

#seafarersdeliveringchristmas

Together we can make Christmas 2020 and other seasonal festivities special!

Welcome to the
#seafarersdeliveringchristmas
seafarers bulletin.

See how you can actively
participate in some or all of this
year's activities and projects.



HOW YOU CAN GET INVOLVED

We hope that seafarers will be able to find activities and projects they may wish to access over the festive period.

- For those who celebrate christmas including how to see our 12 days of Christmas Seafarer tribute video
- For those who celebrate other festivals
- Support helplines
- Wellbeing support tools
- Telephone calls for seafarers
-

SUPPORTING PARTNERS

International Chamber of Shipping

International Transport Workers Federation

International Christian Maritime Association

International Marine Contractors Association

Ocean Technologies Group

Seafarers Hospital Society

Seafarers UK

ISWAN

ITF Seafarers Trust

MNWB

INTERCARGO

INTERTANKO

Inmarsat

FOR THOSE WHO CELEBRATE CHRISTMAS



DOWNLOAD THE FESTIVE ADVENT CALENDAR AND SHARE THE LINK WITH YOUR COLLEAGUES

Access the seafarers digital advent calendar which contains a variety of entries to provide some additional festive cheer. Behind every door is a small gift, ideas for on board activities or fun trivia to enjoy whether you are working during the holiday season or spending time with your family.

Access this from the ISWAN website – <https://www.seafarerswelfare.org/>



LOG ON TO A CHRISTMAS MASS OR CAROL SERVICE

On line access to Christmas Services and Carol Concerts. Listen or feel free to singalong.

Access this from the ICMA website – <https://icma.as/maritime-prayer-resources/>

LISTEN TO OUR SPECIAL SEAFARER 12 DAYS OF CHRISTMAS TRIBUTE



Check out our special version of the popular '12 Days of Christmas' song, but with some very special new words produced especially for our seafarers. This has been produced as a compilation of different contributions from around the world.

We hope that you enjoy it and feel free to sing along with the words below.

To access on 24th December onwards go to:

<https://12days.oceantechnologiesgroup.com/>

On the first day of Christmas a sailor sent to me a bar of chocolate shipped by sea.

On the second day of Christmas a sailor sent to me, Two hair driers and a bar of chocolate shipped by sea.

On the third day of Christmas a sailor sent to me, Three fairy lights...

On the fourth day of Christmas a sailor sent to me, Four toothpaste tubes...

On the fifth day of Christmas a sailor sent to me, Five gold rings...

On the sixth day of Christmas a sailor sent to me, Six Belgian beers...

On the seventh day of Christmas a sailor sent to me, Seven pairs of socks...

On the eighth day of Christmas a sailor sent to me, Eight New Zealand lambs...

On the ninth day of Christmas a sailor sent to me, Nine iPhones... shipped by sea.

On the tenth day of Christmas a sailor sent to me, Ten first aid kits...

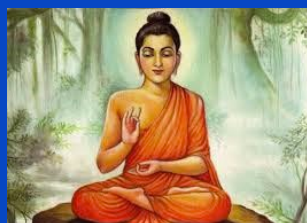
On the eleventh day of Christmas a sailor sent to me, Eleven bales of cotton...

On the twelfth day of Christmas a sailor sent to me, Twelve hugs and kisses, Eleven bales of cotton, Ten first aid kits, Nine iPhones, Eight New Zealand lambs, Seven pairs of socks, Six Belgian beers, Five gold rings, Four toothpaste tubes, Three fairy lights, Two hair driers and a bar of chocolate shipped by sea.

#seafarersdeliveringchristmas

Together we can make Christmas 2020 and other seasonal festivities special!

LET US CELEBRATE ALL OUR CREWS' FESTIVALS



There are various other festivals and celebrations at the end of 2020 and the start of 2021 when you may wish to celebrate different faiths and customs by:

- Organising a festive meal on board the vessel
- Arranging a team event on board
- Having an inter-ship competition
- Hosting a festive singalong or Karaoke session
- Becoming a quizmaster
- Screening film shows

8 December BODHI DAY – Buddhist

Some Buddhists celebrate Gautama's attainment of Enlightenment under the Bodhi tree in Bodhgaya, North India. [Find out more](#)

11-18 December CHANUKAH – Jewish

Celebrates the rededication of the Jerusalem Temple recaptured from the Syrian Greeks by the Maccabees in 165 BCE. For eight evenings, candles are lit from right to left in a nine-branched hanukkiyah with one additional candle for each evening. The ninth candle the shammas (servant candle) is used to light the other candles. Foods cooked with oil, doughnuts and latkes (potato cakes) symbolise the miracle of the oil. [Find out more](#)

21 December WINTER SOLSTICE – Druid & YULE – Wiccan / Pagan

Yule is the time of the winter solstice, when the sun is reborn, an image of the return of all new life. Yule lasts for twelve nights and days, starting the evening before the Winter Solstice, remembering female ancestors and spiritual protectors to herald the start of the major Heathenry holiday. [Find out more](#)

31 December OMISOKA – Japanese

A preparation for the new year by cleansing Shinto home shrines and Buddhist altars. Bells of Buddhist temples are struck 108 times to warn against the 108 evils to be overcome. [Find out more](#)

31 December HOGMANAY / NEW YEARS EVE

A celebration widely observed globally and especially in Scotland, where bagpipes, haggis and first footing are widespread. Some traditions are clearing one's debts, cleaning the house and welcoming guests and strangers. [Party music to share](#)

13-14 January MAKAR SANKRANTI – Hindu

Makar Sankranti is one of the most important festivals of the Hindu calendar and celebrates the sun's journey into the northern hemisphere, a period which is considered to be highly auspicious. There is a wide variation in the celebration of Makar Sankranti throughout India, in particular the name. [Find out more](#)

#seafarersdeliveringchristmas

Together we can make Christmas 2020 and other seasonal festivities special!

SUPPORT HELPLINES



ACCESS TO COMPANY OR OTHER SUPPORT HELPLINES FOR SEAFARERS

Many companies provide support helplines which seafarers are encouraged to access if necessary over the holiday period.

Additionally, the organisations listed below provide different useful services, including emotional support, and most are available 24 hours a day.

International and regional helplines are available for seafarers wishing to talk to someone wherever they are in the world.

Please feel free to contact the helplines below for guidance or support by clicking on to the hyperlinks highlighted in **Blue**.

SeafarerHelp	24/7 multilingual and confidential helpline for seafarers' and their family - emotional support and practical help
Nautilus 24/7	24/7 multilingual help available to Nautilus members
NUSI Sahara	24/7 psychological support for Indian seafarers and their family
AMOSUP	24/7 psychological support for Filipino seafarers and their family +63 2 3310 6641 +63 2 8527 8116 to 20 (local2061)
SAIL	British seafarers – help with benefits, debt and housing
Seafarer Support	Central source of information on maritime charities support for seafarers and their families
Seafarer Hospital Society	24/7 online confidential advice and support service for all working and retired seafarers and families for seafarers in the UK
Mission to Seafarers Chat to a Chaplain	24/7 MtS & ICMA chaplains available to talk
Sailors Society Wellness at Sea	Emergency COVID-19 helpline
Sailors Society India	Helpline for Indian seafarers and their families
DSM.care	24/7 online service to chat with a DSM chaplain
Danish Seaman's Church	Chaplains available for a chat
Stella Maris	To call Catholic chaplains worldwide for a chat

#seafarersdeliveringchristmas

Together we can make Christmas 2020 and other seasonal festivities special!

ISWAN WELLBEING SUPPORT TOOLS



There are a number of resources and guides to promote psychological wellbeing at sea with practical techniques and strategies which can be particularly helpful for some seafarers during the holiday season.

The following downloadable resources may offer some reassurance, relief and strategies for working through trying times:

Steps to Positive Mental Health

Psychological Wellbeing at Sea

Managing Stress and Sleeping Well at Sea

Boost your wellbeing – what the science says

Boost your wellbeing – connecting with crew

Audio relaxation exercise

Psychological first aid



PROVISION OF FREE CALLS FOR SEAFARERS

Seafarers wishing to call home are encouraged to take advantage of phone calls to family and friends being made available by some employers, but also on offer from some communications providers.

To find out how check the ISWAN website.

**[https://
www.seafarerswelfare.org/](https://www.seafarerswelfare.org/)**



#seafarersdeliveringchristmas

Together we can make Christmas 2020 and other seasonal festivities special!