

**CORONAVIRUS – Support from the Society**

Based upon Government advice we have had to postpone all SeaFit Health events for the foreseeable future. We will reschedule and provide new dates as soon as it is safe to do so.

SeaFit providers are still offering telephone and email health support to fishermen and their families during these difficult times. If we can’t answer your question we will find someone who can.

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| **SeaFit Support** | **Email** | **Phone** |
| Mental Health Counsellor Newlyn Thursday & Friday | fairwinds@781.com | 07934 720429 |
| Healthy Lifestyle Advisor Newlyn | Hazel.Smith@cornwall.gov.uk | 07753 460957 |
| Fishwell Mental Health Counsellor Norfolk/Suffolk | info@fishwell.org.uk | 07930 273807 |
| Health Trainer Bridlington | HNF-TR.healthtrainers@nhs.net | 0800 9177752 |
| Programme Management/General Enquiries | pdmseafit@fishermensmission.org.uk | 07486 319621 |

**To hear about how the SeaFit Programme has benefitted fishermen in Cornwall and elsewhere, listen to the**[**Podcast from Fathom**](https://cfpo.org.uk/the-fathom-podcast/)

The SeaFit Programme is a joint initiative from the Seafarers Hospital Society and the Fishermen’s Mission, working in partnership to deliver sustainable improvements in the health and wellbeing of fishermen and their families around the UK. Funded by Seafarers UK, the SeaFit Programme started in July 2018 and will run until the end of 2020.

The Programme covers numerous aspects of mental and physical health and wellbeing and provides a range of services direct to the community completely free of charge. This includes:

* Health checks at the harbourside
* Healthy Lifestyle Advisors in the community
* Dental checks with some initial treatment
* Access to mental health and wellbeing support to complement Togetherall
* Development of a network of physiotherapists trained to meet the specific needs of fishermen, initially in Cornwall and Devon