



Are you an ex-seafarer – or do you know an ex-seafarer...

**who would like some help
or support with:**

- health problems of any kind?
- housing or debt problems?
- benefits or grants you may be entitled to?

**or maybe you would just like to be in
touch with other ex-seafarers?**

‘Better Health for Ex-Seafarers’

helps older ex-seafarers to maintain and improve their health and wellbeing. They may be able to assist, however small the need.

Please contact:

**Sylvia Cheater: Health Project Advisor
Or**

Catherine Tester: Welfare Caseworker

**At Nautilus International
Nautilus House
Mariner’s Park
Wallasey CH45 7PH**

Tel: +44 (0)151 639 8454

'Better Health for Ex-Seafarers Project' and 'Welfare Caseworking Project'

Both projects provide advice, help and support for ex-seafarers across a wide range of health, lifestyle, wellbeing and financial concerns including:

- ▣ Finding appropriate health and community services
- ▣ Keeping in touch with other ex-seafarers
- ▣ Independent living
- ▣ Accessing grants (from our own or other maritime organisations)
- ▣ Benefit entitlement

Working collaboratively with public service and voluntary sector organisations the Projects aim to help and support ex-seafarers in Merseyside and the North West.

For further information please contact:

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Sylvia Cheater Health Project Advisor.

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In partnership with:

