

Bord Iascaigh Mhara

Fishermen's Health Manual



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Introduction

Staying healthy is just another way of staying safe!

BIM, Ireland's Seafood Development Agency, works closely with the Irish fishing industry on all aspects of crew training, including Sea Survival, Man-Over-Board, Fire Fighting, Helicopter Rescue, and Abandon Ship procedures.



BIM also works with the Irish fishing industry to provide training that includes how to correctly wear PPE, such as their SOLAS abandon ship lifejacket, Personal Flotation Device (PFD) and ear protectors.

We see the personal health of each crew member as a key element of health and safety when out fishing. The crew of a fishing vessel all depend on one another. If a crew member is not well then the team will not function and the boat will not be as safe or as successful as it could otherwise be.

The purpose of BIM's 'Fishermen's Health Manual' is to give practical advice to fishermen in Ireland on ways to stay healthy and well. This guide should not be used as a substitute for professional medical advice.

I hope that all fishermen working in Ireland will use this guide to maintain or improve their wellbeing and encourage their crew mates to make the best use out of the information and contacts contained in this guide.

Healthy and successful fishing to all!

Jim O'Toole, Chief Executive Officer

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BIM would also like to acknowledge the medical advice we received in reviewing this document from Dr Paul Gueret, medmark Occupational Health Care, and Dr Jason van der Velde, Clinical Lead, MEDICO Cork (CUH).



Healthy Ireland welcomes this guide to fishermen's health as a valuable tool addressing the health and wellbeing of males engaged in the Irish seafood industry and supporting its aim of creating a healthier Irish society.

Every effort was made to ensure the most up to date contact details for the services mentioned in this guide. This guide was originally published in the UK under the title 'FISHERMAN – A Health Workshop Manual for working fishermen' under copyright © of the author Ian Banks 2012 Revision date: June 2014.

BIM has taken care to ensure that the advice given in this edition is current at the time of publication. The Reader is advised to read and understand the instructions and information material included with all medicines recommended, and to consider carefully the appropriateness of any treatments. BIM will have no liability for adverse results, inappropriate or excessive use of remedies offered in this book or their level of effectiveness in individual cases. BIM does not intend that this book is used as a substitute for medical advice. Advice from a medical practitioner should always be sought for any symptom or illness.

Fit to fish?

Fishing is a tough job both mentally and physically. It is also demanding, often pushing you to the limit, definitely not for the faint hearted. Not surprising then the need to be fit to fish, as a mistake can mean more than a bent fender. Problem is, it's not always easy to look after your health.

This guide won't teach you how to catch fish or avoid catching a cold. It is your manual for health at sea, home or port. It will help you brave heavy weather and come out sailing. Keep it in the wheelhouse or galley, read it, follow the advice and the longer you'll stay working at sea.

Angel fish

Nobody says fishermen are angels. Hard risky work with long irregular hours can make health choices difficult when it comes to booze and grub. Nobody likes to be preached at, especially after coming home from a long trip with a hold full of fish.

This guide doesn't tell you what to do – it gives you choices and you make up your own mind. You take risks every time you step on board, but by understanding them you reduce risks enough to get on with the job safely. Poor health increases your risk, especially from accidents, which are never far away on a fishing vessel.

Any port in a storm

Getting to the Porcupine may be no problem for a seafarer but, even at the best of times, men aren't particularly great at getting to the doctor, dentist or optician. It can be even more difficult for fishermen. Yet simple things like needing new glasses, a tooth abscess or feeling tired all the time can turn into something much worse when you're 100 miles out and a winch turns nasty on you.

Being part of a team at sea is a world away from on a football pitch; not hearing a command or seeing a warning light can mean more than just a missed goal. So health problems need to be sorted quickly, just like the complex machinery you work with every day.

This guide is your satnav for getting to the best health services. Even more, it's your manual on how to get the most out of what is on offer.



Working at sea

Accidents

An army manual once stated: “The best way of avoiding harm from a nuclear bomb is not to be there when it goes off”.

The best way of avoiding accidents is not to let them happen in the first place.

Being fit to fish is part of the story. Easily said, but commercial fishing is the most dangerous industry in Ireland and the UK. Hospitals can be a long time away. Even with air evacuation, foul weather can slow down your arrival at A&E.

Deaths at sea have reduced over the years and not just because of the cutbacks in fishing fleets. Safety at sea is better than it was, yet accidents still happen.

Fishing fact



Fishermen in Ireland and the UK have a one-in-20 chance of being killed on the job during the course of their working lives.

10 fishermen continue to lose their lives at sea, on average, every year.

All at sea?

- Crew in the sea accounts for 96% of deaths.
- Lifejackets were once called ‘life preservers’ and these days they do it. Unfortunately they only work if you are actually wearing one (and correctly).

- RNLI guides help select the most appropriate lifejacket: <https://rnli.org>
- Refer to your BIM 'Guide to Personal Survival Techniques' and keep your safety training up to date. Visit bim.ie for a current training schedule.

Infections

When it comes to injury and infections, fishermen's hands come off worst. Not really surprising considering the stuff they have to put up with. Between broken ends of warps, knife cuts and crushed fingers, infections are almost inevitable. Worse still, hand injury and infection can lead to accidents.

Protective gloves are essential and all infections should be treated quickly.

You can help prevent infection by:

- Thorough hand washing with a germicidal hand wash solution at the end of every work period.
- Prompt treatment and cleaning of all cuts, scrapes and scratches.



Odd man out?

- Are you the one who always seems to come home with infected cuts which are still there when you go back out again?
- Are you only fit for flat out when you get home, sleeping or lying around? Could be a simple reason. Ask your GP.

Remember: Some infections are much more common in fishermen than other workers. Don't believe it? Ask your local plumber has he ever had a Haddock Rash.

Action points

- Check it out in 'The Ship Captain's Medical Guide'.
- Refer to your BIM 'Guide to Basic First Aid' and check the Irish Red Cross 'First Aid Manual'.
- Get advice about antibiotic treatment if you have throbbing pain or inflammation anywhere in the hands or fingers.

Immunisations: Prevention is better than cure

Think how much time you take checking equipment, the weather, safety gear, winches, engines, radios, lights and beacons before you even leave port.

Thinking ahead saves problems when you are somewhere less hospitable. So think immunisations. They will prevent the big nasties happening when a medic is 200 miles away and probably in bed.

Tetanus

Before immunisation this deadly infection was a serious threat to fishermen. It attacks through the skin or open wound and travels up to the brain. Muscles are paralysed on the way (hence 'lockjaw' when it reaches the face). It can be treated, but only if caught early. It can take a long time to get lifesaving antibiotics – not always easy in a force 10 off the West Coast of Ireland.

Action points after an injury

- Check with your GP to see if you've been fully vaccinated against tetanus (five doses are required for permanent immunisation).
- Get advice and a booster jab if you need it. Beats a dash across the sea in an empty boat. Keeps you popular too.
- Find out more on the National Immunisation Office Website at www.immunisation.ie

Flu

We are not talking a bad cold here. Flu is bad enough at home with your feet up sipping a hot toddy. At sea you will still have to work, think about your mates and hopefully sleep – all while feeling as though you are dying. You probably won't, but you might wish you could.

Real flu lasts a week or more so that could mean an entire trip as a zombie. Paracetamol helps but sorry mate, no hot whisky when you are handling a winch that could pull a man's arm off before you can say 'cheers'.

Action point

Get your yearly flu jab. It's free if you have certain medical conditions like diabetes or asthma or if you are over 65. Remember, flu viruses change every year so last year's protection is useless. It is a virus not a bacterium so antibiotics are ineffective.

Fishy facts?



Goose grease on your chest protects from infection...

- False: And you might not be invited out on the next trip.

Cod liver oil stops the common cold...

- False. Nor will vitamin C or not going out in the rain.

Shaking hands spreads flu...

- True. More bad news for politicians.

If you are feeling a bit off or generally a little unwell, check out undertheweather.ie and learn how to manage everyday illnesses with confidence.

Skin cancer

Red sky at morning...

See that big yellow thing hanging in the sky? It's not always your best mate.

- Skin cancer is the most common cancer in Ireland and it mainly affects men working outdoors.
- Your lifetime risk as a man of developing skin cancer is one in eight.
- Even cloudy days can deliver 90% of the dangerous cancer-forming UV rays.
- Some football shirts are so thin they let almost all the sun shine through.
- Skin damage remains after your sunburn fades. It builds up under the skin just like rust under deck paint and it can come back to haunt you in later years.
- Virtually all the risk comes from the sun.

There are basically two types of skin cancer:

Non-melanoma (most common)

Watch out for:

- A new growth or sore that does not heal within four weeks.
- A spot or sore that continues to itch, hurt, crust, scab or bleed.
- Constant skin ulcers that are not explained by other causes.

These are commonly found on the forehead, tip of the chin, nose or ears, arms and hands, the exposed bits.

Malignant melanoma

The most serious form of skin cancer. Although it is much less common, it is on the increase. It most often appears as a changing mole or freckle.

Watch out for:

- Size: bigger than the butt end of a pencil (more than 6mm/quarter inch diameter).
- Colour variety: shades of tan, brown black and sometimes red, blue or white.
- Shape: ragged or scalloped edge and one half unlike the other.
- Itchiness.
- Bleeding.



Action points

- Look at your moles and watch out for changes in them.
- Many skin changes are harmless but a quick check with your doctor can save your skin.

Sun Smart Tips

- Seek shade.
- Wear clothes made from closely woven fabric.
- Slap on a hat. A big hat (that covers ears, neck and nose)!
- Wrap on sunglasses to protect your eyes.
- Don't get burned. Use sunscreen (SPF 30 or higher).



Ears, eyes and mouth

Say it again, Sam

By the time you've finished saying: "Sorry, what was that again?" there might be a steel hawser with 2 tonnes of fish on one end and your left leg on the other. Poor hearing is no joke for anyone but especially not a fisherman.

Commercial fishing is noisy. Worse still it's noisy most of the time so your ears get little time to rest. Noise-induced hearing loss creeps up on you. More and more you are asking people to say it again or getting abuse for playing music too loud. Hearing also deteriorates with age: around 40% of over 50 year-olds in Ireland have some kind of hearing loss.

Action points

- Wear ear protectors when appropriate.
- Let your ears rest after being exposed to unavoidable noise.
- See your doctor if your hearing is getting worse.

'Specsavers' and 'Hidden Hearing' offer free hearing tests – consider contacting specsavers.ie and hiddenhearing.ie.

Lug holes blocked?

Wax is a common cause of reduced hearing, especially when water gets trapped behind it.

See your GP.

Do not stick anything in your ear. Fuse wire, matchsticks, six-inch nails – all are bad ideas.

Hearing aids are getting smaller and cleverer too. They can tell the difference between speech and noise so you hear 'duck!!' not 'quack, quack'. Most are water resistant but you will need special ones to resist salt water.

If you do wear a hearing aid, remember to carry spare batteries with you. You also need to be able to wake up in an emergency so you may need to wear it at night!

Eyes

Most fish have eyes on each side of their head. This means they can see in two directions at the same time. Sounds a great idea but they still end up in a very big net. Human eyes look ahead and we only wish we had eyes in the back of our heads – would come in handy at times! Poor vision is a major cause of accidents. Eye injuries are a major cause of poor or even loss of vision.

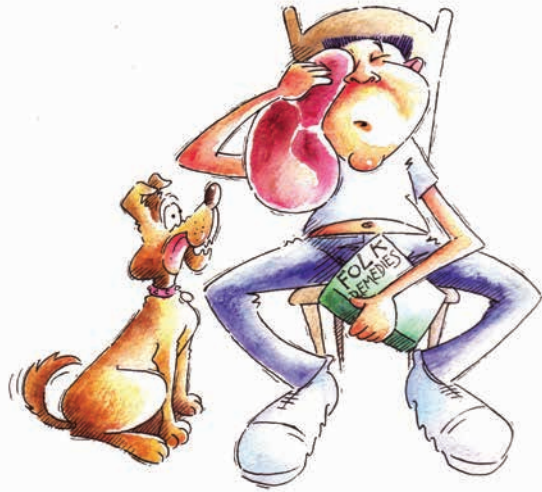
Eye injury

The surface of the eye is vulnerable to damage by foreign bodies or by irritating substances. Where appropriate, wear protective glasses, goggles or a face shield. Immediate irrigation with lots of water will often wash out foreign bodies and is essential for severe irritants. Foreign bodies may also be removed directly (see 'The Ship Captain's Medical Guide', the BIM 'Guide to Basic First Aid' or the Irish Red Cross 'First Aid Manual').

Eyes are tough. A blow from a flat object like a fist rarely damages the eye itself yet can break the bones around the eye as it bulges out. Sharp pointed objects are another matter. Metal splinters from a hammer-strike travel at the speed of sound and can pass right through the front of the eye, damaging the sensitive retina at the back. This can lead to the loss of both eyes even though only one has been injured.

Action points

- Wear the right protective gear when handling tools.
- Consult 'The Ship Captain's Medical Guide', the BIM 'Guide to Basic First Aid' or the Irish Red Cross 'First Aid Manual' for first aid advice after an eye injury.



Poor vision

Accidents aren't the only cause of worsening sight.

Infection

Eye infections are common and can cause redness, pain, itchiness and intermittent blurring of vision from pus. Conjunctivitis (infection of the surface of the eye) is catching, so use your own towel. Ask your pharmacist for antibiotic drops or cream.

Glaucoma

Caused by pressure building up inside the eye. It is passed down in the family so get checked out by an optometrist before it hits you. Some forms of glaucoma cause severe eye pain and halos around lights. These require urgent treatment to prevent you from going blind.

Impairment of vision

As we age, our eyes frequently develop problems. Some people lose distance vision, others lose near vision. For some of us such difficulties are there throughout life and can normally be corrected by the use of glasses or lenses. See an optometrist if you find you are having problems. This is important, as defective vision may mean you are no longer fit to do lookout duties. Cataracts are another cause of impaired vision that become more common with age. An optometrist can advise on treatment.

Mouth matters

Men visit their dentist less often than women. It can be difficult to find time to get to a dentist when you're a fisherman and it's not exactly the first thing you want to do when you are on land. However, most things that go wrong in your mouth can be prevented. Getting a check-up can avoid a lot of pain and even prevent an unnecessary extraction.

Tooth decay and gum disease

Sugary foods and drinks feed the plaque bacteria that live naturally in the mouth. The bacteria then make acid which attacks the tooth enamel causing tooth decay. The bacteria also irritate the gums which can cause gum disease. Most older people who lose their teeth do so because of gum disease. Smoking also causes gum disease. Preventing all this is quite simple:

Action points

- Brush your teeth **and gums** every night and morning with a fluoride toothpaste. And spit but don't rinse to keep the fluoride working.
- Try to keep sugary foods and drinks to mealtimes only. Choose healthier snacks between meals such as fruit and vegetables.
- Visit a dentist at least once a year.

Mouth cancer

Men are more likely than women to get cancer of the mouth, lips or throat. Most of these cancers are caused by smoking (or chewing tobacco) and excessive alcohol intake.

- Watch out for any white or red patches, an ulcer or lump (which may not be painful), which does not go away within two weeks.
- Early diagnosis is critical – go and see your doctor or dentist as soon as possible.

Brain pain

Stress

Life without stress is impossible, and a small amount of stress can be good for you, but a build-up of pressure can lead to a dangerous amount of stress. This can damage your health and even affect the people around you. Being at sea comes with its own stresses, such as the demanding repetitive tasks, fatigue, adverse weather conditions, the cramped and dangerous environment and being away from loved ones.

Stress signals

Although we all have to deal with stress, people vary in how much stress they can deal with before it has an effect on their life. Watch out for common stress signals in yourself and in others including:

- Eating more or less than normal.
- Mood swings, irritability or not caring.
- Not being able to concentrate.
- Feeling tense.
- Feeling useless.
- Feeling worried or nervous.
- Not sleeping properly.
- Being tired or forgetful.



Part of the problem is not recognising our own stress signals. Another part is expecting too much of ourselves. It is important to remember that stress is **not** a sign of weakness. Recognising the symptoms of stress and taking action could help keep you and others safe and healthy.

Money worries

Your income as a fisherman can fluctuate making budgeting more difficult. Financial difficulties are a major cause of stress and family breakdown but you can get advice and help in managing your finances by calling MABS, the Money Advice and Budgeting Service on 0761 07 2000 Monday to Friday 9am to 8pm. You can also drop into one of the over 60 MABS offices in Ireland. Find your local one on mabs.ie.

Why bother?

Stress can trigger anxiety, depression and physical symptoms such as:

- back pain
- indigestion
- irritable bowel syndrome (IBS)
- migraine
- tension headaches

There are several things you can do to help yourself and improve how you feel physically and mentally:



1. Time out

It can be hard to cope when you are feeling very stressed, which is why it is important to take time out.

Quick fix

Getting yourself out of a stressful situation, even for a few moments, can give you the space you need to feel ready to tackle the problem.

Long term

If possible, plan (and take!) a proper holiday in a quiet period of the year.

2. Chill out

Getting enough sleep will relax your mind and help you cope with stress.

Quick fix

Simple relaxation techniques like breathing deeply can be an effective way of helping you deal with stress.

Long term

Try to get a good night's sleep when you're back on land. Avoid sleeping tablets as they can be addictive and make things even worse.

3. Leave it out

Avoid smoking, junk food and alcohol! These won't help your stress levels. Go easy on drinks that contain a lot of caffeine, as caffeine may make you feel anxious.

Quick fix

Drink plenty of water. This will help you concentrate and may stop you getting stress headaches.

Long term

Improving your diet will help your body to deal with stress. It's important to make time for proper meals. Talk during meals, as this is a time to relax as well as eat.

4. Talk it out

Just talking about things that are making you stressed may help you see things differently.

Talk to your friends or family

Dealing with stress alone is never a good idea. Talking to even one other person can help you deal with stress, and family or friends may be able to help you.

Talk with a health professional

You can speak to a doctor or practice nurse for advice and support, or contact Aware.ie – 1800 48 48 48.

Other services

If you need a confidential ‘listening ear’, you can also contact:

- The Mission to Seafarers Ireland at the Seafarers’ Centre on 01 836 6672, talk to Revd Willie Black on 086 150 3747 or Stella Maris Fr Bill Ryan on 01 874 9061.
- LAST Lost At Sea Tragedies whose aim is to assist and educate the Irish Fishing Industry to help prevent future catastrophes while offering support and guidance to the families of those lost to fishing tragedies. Talk to Caitlín on 085 246 9164 or Trudy on 087 122 5636.
- Any of the Fishermen’s Missions in the UK who provide a lifeline of welfare and support to fishermen and their families both in the UK and Ireland. You can find all their contact numbers at the back of this guide.

In the depths: depression

Everyone feels miserable and down at some time but this is different from true depression where nothing seems to lift the feeling of despair. It is difficult for other people to realise what you are going through. Most will ignore it or make really helpful suggestions such as ‘pull yourself together’ or ‘snap out of it’ as if it’s your own fault. Worse still, this can be exactly what you are thinking as well.

Depression comes in two forms:

“Great time to lose my job. I am depressed”.

- You are reacting to bad news but a new job stops the feeling of misery. This is normal.

“Just won twenty thousand on the Lottery, why do I feel so sad?”

- True depression keeps you down even when things are going well. This needs help from your doctor. Modern treatments really do work.

Severe weather warning

Feeling as though life just isn't worth it? Ever considered 'ending it all'? See your GP, ring Samaritans (on 116 123, 24 hours and 7 days a week), or call Pieta House (on 1800 247 247) for other sources of help.

Booze and boats

You've probably heard it all before. Booze is Bad, The Evil Brew, but let's take a cold hard look at it. Having a drink with your mates, with a meal or watching TV is part of most people's lives. So far, no problem. It's when booze becomes the problem that things go wrong.

If you regularly drink more than 24 standard drinks a week you are probably already experiencing things like feeling tired or depressed, putting on weight, memory loss, sleeping badly and having sexual problems. You could also suffer from high blood pressure. If you're drunk or hung over at sea you are potentially a risk to everyone on the boat.

Some people are argumentative if they drink a lot, even when they are sober. Just what you need on a small vessel with the weather closing in.

Dead easy to say, but what is 'heavy drinking' and how do you lower your risk of suffering from these problems? Lower risk drinking means no more than 17 standard drinks in a week for men. If you keep to these amounts, in most circumstances, you should prevent damaging your health.

So just how heavy is your drinking?

It can be confusing trying to work out how many units you are drinking as drinks vary so much. In Ireland a standard drink has about 10 grams of pure alcohol in it. In the UK, alcohol is measured in units. One UK unit contains 8 grams of pure alcohol. Though measures and advice are different, the most important message is “less is more”.



For more information go to askaboutalcohol.ie

Fishy facts?



One pint of beer is cleared out of the body each hour...

- False: Like beer strength, people vary enormously when it comes to clearing alcohol. It gets longer as the alcohol builds up with heavy drinking.

Tomorrow is another day...

- False: Alcohol in large amounts has a lasting impression. You can still be way over the limit despite sleeping for 8 solid hours. Worse still, your judgment is also suspect. A bad mixer when it comes to heavy machinery.

Tipple tips

- Drink plenty of water, both during the day and when drinking alcohol. Try alcohol-free beers between pints, you probably won't notice the difference!
- Taste or kick? Swapping beer strengths doesn't mean losing the taste.
- Try to have at least two alcohol-free days a week.



Recreational drugs

There are many different types of recreational drugs, each with their own facts, issues and risks, too many to cover in this guide. For frank, confidential information from friendly people who are professionally trained to give straight up, unbiased information about drugs, ring the Health Service Executive's (HSE) national helpline on 1800 459 459, or check out drugs.ie

The lines are open Monday to Friday 9am to 5.30pm. Both the helpline and website also give confidential information and support for those worried about a friend or family member.

Anything which clouds your judgment or concentration can make you a hazard to your vessel, its crew and yourself. Most will continue to affect you well after the 'buzz' has gone.

Fit for anything

Back to basics

Back and neck injuries are often caused by the conditions associated with particular activities at sea:

- Holding a constant position, especially when sailing or setting nets for small vessels.
- Repeated bending or twisting in handling gear and fish.
- Working in an awkward position in relation to the slope of the deck or viewing angle.

There are a few simple exercises to counteract these conditions that can be done by all the crew:

- In the standing position put your hands on your hips and arch backwards as far as you are able. Do this 10 times.
- If you have space, lie face-down and do a similar movement, using your hands to lift your shoulders off the floor.
- Stand against a wall and try to get your head back against the wall. Then see if you can get the back of your neck flat too.

If you are always standing sideways on a slope (for example, at the gutting table), either try to change sides after each haul, or move your hips sideways in the opposite direction to counteract the slope before and after gutting.

Manual handling

Manual handling codes are difficult to follow at sea. The manual handling book often states: lift between two people on a flat, stable, non-slippery surface.

If possible keep to safe handling techniques, lifting within your levels of ability. Often, however, it is the smallest weight or a trivial movement that turns out to be the straw that breaks the camel's back.

What you were doing before you lifted may be a damaging factor, i.e. long term bending or sitting. So before you lift, do a few of the back arching movements to give your back a chance.



Slips, trips and falls

The risk factors are generally obvious: ladders, confined spaces, equipment, water, fish slime and darkness.

After any initial first aid treatment, remember RICE: Rest, Ice, Compression, Elevation. A visit to a physiotherapist when you get ashore may well get you moving and pain-free faster.

Sleeping positions

'Somewhere to sleep' may be the net hold or just on deck. Those with the luxury of bunks have a better chance of a few hours of sleep. But the bunks are often smaller than beds at home. Wherever you sleep, before you head off on deck again give yourself a stretch out with your hands on your hips and bend backwards a few times.

Action points

- Try to reduce the pressure on your spine when lying down. It can help to lie sideways with your legs slightly bent and with a cushion between them.
- Spasm and tension respond well to gentle back massage.

- Roll over or even stand up and walk for a few steps.
- Non-steroidal anti-inflammatory medicines (NSAIDs) and painkillers (for example, ibuprofen and paracetamol) can really help, but check out the instructions on the packet.
- Warm towels and cool compresses help relax muscles.

Fishy fact?



Back physio is useless...

- False: Far from it, early physiotherapy after a back injury can get you back to work faster, enabling you not to miss the next trip.

Did you know?

- If you are looking for a good local physiotherapist, you will find one on the Irish Society of Chartered Physiotherapists website at iscp.ie

Fender belly?

Scale matters

Eating a well-balanced diet can seriously improve your health by:

- Keeping your weight down.
- Lowering your blood cholesterol.
- Preventing high blood pressure.

All of these lower your risk of getting heart disease, which is the single biggest killer, and things like diabetes and cancer.

A healthy diet is made up of foods from 5 different groups:

- Fruit and veg (your 5-a-day!).



- Starchy foods – bread, rice, cereals, potatoes.
- Proteins – meat, fish, eggs, beans.
- Milk and dairy.
- Fatty and sugary foods.

4 Top Tips for a healthy diet

- Base all your meals on starchy foods and fruit and veg.
- Eat more fish – at least one portion of oily fish a week.
- Cut down on sugar and saturated fat (found in things like butter, cheese, whole milk and red meat).
- Try to eat less salt – no more than a teaspoon (6 grams) a day.

Fishy fat fact?

Fat fishermen float...

- Possibly, but not with the rest of the crew using them as a buoyancy aid they don't.

Fat facts

Did you know:

- Seriously overweight people are 33% more likely to die from cancer than those with a healthy weight?
- Over half of all adults over 45 in Ireland have high blood pressure?
- A person who is 12kg (about two stone) overweight is twice as likely to have a heart attack?
- Every year, 30,000 deaths are directly linked to obesity, and every 17.5 minutes a person dies of an obesity-related illness?



Salt and blood pressure

Eating too much salt (more than 6 grams or a teaspoon a day) is bad for your health. This is because it can raise your blood pressure. Having high blood pressure triples your chances of heart disease and stroke. Did you know that 75% of the salt we eat is already in the food we buy? But if you know what to look for, you can start choosing foods that are lower in salt.

Tips to reduce your salt intake

- Eat home-cooked meals rather than ready-made.
- Don't add salt when cooking – use herbs, garlic and spices instead – or at the table.
- Go easy on smoked foods and processed meats like ham and bacon.
- Check the labels on bought foods – see how much salt is in the food per 100g.

Fruit and veg

Unless you have been hiding under a rock for the past few years you will know that eating plenty of fruit and vegetables is good for your health. Aim to eat at least five portions a day. This can include fresh, frozen and tinned, and remember fruit juice and dried fruit can count as one portion a day too.

Smoking

Herring last ages with smoking, unlike fishermen's lungs.

Fishy fact?



Danger from smoking is exaggerated...

- False: Smoking harms nearly every organ in the body.
- It is the greatest cause of bronchitis, emphysema, heart disease, lung cancer and cancer in other organs.
- One in two long-term smokers will die early as a result of smoking – half of these in middle age.
- Smoking is also linked to erection problems.

Fisherman's fatalism

"I've been smoking for years, not much point in stopping now. The damage is done."

Nothing could be further from the truth. Once you've stopped smoking, your body will begin to heal within 20 minutes, beginning to repair the damage done by years of smoking.

- After 20 minutes your blood pressure and pulse will return to normal.
- After eight hours your blood oxygen levels will return to normal and your risk of having a heart attack will fall.



- After 24 hours carbon monoxide will leave your body. Your lungs will start to clear out smoke-related rubbish.
- After 48 hours your body will be nicotine-free, and your sense of taste and smell will improve.
- After 72 hours you will breathe easier and you will have more energy.
- After two to 12 weeks your circulation will improve, and it will be easier for you to walk and exercise.
- After three to nine months your breathing will improve. You can say goodbye to coughing, shortness of breath and wheezing.
- After five years of not smoking, your risk of having a heart attack will have halved.
- After 10 years of not smoking, your risk of lung cancer falls to about half that of a smoker.

Preparing to stop smoking is about being practical and having a plan. Thousands of people stop smoking for good every day, and you can, too. If you and your shipmates all give up at the same time you can support each other.

Action points

- Contact the Quitline on 1800 201 203, a free service where trained experts are waiting to help you. You can talk to an advisor, share your experience as part of a group or sign up to your Quit Plan on quit.ie. You are twice as likely to quit successfully with the free, proven Quit service.
- Use nicotine replacement products such as patches, gum and inhalators to cope with your withdrawal symptoms and cravings. This makes you four times as likely to succeed!



It's on your watch

Prostate problems

Big prostate: Big problem?

Only men have a prostate gland. It's round and about the size of a golf ball. It is in the pelvis, against the base of the bladder. The prostate surrounds the urethra – the tube that runs from your bladder inside your penis to the outside (you pee through it).

Imagine the prostate as a fat rubber washer around a bit of tubing. In most men it gets bigger with age – this is called BPH (benign prostatic hypertrophy), often causing problems such as:

- Frequent need to pee, especially at night.
- Rushing to the toilet.
- Difficulty starting to pee.
- Taking a long time on the job.
- Having a weak flow.
- Feeling that your bladder has not emptied properly.
- Dribbling after you've finished peeing.
- Pain or discomfort peeing.





Fishy facts?

Private Godfrey in Dad's Army had problems with his prostate...

- True: But then so did Captain Mainwaring and half the rest of the cast (over 90% of men over 70 will also suffer).

An enlarged prostate is more likely to develop cancer...

- False: There is no connection between BPH and cancer.

The so called 'G spot' is on the prostate...

- True: How very strange.

Prostate cancer

Rare before the age of 45, this nasty cancer is an increasing risk with age. There are over 3,000 new cases diagnosed every year and 500 deaths annually in Ireland. The risk of men developing prostate cancer is roughly the same as for women having breast cancer. Not many people know this.

Higher risk men include:

- Older men of African or Caribbean origin.
- Men whose brother had prostate cancer.
- Those with a high animal fat diet.

So how do you know when you have prostate cancer? Good question. Most men don't until it is well developed. Symptoms include those of an enlarged prostate, which is confusing. If in doubt see the doctor.

Are there any checks?

Increasing levels of a protein in the blood called Prostate Specific Antigen (PSA) can indicate a growing cancer, but it is not a definitive test and you would be referred to a urologist to make sure.

Can I avoid it?

Other than avoiding a high animal fat diet (and possibly eating lots of tomatoes) the best bet is early diagnosis, as we are still not sure what causes prostate cancer.

Bowel cancer

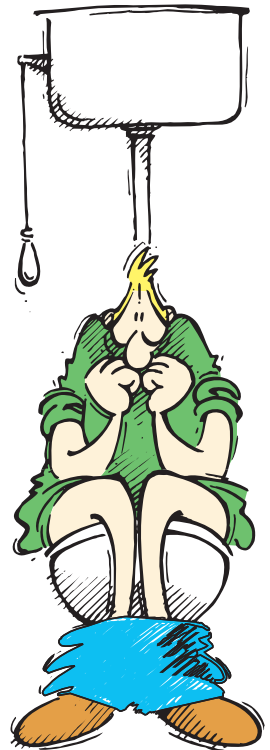
Bowel cancer is a disease of the large bowel (colon) or rectum. It is also sometimes called colorectal or colon cancer.

- It is the second largest cause of cancer deaths in Ireland.
- In 2010 there were nearly 3,500 new cases of bowel cancer in Ireland and over 1,350 deaths.
- Around one in 20 people will get bowel cancer at some point in their life.

Causes of bowel cancer

The definite cause of bowel cancer is still a mystery. But we know some things do increase your risk:

- Eating lots of processed food, fat and sugar.
- Not eating enough fruit and vegetables.
- Being overweight.
- Smoking.
- Not getting enough exercise.
- Having a close family member with bowel cancer.



Better sooner than later

Being 'bowel aware' is the name of the game. Guts play up at the best of times but there are some warning signs that you shouldn't ignore:

- A persistent change in normal bowel habit, such as going more often and diarrhoea, especially if you are also bleeding from your bottom.
- Bleeding from the bottom without any reason.
- A lump in your tummy or back passage felt by your doctor.
- Pain that affects your appetite.
- Unexplained iron deficiency.
- Unexplained weight loss.
- Unexplained extreme tiredness.

If you have any of these symptoms for four weeks you should go and see your GP.

Hang on before you reach for the ship-to-shore radio: **please remember that most of these symptoms will not be cancer.**

Action points

- See your GP if you have any of the above symptoms for four weeks – early diagnosis increases your survival chances enormously.
- Take part in the National Bowel Screening programme if you're in your sixties (you'll be sent a test in the post every two years).
Visit bowelscreen.ie

Testicular cancer

A young man's condition, it's the single biggest cause of cancer-related death in men aged between 18 and 35.

Symptoms of testicular cancer:

- A lump on one testicle.
- Pain and tenderness in either testicle.

- Discharge (pus or smelly goo) from the penis.
- Blood in the sperm when you ejaculate.
- A build-up of fluid inside the testicular sac (scrotum).
- A heavy dragging feeling in the groin or scrotum.
- An increase in the size of a testicle.
- An enlargement of the breasts, with or without tenderness.

Action points

- Have your monthly pollock check lying in a warm bath or during a long shower, as this makes the skin of the scrotum softer.
- Hold the scrotum in the palm of your hand and feel the difference between the testicles. You will very probably feel that one is larger and lying lower, which is completely normal.
- Examine each one in turn, and then compare them with each other. Use both hands and gently roll each testicle between your thumb and forefinger. Both should be smooth, so check for any lumps or swellings. Remember that the duct carrying sperm to the penis, the epididymis, normally feels bumpy. It lies along the top and back of the testicle.
- Don't ignore a lump, check it out with your GP.



Fishy facts?

The more times you check the better...

- False: Checking too often can actually make it more difficult to notice any difference.

Partners can often do it better for you...

- True: More fun too.





Sexual health

Erectile dysfunction (ED or impotence)

There is still confusion between erectile dysfunction (ED or impotence) and infertility. A man can father children without being able to have an erection. Problems with erections are common. At least one in seven Irish men has had some sort of erectile dysfunction at some stage in his life.

Furthermore, around one man in 20 has permanent erectile dysfunction problems. This is not helped by most men's reluctance to discuss these problems, despite the fact that virtually all of them can be overcome by relatively simple treatments.

At one time, what was going on between a man's ears was considered the major factor for ED. We now know that less than one third of all cases will be purely psychological, and will often respond well to non-clinical treatments such as sex counselling.

Generally speaking, if you have erections at any time other than during attempted intercourse then you have a psychological rather than physiological problem. Successful erections during television programmes, sexy videos or self-masturbation bode well for the future, although it is not a 100 per cent test.

Age: the great escape

If ever there was a universal scapegoat for things that go wrong with the human body, particularly sexual activity, it has to be 'too many birthdays'. Thankfully we are realising that sex is not just for the young and the enjoyment of sex can go on indefinitely. Expressions such as 'dirty old man' are becoming less common as we all live longer and older people predominate in our society.

Some medicines, such as anti-depressants and blood pressure tablets, are known to cause problems with erections. Ask your pharmacist for advice. You can probably change them.

Alcohol is a common cause. Obviously, binge drinking has an immediate effect but chronic alcohol abuse can lead to permanent problems with erectile dysfunction.

Tobacco has an immediate short-term effect but is a much worse long-term factor. You can't enjoy an erection when you're dead.

Diabetes can cause a problem with the small nerves which affects the ability to have an erection and tends to go undiagnosed for many years.

Check it out

A proper medical check-up is needed to look for any underlying cause of erectile dysfunction.

- Your history will be the most important tool for diagnosis, but various tests on hormone levels are often performed.
- Some diseases which run in families, such as diabetes, hypertension or depression, can also be an important clue to diagnosis.
- Details of drinking habits (remember brewer's droop?), smoking, diet and exercise can all be important.

Prevention

Avoiding excessive alcohol and tobacco are the obvious first lines of attack. Check with your doctor whether any drugs you are taking could be part of the problem.

Sexually transmitted infections (STIs)

The best way to prevent sexually transmitted infections is to practise safer sex. Use a condom whenever you have sex (unless you are trying to start a family, or in a monogamous relationship), because STIs can be a serious problem.

They can affect you at any age, whether you're straight or gay, in a long-term relationship or with a casual partner. Symptoms don't always show up immediately, so you could have been infected recently or a long time ago. If you have had unsafe sex or are at all worried, you can have a confidential check-up, and treatment if needed, at a genitourinary medicine (GUM) or STI clinic.

Although extra lubrication is sometimes needed, do not use oil-based lubricants such as petroleum jelly or baby oil with condoms, as they will damage the condom (as can lipstick!). There are water-based lubricants available, but if you are not sure, ask a pharmacist – they will not be embarrassed to give you advice.



Health navigation

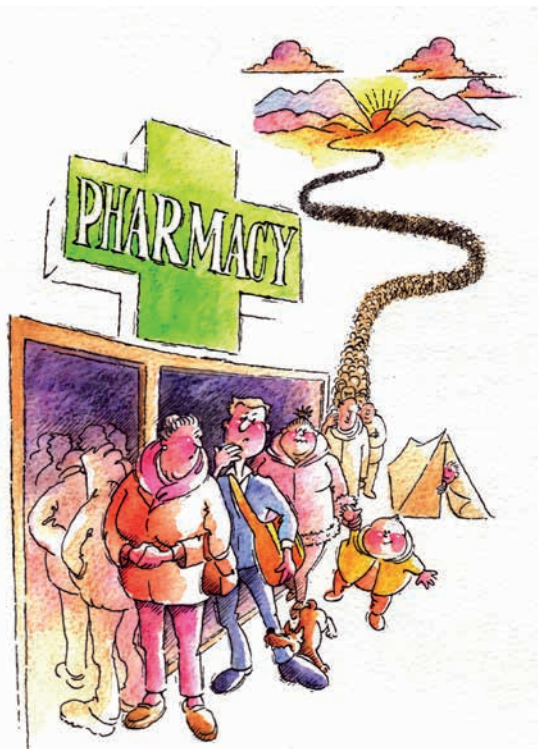
Finding the best service at the right place

Getting to see a health professional can be challenging when you're frequently away at sea. There are, increasingly, more ways to access health advice and information, some of which will be available in your area or will suit you better than others.

Unsure where your nearest health service contact is? Use the HSE's Health Atlas on www.hse.ie/eng/services/maps which will find your nearest GP, hospital or pharmacist anywhere in Ireland. You can also contact the HSELive team on www.hse.ie and get help navigating their services.

Pharmacists: more than just blue bottles

Pharmacists are highly-qualified professionals providing advice on the use and selection of prescription and over-the-counter (OTC) medicines. They can give advice on how to manage small problems and common conditions. This includes lifestyle advice about eating habits, exercise and stopping smoking, but they will also tell you where you can get further advice.



Health Service Executive (HSE)

General Practitioners or Family Doctors

GPs provide a broad service to their patients on all health issues, and may refer patients to see specialists or hospital consultants if they need more treatment or diagnosis. Opening times of GP surgeries vary but most are open at set times on weekdays. Calling at other times will put you in touch with an out-of-hours system. It's always best to see your own doctor if possible, so unless your problem is urgent and cannot wait, you should make an appointment to be seen by your normal doctor. If you tell the practice that you are a fisherman they may be more willing to accommodate you with one of their emergency appointment slots.



Getting the best from your doctor

- Write down your symptoms before you see your doctor. It's extremely easy to forget the most important things during the examination.
- Doctors will spot important clues about a problem by asking questions such as: When did the problem start and how did it feel? Did anyone else suffer as well? Has this ever happened before? What have you done about it so far? Are you taking any medicine for it?
- Ask questions, and don't be afraid to ask your doctor to give more information or make something clear that you don't understand. Asking them to write it down for you is a good idea.
- Get to the point – if you have a lump or bump say so. Time is limited so there is a real danger of you coming out with a prescription for a sore nose when you might need a serious problem sorted.
- Have your prescription explained, and ask whether you can buy any medicines from your chemist. Make sure you know what each medicine is for. Some medicines clash badly with alcohol.

GP Out of Hours Service

Your GP will have their out of hours information on the answer machine should you ring them outside normal clinic hours. This service does not provide routine clinic appointments and if your medical issue is non-urgent you should make an appointment with your GP during normal clinic hours.

Caredoc

Carlow, Kilkenny, South Tipperary, South Wicklow, Waterford, Wexford

Opening Hours: Open each weekday evening, from 6pm to 9am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1850 334 999 | **Website:** www.caredoc.ie

Caredoc

North Leitrim, Sligo, West Cavan

Opening Hours: Open each weekday evening, from 6pm to 9am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 0818 365 399 | **Website:** www.caredoc.ie

D Doc

Dublin city and county north of the river Liffey

Opening Hours: Open each weekday evening, from 6pm to 8am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1850 22 44 77 | **Website:** www.northdoc.ie

DL Doc

Dun Laoghaire – Based in St. Michael's Hospital

Opening Hours: Open each weekday evening, from 6pm to 10pm and from 10am – 6pm, Saturday, Sunday and on Bank Holidays

Phone: (01) 663 9869

EastDoc

Dun Laoghaire – Based in St. Vincent's Hospital

Opening Hours: Open each weekday evening, from 6pm to 10pm and from 10am – 6pm, Saturday, Sunday and on Bank Holidays

Phone: (01) 221 4021

K Doc

Kildare and West Wicklow

Opening hours: Open each weekday evening, from 6pm to 9am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1890 599 362 | **Website:** www.kdoc.ie

NEDOC

Cavan, Louth, Meath and Monaghan

(Dundalk GPs have a separate service)

Opening Hours: Open each weekday evening, from 6pm to 8am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1850 777 911 | **Website:** www.nedoc.ie

NoWDOC

Leitrim, North Roscommon, Donegal

Opening Hours: Open each weekday evening, from 6pm to 8am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1850 400 911

Shannon Doc

Clare, Limerick, North Tipperary

Opening Hours: Open each weekday evening, from 6pm to 8am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1850 212 999 | **Website:** www.shannondoc.ie

SouthDoc

Cork and Kerry

Opening Hours: Open each weekday evening, from 6pm to 9am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1850 335 999 | **Website:** www.southdoc.ie

West Doc

Galway, Mayo, Roscommon

Opening Hours: Open each weekday evening, from 6pm to 9am, open 24 hours on Saturday, Sunday, and on Bank Holidays

Phone: 1850 365 000 | **Website:** www.westdoc.ie

HSE Injury Units

Injury Units are for the treatment of broken bones, dislocations, sprains, strains, wounds, scalds and minor burns that are unlikely to need admission to hospital. Staff in Injury Units perform x-rays, reduce joint dislocations, apply plaster casts and treat wounds by stitches or other means.

Injury Units do not treat children under the age of five (or 10 in some cases), serious head injuries, abdominal (stomach) pain, medical illnesses or mental health problems.

There are currently 11 Injury Units around the country with 5 located along the coast. You can find details for all units on www.hse.ie



Fees

Patients with full medical cards	No charge
Patients with valid medical cert or GP referral letter	No charge
Non-medical card holders: The same fee as for the Emergency Department applies	Currently €100

Dundalk Injury Unit

Louth County Hospital, Dublin Road, Dundalk, Eircode: A91D762

Phone: 042 938 5424 or 042 933 4701

Opening Times: 9am to 8pm, open seven days a week and on Bank Holidays (closed Christmas Day)

Mater Smithfield Rapid Injury Clinic

The Forge, Smithfield, Dublin 7

Phone: 01 657 9000 or 01 657 9022

Website: <http://www.mater.ie/patients/smithfield-rapid-injury-clinic/>

Opening Times: 8am to 6pm Monday – Friday and 10am to 6pm Saturday and Sunday, closed Bank Holidays

St John's Injury Unit

St John's Hospital, Limerick, Eircode: V94 H272

Phone: 061 462132

Opening Times: 8am to 6pm, open Monday to Friday and on Bank Holidays (closed Christmas Day and New Year's Day)

The Mercy Injury Unit (Urgent Care Centre)

Gurranabraher, Cork, Eircode: T23 YV52

Phone: 021 492 6900 or 901

Opening Times: 8am to 6pm, open seven days a week and on Bank Holidays (Closed Christmas Day and St Stephen's Day)

Bantry Injury Unit

Bantry General Hospital, Bantry, Co Cork, Eircode: P75 DX93

Phone: 027 52929

Opening Times: 8am to 7:30pm, open seven days a week and on bank holidays including Christmas Day
Last patient check in at 7pm

Dentists

You will have to pay for dental check-ups and treatment unless you receive certain benefits. To find a HSE dentist in your area, go to www.hse.ie

Accident and emergency

Accident and emergency departments treat serious accidents or life-threatening illnesses such as heart attacks or medical conditions which suddenly become worse. They are open 24 hours a day all year, and are often used by people who should really see their own doctor or a pharmacist.

You should be prepared to wait if there are people more seriously ill than you.

Don't get caught in the net

Buying drugs from illegal internet sites is potentially very dangerous. Almost all such drugs are at best fake and useless, at worst harmful. You may also have your credit card details stolen as well.

More important is the danger of not getting a medical diagnosis. Erection problems won't kill you but linked diabetes or high blood pressure most certainly can. You should speak to your doctor or chemist about this first.

More than ever before, the HSE has a range of services that offer convenient options that allow you to get the right treatment at the right time, and at the right place.

Visit www.hse.ie/eng/services

European Health Insurance Card

The European Health Insurance Card or EHIC (formerly the E111) allows the holder to access health care services when travelling abroad in another EU or EEA country. There is **no charge** for this card and you must get one **before** you travel. You must submit your application in person or by post to your Local Health Office. You can find details on how to apply on hse.ie

Drugs Payment Scheme

Under the Drugs Payment Scheme, an individual or a family only has to pay a certain amount each month for prescribed drugs and medicines. This scheme is aimed at those who don't have a Medical Card and normally have to pay the full cost of their medication. Anyone ordinarily resident in Ireland can apply to join the scheme, regardless of family, financial circumstances or nationality.

To join you can get a form at your Local Health Office, your pharmacy or on hse.ie

Useful contacts

Health advice and information, 24 hours a day

Ireland www.webdoctor.ie/ask-a-gp-question  

Useful websites about health

Ireland's Health Services – www.hse.ie  

Male Health – malehealth.ie

www.menshealthforumireland.org  

Healthy Eating – www.safefood.eu   

Healthy Ireland – www.healthyireland.ie  

Helplines (health related)

Alcohol

HSE Drug and alcohol helpline 1800 459 459

(Monday to Friday 10am to 5pm)

www.askaboutalcohol.ie  

AA helpline 01 842 0700 (Monday to Friday 9.30am to 5pm)

www.alcoholicsanonymous.ie

Cancer

Irish Cancer Society 1800 200 700 (Monday to Friday 9am to 5pm)

www.cancer.ie     

Diabetes

Diabetes Helpline 01 842 8118 (Monday to Friday 9am to 5pm)

www.diabetes.ie  

Health Service Executive (HSE)

www.hse.ie   

HSELive team (live chat Monday to Friday 8am to 8pm and Saturday 10am to 5pm)

Callsave 1850 24 1850 (Monday to Friday 8am to 8pm and Saturday 10am to 5pm)

Phone: 041 6850 300 (Monday to Friday 8am to 8pm and Saturday 10am to 5pm)

Heart

Heart helpline 1800 25 25 50 (Monday to Friday 9am to 5pm and Thursday to 7pm)

www.irisheart.ie    

Sexual Wellbeing

www.sexualwellbeing.ie  

Smoking

Stop smoking helpline 1800 201 203 (Monday 10am to 8pm, Tuesday to Thursday 10am to 7pm, Friday 10am to 5pm and Saturday 10am to 1pm)

www.quit.ie (live chat Monday to Friday 10am to 7pm and Saturday 10am to 1pm)

free text QUIT to 50100   

Stress and Mental Health

www.yourmentalhealth.ie  

Aware 1800 804 848 (Monday to Sunday 10am to 10pm)

www.aware.ie     

Samaritans 116 123 (24 hour helpline)

www.samaritans.org     

Pieta House 1800 247 247 (24 hour helpline)

www.pieta.ie    

Substance Use/Drugs

www.drugs.ie friendly, confidential drugs advice 1800 459 459 (Monday to Friday 10am to 5pm)

(live chat Monday to Friday 10am to 1pm and 2.30pm to 5pm)  

Services for seafarers

Mission to Seafarers

Alexandra Road, Dublin Port, Dublin 1

Dublin Port Chaplain Revd Willie Black Phone: 086 150 3747

Ships Visitor Dermot Desmond Phone: 087 066 6231

Flying Angel Seafarers' Centre Phone: 01 836 6672

www.missiontoseafarersireland.ie 

Stella Maris (Apostleship of the Sea) 01 874 9061

Dublin Port Chaplain Fr Bill Ryan

LAST – Lost At Sea Tragedies

www.last.ie  

Caitlín: 085 246 9164

Trudy: 087 122 5636

Consular contacts for foreign fishermen

Embassy of the Arab Republic of Egypt

12 Clyde Road, Ballsbridge, Dublin 4, D04 P302

Phone: 01 660 6566 (main office); 01 660 6718

Email: info@embegyptireland.ie

Open Monday to Thursday 9am to 1.30pm and 9am to 12.30pm Friday

Ghana High Commission

1 Marine Terrace, Dun Laoghaire, Co Dublin, A96 KD86

Phone: 01 230 3484

Email: info@ghanaconsulate.ie

www.ghanahighcommissionuk.com   

Open Tuesday to Thursday 10am to 12pm

Honorary Consulate of Indonesia in Dublin

c/o Asia Matters, 13 Classon House, Dundrum Business Park,
Dundrum, Dublin 14, D14 X9F9

Phone: 087 268 8805 Emergency line: 087 268 8805

Email: martin.murray@asiamatters.biz

Embassy of Latvia in Ireland

23 Fitzwilliam Place, Dublin 2

Phone: 01 478 0156

24-hour emergency helpline: 00371 2633 7711

Email: embassy.ireland@mfa.gov.lv

www.mfa.gov.lv/ireland  

Open Monday, Wednesday and Friday from 8.30am to 10am and 1pm to 5pm, Tuesday and Thursday from 8.30am to 1pm and 4pm to 5pm.

Embassy of the Republic of Lithuania to Ireland

47 Ailesbury Road, Ballsbridge, Dublin 4, D04 P224

Phone: 01 203 5737

Out of hours emergency: 00370 5 236 2444

Email: amb.ie@urm.lt, konsulinis.ie1@urm.lt

ie.mfa.lt 

Open Monday to Friday 9am to 5pm

The Philippine Honorary Consulate in Dublin

39 Fitzwilliam Street Upper, Dublin 2, D02 HX75

Phone: 01 437 6206 Extension 3: for general enquiries

Extension 5: for emergency assistance – genuine emergencies only

philippineconsulate.ie 

Open Monday to Friday 10.30am to 12pm

Embassy of the Republic of Poland in Dublin

Consular Section 4-8 Eden Quay, Dublin 1

Phone: 01 871 8020

Emergency line: 087 22 77 085

Email: dublin.consul@msz.gov.pl

dublin.msz.gov.pl  

Open Monday, Wednesday, Thursday and Friday from 9am to 2pm and from 1pm to 6pm on Tuesdays.

Embassy of Romania in Ireland

26 Waterloo Road, Ballsbridge, Dublin 4, D04 Y654

Phone: 01 668 1150 Emergency line: 086 468 4351

Email: dublin@mae.ro

dublin.mae.ro

Open Monday to Thursday from 9.30am to 12.30pm and 1.30pm to 4.30pm
and from 9.30am to 2.30pm on Fridays.

Embassy of the Russian Federation in Ireland

Consular Section 184-186 Orwell Road, Rathgar, Dublin 14

Phone: 01 492 2048 Emergency line: 01 492 2048

Email: dublin.consul@mail.ru



Monday to Friday 9am to 11.45am

Fishermen's Mission port staff contact details

Aberdeen, Fife and Tayside

Supt Kenny Brandie

Phone: +44 (0) 1224 584651

Brixham and Plymouth

Supt Matthew Skinner

Phone: +44 (0) 1803 859123

Eyemouth

Supt Claire McIntosh

Email: EyemouthCentre@fishermensmission.org.uk

Fleetwood and Cumbria

Supt George Ayoma

Phone: +44 (0) 1253 772372

Fraserburgh and Moray

Supt Miriam Kemp

Phone: +44 (0) 1346 518388

Grimsby

Supt Tony Jewitt

Phone: +44 (0) 1472 354384

Hull and Bridlington

Supt Tracey Stephens

Phone: +44 (0) 1482 323440

Lerwick

Supt Aubrey Jamieson

Phone: +44 (0) 1595 692703

Mallaig

Karen Calder

Phone: +44 (0) 1687 462086

Newlyn and Cornwall

Supt Keith Dickson

Phone: +44 (0) 1736 363499

Norfolk, Suffolk and Essex

Snr Supt Tim Jenkins

Phone: +44 (0) 1502 565269

North Shields

Supt Peter Dade

Phone: +44 (0) 1912 571316

Northern Ireland Kilkeel

Supt Leslie Hammond

Phone: +44 (0) 2841 769000

Peterhead

Supt Stephen Murray

Phone: +44 (0) 1779 472940



Scrabster

Supt Colin Mackay

Phone: +44 (0) 1847 892402

South of England and Shoreham

Nick O'Neill

Email: Southcoast@fishermensmission.org.uk

Stornoway

Supt William Mcleod

Phone: +44 (0) 1851 704424

Troon, Kintyre, Oban and Kirkcudbright

Centre Manager Paula Daly

Phone: +44 (0) 1292 316500

Wales North – Mission Port Officer

Supt Bill Rogerson

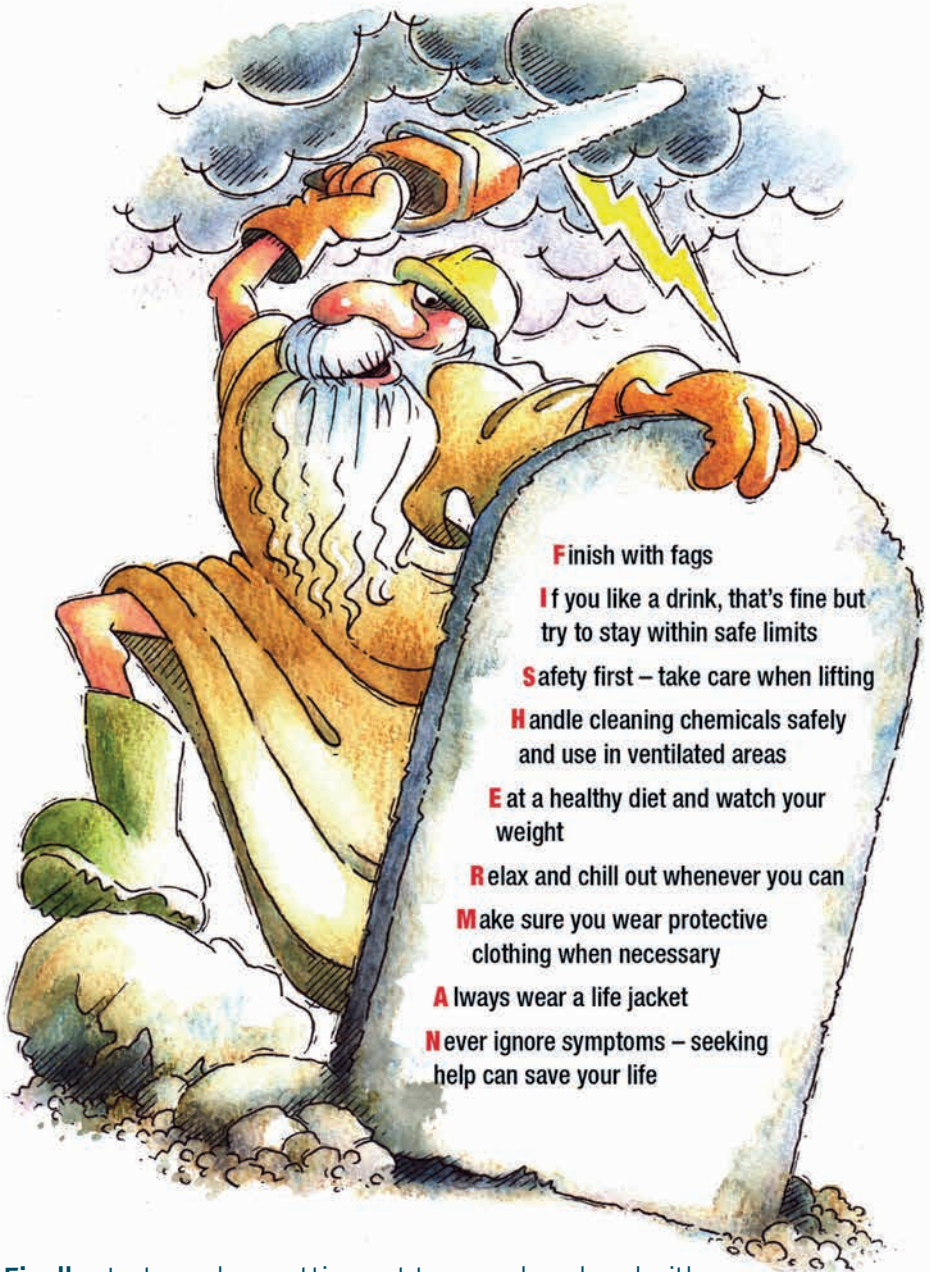
Phone: +44 (0) 7825 688730

Wales South – Mission Port Officer

Supt Christine King

Phone: +44 (0) 7827 965241

FISHERMEN'S FRIENDS



Finish with fags

If you like a drink, that's fine but try to stay within safe limits

Safety first – take care when lifting

Handle cleaning chemicals safely and use in ventilated areas

Eat a healthy diet and watch your weight

Relax and chill out whenever you can

Make sure you wear protective clothing when necessary

Always wear a life jacket

Never ignore symptoms – seeking help can save your life

Finally: Just as when setting out to sea, plan ahead with your health. Don't wait for things to go wrong, they will usually happen at exactly the worst possible time!

