



September 2017

## To the Members

Dear Sirs,

### Computer Based Training Course – Safe Food Handling and Nutrition

The objective of the Club's loss prevention DVD "[Fit for Life](#)" was to raise awareness of the most frequent causes of crew illness claims. That programme identifies and provides information about the most common conditions that compromise fitness, and outlines the measures that seafarers can take to improve their health and wellbeing.

Making the appropriate lifestyle choices is an essential part of maintaining good health and fitness, and following a healthy diet is particularly important. With this in mind, and to supplement the information in the "Fit for Life" DVD, the Managers have cooperated with Marine Catering Training Consultancy (MCTC) of Limassol to develop a computer based training course on Safe Food Handling and Nutrition. The course comprises five modules, details of which are outlined in the [brochure](#). MCTC is an internationally established business with ISO 9001:2015 quality assurance for the design and provision of marine training courses for ships' catering personnel.

This course, developed with the financial support of The Ship Safety Trust, is directed towards ships' cooks and other personnel who aspire to that position, and has a number of objectives. In addition to the obvious benefits that are to be derived from the provision of healthy and nutritionally balanced meals, MCTC report that their clients also experience cost savings from more efficient use of supplies and the reduction in food wastage, and improved crew motivation and retention.

The course is available on the basis of a subscription to MCTC that applies to each subscribing vessel per annum. MCTC's General Price List is attached; however Members of the Club are entitled to concessionary rates allowing a 10% discount from these figures. This subscription also provides access to MCTC's Catering Competency Development Programme (CCDP), details of which are also enclosed.

Further information about the course and how to place orders can be obtained from:

MCTC Marine Ltd.,  
Serifou 37, 3046 Zakaki,  
Limassol, Cyprus  
T: +357 25000021  
E: [info@mctconsultancy.com](mailto:info@mctconsultancy.com)  
W: [www.mctconsultancy.com](http://www.mctconsultancy.com)

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#### STEAMSHIP MUTUAL UNDERWRITING ASSOCIATION LIMITED

Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and Prudential Regulation Authority  
(Registered in England and Wales – Registration number 105461. PRA and FCA registration number 202548)

#### MANAGERS: STEAMSHIP P&I MANAGEMENT LLP

SPIM is an appointed representative of Steamship Insurance Management Services Limited which is authorised and regulated by the Financial Conduct Authority  
(Registered in England and Wales – Registration Number OC376859. FCA registration number 597046)  
AQUATICAL HOUSE 39 BELL LANE LONDON E1 7LU  
Tel: +44 20 7247 5490 Website: [www.steamshipmutual.com](http://www.steamshipmutual.com)

When contacting MCTC, and in order to obtain the appropriate discount, Members should confirm their Membership of the Club, and provide the names of the entered vessels for which the course is required. Further details may also be obtained from the Loss Prevention Department of the Managers' London Representatives.

Yours faithfully,

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ASSOCIATION LIMITED**

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