



WeCare

Wellbeing programmes from
The Mission to Seafarers

WeCare

Financial Wellbeing
& Social Wellbeing

Face-to-Face & E-Learning

UKP&I



Caring for seafarers
around the world

WeCare Journey



Andrew Wright



I am very pleased to introduce you to our WeCare training programmes which we can now offer to you either face-to-face or as an e-learning option.

We have developed our first two exciting training programmes under our new sub-brand WeCare. The first is **Financial Wellbeing** – which offers sound advice on money management, and the second is **Social Wellbeing** covering social communications and the difficulties in mis-communication. The courses have been produced by qualified psychologists, financial specialists, and leading training providers. Both have been designed specifically for seafarers.

We believe no other courses like these exist.

Both issues of managing money and social communications, we know puts pressure on seafarers and can impact on mental and physical health and consequently on the safety of the crew, ship and cargo.

Many seafarers face challenges in managing their money, particularly from a distance. This can be a great concern and a considerable source of anxiety and tension both for those on-board ship and for families back at home.

Similarly, social media is clearly a major and growing factor in all our lives. It can be a fantastic opportunity, promoting enhanced contact with family and friends. However, it can also produce difficulties, can be misused and can do much harm. Learning to use it wisely is very important. This is particularly true for those separated by large distances over a very long time.

The WeCare project has the capacity to address these two crucial issues, to help and support.

We have offered these two courses on a face-to-face basis to 6,000 seafarers and their families up until February 2020 when the world was impacted so dramatically by COVID-19. During 2020 we embraced the challenge and what has emerged is a superb product in the form of an e-learning programme – making these vital courses available now to a much wider audience.

Please take the time to read our brochure and make the best use of these two programmes to help your seafarers.

We thank the UK P&I Club for their continued investment into these programmes and to The TK Foundation for its significant investment into the e-learning options.

Andrew Wright,
Secretary General at The Mission to Seafarers

WeCare

Financial Wellbeing

A seafarer returning home is often more concerned about financial matters than any other issue.

A typical Filipino seafarer is supporting between 15-20 extended family members. In these situations, a culture of dependency becomes established and the seafarer's family is expected to help a wider family circle. As a result, seafarers are susceptible to financial pressures, as one seafarer disclosed "I don't feel in control of my money. Sometimes I feel like a human ATM".

This course sets out to provide both the seafarers and their partners with the tools to manage their money. Firstly, it identifies how money impacts their mental health and wellbeing. Secondly, it shares four practical steps to achieving financial wellbeing, including simple budgeting techniques, planning savings, and above all else, building the confidence to say 'no' and do something today your future self will thank you for.

Key components of this course include:

E-Learning/ Seminar

- 1. Identifying the links between mental health and money.**
- 2. Organising your money. Taking stock of financial status and creating budgets.**
- 3. Taking control. Living within your means and managing debt.**
- 4. Securing your future. Maintaining budgets, savings, and learning to say 'no' (and still be friends).**

Both courses are available to all nationalities via our e-learning platform.





WeCare

Social Wellbeing

Over the past few years there has been an increase in availability of internet on board ships.

Access to on board communication facilities is an important factor for any seafarer. We welcome the availability of such facilities on board. They help connect life on board with family life on shore, which can enhance seafarers' mental and physical wellbeing - but it's possible to have too much of a good thing.

At The Mission to Seafarers, our port chaplains and welfare teams have become increasingly aware that often seafarers' mental health is affected by pressures from home. It's understandable that seafarers' families want to share news from home, but the rapid availability of internet onboard ships and access to social media means there are greater expectations for communication.

We know that several cases of depression and seafarers' suicides have been caused by families exerting undue pressure on seafarers. From conversations with seafarers and manning agents, we have identified that often the root cause of the problem is a lack of understanding about the realities of life at sea. The reality is technology is at loggerheads with the long working hours, time differences, and responsibilities seafarers face at sea.

Our WeCare – Social Wellbeing course aims to address this breakdown in communication. The majority of communications between seafarer and family are made through social media platforms, text messages and email which can often be misinterpreted as they cannot convey emotion or tone.

On completing this course seafarers and their loved ones will firstly be able to describe the links between mental health and social media. Secondly, they will be able



to explain how social media affects our emotions and influences our emotions. Thirdly, they will be confident applying methods learnt to safeguard their mental health and manage their social wellbeing.

The key components of this course include:

E-Learning / Seminar

- 1. Identifying the links between mental health, social media, and long distance relationships.**
- 2. Know Before you Go. Exploring how our social media usage evolves on board, setting expectations with loved ones, and establishing a communication plan.**
- 3. At Sea. Managing communication on board, applying communication plans, and maintaining wellness methods like 'Think like a STAR'.**
- 4. Securing your future: Reflecting on how we define and own our mental health and wellbeing and owning our self-care plan.**

Our Family Support Network face-to-face workshops run an amended curriculum which covers all of the key components outlined in the e-learning/seminar curriculum. Workshops are six-hour events and can involve the wider community. We also offer a reduced, three-hour webinar for community groups. This creates an ideal opportunity to initiate local peer-to-peer support networks, provide welfare advice and raise awareness of the Mission's services.

Delivery of our programme

Face-to-face

Train the Trainer

- We can train trainers in your company so the course can be delivered to your seafarers and their families within your organisation, whenever and wherever you choose.
- Train the Trainer courses will be delivered by specific skilled trainers including the authors of the programmes, to maximise benefit and reduce diluting the subject matter.

Training to Seafarers

- We can deliver training at your Fleet Officers meetings

Training to Families

- We can train trainers within your family networks – but we stipulate that they have basic presentation skills in order to convey the messages in an authentic way.

Roadshows

- We will be running specific roadshows in locations in the Philippines, where there is a high density of seafarers. We will make you aware of these dates so you can encourage your seafarers' families to attend these events. Typically, they will be in locations such as maritime colleges, schools or large community halls.
- Courses can be delivered in English and Tagalog.

The cost of face-to-face training is available on a case-by-case basis.

The Mission to Seafarers is an international maritime charity providing practical, emotional and spiritual support (when requested) for seafarers and their families of all faiths, nationalities and cultures. The WeCare programmes are a sub-brand of the Mission.

E-Learning

We transitioned from face-to-face workshops to online learning in April 2020 as the global pandemic drastically changed the lives of seafarers and their loved ones. This will enable us to reach and empower more seafarers and their families through these challenging times.

E-Learning courses and online content enables us to:

- Engage Seafarers anywhere in the world through Vessel LMS technology.
- Engage families in the comfort of their own home or as a community.
- Provide a rich, multi-cultural pool of trainers capable of delivering simple, engaging, and informative webinars.
- Increase impact on seafarers and their families, offering 360 care before, during and after the course (e.g. wellbeing resources and digital chaplaincy.)
- Reduce the costs and carbon footprint of face-to-face training, whilst increasing the impact on seafarers and their family's wellbeing.
- Provide online resources including pre-recorded webinars, self-care plans, and self-help templates.

Promoting Wellbeing On Board

- Two courses: Financial Wellbeing and Social Wellbeing
- One-hour completion time - split across four modules
- Clean, simple design featuring videos, activities and downloadable learning materials to engage learners.
- Designated 'safe-space' providing learners with 'calming' and 'controlling' wellbeing exercises, a 'Reach Out' referral site, and downloadable self-care plans.
- Pre- and post-course reflection exercises.
- Built through Storyline Articulate and available in SCORM1.2 and HTML5 our courses are compatible on vessel learning management systems and accessible via Windows10, Apple iOS, and Android.

See back cover for contact details to arrange a meeting to discuss further.



We thank

The UK P&I Club for their continued support of WeCare
The TK Foundation for their Platinum support of WeCare e-learning

And to Prime Tanker & Gas Management for their Bronze sponsorship of e-learning.



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