



WELLNESS AT SEA

PROMOTING ON BOARD HEALTH AND WELL-BEING



ABOUT WELLNESS AT SEA

Wellness at Sea is a coaching programme aimed at improving seafarers' on board well-being.

The vast majority of incidents occurring at sea are often attributed to 'human error', a term that disguises a variety of underlying problems.

Fatigue, poor mental health, stress and many other issues all affect seafarers going about their daily work. They can be the difference between safe transit and a major incident.

Wellness at Sea seeks to combat these issues by addressing 'wellness' as a holistic concept made up of five specific areas of well-being: Social, Emotional, Physical, Intellectual and Spiritual.

INDUSTRY-WIDE NEED

Wellness at Sea was developed in response to a call from the industry to address the issue of poor mental health and the associated risks that can arise as a result of a life at sea.

In 2014, Sailors' Society chaired a round table discussion in Hong Kong which highlighted the importance of identifying mental illness at sea, the effects of which lead to crew attrition, risks in safety and efficiency and costly re-routing of ships. The discussion underlined the need for a dedicated coaching programme focusing on softer skills which would help reduce some of these factors.

Advised by Tim Huxley, Simon Doughty, P.B. Subbiah, Anuj Chopra and Vlad Docekal, the Wellness at Sea course will impart knowledge and skills to empower and equip those who are responsible for seafarers at sea.

This programme is aimed at early identification of mental health issues before they impact on seafarers' lives and the safety of the ship and cargo.

WHO IS THE WELLNESS AT SEA PROGRAMME AIMED AT?

The course is available at two levels: an Officer Programme and a Cadet Programme.

In 2015, the Officer Programme will initially be offered to selected companies and will be available for wider use subsequent to this.

The Cadet Programme be available through several maritime training colleges working in partnership with Sailors' Society later this year.

HOW LONG IS THE COURSE?

We appreciate that time ashore is limited. The course can be delivered as a whole or in selected modules. Delivery of the course ranges from half a day to four days, depending upon the modules selected.

HOW MUCH DOES IT COST?

Pricing will be calculated according to an organisation's individual course requirements.

WHAT DOES THE COURSE COVER?

The course consists of five modules, detailed below. Participants will engage in practical and theoretical exercises and have the opportunity for self-reflection as they are guided through course. On completion, participants will receive a certificate of accreditation and a course handbook for future reference.

COURSE MODULES

Introduction	<i>i. An Introduction to Wellness</i>
1. Social Wellness	<i>i. Communication ii. Interpreting and Managing Conflict within the Workplace iii. Diversity iv. Relationships with Family/Friends at Home</i>
2. Emotional Wellness	<i>i. Mental Health – identification and support</i>
3. Physical Wellness	<i>i. HIV/AIDS ii. Malaria iii. Ebola iv. Healthy food and hygiene v. Fitness on-board vi. Dental care</i>
4. Intellectual Wellness	<i>i. Basic Seafarers' Rights ii. An Introduction to Welfare Organisations iii. Money Matters iv. Piracy</i>
5. Spiritual Wellness	<i>i. An inclusive approach to spirituality, allowing space to reflect on spiritual beliefs. This is an optional section of the course.</i>

WELLNESS AT SEA ADVISORY GROUP MEMBERS:

- Tim Huxley, Wah Kwong Maritime Transport
- Simon Doughty, Wallem Group Ltd
- P.B. Subbiah, Pacific Basin
- Anuj Chopra, RightShip
- Vlad Docekal, RightShip

WORKING WITH SAILORS' SOCIETY STAFF:

- Jan Webber, Director of Fundraising
- Sandra Welch, Director of Programme
- Johan Smith, Project Manager
- Alice Todd, Project Co-ordinator

"Problems such as loneliness and separation from friends and family lead to many seafarers abandoning a seagoing career. If we can identify these problems early and empower masters and senior officers to deal with them as they arise, we have a much better chance of solving this problem."

"Wellness at Sea is not looking to add the role of the parish priest to the established skillsets of our captains, but instead to support crew retention and show commitment to our colleagues at sea on whom we depend for so much."

Tim Huxley, CEO, Wah Kwong Maritime Transport

FOR MORE DETAILS PLEASE CONTACT THE WELLNESS TEAM:

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SUPPORTED & ENDORSED BY:

- Cape University of Technology, Maritime Faculty
- International Christian Maritime Association (ICMA)
- International Seafarers' Welfare and Assistance Network (ISWAN)
- International Transport Federation (ITF) Seafarer Trust
- Maritime Piracy Humanitarian Response Programme (MPHRP)
- Seafarers UK
- Seafarers' Rights International (SRI)
- Seafarers' Mental Health

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