



***Dear Crew Member,***

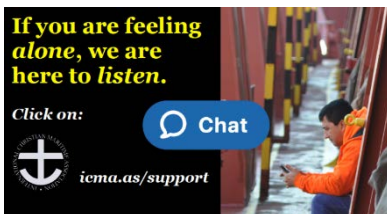
***We are here to help***

You of all people do not need us to tell you how bad things have been for seafarers during this pandemic. There are so many things that may give you cause for worry. Whether your crew change will be arranged in good time. How your family is coping back home. The risk of being infected. You may not be getting as much shore leave as you should. You may well be fearful of going ashore. You may be missing the regular visitors to ships that you would normally see in port. Or you may be fearful of visitors turning up.

Here in **Milford Haven** we wanted to welcome you and let you to know that we have a Port Welfare Committee dedicated to your welfare needs. At the present time it may be difficult for any of the various organisations that make up the committee to get to your vessel to see you due to the restrictions currently in place. But that does not mean you haven't got a friendly voice to talk to if you have any concerns for your welfare or if you need any advice about your situation, information about your stay in the port or if you have any employment issues. You can telephone or text any of the numbers below and we will call you back. Your call will be kept in the strictest confidence if that is what you wish. We just wanted to let you know that although we might not be able to get to your ship to see you face to face, we are still here and we would be happy to hear from you and provide help where we can. In the meantime, stay safe and healthy and thank you for your efforts to keep us supplied.

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|---|----------------------------|
| <b>Tommy Molloy, ITF Inspector:</b>                             | <b>+44 (0) 7764 182768</b> |
| <b>Adam Oliver, Port Welfare Officer, Mission to Seafarers:</b> | <b>+44 (0) 7771 552477</b> |
| <b>Fr Paul Osunyanmi, Port Chaplain, Stella Maris:</b>          | <b>+44 (0) 7738 761155</b> |

If you need help and are no longer in Milford Haven here are a couple of sites that offer support wherever you are in the world.



**Chat to a Chaplain:** Chat to a chaplain wherever you are in the world. Use the below link to connect now.

**Web:** <https://icma.as/support/>

**Phone:** +1 (619) 350-4368

**Email:** [icmahelp@icma.as](mailto:icmahelp@icma.as)



**SeafarerHelp:** Free, confidential, multilingual helpline for seafarers and their families available 24 hours a day, 365 days per year.

**Web:** <https://www.seafarerhelp.org/>

**Phone:** +44 20 7323 2737

**Email:** [help@seafarerhelp.org](mailto:help@seafarerhelp.org)