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Recognising that any form of harassment and bullying can have serious consequences for seafarers, the new industry Guidance takes the additional step of setting out what shipping companies, seafarers and seafarers' organisations can do to help prevent bullying and harassment from becoming a serious concern...  **[Learn More](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt_IOuXbj_Ups4VH-O49JBJYZeK88Cjxb8g2BTn5wpYw5Krpj20VevjUXzPz2VTAXrJdQ2LFNyzGv3BSBX0OWLs6hp7KrQf719rmMzmL74_EelJkamnmJZnUV4bNNdDpAAwhMmXhSM8gH01ECqEEP_CbqVie2uMOnV8_Cqul7L236dVeyQvQZs4W1Lt31THxEySBv5r-_0PePhIZVYgA1UKLELi8NhXXjhVOcM50_6b5sXzufY4QrfngTZbpCY7T5i5KYyOkKTkTJ&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** **»** | | |  |      |  |  |  | | --- | --- | --- | | |  | | --- | | **Zika Virus- Latest Info from World Health Organisation** |  |  | | --- | | https://ci6.googleusercontent.com/proxy/amMdLPS5InPgiIweESSxJAdJG9Osfp0IuWc1DNZvCTYoUezeH2xtA1WCbwHjwfMPrHiyuWbSpXnDlDZIE4vjkgWUKQ3MfEhPkY4ir3J9Wc8_Z3kdgCVSOs1o6qe8Yqq-Vfr7=s0-d-e1-ft#http://files.ctctcdn.com/d57a6fbe001/d3886fa3-83d1-4bb1-bcd8-f0e1e38e5e64.jpgSeafarers travelling in the affected areas should take extra care to protect against mosquito bites.  Travel advice published by Public Health England (PHE) states that the risk of sexual transmission of the virus is thought to be "very low", but it has occurred "in a small number of cases".  The UK's National Health Service (NHS) thus cautions women at risk of being, or already, pregnant, that if her partner has travelled to an affected country, condom use "is advised" for 28 days after [the partner's] return home "if he had no Zika symptoms", but "for six months following recovery if he experienced Zika symptoms or a Zika virus infection has been confirmed by a doctor"...  **[Learn More »](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt_IOuXbj_UpsTUg-zPQHuZDMwIf4q-h_PQHInRS38VsTJNs6C63-qC7EGCecmr50eHavHtclv5eHMKnY3czSf1go7AF2w7Vos8A2ODLGeiFSR0Nsjmq8AF_ft6Ddy9j6XvLBhfUI5E9ww9ME-OEfP5bmf2wc2NM77PClJgldrkO0uJD4wuUUsdvN2hy2_I8gahj2gNqKlr39aIeRRRNEcHTjEJ0tG2cezxQM_dYQvRhswhgQpWOn5G0=&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** | | |  |      |  |  |  | | --- | --- | --- | | |  | | --- | | **New Training on Board Newsletter Launched** |  |  | | --- | | https://ci5.googleusercontent.com/proxy/huJvv2UaGPqjmRa-92M_cS5xSYl1y5A0XtUU0xZG9ZmNfjkDkIqhmvO1_WnCu1blxPRuhfGtnhSIX-A9vSOtBTHwNYgsRNcaf4IOWpr8dqlVOzahMSpoekPK4jnUPnaIye1a=s0-d-e1-ft#http://files.ctctcdn.com/d57a6fbe001/ffd6c832-9b51-4af3-9f7d-aed71991675c.jpg  **[Training On Board](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTtxOJ_HnWvCnJ_Omieg9GpuAEXVo_maZyyu8rb4hEBCpbklnW9sfko3n2xw_d5J1UAQiIRVsTXoESw2yr5smDEKazpvVlQoip-A_vNlCTLnO7sIOcaIpJsAMa71tvIWUQEw==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** is an international training, nutrition and health project, offering seafarers an accessible, free, and motivational programme that will encourage them to take care of their own health and fitness. The site features workouts developed specifically for seafarers, concentrating on plans that are easy to follow with little or no access to equipment.  The newsletter will feature exclusive added workout tips and health information.  Seafarers signing up will also benefit from new articles added to the Training on Board site discussing topics such as vitamins, salt, how to keep track of calories and much more.  **[Learn More »](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt_IOuXbj_UpsRrWSVhOGL7Nfq5EUiXIDLnE_rCqJrwDMxOIu1xd2mH1nTiaojnhUI5iARv3_HkymeqHZCvOxXWQQAsw_7r3EKvuGoUaPXbob32okK4eb-uFj3hlSbr03RKTsiJ00e-h6nt3COICR62ZObPc4ipfgQ_n6ZhTuAE74TTMBPYRc7NkTeOTLmCc_iCwkQurNi5hrxz_In_CpJhRYDRGQIpI4rmoKVahJMBo-&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** | | |  |      |  |  |  | | --- | --- | --- | | |  | | --- | | **Seafarers' Emergency Fund** |  |  | | --- | | https://ci6.googleusercontent.com/proxy/NsD3M2NZBIDfjphV6oT_bZzt4J_vgtAKAtGFvTE87g5Nv9FNS8GHpdVc96eAVHAai3V4xSrI5fYHCgSf7Fxr0A3oQ8MHU18W7Co9Qmq1LAf2Cv-83vg5eaXiNT5hp5eSc3mW=s0-d-e1-ft#http://files.ctctcdn.com/d57a6fbe001/a1795ced-0aa5-4a22-a604-ca58cf72ac6e.jpgIn 2015, ISWAN approved 14**[Seafarers' Emergency Fund](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt7Z7zR8kg4IKdrfd_sDS30zzi7bnndQATrpxRLldTlZsmCLoCQ9aJyq8xmaSo_r7YnYuDeDUzuHSWfmfVoiaLxGiJZI6Sncpbg6et1AEzLm04o6izcxtBPQSCoNNOYBFowl62g6WN5o_YOmY37e2tY1WrNrUVkP2yw==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)**grants. The aim of the grant is "to provide immediate, essential aid to seafarers and families of seafarers, who are directly involved in sudden and unforeseen crises".  The grant can be used to cover medical expenses, as in the case of **[this seafarer](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt_IOuXbj_UpsGHfuJMOUZJ5k7zQAi4Kn5XygH4LGx2MsF3ad8SWjY4OZrkckpP2ZhlTMpPs1nAl5_lrnXN7h6kpx4nuUujLc5mh5yYoQx201y3Iz1OeOQxN0Eun8-fJwrSun1_SLcEtit2vKXziN0Z9Dgzdm0l6I20y3cc5sByR8VazrgvZqUoVKQ7Fnb6GV-VsYHJkCXAuIW8D-BRAB2VT_Lm_iVDhGOA==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** who required an operation on his kidney, or even to provide food and water when needed, for example in the case of **[these seafarers](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt_IOuXbj_Upsex9ox0aIVIJyuBq1ut1IwoLZ-6Xsm_TNU_V7a8OxQnmojmzVt5nKmlnpQLzHYq2QLNvJYfq0YUDFLBArhSUpVvdF-w6rPw1nC7rK9Ol58fC_azDXjQXrNxlQ1x5Sme100nYhfbuvkn3G5dQ6EB5zmBltyXiOzB-GLOVh-ZEEQCH5_EHmkfqzJRa-W20fLl3t9Msz0DFLqkY=&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)**who were held under armed guard on board ship in Nigeria.  **[Learn More](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt7Z7zR8kg4IKdrfd_sDS30zzi7bnndQATrpxRLldTlZsmCLoCQ9aJyq8xmaSo_r7YnYuDeDUzuHSWfmfVoiaLxGiJZI6Sncpbg6et1AEzLm04o6izcxtBPQSCoNNOYBFowl62g6WN5o_YOmY37e2tY1WrNrUVkP2yw==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** **»** | | |  |      |  |  |  | | --- | --- | --- | | |  | | --- | | **Seafarers Receive Free Eye Tests in Port of Kandla** |  |  | | --- | | https://ci3.googleusercontent.com/proxy/Q0ao_YEyzxnYrdXtwVuYdL3zVhOXjbheNI3jlAd1fGTabFXK6pt9ZBPdo5XdORrATJpncTtiIX5wWWwCVwNpmnC0JhRwnJZiwrPX_03wvpRn7IfFKEgBVixpDrjIR2qGSpUE=s0-d-e1-ft#http://files.ctctcdn.com/d57a6fbe001/27d5751d-a952-4414-848c-a998fee4f8f9.jpgThe Seafarers' Home Kandla is currently running an initiative which offers free eye tests to seafarers calling at the port. Joseph Chacko, of the Kandla Seafarers' Welfare Association, tells us more about the initiative.  "The Free Eye and Ear Tests initiative is greatly needed, as the Seafarers work in a very rough/tough weather conditions at sea and in port and over time their eyes can become damaged due to the chemicals, hazardous cargos and dusts being transported...."   **[Learn more](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt_IOuXbj_UpsfRFjZNNSgTW6Jutl01FZAYLUk1KaAiWidybb70vRjKNx7k8M_9LwD7JJC2L1PK69HaaOQ7QZoy9YQSkX8pjrk56JjtQqDjSN8bBBNn8MG8G-KiaiRRZT0UaeyIkuW0ZoVy6JSFW-uU6FLOyeu6g3YZ7u2yQHncxG8aRvmE--HcZI2oNRBpMXpoM9qRmV0O8Zyu7SXBMTjSPKGKjIH6WdNscfmG-9ar-k&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** **»** | | |  |      |  |  |  | | --- | --- | --- | | |  | | --- | | **Judges Announced for 2016's Awards** |  |  | | --- | | https://ci3.googleusercontent.com/proxy/Q7KhVHvd49zswyrbwVmzopBk--oUfKO_RT14jk_UrnPPuzQINLU2QuSKDORkUV1y0S1B8ivAY2Sg49gmjDFiJEeKuYRuc7QwgkJl4j33oDSWHLtxBVEzeZv5wBtrfEWp5KVC=s0-d-e1-ft#http://files.ctctcdn.com/d57a6fbe001/560c2eeb-bbda-4a53-b998-20956368c8ab.jpgThe International Seafarers' Welfare and Assistance Network is delighted to announce the judging panels for The International Seafarers' Welfare Awards 2016. For the first time, there will be separate judging panels for each category...  **[Learn more](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt_IOuXbj_Ups2RGBofCaFQYrUA27og-pcRKBKvOy_XE4LTRxt5RpWkrMf_s2XM0WvLIvnXKx8Mc8p6_1Q8GlDwauiNpB4JdJCxcFDR0-UDDbsJ65pzxPy3tIfUkkUgekztRL__Upi9ahI2UdyOCWjx4KlQhwVavW3CUuGuVrkvxDxC4HnoKqD_sIgIjeCiVKd2cdz6dtNqW9XvotDfV2Hm6KHuUH415vFQ==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)** **»** | | |  |  |  | | --- | | If you need any further information about ISWAN or the work that we do, then please get in touch.  Yours sincerely  Roger Harris  Executive Director  ISWAN  [roger.harris@iswan.org.uk](mailto:roger.harris@iswan.org.uk" \t "_blank) | | | | https://ci6.googleusercontent.com/proxy/8vE4QuA1HJzQnYHb5UPj8W4doMObdMIRqC9Pd-Ej8pGM9-fYoCOCxU7PFMmmEObH-ENxH7d0Mfs_DAWvDlxJ9nG4eEUfw2LkQSGpqW8XqN3nII_1DPco=s0-d-e1-ft#http://img.constantcontact.com/letters/images/1101116784221/S.gif | |  |
| |  | | --- | | https://ci6.googleusercontent.com/proxy/8vE4QuA1HJzQnYHb5UPj8W4doMObdMIRqC9Pd-Ej8pGM9-fYoCOCxU7PFMmmEObH-ENxH7d0Mfs_DAWvDlxJ9nG4eEUfw2LkQSGpqW8XqN3nII_1DPco=s0-d-e1-ft#http://img.constantcontact.com/letters/images/1101116784221/S.gif | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | |  | | |  | | --- | | https://ci6.googleusercontent.com/proxy/8vE4QuA1HJzQnYHb5UPj8W4doMObdMIRqC9Pd-Ej8pGM9-fYoCOCxU7PFMmmEObH-ENxH7d0Mfs_DAWvDlxJ9nG4eEUfw2LkQSGpqW8XqN3nII_1DPco=s0-d-e1-ft#http://img.constantcontact.com/letters/images/1101116784221/S.gif | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **ISWAN**  Suffolk House  George Street, Croydon,  CR0 1PE, UK  [iswan@iswan.org.uk](mailto:iswan@iswan.org.uk" \t "_blank)  [www.seafarerswelfare.org](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt7saiZBtEXN3u0zh0gPX74WTOsRlLalIuYppWVHUPuf3HMpcmCTZ7FI4nh00WPAFCL-t6sDD7B3B0FnE90zkkR9RmAFZRvAE77X9A5mxrwX6nuTXFlcsuz7aLU4LGESxVQ==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank) | [ike us on Facebook](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTtz95gMix1-zBfXO65TeAzGS4x_JsZTEtilKQBBAgnHpHPz-0fVyo3k2IFMt3lF-CW7u4OKBmxT9dDtngwJe5NkTGcQYrzMNjtPSjg2vLwYGHYwE-IJv_8LHnSie6iBzZL7DVI-zEuJAJJR_C9W2nHkA=&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==)  [[ollow us on Twitter](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt1q9irIb04JimlC6kDSx2YeIDfHdaib7lQsuczwjpwoPt3e7E-GbEEZENgpTHPz123tpTp_ahiLSthZlkfAo_A_4nJtnTt84e-uL4aWcz4L9QwGAYuF43LCYfYaEHIMmRg==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==)](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt1q9irIb04JimlC6kDSx2YeIDfHdaib7lQsuczwjpwoPt3e7E-GbEEZENgpTHPz123tpTp_ahiLSthZlkfAo_A_4nJtnTt84e-uL4aWcz4L9QwGAYuF43LCYfYaEHIMmRg==&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==" \t "_blank)[iew our profile on LinkedIn](http://r20.rs6.net/tn.jsp?f=001k3ODJ4X_YJoWb3lrr_14JN5QHjPyegrp6jVUPM-H_xIIo4brpyGTt03pcZGmr1WT_5zHJ2GfyGdMJK77nxz3lALPCtGTFuEahRYj5UT2K0r42-g1IahFFebdaYFKiusVCrHX9G59pP6kdveIl2xMHG1cFOw_aMRK15Wktxoi0mu2eLa2Ji81ru8fc7hHoeWSedQwzHk7k9qDHv7_H4oJrfNtCaNUDQPO1Q37euY1kZw0e_-JdJ7G0L4ud4P9vnpk1dvntNXEfQg=&c=8U5trJeGTS-MVrAHVjzTrK3s3T-q18AiKV-FyyguDa2ycrwLYu6LOQ==&ch=x0yFPdgMlwqreFd71WaG5aPRSyMZJSxDZ1Vi1aC7aFL59c9pd0SV9w==) | |  |  | | --- | --- | | |  | | --- | | **[Join My Mailing List](http://visitor.r20.constantcontact.com/email.jsp?m=1103470438237" \t "_blank)** | |  |  |  | | --- | --- | | |  | | --- | | **[Forward to a Friend](http://ui.constantcontact.com/sa/fwtf.jsp?m=1103470438237&a=1123870760307&ea=rod.short3%40gmail.com" \t "_blank)** | | | | | | |  | | --- | |  | | | | |  | | --- | | https://ci6.googleusercontent.com/proxy/8vE4QuA1HJzQnYHb5UPj8W4doMObdMIRqC9Pd-Ej8pGM9-fYoCOCxU7PFMmmEObH-ENxH7d0Mfs_DAWvDlxJ9nG4eEUfw2LkQSGpqW8XqN3nII_1DPco=s0-d-e1-ft#http://img.constantcontact.com/letters/images/1101116784221/S.gif | |
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