

NEWSLETTER

FEBRUARY 2019

Complete your basic safety training in 1 week:
18,19,20,21 February. £425 if booked at the same time

Basic Safety Training	Dates	Price
Survival at Sea (STCW)	19 February 12 March 30 April	£130
First Aid (STCW)	21 February	£100
Fire Fighting	20 February	£130
Health And Safety	18 February	£100
Safety Awareness	8 March 2019	£100



01736 364324

Call us now to
book your place

www.seafoodcornwalltraining.co.uk

Funding from the EU EMFF and MCA, through the Seafish Training Programme, is available for experienced fishermen (until March 2020) to refresh basic training and courses towards their Under 16.5m Skippers Ticket or Certificate of Competence. Candidates must already hold all four basic safety certificates and have completed their *Safety Awareness*.

PADSTOW FISHERMEN The AEC Diesel Engine course is coming to your port on 18-21 February. Limited spaces- call now

Under 16.5m Skipper's Ticket	Dates
GMDSS VHF SRC	8-9 February
AEC Diesel Engine course (Padstow)	18-21 February
5 Day Watchkeeping and Navigation	18-22 March

MEDICAL CERTIFICATION: NEW RULES FOR ALL FISHERMEN

ILO188 requires fishermen to hold a medical fitness certificate to work on a fishing vessel. Requirements will be phased in over the next few years for different categories of fishing vessels and operating patterns.

From MSN1883: Crew working on fishing vessels of any length that are subject to inspection in a foreign port and those of 24m length or over that are at sea for more than 7 days will be required to have an ENG1 medical certificate by 31 May 2019.

ENG1 medicals are carried out locally by MCA Approved doctors. The maximum fee is £95.

St Austell: Dr Moore 01726 75555

Hayle: Dr Mulholland 01736 753136

Penzance: Dr Boulter 01736 363741

Falmouth: Dr Jackson 01326 372502, Dr Hounsom 01326 315615, Dr Farrell farrell876@btinternet.com

Isles of Scilly: Dr Ross 01720 422628

Truro: Dr Tellam 01872 572553

Saltash: Drs Hamilton & Sowden 01752 842281

SEAFIT PROGRAMME
In partnership with
Harbourside Physiotherapy

Free physiotherapy for all working seafarers in Devon & Cornwall

- Suffering from aches and pains?
- Sick of feeling rough?
- Time to do something about it!

WHAT'S ON OFFER?
FREE - Physiotherapy for all working fishermen and merchant seafarers
COMPREHENSIVE - Treatment for pain and advice on injury prevention
LOCAL - Available at a physiotherapy clinic near you
CONVENIENT - You'll be seen as a matter of priority at a time that suits you

Contact Harbourside for your local Network member
Tel: **01736 366224**
Email: network@harboursidephysiotherapy.co.uk

Fit Body + Fit Mind = SeaFit

[/GetSeaFit](https://www.facebook.com/GetSeaFit) [@GetSeaFit](https://www.instagram.com/GetSeaFit)

Fishermen's Mission, Registered Charity England & Wales No. 232522 Seafarers UK, Registered Charity, Registered Charity England & Wales No. 232522

Whats on in your area?

Free confidential lifestyle support in Newlyn for the fishing community, including retired fishermen and their families. A Healthy Lifestyle Advisor will work with you to tailor the support you need to make small changes to improve your health and wellbeing.

What's on offer? – Stop smoking, healthy eating, weight loss and increasing activity levels. Support is available for any issue affecting your health or wellbeing. Anyone worried about healthy lifestyle issues or ENG1 can call the Fisherman's Mission at 01736 363499 or see Hazel in Newlyn.

Free NHS Health Checks available

Where?

Fishermen's Shack, Newlyn Harbour, Tuesdays 8am-12.30pm.

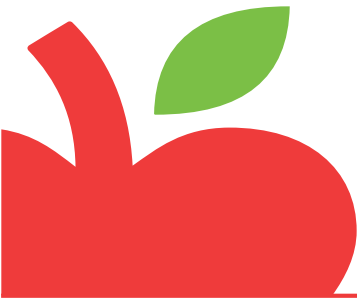
Informal drop-in, no appointment needed. Come along for a brew and chat, no pressure to make any changes. Look out for the free bacon sandwiches that appear occasionally.

Harbourside Physiotherapy, Newlyn, Thursday 9am-4pm.

Bookable appointments for NHS Health Checks or if you would like a bit longer to chat through any issues.

Don't worry if you can't make Tuesdays or Thursdays, just contact Hazel by phone, text or email and let her know when and where is good for you. She will arrange a time suitable for you between the hours of 8am-8pm.

For more information please contact
Hazel Smith: Healthy Lifestyle Delivery Advisor
07753 460957 or 01209 615600
hazel.smith@cornwall.gov.uk



Gear selectivity has a big part to play in reducing unwanted catch and there has been a substantial amount of research into which gear modifications can successfully minimise discards.



The **Gearing Up** tool brings together all of the many trials and gear innovations that help reduce discards. Use the tool to navigate to your best selectivity device for your fishery.

<https://gearingup.eu/>



iCatch Correction

From the iCatch website: The app will automatically generate the IFCA Shellfish Return for you. It will also generate the MMO form but this will need to be copied across to their official carbon-copy form and sent by post.

<https://icatchsite.wordpress.com/>

Class 2 Certificate of Competence training

Call SCT for info and advice – eg. we have a template to record sea service and can help you apply for Seafish / EU Training Grant.

Class 2 Deck (Fishing) Written Course starting 11 February for 6 weeks at Western Maritime Training (Plymouth). Contact Hazel on 01752 770589
h.bennett@wmtraining

STCW 2010 Fire Fighting

Cornwall: www.phoenixcornwall.co.uk 01326 318177
STCW Fire Prevention & Fighting (2day)
14-15 February and 4-5 March



Devon and Somerset: www.red1ltd.com 01392 444773
STCW Fire Prevention & Fighting (2day)
20-21 February, 20-21 March, 23-24 April
STCW Advanced Fire Fighting (3 or 4day)
26-29 March (4day)
10-12 April (3day)



'Celebrating 10 years supporting our sustainable fish industry 2009 – 2019'

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Maritime &
Coastguard
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GROUP