



ARE YOU A MERCHANT NAVY RATING?

- * Aches and pains in your back, neck or joints?
- * Had a recent trip, slip or fall?
- * No need to suffer – take action now!
- * Call the Connect PhysioLine for fast, free physiotherapy advice and treatment

PHONE 0191 247 5000

* HOW CAN PHYSIOTHERAPY HELP?

Physiotherapy relieves pain and can prevent further injury. It helps you get back to work and stay working.

* ARE YOU ELIGIBLE?

In order to access the service you must be a UK resident and able to provide evidence of your employment as a merchant navy rating.

* WHAT NEXT?

Call the Connect PhysioLine on 0191 247 5000 and make an appointment to speak to one of our physiotherapists. If we think you need hands-on treatment, we'll arrange for you to see someone locally – it's fast and it's free.

* Lines are open 8.30am – 8pm Monday to Thursday, 8.30am – 4pm on Friday, and 9am – noon on Saturday.

This service is funded by the Seamen's Hospital Society and provided by Connect Physical Health.

PHONE 0191 247 5000



Reg. Charity No: 231724

