

SEAFARERS HOSPITAL
SOCIETY ANNOUNCES

SEAFARER HEALTH WEBINAR SERIES

30 MARCH - 30 NOVEMBER 2022
ZOOM/FACEBOOK LIVE



CANCER AWARENESS

30/03/2022 12-12:30 PM

REGISTER: [TINYURL.COM/2P8ZXCA6](https://tinyurl.com/2P8ZXCA6)

Working at sea means that it is sometimes difficult to make regular hospital appointments for health checks. Raising cancer awareness identifies signs & symptoms and is the key to early detection & diagnosis which saves lives.

HEALTHY MINDS

27/04/2022 12-12:30 PM

REGISTER: [TINYURL.COM/BDFUA62F](https://tinyurl.com/BDFUA62F)

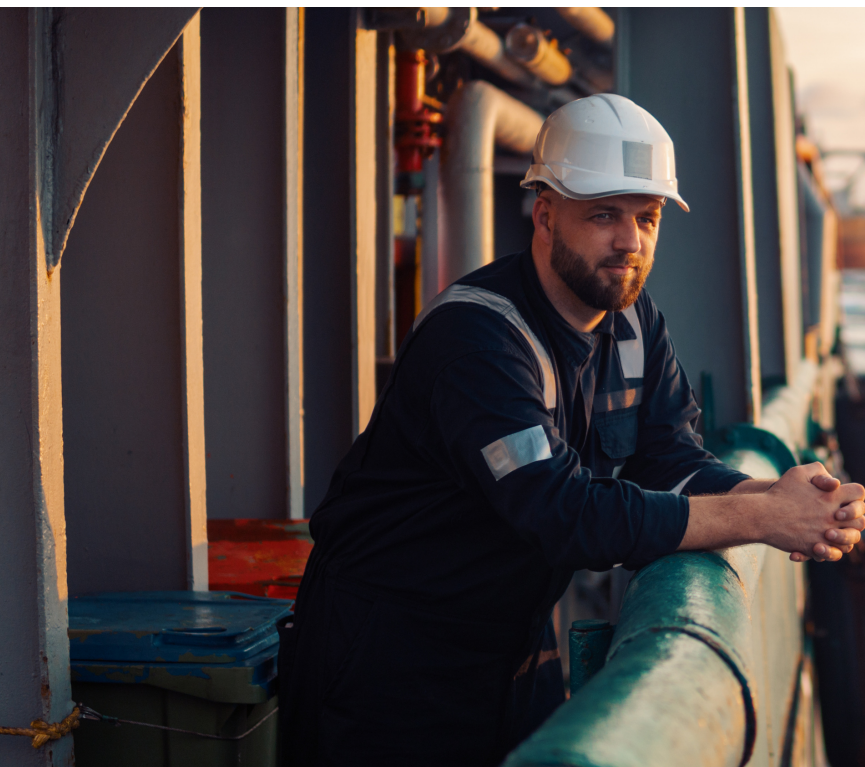
Working at sea can be a challenge that affects mental health. Support is important, and we offer a free, confidential service to seafarers who need help with mental health & wellbeing via Togetherall. We also offer mental health & wellbeing advice, support and signposting for fishers through the SeaFit programme.

ADVICE FOR PEACE OF MIND

25/05/2022 12-12:30 PM

REGISTER: [TINYURL.COM/BDD5J2CK](https://tinyurl.com/BDD5J2CK)

Financial distress can be unpredictable. A sudden illness, unexpected change in circumstance, loss of someone you love, etc could be financial stressors. Learn about the Seafarers Advice & Information line and the support available exclusively to seafarers which includes, debt & other money issues, welfare benefits, tax credits and pensions.



SEAFARERS HOSPITAL SOCIETY HAS LOOKED AFTER THE HEALTH AND WELFARE OF SEAFARERS AND THEIR FAMILIES FOR OVER 200 YEARS, SO WE KNOW HOW IMPORTANT IT IS FOR SEAFARERS TO STAY FIT AND HEALTHY AT SEA. THROUGHOUT 2022 WE WILL BE HOSTING A NUMBER OF INFORMATIVE HEALTH WEBINARS SPECIFICALLY FOR SEAFARERS AND FISHERS. THESE 30 MINUTE WEBINARS WILL TAKE PLACE AT NOON ON THE LAST WEDNESDAY OF EACH MONTH AND DEAL WITH TOPICS SUCH AS CANCER AWARENESS, MENTAL HEALTH, COMBATING FATIGUE, MEN'S HEALTH, FINANCIAL HEALTH, AND WEBINARS OFFERING HEALTH LIFESTYLE ADVICE.