

NEWSLETTER

SEPTEMBER 2019



| Basic Safety Training | Dates | Price |
|------------------------|--|-------|
| Survival at Sea (STCW) | 10 September 22 October 5 November | £130 |
| First Aid (STCW) | 12 September 6 November | £100 |
| Fire Fighting | 11 September 1 November | £130 |
| Health And Safety | 9 September 4 November | £100 |
| Safety Awareness | 6 September- Newlyn 18 October- Mevagissey 15 November- Newquay 13 December- Newlyn | £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*.

| Under 16.5m Skipper's Ticket | Dates |
|-------------------------------------|----------------|
| Stability for Experienced Fishermen | 16 September |
| Advanced Stability | 17 September |
| MCA Approved Diesel Engine course | 28-31 October |
| 5 Day Navigation and Watchkeeping | 11-15 November |

HEALTH!



SeafarerHelp has developed a range of self-help resources to support seafarers manage and cope with low mood, stress and fatigue to maximise their overall psychological wellbeing.

<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health>

Mental Health Practitioner Ceri Summers offers a free service to fishermen.

To book an appointment:
01736 366224
fairwinds781@outlook.com



ASK AWAY!



Healthy Cornwall



Hazel Smith works with fishermen and their families in and around Newlyn harbour. She offers advice and support on a variety of health issues and undertakes free NHS Health Checks. Contact Hazel on 07753 460957 or hazel.smith@cornwall.gov.uk

World Health Organization #NoTobacco

DON'T LET TOBACCO TAKE YOUR BREATH AWAY

It is never too late to quit.

Within **2 weeks** of quitting tobacco, lung function increases. After **10 years**, the risk of lung cancer is half that of a smoker.

Welcome to

NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

Hazel's Top Health Tip

Would you like to half your risk of heart attack in 1 year?

If you smoke – quit.

Ask Hazel for help or visit <https://www.nhs.uk/smokefree>

FREE DENTAL TREATMENT

9th – 27th September 2019

FOR FISHERMEN AND THEIR FAMILIES

SIMPLY POP IN AND SEE US AT YOUR NEAREST HARBOURSIDE LOCATION

Last patient accepted 30 minutes before close



| |
|---|
| ILFRACOMBE 23rd 10am-3pm |
| PADSTOW 13th 8am-3pm |
| NEWQUAY 25th 7am-2pm |
| PLYMOUTH 26th and 27th 9am-3pm |
| HAYLE 18th 8am-12pm |
| LOOE 12th 12-7pm |
| BRIXHAM 19th 11am-5pm 20th 8am-2pm |
| MEVAGISSEY 16th and 17th 8am-3pm |
| NEWLYN 9th and 10th 8am-3pm |



For more information please call 0333 405 0290 or visit www.smilesatsea.co.uk

Registered charity numbers: Seafarers' Hospital Society 231724 | Fishermen's Mission 238022 | Seafarers UK 226486

Also Health Advice and Physiotherapy
Fit Body + Fit Mind = SeaFit

Here are some useful notes for you. Remember that all fishermen need Medical Certification by 2023

ENG1 FREQUENTLY ASKED QUESTIONS

What do I take with me?

Photo ID, medications; glasses/contact lenses; GP's name & telephone number; reports or letters from your GP, nurse or consultant and previous ENG1 medical certificate unless a new entrant

How long does my certificate last?

The duration of an ENG1 is usually 2 years but this can be shorter for medical reasons.

What if I have a medical condition?

It would be helpful to take as much information as possible along to the medical, the doctor will need to see evidence showing the condition is stable/controlled. A medical condition may not preclude you from working at sea but you may be given a restricted certificate, meaning you must work within certain criteria such as limited duties or a specified sea area or vessel

What if I fail?

You have 1 month to appeal.

How long with the medical examination take?

30 to 45 minutes and will involve a sight test and a physical examination

What if I am not UK national?

You can still get an ENG1 from an MCA approved doctor but the MCA also accepts some other countries seafarers' medicals as equivalent - see MSN 1815

The ENG1 exam fee will increase to £105 on 13 November 2019 and £115 from November 2020.

Contact the MCA with your questions

Workinfishing.convention@mcga.gov.uk

SAFETY UPDATES ON THE QUAY

Our Safety Advisor and MCA surveyors will demonstrate DRILLS you have to practice. Plus the MCA, RNLI, Health Advisor and safety equipment suppliers will answer your questions on ILO 188, checklists, etc.



| Newlyn | Newquay | Padstow | Mevagissey | Looe |
|--------------|-----------|-----------|------------|-----------|
| 30 September | 1 October | 2 October | 3 October | 4 October |



Congratulations to 11 new entrant fishermen and fisherwomen who have successfully completed the Introduction to Commercial Fishing course. They are now looking for berths.

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

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Maritime & Coastguard Agency

