



# ARE YOU A FISHERMAN WORKING IN THE PETERHEAD AREA?

- \* Aches and pains in your back, legs, arms, hands or neck?
- \* Had a recent trip, slip or fall?
- \* No need to suffer – take action now!
- \* Call Working Health Services Grampian for fast, free physiotherapy advice and treatment.

**PHONE 0800 019 2211\***

\*0800 calls are free from a landline. Mobile operators may charge.

## \* **HOW CAN PHYSIOTHERAPY HELP?**

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

## \* **WHAT NEXT?**

Call Working Health Services Grampian and speak to one of our advisers. If we think you need treatment, we'll arrange for you to see someone locally – it's fast and it's free.

Lines are open 9am – 5pm Monday to Thursday, 9am – 4.30pm on Friday.

## \* **ABOUT OUR SERVICE**

The Seamen's Hospital Society is working with the Fishermen's Mission, Working Health Services and NHS Grampian Occupational Health Service to promote local physiotherapy services to fishermen.

## \* **FOR ADVICE AND SUPPORT**

Call Working Health Services Grampian on:

# 0800 019 2211\*

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