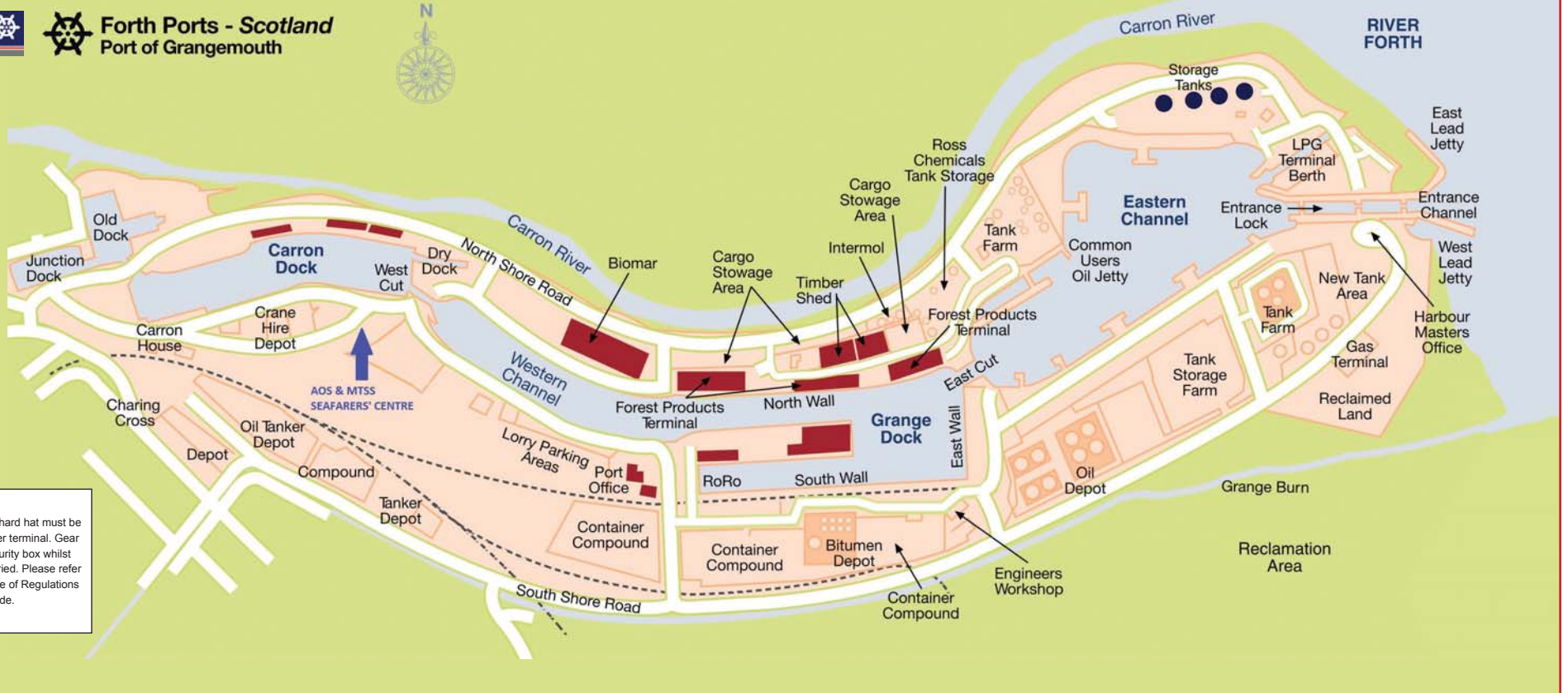

 Port Health (Falkirk Council)  
[porthhealth@falkirk.gov.uk](mailto:porthhealth@falkirk.gov.uk)  
 Office hours: 01324 504 982  
 Out of hours: 01324 503 050

#### MARITIME AND COASTGUARD AGENCY UK

[infoline@mcga.gov.uk](mailto:infoline@mcga.gov.uk)



**Forth Ports - Scotland**  
Port of Grangemouth



High vis coat or vest & hard hat must be worn whilst on container terminal. Gear may be stored at security box whilst ashore. ID must be carried. Please refer to port operator's Notice of Regulations on quayside.



**PLACES OF WORSHIP**

St Mary' Episcopal Church	01324 482 438
Sacred Heart (RC), Drummond Place	01324 482 253
Abbottsgrange Parish Church	01324 482 978
Falkirk Islamic Centre, Burnhead Lane, Falkirk	01324 611 018

**PUBLIC LIBRARY**

Grangemouth Library, Bo'ness Road	01324 504 690
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**BANKS**

Bank of Scotland, 22 La Porte Precinct	01324 507 313
TSB, 89-91 La Porte Precinct	01324 299 998

**MONEY TRANSFER**

Post Office, York Lane	01324 482 986
Ramsdens, La Porte Precinct	01324 483 074

**CINEMA**

Cineworld, Central Retail Park, Falkirk	0871 200 2000
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**SHOPPING**

Asda, Dock Road	01324 492 400
Argos, Central Retail Park, Falkirk	0345 165 7823

**CHEMISTS/OPTICIANS**

Boots the Chemists, La Porte Precinct	01324 482 118
Specsavers, La Porte Precinct	01324 483 019
Lloyds Pharmacy, La Porte Precinct	01324 482 008

**SPORTS FACILITIES**

G/mouth Sports Complex (Sports Centre) Abbots Road	01324 504 560
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**LOCAL ATTRACTIONS**

The Falkirk Wheel <a href="http://www.thefalkirkwheel.co.uk">www.thefalkirkwheel.co.uk</a>	08700 500 208
Grangemouth Heritage Museum	
Zetland Park, Abbotsgrange Road	01324 666 603
The Kelpies, The Helix, Falkirk	01324 590 600

**PUBLIC TRANSPORT**

Edinburgh Airport	0844 448 8833
Trains - General Enquiries	03457 484 950
Buses - First Edinburgh	01324 602200

**TAXIS**

Gordon Taxis Grangemouth	01324 911 442
Tartan Line Radio Cabs	01324 474 777
Grange Radio Cabs	01324 471 000

**HOSPITALS**

Accident & Emergency	01324 566 000
Forth Valley Hospital	
Minor Injuries Unit	01324 624 000
Falkirk Community Hospital	
NHS 24	111



Local attraction -  
The Falkirk Wheel