

## TELEPHONE & INTERNET CONNECTIONS






Telephone sim cards and top-ups are available for purchase at the London Tilbury Seafarers Centre and from all Ship Welfare Visitors and Port Chaplains. Wi-fi and internet connection are also available at the centre.

## 24 HOUR LOUNGE




The seafarers centre is manned until 21.30 after which time seafarers are welcome to use the 24 hour lounge facility until they need to return to their ship. Toilet facilities are also available 24 hours.



## SHIP WELFARE VISITING ORGANISATIONS

+		Apostleship of the Sea Port Chaplain	07963 199924
+		The Mission to Seafarers Port Chaplain	07501 403592
+		Sailors' Society Port Chaplain	07817 767759
+		German Seamen's Mission Port Chaplain	07958 005124
+		Queen Victoria Seamen's Rest (responsible for managing the London Tilbury Seafarers centre)	020 7987 5466

## SEAFARERS WELFARE ORGANISATIONS

	RMT	020 7387 4771
	Nautilus International	020 8989 6677
	ITF Inspector Tilbury ITF HQ	07949 246219 020 7403 2733

## SEAFARERS' TELEPHONE HELPLINES

ISWAN – International Seafarers' Welfare Assistance Network  
Live chat via seafarerhelp website at [www.seafarerhelp.org](http://www.seafarerhelp.org)

SeafarerHelp – free multilingual helpline 24hrs a day,  
365 days per year.

**Telephone direct dial:** +44 (0)20 7323 2737 (*request call back*)

**Telephone (in UK):** 00 800 7323 2737

**Email:** [help@seafarerhelp.org](mailto:help@seafarerhelp.org)

**Skype:** [info-seafarerhelp.org](https://www.skype.com/en/contacts/info-seafarerhelp.org)

**Text:** +44 (0) 7624 818405

Seafarer Support Referral Helpline (UK seafarers only)

**Tel:** 0800 121 4765

[www.seafarersupport.org](http://www.seafarersupport.org)

Seafarers Advice & Information Line (SAIL) UK Seafarers only

**Tel:** 0800 160 1842

**Email:** [advice@sailine.org.uk](mailto:advice@sailine.org.uk)



## HARBOUR OFFICE & POLICE

Lockside Office (Duty Harbour Master) 01375 852456

Police Station 01375 846781

## LOCAL PORT HEALTH AUTHORITY

London Port Health (office hours) 01375 842663

Emergency Duty Officer 07050 389861



Produced by the Merchant Navy Welfare Board, London Tilbury Seafarers Centre and the seafarers' welfare charities. Registered as a charity No.212799 in England & Wales and No.SC039669 in Scotland.

Map courtesy of Forth Ports. Please pass any amendments directly to MNWB on 02380 337799 or visit: [www.mnwb.org](http://www.mnwb.org)

## SEAFARERS' PORT INFORMATION LEAFLET

# LONDON TILBURY WELCOMES ALL SEAFARERS



## LONDON TILBURY SEAFARERS CENTRE

Tenants Row, Tilbury Freeport, RM18 7EH

**Tel:** +44 (0) 1375 840454

**Mobile:** +44 (0)7456 819992

**Email:** [londontilbury@qvsr.org.uk](mailto:londontilbury@qvsr.org.uk)



**Opening Hours:** Mon – Sun 1.30pm – 9:30pm  
**Telephone cards • Internet • TV Lounges • Chapel  
Shop • Bar • Light Snacks  
Books • Clothing • Pool • Table Tennis**

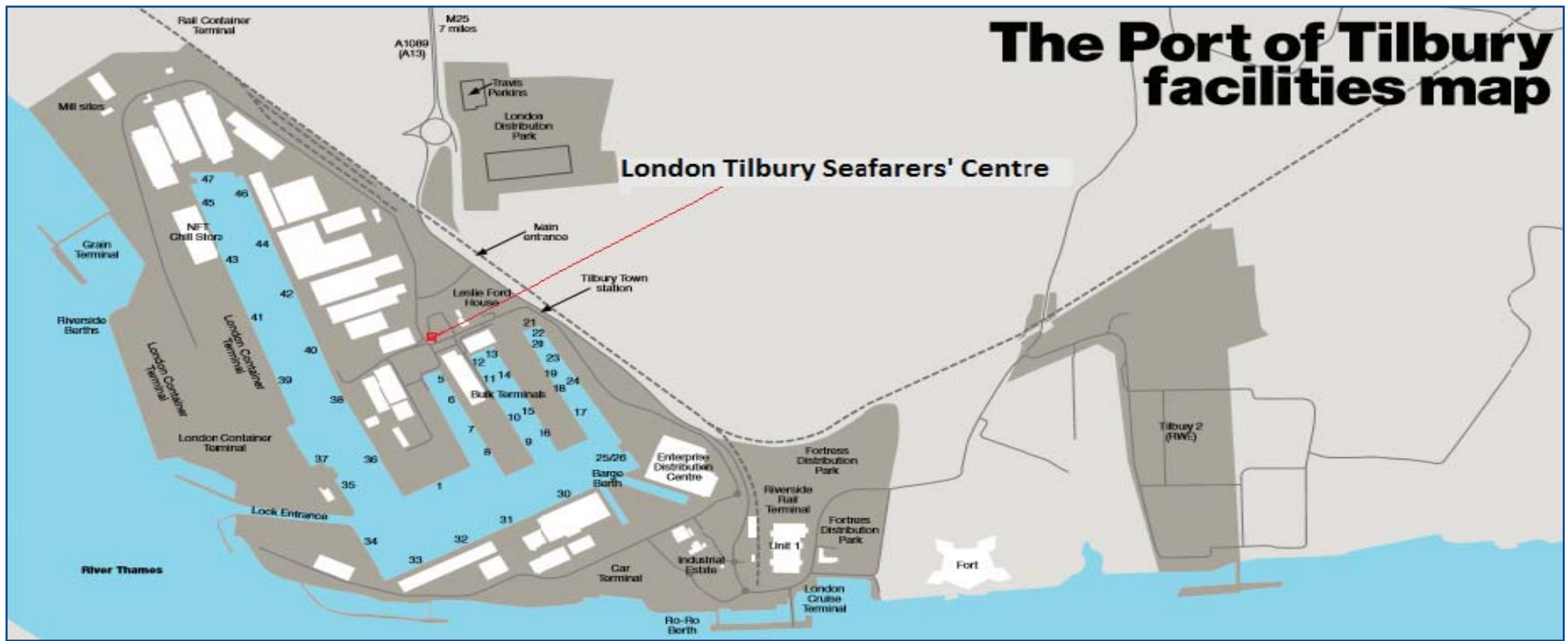
## PORT TRANSPORT

Free minibus pick ups to the Seafarers Centre  
from 14:30 daily.

**Tel:** +44 (0) 1375 840454

**Mobile:** +44 (0) 7456 819992

# The Port of Tilbury facilities map



## SHOPPING / BANKS / POST OFFICE

ASDA Supermarket and Tilbury Town Centre can be found not far from the Docks Main Gate. Lakeside Shopping Mall, for all major high street retailers, is 10 minutes away by train (Chafford Hundred Station).

ASDA, Thurrock Park Way, Tilbury	01375 855454
Post Office, Civic Square, Tilbury	0345 611 2970
Barclays Bank, Calcutta Road, Tilbury	0345 734 5345
Western union (Asset Chemist), Dock Road, Tilbury	0800 833833

## PLACES OF WORSHIP

**Anglican:** St John's Church, Dock Road, Tilbury 01375 842417  
Sunday service 10.00am

**Catholic:** Our Lady Star of the Sea, Dock Road, Tilbury. Services Saturday 18.30 / Sunday 09.00

For other denominational services please ask one of the Port Chaplains or staff at the centre.

## PUBLIC TRANSPORT

Tilbury train station is a 5 minute walk from the centre; turn right out of the main gate, walk along Dock Road and the station is on the left hand side. Trains run regularly to Chafford Hundred station (for Lakeside) and Fenchurch Street (for Central London). Day Travel cards are available for journeys into central London which include tube and bus travel.

National Rail Enquiries	0345 748 4950
www.nationalrail.co.uk	

## MEDICAL CENTRES / WALK IN CLINICS / A&E

Accident & Emergency	01268 524900
Basildon University Hospital, Basildon	
Minor Injuries Unit, Orsett Hospital, Rowley Road, Grays (10.00 to 19.30)	0300 300 1527
NHS 24 Helpline	111

## CHEMIST / OPTICIAN

ASDA Pharmacy, Thurrock Park Way, Tilbury	01375 855454
Boots the Chemist, St Chads Rd, Tilbury	01375 843012
K Lewis & Partners Opticians, Calcutta Road, Tilbury	01375 843074

## TAXIS

Tilbury Taxis	01375 855555
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## ENTERTAINMENT / SPORTS / ATTRACTIONS

Library, Civic Square, Tilbury	01375 842612
Vue Cinema, Lakeside Shopping Mall	08712 240240
Tilbury Fort, English Heritage	01375 858489
Thurrock Museum, Orsett Road, Grays	01375 413965
Blackshots Leisure Centre, Grays	01375 375533
Lakeside Karting, West Thurrock, Grays	01708 863070

