CELEBRATIONS IN JAPAN
HRH THE PRINCESS ROYAL MEETS OUR TEAM IN YOKOHAMA

WECARE IN ACTION
RECENT WORKSHOPS IN THE PHILIPPINES REACH MORE FAMILIES

SEAFARERS AT RISK
RESEARCH HIGHLIGHTS MENTAL HEALTH CHALLENGES OF LIFE AT SEA
Dear friends,

2020 is the 164th year of The Mission to Seafarers’ long history. Venerable indeed. Yes, the years pass all too quickly!

In previous FAN reflections I have commented on the need for us to be both rock and river; to ensure faithfulness to our roots while taking wing into a changing future. We have seen much evidence of this in the last year – not least in the launch and development of Latin America, our ninth region.

Last year also saw the proper start of our WeCare programme. It contributes directly to supporting the mental health and well-being of seafarers and their families, which is a feature of this edition of FAN.

Mental health is an issue which directly impacts the lives of seafarers. Problems can be enhanced by long periods away from home, increasing isolation of modern seafaring life, and other pressures.

The WeCare programme includes education around the safe and effective use of the internet and social media, something which can become an acutely stressful issue on board ship. This training is highly professional and I am delighted with the quality of the programme.

I hope that 2020 will be another year when new beginnings co-exist alongside the continued quality and vibrancy of our established ministries. Through it all, I hope FAN will keep you informed and inspired.

Thanks again for all your support – and happy reading!

The Revd Canon Andrew Wright
Secretary General

Please support us on Sea Sunday, 12 July 2020

For more information or to order a pack – seasunday@missiontoseafarers.org or call 020 7246 2939
HRH THE PRINCESS ROYAL RECENTLY JOINED STAFF, SUPPORTERS AND DISTINGUISHED GUESTS IN JAPAN TO CELEBRATE OUR WORK IN THE NATION.

The Mission to Seafarers has a long and distinguished history of service in Japan, stretching back well over a century. On 13 October 2019 we took time to acknowledge the work of the Mission in Japan at our Celebratory Maritime Supporters Service and Reception, and high-profile lunch in Yokohama.

Guests of honour at both events were President HRH The Princess Royal and Sir Timothy Laurence. The service was attended by 200 Japanese and British congregation members of the Yokohama Christ Church; home church of the Mission in the city.

POIGNANT CELEBRATIONS
As part of the service, The Archbishop of Japan, Rev Nathaniel, retold the moving story of his grandfather, a seafarer who became a Christian after being shipwrecked off the Humber in 1906 and receiving care from The Mission to Seafarer’s Chaplain.

Following the service, HRH The Princess Royal took time to meet our supporters and staff. It was an inspiring moment for many. As one local volunteer, Noriko Hasegawa commented, “Our children met Princess Anne, and the impact she has on them will be infinitely powerful to their future.”

The Royal party then travelled to the InterContinental Hotel, Yokohama to meet distinguished guests including Mr Kei Moriya and Mrs Ayako Moriya, formerly Princess Ayako, the youngest daughter of the late Norihito, Prince Takamado and his wife Hisako, Princess of Kobe and Tomakomai. Today, all three locations offer a range of services for visiting seafarers, irrespective of nationality, race or creed.

“The challenges facing seafarers may change over the years, but the urgent need for the support that we provide is undiminished,” continues Christopher. “We are honoured that HRH The Princess Royal could join our celebrations. With the ongoing support of our generous donors, we hope to continue our work for years to come.”

The celebrations in Yokohama were a true reflection of the international work of the Mission that cuts across nationalities, time zones and cultures to serve the seafarers who, in turn, serve us at sea.

ICMA: 50 YEARS OF COLLABORATION
The International Christian Maritime Association celebrates its 50th birthday with a special global conference in Taiwan.

Celebrations brought together many representatives from the association’s 28 member organisations. It was a chance to reaffirm our unity and to prepare for the year ahead, conscious as we all are of the need to keep our work relevant.

ICMA has been one of the main drivers in promoting good co-operation between the Christian maritime welfare societies, internationally and locally. 50 years ago, many societies operated independently in the same ports, often in unhelpful competition. Those days are now gone.

ICMA has promoted first class shared training; provides common advocacy representation at the IMO and ILO; represents the joint concerns of its members in important contexts; and facilitates the sharing of good practice.

It is now in a strong position, under the excellent leadership of General Secretary, Jason Zuidema, and Chairman Rev Canon Andrew Wright to take forward its work effectively into the 2020s.
A study conducted by Yale University has identified that seafarers are at a greater risk of depression, anxiety and suicide than other working groups of people.

TheSeafarer Mental Health Study, which was published in November 2019 and funded by the ITF Seafarers Trust, sought to determine the rates and factors associated with mental health conditions in seafarers.

Over the course of three months, a representative sample of 1,572 seafarers were invited to respond to a range of questions and interviews. The report found that 17% of its respondents had experienced anxiety and 20% had contemplated suicide or self-harm whilst working on board ship.

The report highlighted a series of occupational factors which can cause depression and anxiety, including lack of adequate training, an uncaring work environment and exposure to on board violence or threats of violence. Results suggest that seafarers from the Philippines and Eastern Europe are four times more likely to report such experiences.

The report’s authors, Dr Rafael Lefkowitz and Mr Martin Slade, note that a seafarer’s mood got worse the longer their contract was and, once at home with their families, their mood would start to deteriorate as their next voyage approached.

According to the report, “This analysis suggests that seafarers have higher rates of depression than other working populations, emphasizing the need for appropriate mental health policies and management strategies in this isolated, vulnerable and globally essential workforce.”

The Seafarer Mental Health Study, which was published in November 2019 and funded by the ITF Seafarers Trust, sought to determine the rates and factors associated with mental health conditions in seafarers.

Starting in 2020, our port welfare teams will receive mental health first aid training so they can assist seafarers having a tough time. In addition, we have embarked on a suicide prevention course, helping chaplains to spot the signs and offer coping strategies to those in distress.

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In October, chaplains and staff came together in Seoul, South Korea for our 2019 East Asia Regional Conference.

Our vibrant East Asia Region covers the geographical area from Myanmar in the west to Japan in the east. 65% of the world’s seafarers come from this region, which is also home to 19 of the top 21 container ports in the world.

Chaplains and staff from the regional offices were also joined by The Revd Canon Andrew Wright, Secretary General; Revd Canon Garry Dodd, Regional Director, Australia; and representatives from the Anglican Province of South Korea.

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The friendship and camaraderie shared by the teams in Durban provided a taste of the warm welcome all seafarers can expect when they visit our African ports. The work of our teams in Africa is varied and often challenging – but it’s important to remember that without your support, none of it would be possible.

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During the week, we also celebrated the establishment of a new Port Welfare Committee (PWC) in Durban and heard encouraging reports from the PWC already in operation in Richard’s Bay. The final two days were dedicated to discussing the new Mission to Seafarers’ Strategy (2020-2025), which will be rolled out at the Global Conference in October 2020.

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The conference started with a warm welcome from Cedric Rautenbach, Regional Director for Africa, and was followed by important training on suicide prevention and mental health awareness with Lance Lukin, Regional Director for Oceania.

Suicide rates among seafarers suffering from poor mental health have more than tripled since 2014, according to figures from a recent survey. The training provided timely, practical tools to help our frontline teams identify those seafarers at risk and respond effectively.

One of the highlights of the week was an excellent supper in the Durban Seafarers’ Centre, where we joined seafarers coming ashore, some for the first time in 45 days. This was a great opportunity to integrate strategy with operational work and ensure the needs of seafarers remained central to our discussions.

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READERS’ SURVEY UPDATE
Thank you to everyone who completed our recent FAN reader’s survey. As supporters we know so many of you give your time, money and skills to ensure our teams across the world can provide timely support for seafarers. On a day-to-day basis our teams are involved in a wide variety of activities – from welcoming weary seafarers into our port centres, through to advocating on behalf of those who have experienced injustice. We want to make sure that we provide each of you with information about the various aspects of our work that you’re interested in – and FAN is the key way we do that. So many of you responded to the survey we included in the last edition of FAN, and we are privileged to have such active and engaged supporters.

BUILDING CONNECTIONS
It was wonderful to see that most of you were either satisfied or very satisfied with the FAN magazine. However, there is always room for improvement! We have noted that many of you would like to see more personal stories from seafarers themselves as well as first-hand accounts from chaplains and ship visitors. We have taken note and will do our best to include more of these in future editions.

Many of you also mentioned that you have strong personal connections to the maritime industry, which is a driving factor behind your decision to support the Mission. We really do see ourselves as an extended family here and we appreciate you all, for your service over the years and your continued support for today’s seafarers.

There are 1.5 million men and women working to keep the global economy afloat. So much of the vital work they do goes unseen and unappreciated. With your help, we can make sure that seafarers always have a friend at hand.

WE’D LOVE TO HEAR FROM YOU
We love hearing from our supporters, so if you have any thoughts, comments or stories to share, please email contactus@missiontoseafarers.org. Alternatively, you can write to us at: The Mission to Seafarers, St Michael Paternoster Royal, College Hill, London, EC4R 2RL.
MAKE A DONATION

If you would like to make a donation, please fill out the form below, and complete your contact details at the bottom of the page.

Please accept my gift of: £10  £25  £50 or £ (your chosen amount)

☐ My cheque is enclosed (payable to The Mission to Seafarers)

☐ Please debit my credit/debit card:

  Visa/MasterCard/Maestro (delete as applicable)

  Card number:  
  Start date:  –  Expiry date:  –

  Issue no. for Maestro:  
  Security no.  

Name on card:  
Signature:  

Make your gift worth 25% more

Please let us know if you are a UK taxpayer. The Gift Aid scheme means we can reclaim an extra 25% on your donations at no extra cost to you.

Yes I am a UK tax payer and would like The Mission to Seafarers to treat my past donations (in the last 4 years) and any donations that I make now or in the future as Gift Aid donations.

I have paid, or will pay in the year of donation, enough UK Income Tax and/or Capital Gains Tax to cover the amount that all charities and CASCs I donate to will reclaim for each tax year (6 April to 5 April). I understand that Council tax and VAT do not count and that The Mission to Seafarers will reclaim 25p of tax on every £1 given.

Date: / /  Signed:  

CONTACT DETAILS

Name:  
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Postcode:  
Email:  
Telephone:  

Privacy Notice We promise to keep your data safe and secure and will never sell it to anyone.

Please visit www.missiontoseafarers.org/privacy-notice to read about how we store, use and protect your information.

FOCUS ON

Walvis Bay

Welcome to Namibia, famous for its sand dunes, desert plains and incredible wildlife. We opened our seafarer centre in Walvis Bay, Namibia’s largest port, in 2000. Around 3,000 vessels call at the port each year, handling about five million tonnes of cargo.

The men and women who come through the port, are often taken aback by the incredible facilities at the seafarer’s centre in Walvis Bay. There’s a shop, restaurant, bar, games area and even an outdoor swimming pool. While seafarers love the centre, it also brings the local community together. The conference and training centres are often hired out, and the restaurant provides a takeaway service for local businesses, too.

The facilities here are certainly enviable, but what seafarers appreciate most is the warm welcome they receive from centre manager Gail and her team. Over the years they’ve built strong relationships with the many seafarers who travel through the port. Gail remembers one poignant moment in 2011, following the devastating tsunami in Japan, when she spent many hours comforting distressed Japanese seafarers.

The role of our seafarers’ centres continues to evolve in time with changes in the shipping industry. In 2010 the opening of a new berth 5km away from the centre made it harder for seafarers to access the centre during brief periods of shore leave. Our teams in the country continue to work hard to reach seafarers on their ships and help them access the support and respite they need.
How you can support us
There are many ways in which you can support our work with seafarers around the world.

SEND IT IN THE FREEPOST
PLEASE DETACH THIS FORM AND SEND IT IN THE FREEPOST ENVELOPE PROVIDED.

We will send you regular updates about the work, needs and impact of the Mission to Seafarers.

- Please tick if you would like to receive by email communications from us
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- Please tick if you would like to stop receiving communication from us
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- Please tick if you would like to stop by post

WE WILL SEND YOU REGULAR UPDATES ABOUT THE WORK, NEEDS AND IMPACT OF THE MISSION TO SEAFARERS.

FIND OUT MORE ABOUT GETTING INVOLVED
Please tick the box below and fill out the contact details panel overleaf to find out more about:
- Fundraising
- Remembering The Mission in your Will
- Volunteering
- Involving your company
- Giving in memory of a friend or loved one

The Seafarers Happiness Index gives seafarers the chance to share their honest thoughts about life at sea, and the latest results are in.

While seafarers are vital to the global economy, transporting more than 90% of the world’s goods, the profession remains largely invisible. In 2019 we were delighted to have support from the Shipowners’ Club to conduct the research and give seafarers a voice to shape the maritime industry for the better.

The Index enables seafarers to rate their happiness and work life on board. In total, 733 seafarers from 50 nationalities and 110 companies rated ten key areas in the last quarter.

While the overall rating was down, there were some positive changes.

POSITIVE SIGNS
While the overall rating was down, there were some positive changes. This quarter saw a rise in the happiness rating for family contact, as well as 6.98 in relation to their happiness out of 10 in relation to various aspects of life on board.

NEGATIVE TRENDS
Negative trends include happiness about access to shore leave, with 5.59 down from 5.56 in the previous quarter.

A HAPPY SHIP IS A SAFE SHIP!
“An increase in happiness can mean that the ship operations are smoother, seafarers are more acutely aware of the quality of life on board, and are working closely with the industry to use the findings to influence positive change.”

There was a sense that the industry is waking up to the importance of providing good internet access for crews. As one respondent put it, “companies should realise that people are at peace when they are in regular touch with their families. A happy ship is a safe ship!”

The officer had an overwhelming desire to fly home, but curtailing his contract would have numerous negative repercussions. On top of that, as the ship’s master, he had to remain strong for his crew.

My colleague went off to chat to the ship’s master, who had to remain strong for his crew. He listened to him, and assured him he was free to show his emotion to me. We can’t always solve the complex problems seafarers face, but, with your help, we can bring moments of relief and release.

My fellow ship visitor and I recently visited a tanker in the Thames. After the usual gangway formalities, we went to the ship’s control room where the duty officer greeted us warmly.

Grief AT SEA
My colleague went off to chat with the others, while I lingered in the control room. It was then that the duty officer closed the door, put his back against it, and wept. He received news that very morning that a close family member had died.

FEATURE
HAPPINESS INDEX UPDATE
The happiness rating for the family contact area has risen from 6.59 to 6.98 in the last quarter, indicating increased happiness about access to shore leave, with 5.59 down from 5.56 in the previous quarter.

“Happiness is a powerful emotion, and the Index enables seafarers to rate their happiness and work life on board.”

POSITIVE TRENDS
- How happy are you about access to shore leave? 5.59, down from 5.61
- How happy are you about contact with family whilst at sea? 6.96, up from 6.82

OVERALL
SEAFARER HAPPINESS has gone down from 6.59 to 6.13/10

NEGATIVE TRENDS
- How happy are you about access to shore leave? 5.59, down from 5.61

“However, we urgently need more data and to hear the stories of more seafarers, including those who have already taken the survey.”

Please visit www.happyatsea.org to read the latest report in full.

“Please tick if you would like to receive by email communications from us
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- Please tick if you would like to stop by telephone
- Please tick if you would like to stop by post

To find out more about the Seafarers Happiness Index and to read the latest report in full visit www.happyatsea.org.

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My colleague went off to chat with the others, while I lingered in the control room. It was then that the duty officer closed the door, put his back against it, and wept. He received news that very morning that a close family member had died.
Last autumn, project manager Thomas O’Hare visited the Philippines to help families build strong, healthy long-distance relationships through our WeCare programme. On October 31 I arrived in a hot and humid Manila. Christmas decorations were already up in preparation for the festivities ahead. Over the next two weeks, I would be working with our team in the Philippines to deliver the WeCare - Social Communications programme.

Being able to communicate with home is important for any seafarer and over the past few years communication tools have increased no end. However, our port chaplains and welfare teams have become increasingly aware that seafarers’ mental health is affected by increased pressures from home. The WeCare programme is designed to help seafarers and their families manage communication so it enhances and doesn’t damage relationships.

**SEAFARERS’ MENTAL HEALTH IS AFFECTED BY INCREASED PRESSURES FROM HOME**

WECARE AND SEAFARERS

On November 7, we hosted 35 seafarers from Shell for our one-day WeCare workshop. I was joined by Capt Cecilio Rahon Jr, a serving seafarer with over five years’ experience at sea. As a WeCare Training Officer, Capt Rahon enriches the curriculum with insightful, personal anecdotes of life at sea. Debate and discussion enabled the seafarers to delve into difficult questions such as: ‘should I share my password for social media or online banking with my loved one?’ and ‘how should I plan to communicate with my children while I’m at sea?’ Through the WeCare programme, we help to facilitate these discussions and provide useful guidelines that seafarers can put into practice.

As Capt Rahon returns to his regular job, he’ll continue working as a WeCare Ambassador delivering short WeCare seminars, facilitating lunchtime learnings and advocating WeCare to seafarers he meets across the globe.

WECARE AND FAMILIES

On November 9, I then flew to Aklan - a province on the island of Panay - with our country manager, Lala Tolentino. Here we delivered WeCare to seafarers and their loved ones who are part of our Family Support Network in Altavas and New Washington.

The dedication of our volunteers and solidarity of the community was truly overwhelming. Chapter leaders, like Ms Rosy in New Washington, set a fine example of what it means to be part of a seafaring community. The hospitality, joy and support shown reminded me of a quote from Dickens’ A Christmas Carol, “There is nothing in the world so irresistibly contagious as laughter and good humour.”

Ms Rosy, the wife of a seafarer, worked with volunteers to arrange a banquet of fresh seafood, showcase traditional dances, and bring together more than 100 seafarers and their families from across the region. Seeing everyone, from toddlers to grandparents, coming together as part of the Mission’s global family inspires me to make WeCare the best it can be.

**THE FUTURE**

Looking forward to 2020, WeCare can only go from strength to strength. While seafaring is a global industry, it relies on the dedication and hard work of individuals. I train volunteers to deliver WeCare on land and sea; Capt Rahon is encouraging his crews; Ms Rosy is helping families and building communities; and what about you? You are generously supporting and praying for our work. Every role is vital, and together we can rally as an international community to support one another.

**WECARE PROGRAMME**

The WeCare programme is designed to help seafarers and their families navigate some of the challenges of communication and financial literacy so it enhances and doesn’t damage relationships.

For more information visit [www.missiontoseafarers.org/wecare](http://www.missiontoseafarers.org/wecare)
Staff raised £25,150 to support the Mission’s work across the world. On Thursday 21 November 2019, international law firm, HFW organised a range of activities, including a golf day, swimming challenge and a bake sale, as part of their Global Day of Action. Staff from the head office in London were supported by teams from Singapore, Dubai, Hong Kong, and Australia.

In the UK, 50 members of staff split into three teams to go head to head in a static rowing challenge. The teams worked together to see who could rack up the most miles as they attempted to achieve a cumulative distance of 81 miles—the distance from their London office to our nearest port centre in Southampton.

It was great to bring the teams together and highlight issues facing seafarers across the world. We look forward to what our partnership with HFW will bring in 2020.

Seafarers’ Awards Dinner

Friday 29 May 2020
Mandarin Oriental Hotel, Raffles Ave, Singapore

The industry awards for seafarers and operational staff.

Nominations are open for five categories:

- Seafarer’s Award
- Shore-based Award
- Innovation Award
- Cadet Award
- Secretary General Award

All proceeds will go to support The Mission to Seafarers, Singapore

vents@missiontoseafarers.org

We are widely respected within the global maritime community and rely on the industry’s generosity to continue our life changing services.

Make a difference to seafarers’ lives every day by becoming The Mission to Seafarers’ corporate partner.

Get in touch to find out how you can support our vital outreach work, or how we can help you deliver on your CSR commitments. Please contact Maurizio Borgatti: Maurizio.Borgatti@missiontoseafarers.org +44 (0)20 7246 2980

Registered charity nos: 1113613 (England and Wales) and SC047198 (Scotland)
Thank you SEAFARERS UK

Over the years, we’ve been fortunate to benefit from the generosity of Seafarers UK, a grant-giving body that assists maritime charities. With their support, we’ve been able to meet many day to day running costs and innovate new projects.

The connections our port centre staff build directly with seafarers remain at the heart of our work. With help from Seafarers UK, we’re ensuring that our teams make at least 60 ship visits per month in the ports where we have staff and volunteers.

In 2017, funding from Seafarers UK also enabled us to conduct in-depth research into the way we support seafarers from different cultures. Using the findings, we developed a cultural engagement course to improve interaction with those from different cultures.

“WE HAVE BEEN GENEROUSLY AWARDED £100,000”

ADVANCING INNOVATION

Funding has also helped us to engage with new audiences. Thanks to Seafarers UK, we’ve had a presence at the annual Greenbelt Festival and at Cardiff Pride, where we spoke about our work from the main stage in 2019.

This year, we have been generously awarded £100,000 by Seafarers UK towards our work in the UK. In addition to supporting our port centres, the funding will help us advance our research into the specific challenges faced by female seafarers and how best we can respond.

This innovation is essential if we are to keep pace with developments in this rapidly changing industry. We want to say a huge ‘thank you’ to Seafarers UK for their generous support of our work.

“THANK YOU TO SEAFARERS UK”
Pause for Reflection

While there remain sceptics, the evidence of an overwhelming number of scientists and formal bodies around the world is looking pretty conclusive! The recent fires in Australia have kept this issue firmly in the headlines, as have the actions of Extinction Rebellion and the remarkable campaign of Greta Thunberg.

Anglican Mission is guided by its Five Marks of Mission. The fifth reminds us of our responsibilities as stewards of God’s earth: “To strive to safeguard the integrity of creation and sustain and renew the life of the earth”.

The environment is, unsurprisingly, one of the biggest talking points and indeed challenges, within the global maritime industry. The International Maritime Organisation’s commitment to reduce shipping emissions by at least 50% before 2050 may not be enough for some, but it is still a considerable change.

IN THESE LAST FEW MONTHS ENVIRONMENTAL ISSUES HAVE BEEN SO MUCH IN THE NEWS, PARTICULARLY THE PROBLEMSPOSED BY CLIMATE CHANGE.

Justice, Hope & Joy

Let this be your legacy

The Mission to Seafarers offers emergency assistance, practical support and a friendly welcome to crews visiting over 200 ports in 50 countries. Legacy gifts are a vital part of our funding, and your generous contribution will make a real difference to those facing peril at sea or distress in our ports.

For more information about leaving a gift in your will, contact Johnny Dowling at john.dowling@missiontoseafarers.org or 020 7246 2939. You can also find out more about our work by visiting our website: www.missiontoseafarers.org

Registered charity no: 1123613 (England and Wales) and SC041938 (Scotland)

The issue of the environment is being discussed at the Mission’s HQ in London and by our Regional Directors across the world. It raises many questions for us: the use of plastics in our centres; our consumption of energy; whether we should turn to electric vehicles; how to waste less paper; and, in a global organisation, the vexed question of whether we should be flying?

One charity told me recently that they treat the issue of environmental responsibility with the same importance they give safeguarding. That is quite a thought! We are only just beginning. We have much to do. However, in line with that Fifth Mark of Mission, we are committed to working with our global partners to make a change.

“We are committed to working with our global partners to make a change.”
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If you would like to donate to a specific region, you can select this from the dropdown menu titled – ‘Why are you Donating?’

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Thank You