THE South Atlantic Media Services, Ltd.

www.sams.sh

SENTINEL

Vol. 14, Issue 04 - Price: £1 *"serving St Helena and her community worldwide"* Thursday 24 April 2025

"Grateful"....but



FCDO and SHG release statement on "positive outcome" of £35.79m Financial Aid settlement from UKG, though Chief Minister warns of "hard and difficult decisions" that "will not be well-received"

Pope Francis *(1936-2025)*



At 9.45am on Easter Monday, Camerlengo of the Holy Roman Church, Cardinal Kevin Farrell, announced the death of Pope Francis, aged 88, from the Casa Santa Marta.

"A Record-Breaking 44 Winners"

Celebrating Saint Success in Queens Commonwealth Essay Comp







OPINION

SENTINEL COMMENT

Donna Crowie, SAMS

Happy Easter! – Oh no, that was last week (hahaha) got you – Did you really think you was going to get another long weekend? Sorry! I hope you all had a lovely Easter though, whether it was camping, glamping or even at home.

I know many also worked over the Easter holidays (nurses, police, waste collection staff, power house, Sure - to name a few), thanks for continuing to provide a service to the island.

Not sure if it was the weather on Good Friday that put people off but I heard that not many people were fishing at the seaside like in past years (fingers crossed that traditions are not dying out).

Another thing I have noticed, and I bet others have to, is that during Christmas 2024–March 2025 we have seen high numbers of passengers on the flights to and from Cape Town.

I have nothing against Joburg, it's a lovely place (well from what I saw), but Saints are so used to Cape Town being a popular destination from when the RMS St Helena was in operation; so I bet many enjoyed their holidays in familiar locations in Cape town.

Looking ahead at the Airlink Schedule for 2025/26 – I see there is a decrease in the number of flights to Cape Town as they will only be operating from 9 Dec 2025 to 10 Feb 2026; totalling only eight flights. Whereas in 2024-2025, they operated from 7 Dec to 29 March and saw 17 flights, with, as I said, good passenger numbers. So why decrease the amount of flights to Cape Town for 2025-2026, as clearly you can see there is interest in flights to Cape Town?

I bet if there was a direct flight to and from UK, the numbers would be high again, possibly higher, as it will allow people originating in the UK to spend extra time on the island; as opposed to having to travel indirectly via multiple stops.

It's a shame that St Helena doesn't have these options; it's like a take it or leave it situation, as with a lot of services here unfortunately. I know, I am thinking I'm in the big world now ☒

Anyway, enough from me, enjoy your weekly read of The Sentinel and have a lovely weekend ahead.

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ST HELENA NEWS

Pope Francis dies on Easter Monday



At 9.45am on Easter Monday, Camerlengo of the Holy Roman Church, Cardinal Kevin Farrell, announced the death of Pope Francis, aged 88, from the Casa Santa Marta.

"Dearest brothers and sisters, with deep sorrow I must announce the death of our Holy Father Francis. At 7:35 this morning, the Bishop of Rome, Francis, returned to the house of the Father," he said in a statement. "His entire life was dedicated to the service of the Lord and of His Church. He taught us to live the values of the Gospel with fidelity, courage, and universal love, especially in favor of the poorest and most marginalized. With immense gratitude for his example as a true disciple of the Lord Jesus, we commend the soul of Pope Francis to the infinite merciful love of the One and Triune God."

Among the many tributes to the late Pope was the following message from His Majesty King Charles III:

My wife and I were most deeply saddened to learn of the death of Pope Francis. Our heavy hearts have been somewhat eased, however, to know that His Holiness was able to share an Easter Greeting with the Church and the world he served with such devotion throughout his life and ministry.

His Holiness will be remembered for his compassion, his concern for the unity of the Church and for his tireless commitment to the common causes of all people of faith, and to those of goodwill who work for the benefit of others. His belief that care for Creation is an existential expression of faith in God resounded with so many across the world. Through his work and care for both people and planet, he profoundly touched the lives of so many.

The Queen and I remember with particular affection our meetings with His Holiness over the years and we were greatly moved to have been able to visit him earlier in the month. We send our most heartfelt condolences and profound sympathy to the Church he served with such resolve and to the countless people around the world who, inspired by his life, will be mourning the devastating loss of this faithful follower of Jesus Christ.

Charles R

"We are grateful"

FCDO and SHG release statement following £35.79m Financial Aid settlement from UKG as Chief Minister warns of "difficult decisions" that "will not be well-received" despite "positive outcome" of Financial Aid Mission



Liam Yon, SAMS

St Helena Government will receive £35.79m of financial aid from the UK Government for the Financial Year 2025/26 as their contribution to the Island's annual budget for the twelve months from 1 April, as the Foreign Commonwealth & Development Office issue a joint statement with St Helena Government.

As detailed in the statement, this year's financial aid contribution represents a 5% increase on the settlement agreed during the previous financial year and has been described as "an incredibly positive outcome" by the FCDO's Adam Pile who was part of the Financial Aid Mission team that held discussions on-Island back in January.

"Given the UK's need to increase funding for defence and security priorities and the challenging fiscal position the UK Government finds itself in, I hope you will agree that this is an incredibly positive outcome, and one which confirms the UK Government's continued commitment to meeting St Helena's reasonable assistance needs," he commented.

Similarly, SHG have described the agreed funding contribution from the UKG as "a very strong result for St Helena" given the "difficult fiscal position faced by the UK Government."

In addition to the £35.79m financial aid package, the Island will receive £6.65m from the UKG as a result of the BIOT Migrant Agreement which, as explained by SHG, will allow government "to pursue its priority objectives and policies, such as the recently announced education review."

It was also stressed in the statement from FCDO and SHG that the announcement of this year's financial contribution from UKG of £35.79m does not relate to other funding streams, with FCDO providing further funds to the Island through a number of programs and projects including the Economic Development Investment Programme (EDIP) and the St Helena Cloud Forest Project, among others. "These programmes allow us to implement vital infrastructure projects such as the new build prison, the renewable energy programme and the Rupert's Port project," said SHG. "They also allow us to continue our work on vital environmental programmes."

Despite having put forward a fourth option, described during the FAM discussions as Ministers' "first option" with an additional £16m request in order to meet St Helena's reasonable needs, Chief Minister, Julie Thomas, says Minister's are "grateful" for the £1.73m increase on last year's financial aid settlement, but admits that "difficult decisions" will now need to be made which "will not be well-received."

"We are grateful to the UK Government for delivering an increase of 5% on our annual financial settlement, particularly set against the challenging global and UK context," she commented. "Special thanks are extended to Minister Doughty for his ongoing support to the British Overseas Territories, especially noting St Helena being an aid dependent territory. To receive such an outcome during unprecedented times is a clear demonstration of the strength of partnership between SHG and the FCDO. It also cements the need for us to continue to strive to work closely together to achieve the best outcome for St Helena."

"Despite this positive outcome, as a government we will still need to continue to take hard and difficult decisions, which I appreciate will not be well-received," continued the Chief Minister. "However, due to our financial position, we will simply not be able to address all of my government's policy priorities and will have to focus on fulfilling our essential needs."



"Offer a Home, Offer Hope"

SHG seeking "temporary accommodation for potential migrants" from BIOT



Liam Yon, SAMS

St Helena Government is currently seeking 'Expressions of Interest' from residents willing to participate in their "Offer a Home" programme; an initiative that forms part of the BIOT Memorandum of Understanding between SHG and the UK Government.

It was back in October 2024 when SHG announced that an agreement had been made with the UK Government to accept the transfer of any migrants arriving to the British Indian Ocean Territory (BIOT) for the duration of 18 months or until such time that the transfer of the Chagos Islands to Mauritius from the UK is finalised.

These potential migrants would be transferred to St Helena, where SHG would accommodate them and assume responsibility for their welfare.

Now, and as part of the conditions of the agreement for SHG to accommodate migrants, Government have launched their "Offer a Home" programme – where they are seeking to hear from property owners on the Island that could consent to allowing their property to be used as temporary accommodation for potential migrants.

A recent advert by SHG, in association with local business ProArc, read "Do you have a house, flat or apartment that is not in use at the moment? Please consider joining the "Offer a Home" Programme and consent to it becoming a temporary accommodation for potential migrants."

"Under this agreement, SHG has agreed to accommodate on the island any migrants who may arrive in BIOT during the next 12 - 18 months, with all costs funded by UKG," they explain. "To ensure adequate contingency arrangements are in place, the "Offer a Home" programme aims to identify suitable private accommodation for any potential migrants arriving on St Helena."

As an incentive for people to join the programme, SHG listed a number of benefits for participating property owners. This includes a retainer fee while the property is unoccupied; monthly rental income during occupancy; utility standing charge coverage while the property remains unoccupied; secure and safe storage for surplus household items, offered to houses which are rented out under this programme; property insurance to cover any damages; thorough tenant vetting including security screening of all potential tenants; regular inspections to ensure the property is well-maintained; support with property maintenance while unoccupied; guidance on obtaining necessary accommodation licenses; participation in the property compensation programme; and finally assistance with all matters related to the scheme.

SHG have described their "Offer a Home" programme as a "contingency arrangement" which suggests it is purely in preparation for the possibility of migrants arriving to the Island, with no indication being given that any migrants are actually being transferred to St Helena at this time.

The 'Expression of Interest' advert included the logo of local business, ProArc, owned by Paul Scipio. While no information was given on the role of ProArc with regards to this programme, persons wishing to join and register a property, or who may have further enquires, are being asked to contact Paul and ProArc via Paul.proarc@helanta.co.sh.

SHG are asking property owners to "Offer a Home" and to "Offer Hope" to any migrants that may arrive to St Helena as part of the BIOT Migrant Agreement.

Meet me in the Middle

Liam Yon, SAMS



Middle Landing Steps reopened following additional works

The Middle Landing Steps at the Jamestown Wharf is now once again open for use following additional works carried out.

It was back in March when the Programme Management Office (PMO) informed that the Middle Landing Steps at the Wharf would be closed for essential maintenance, following rehabilitation works by local contractor, Ambledale Workshop Ltd, during the first half of 2024.

This was one of a number of micro-projects funded under the Economic Development Investment Programme for 2024/25.

SHG since advised that additional work was required on the lower step under the defects period of the original contract, with a closure of around six weeks expected from the start of works in mid-March.

Now however, with the additional works completed, PMO have issued a statement where they "inform the public that the Middle Landing Steps are now open for use, with immediate effect."

"A Record-Breaking 44 Winners"

Reception held to present and celebrate winners of Queens Commonwealth Essay Competition 2024



Recipients of the Gold Award

Liam Yon, SAMS

On Tuesday, 15 April, a reception was held at Plantation House, hosted by Her Excellency the Acting Governor, Tasha Harris, to award certificates and celebrate the achievements of students from both the Primary Schools and Prince Andrew School following their participation in the 2024 edition of the Queen's Commonwealth Essay Competition.

Presented by the Acting Governor, alongside Head Teacher for Harford Primary, Carlean Crowie, 19 students were awarded bronze medals, 20 were awarded silver medals and five were awarded gold medals at the ceremony.

"This year, we celebrated a record-breaking 44 winners – a clear reflection of the remarkable growth and development in pupils' writing across our schools," commented Harford's Head. "I hope this success inspires even more pupils to embrace the challenge of the 2025 competition with renewed enthusiasm and determination."

As detailed by SHG, St Helena's primary schools have a longstanding history of involvement in the Queen's Commonwealth Essay Competition which was established in 1883. It was explained how this tradition expanded two years ago to include writers from Prince Andrew School.

"Annually engaging thousands, the competition celebrates student achievement, empowers youth voices, and builds creative writing skills," stated SHG. "Each year, a Commonwealth-focused theme promotes empathy and diverse perspectives on global challenges."

The theme of the competition for 2024 was 'Our Common Wealth', asking entrants to consider how they deal with adversity, and how community and culture can be used to encourage resilience and hope in a world with a growing number of global issues.

There were a number of topics and writing styles to choose from in both the junior and senior categories of the latest essay competition.

Congratulations are extended to all of the winners from St Helena for a job well done!



Recipients of the Silver Award



Recipients of the Bronze Award

"A number of issues and scope changes"

Councillor Brooks asks for update on Rupert's Development Project







Demy Herne, SAMS

During the recent Legislative Council meeting, Councillor Gillian Brooks raised a question regarding the progress of works at Rupert's Port, specifically asking for an update on the work done so far and the expenditure.

In response, Chief Minister, Julie Thomas, explained the current status of the Rupert's Cargo Handling Facility, noting that while the project is progressing, there have been several challenges and delays. "Rupert's cargo handling facility is progressing, although there have been a number of issues and scope changes resulting in project delays and cost escalations," stated Chief Minister Thomas.



She mentioned that the internal work on the Port Control, Customs and Biosecurity (PCB) and Container Freight Station (CFS) buildings is approximately 90% complete, with lifts and electrical installations nearing completion. These works are expected to be finished this month.

The Chief Minister also detailed the progress in other areas, including the fencing around the CFS yard and the break-bulk yard. "The small buildings, that is the public toilets and the stevedore buildings, are now practically complete with only the installation of meter boards and door closers remaining," she said, adding that the civil works required for the new power supply cables have been contracted, with the installation expected to be completed in May.

It was found that, in total, £4.958 million has been spent on the project thus far, from an approved budget of £6.464 million. However, the budget has increased by £1.67 million since the original approval in 2020 due to additional scope now incorporated, such as the concreting of the break-bulk yard, fire suppression systems, and CFS handling equipment. Chief Minister Thomas also addressed concerns raised about the delay in ordering essential items, particularly fencing.

Councillor Dr Corinda Essex then asked, "Given the fact that time is of the essence, I'm slightly surprised to hear that items that are needed have been identified but not yet ordered. Is there any specific reason why this is the situation?"

The Chief Minister responded by explaining the complexities of the procurement process, especially given the increased project budget. "There is a process that needs to be followed," she informed. "The Steering Committee will need to be consulted, which includes SHG, but also FCDO. I can tell you, with regards to the fencing, that has now been ordered." She also noted how delays in one project could have broader financial implications, reducing the funds available for other projects.

Councillor Karl Thrower then raised concerns about the Government's control over these types of projects. "In light of the statement that the Chief Minister has just given, would she be able to say just how much control the government has over these types of projects? My worry is that the prison is going to end up going exactly the same way," he asked.

Chief Minister Thomas acknowledged the challenges but explained that significant improvements have been made in governance structures. "I think, or I had hoped that I had said, that we have made changes to the governance structure. We've talked about capacity also throughout the public service, I think one of the biggest problems we've had with Rupert's is that it was never handed over with a senior responsible officer who had the expertise in those fields," she stated.

The Chief Minister concluded by emphasising that consistency in staffing is essential and that leadership of relevant portfolios is crucial for moving projects forward. "Consistency and stability within our staffing is definitely having an impact on our ability to move everything forward," she concluded.

Development in Progress

Cllr Thrower questions the progress of the new Land Development Control Plan



Demy Herne, SAMS

During Formal LegCo, Councillor Karl Thrower raised a question regarding the progress of the new Land Development Control Plan (LDCP), asking "Will the Minister for Environment, Natural Resources and Planning tell this Council what is the current situation regarding the development of the new Land Development Control Plan or LDCP?"

Minister Christine Scipio responded, outlining the current state of the development process. "As my friend will know, in the last formal sitting of Legislative Council, I mentioned that it is disappointing for me that the Land Development Control Plan, or the final version of the Land Development Control Plan, will not be achieved by the time that we are resolved by June this year," she explained.

She went on to detail the work that has been done so far. "A new Land Development Control Plan is being developed and this work is being led by the Head of Planning and Building Control. The Officer has progressed some of the background work required to begin drafting of a new plan," she said.

The draft plan, initially created by a working group in 2022, is being revisited. "The work that has been undertaken thus far is to review the draft plan that was initially drafted by a working group a few years ago, if my memory serves me correctly, it was 2022, and the Lead Officer has held discussions with Portfolio Directors and has undertaken site visits," explained the Minister.

Additionally, Minister Scipio highlighted the internal efforts to develop the plan further. "Internal stakeholder workshops across the St Helena Government's portfolios have been held towards the development of an issues and options paper to inform the planning strategy for the plan," she detailed, noting that the planning process aligns with the broader strategic goals of SHG.

Regarding the previous version of the draft plan, the Minister reassured members that it would still be considered. "I'd just like to highlight that the previous and the current Head of Planning and Building Control have recommended that the new LDCP be started again. But this does not mean as I think I mentioned in a previous forum, this does not mean that some of the work that was undertaken a few years ago in drafting that plan, cannot be used as part of the process."

The consultation process for the plan will begin soon, according to Minister Scipio. "The preparation of an option plan is currently underway for consultation with the public by early 2025, which is designed to secure public feedback towards the overarching planning strategy for the plan."

While the aim is to complete the plan by the end of 2025-26, Minister Scipio acknowledged that delays are a possibility. "Whilst a timetable has been mapped out by the Lead Officer for the completion of the plan by the end of 2025-26 to include the requirements of St Helena Government's strategic policy process and the statutory requirements for the establishment and adoption of a development plan under the Land Development Control Ordinance, even with best of intentions, some delays may be experienced during this period," she concluded.



No Teddas?



MV Karoline arrives with fewer containers, as popular merchants confirm that no potatoes are expected

Liam Yon, SAMS

The MV Karoline arrived on Wednesday with a total of 43 containers and 87 tonnes of break bulk cargo onboard for St Helena.

Checking back, this represents a decrease in container numbers from the last voyage in March by fifteen containers; with 58 arriving last time out. There is however an increase of five tonnes in break bulk from the last voyage.

As is often the case on St Helena, a number of popular food items have become scarce, including cheese and potatoes, as local merchants await the arrival of goods in order to restock their shelves.

With that said, The Sentinel has found that at least two of the bigger on-Island merchants are not expecting potatoes on this voyage of the MV Karoline.

Following enquiries, Thorpes confirmed that they "don't have any ware or seed potatoes coming on MAC14 (this voyage)" however did state that they are "aiming for seed potatoes on MAC15" which is the next scheduled voyage in May. They add that they are "struggling to get the supplier to confirm when they can do soil testing to meet phyto requirements" and therefore "hope to get ware potatoes on MAC15 or MAC16."

The Sentinel also heard from the Manager of Queen Mary Stores who said they also would not be receiving potatoes on this voyage, stating that "import rules make importing very difficult" though he added that "hopefully next ship we will have some, if we can get the certificates required."

Apart from potatoes, many residents will be awaiting the arrival of cheese to the Island with it being widely known that the popular dairy product is currently unavailable, or in very short supply, in local shops.

Let's discuss Police and Crime

Police and Crime Panel to hold next meeting at the end of the month



Donna Crowie, SAMS

SHG have recently informed that the Police & Crime Panel will be holding a meeting on Wednesday, 30 April, at the St Helena Community College from 2:30pm to 4pm.

The agenda for the meeting will, as always, include a report from the Chief of Police before moving on to a question and answer session from the panel

The panel consists of His Excellency Governor Nigel Phillips as Chairperson, Ascension Island's Administrator, Simon Minshull, Minister for Safety Security and Home Affairs, Jeffrey Ellick, Portfolio Director, Alex Mitham, Councillor Gillian Brooks, Crown Prosecutor, Simon Dykes, and Director of the Equality & Human Rights Commission, Catherine Turner.

In the interest of openness and transparency, the Panel are once again inviting members of the public to attend the session, while they also invite input from the community and stakeholders.

Alternatively, for those who cannot attend during the live session, SHG have indicated that printed versions of the Police and Crime Panel report will be made available at the Customer Service Centre and Public Library, with previous reports also available to view at these locations.

In addition, video recordings of these meetings have and will continue to be uploaded to the SHG YouTube Channel.

Commemorating the Resurrection of Jesus

Salvation Army hosts Sunrise Service at Ladder Hill



Cyril Gunnell, Contributed

"It's Friday but Sunday's Coming"; this was the theme this Eastertide for the Salvation Army Southern Africa Territory, which includes St Helena. On Easter Sunday 2025, in spite of threatening showers of rain, approximately 50 people, including the Salvation Army Band, congregated at Ladder Hill for the annual Sunrise Service at 6am to commemorate the resurrection of Jesus.

The service usually takes place on the platform overlooking Jamestown but, on this occasion, the fear of heavy rain moved everyone to the roofed colonnade near the old Secondary Selective School.

It was an uplifting event. The welcome and call to worship was made by Envoy Coral Yon who officiated. The first song was Christ the Lord is Risen Today, Hallelujah.

It was still dark and flashlights were needed to enable reading from music sheets and hymn books but everyone sang heartily; many knew most of the words by heart. Other songs included Christ is Alive! Let Christians Sing, Thine is the Glory Risen Conquering Son and Low in the Grave He Lay Jesus My Saviour.

The opening prayer was given by the Corps Treasurer, Nicholas Yon. Envoy Coral cited a poem and, reading from the Gospel according to Luke, delivered a message focusing mainly on important roles women play.

The joyous service lasted approximately half an hour. The final song was Because He Lives I can Face Tomorrow.

The Closing Prayer and Benediction was given by Capt, Antony Palmer.

The service concluded with Envoy Coral wishing everyone a "Happy Easter". All were invited to join the Salvation Army later in their Half Tree Hollow hall for planned Easter Sunday activities. Lastly people took opportunity to festively greet each other, and then went their separate ways - probably back to home in time for breakfast.



Guardian of Ascension

New Sea Rescue vessel for Ascension Island to improve service capabilities



Demy Herne, SAMS

At the end of March, Ascension Island welcomed the arrival of the Ascension Island Government (AIG) Sea & Land Rescue Service's new rescue vessel - the Ascension Guardian.

This advanced vessel replaces the Island's current RHIB – the Ocean Sprinter – which has been in service since 2003.

The new vessel features the latest advancements in design, performance, and technology, significantly enhancing the AIG Sea & Land Rescue Service's operational capabilities and improving crew wellbeing.

This important upgrade was made possible through generous funding from the Foreign, Commonwealth & Development Office and the UK Maritime & Coastguard Agency.

Volunteers from the Sea & Land Rescue Service have already launched the Ascension Guardian for its initial sea trials.

Over the next few weeks, further trials will be conducted, and volunteers will undergo familiarisation training with the vessel.

Once these trials are complete, the Ascension Guardian will become fully operational and ready to serve the island's community.

Understanding Type 2 Diabetes: How to Protect Your Health and Reverse the Condition



Arjelo Onde, Contributed

In recent years, Type 2 Diabetes has become one of the most common health issues on St Helena. It's important for everyone to understand what this condition is, how it affects the body, and most importantly, how you can manage it - or even reverse it - through simple lifestyle changes.

What is Type 2 Diabetes?

Type 2 diabetes is a condition where the body doesn't use insulin properly. Insulin is a hormone that helps the body use sugar (glucose) for energy. When the body can't use insulin well, sugar builds up in the blood, leading to high blood sugar levels. Over time, this can cause serious damage to organs, nerves, and blood vessels.

This condition is often caused by eating too much sugary food, drinking sugary drinks, and living a less active lifestyle. Being overweight or having excess body fat makes it harder for insulin to do its job properly — a condition called insulin resistance.

Who is at Risk?

Certain groups of people are at higher risk for developing Type 2 diabetes, including individuals with a family history of diabetes; people who are overweight or obese; older adults, particularly those over 45 years of age; people with high blood pressure or abnormal cholesterol levels; those who are physically inactive; women who have had gestational diabetes during pregnancy; as well as ethnic groups such as African, Hispanic, Native American, and Pacific Islander, whose populations are at a higher risk.

If you fall into any of these categories, it's important to monitor your health and consider taking steps to prevent the condition.

How Does Type 2 Diabetes Develop?

When we eat, our body breaks food down into sugar (glucose), which goes into our bloodstream. Insulin helps this sugar enter our cells to be used as energy. But in Type 2 diabetes, the body either doesn't make enough insulin or doesn't use it effectively. This causes sugar to stay in the blood instead of going into the cells.

Over time, the high blood sugar levels can lead to complications if not managed properly. The good news is that this condition develops slowly and can be prevented or reversed with the right changes.

Signs and Symptoms of Type 2 Diabetes

Signs and Symptoms of Type 2 Diabetes include frequent urination; feeling very thirsty; tiredness and low energy; blurred vision; slow healing of cuts or wounds; tingling or numbness in the hands or feet; frequent infections; and unexplained weight loss.

If you notice any of these symptoms, speak to a healthcare provider. Early detection is key to avoiding long-term complications.

Complications of Untreated Type 2 Diabetes

If not properly managed, diabetes can cause heart disease and stroke; kidney damage; nerve damage; eye damage or blindness; and poor healing of wounds.

People with Type 2 Diabetes are also at higher risk of developing cardiovascular (heart) problems, such as high blood pressure, blocked arteries, and heart attacks. Stay tuned — an article about heart health will be coming out soon to help you learn more about protecting your heart.

Can Type 2 Diabetes Be Reversed?

Yes — especially in its early stages. Here's how:

Eat a Healthy Diet - Focus on whole foods - vegetables, fruits, whole grains, lean proteins, and healthy fats. Avoid sugary drinks, sweets, and processed food.

Lose Extra Weight - Even losing just 5% to 10% of your body weight can make a big difference in controlling blood sugar.

Drink More Water - Cut down on soda, sugary drinks, and fruit juices. Water is best.

Check Your Blood Sugar - Monitoring your levels helps you to stay on track and manage your condition.

Stay Motivated and Get Support - Talk with family or friends, or join local health programs.

Get Regular Exercise - At least 30 minutes a day, most days of the week. You don't need a gym! Try activities like walking, easy and free; cycling, great for leg and heart health; swimming, gentle on joints, great full-body workout; strength training, use small weights or do bodyweight exercises like squats and lunges; dancing, Zumba or just dance to music at home; seated exercises, great for those with mobility issues - even while sitting, you can stretch, lift light weights, or do gentle movements to stay active; aerobics, which can boost metabolism and help control blood sugar - good news! The Lighthouse Wellness Center is offering free aerobic sessions for women every Tuesday from 5-6pm, starting this May, join us for a fun and healthy workout!

Top 5 Vegetables That Help Fight Diabetes

Here are the best veggies that help to fight diabetes (ranked by effect from highest to lowest):

Bitter Melonor (Bitter Gourd) - A powerful plant known to lower blood sugar naturally. We've already shared seeds with local gardeners.

Moringa - Full of nutrients and helps control sugar levels. Good news - a moringa seed we gave to a local has already grown! We hope it will be cultivated across the island for future

generations to benefit.

Okra – Helps with digestion and sugar balance. Though not yet common here, okra seeds are available — and we'll give them to you for free!

Broccoli – Fights inflammation and supports blood sugar control. It's available locally and easy to cook with.

Spinach – High in fiber and magnesium, which help balance sugar. It's already growing on the island!

These vegetables are supported by natural health studies and recent research. Even small dietary changes can help lower blood sugar levels and improve overall health.

Want to Grow These Plants? Visit Us!

If you're interested in growing okra, bitter melon, or learning more about the moringa plant, we'd love to help you get started. We're committed to helping you grow these beneficial plants, so feel free to reach out, we'd love to share more seeds with you — completely free!

Visit the Lighthouse Wellness Center, located beside the Seventh Day Adventist Church in Jamestown. Look for Arjelo or Jam — we're both happy to give you free seeds, offer growing tips, and talk more about other helpful plants for bone health, heart health, and overall wellness.

Good news! The Lighthouse Wellness Center is also here to teach you how to prepare these vegetables and easily include them in your daily meals through our fun and practical cooking classes. You'll learn simple, tasty ways to use these healthy ingredients in local dishes for the whole family to enjoy!

What About Type 1 Diabetes?

Type 1 diabetes is much less common than Type 2 and usually affects young children or teenagers. It happens when the immune system mistakenly attacks the insulin-producing cells in the pancreas, so the body completely stops making insulin.

People with Type 1 diabetes must take insulin every day to survive. It cannot be reversed, but with proper care, it can be well managed.

Hope for the future! Scientists are currently doing research and experiments to find ways to reverse or cure Type 1 diabetes, including stem cell therapy and immune system treatments. Though still in the early stages, the future looks promising.

Why St Helena offers Hope for Better Health

St Helena is not only a peaceful and beautiful island - it's also one of the places on Earth with the best air quality index and highest oxygen levels, according to 'IQAir' and sainthelenaisland.info. Free from the pollution and environmental toxins that many countries suffer from, the Island offers a truly clean and life-giving environment.

This natural purity supports better lung function, improved blood circulation, and overall wellness. In fact, it's hard to get seriously ill on Saint Helena - if people simply learn how to make use of the incredible natural resources that God has blessed this island with. By embracing a healthy lifestyle and using what the land provides, residents can prevent many modern illnesses and enjoy long, vibrant lives.

Our island is rich with fertile soil, fresh air, sunlight, and rainfall — the perfect combination to grow healing foods and live a lifestyle close to nature. *(And yes, I say "our" because St Helena is home for us too — at least for the next 20 months!)*

Now, more than ever, we are being called to return to the land, to reconnect with farming, and to produce our own fresh fruits and vegetables — not just for our health, but for our future generations.

Let us work together to revive our agricultural roots, grow what we eat, and build a stronger, healthier St Helena — naturally.

About the Author

My name is Arjelo Onde, and I'm an allied health professional, a licensed radiation technologist, and a science teacher with over 9 years of teaching experience. I've worked in hospitals and clinics, and now, along with my family, we are serving as volunteers on Saint Helena.

Though we're only here for two years, Saint Helena already feels like home. My mission is to help our local community make healthier choices, reconnect with the healing power of nature, and live longer, happier, and better lives — one small step at a time.

Note: Information about the prevalence of diabetes on Saint Helena was sourced from sainthelenaisland.info/health. Information about Type 2 diabetes are from trusted health education sources, including Loma Linda University Health. Details about the plants mentioned are based on natural health studies, recent scientific research, and personal findings gathered from reliable online sources, including the National Institutes of Health, shared to promote community wellness on St Helena.



Bitter Melonor or Bitter Gourd



Moringa



Okra



Arjelo Onde

Ready to call it quits?

Smokefree St Helena launches new Online Referral System

Liam Yon, SAMS

In February 2023, the Health and Social Care Portfolio officially launched their new stop smoking service 'Smokefree St Helena' with the aim being to support those who want to quit smoking on the island – with a new online referral form having now been introduced to make it easier for those wanting to use the service to sign-up.

As stated at the time, tobacco is the single most preventable cause of death and illness in the world, which is why quitting is one of the best things a smoker can do to improve health. SHG recognises that this is not easy, but created Smokefree St Helena as quitting is found to be much easier with the right support.

The Smokefree St Helena programme is a six-week initiative, featuring weekly support sessions. During these sessions, clients can discuss their progress, address challenges, and receive ongoing advice and medication management from their practitioner.

Smokefree St Helena provides stop-smoking services, including behavioural support and a recently expanded range of Nicotine Replacement Therapies (NRT). All clients utilising the Smokefree St Helena service will be provided with NRT and trained practitioners will offer personalised guidance and encouragement to help individuals achieve their goal.

Now, Smokefree St Helena have launched a new, user-friendly online referral system, designed to streamline access to vital smoking cessation support; with SHG stating that "the new online form simplifies the process for individuals seeking to quit smoking."



To sign up for Smokefree St Helena's behaviour change support and NRT via the online referral system, smokers are encouraged to visit www.surveymonkey.com/r/SmokeFreeSH.

"They can be used by anyone"

SHG issue potential lifesaving reminder on AED locations and use



Liam Yon, SAMS

SHG's Emergency Planning Department have issued a potentially life-saving reminder regarding the locations of Automated External Defibrillators (AEDs) installed around the Island for use by the public in an emergency.

As explained, Defibrillators are devices that send a safe electric shock to the heart to restore a normal heartbeat when someone is unconscious and not breathing, for example when they are in cardiac arrest.

Often referred to as Defib's or PADs, these AEDs are vital in certain emergency situations with statistics proving that if a defibrillator is used on a patient within the first few minutes of cardiac arrest, they have a 60-70% chance of making a full recovery.

"The type of AEDs placed around the island are designed so that they can be used by anyone, without specialist training," explained SHG. "Once turned on they will instruct the user through voice commands on exactly how to use the device safely, for both the patient and the operator."

As part of an Emergency Planning-led initiative, a number of AEDs were installed in locations Island wide and include at the Half Tree Hollow Clinic, in the pavilion area at Francis Plain, at Silver Hill Shop, at the Blue Hill Community Centre, at Bamboo Hedge Shop, on the Sea Rescue Building, the Royal St Helena Police Post, and the Custom's Building.

The AEDs at these locations are clearly signposted and are contained in a bright yellow box. If you require access to an AED, the code to the cabinet can be requested from the Emergency Control Centre when dialling 999.

MAY

ST HELENA NATIONAL TRUST

St Helena Island

Culture MONTH 2025

THEME: **CREATIVE SAINTS** *"We just made do"*

Culture Month celebrates the enjoyment, awareness, revival and promotion of St Helena's cultural practises (traditions).

The St Helena National Trust, the St Helena Heritage Society along with other partners are working hard to document the island's culture and keep its traditions alive . This year's theme celebrates and remembers the wide range of creative innovations by St Helenians throughout the years.

Below is a calendar of events planned for you the community ,to participate in and enjoy. More details to follow in the coming weeks.

CALENDAR EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9 **RADIO SHOW** with guests "*My mama use to*" (ST FM)	10	11 **GUIDED WALK** Fairyland Flax Mill
12	13	14	15	16 **RADIO SHOW** "*Names*" (ST FM)	17	18
19	20	21 **ST HELENA'S DAY CELEBRATIONS** SHNT Culture in the Courtyard	22	23 **RADIO SHOW** *with PAS Students* (ST FM)	24	25 **GUIDED WALK** through Jamestown *"A working town"*
26	27	28	29	30 **RADIO SHOW** Round up	31 **FAMILY ACTIVITY DAY**, Millennium Forest	



SAMS RADIO 1 SCHEDULE

SAMS Radio 1

102.7 (Jamestown) • 90.5 (High Knoll) • 105.1 (Sunberry) • 105.3 (Blue Hill)
Streaming live via www.sams.sh/radio.html

FRI. April 25
- 7am -10am: Sunrise show with Luke Bennett
- 11am: American Connections (Repeat)
- 2pm: Our Show (Repeat)
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. April 26
- 9am-12 Noon: Saturday Show with Demy Herne
- 1pm: Northward Sounds
- 3-5pm: Modern Country Chart with Donna Crowie (Repeat)
- 8:30pm: Out Out (repeat)

SUN. April 27
- 7am-noon: Sunday Show with Deon and Anita
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Demy Herne
- 5pm: In Scope
- 7pm: Baptist Church Service
- 20:30: Classical Compilations

MON. April 28
- 7am-9am: Sunrise with Luke Bennett
- 5:30pm: Country Classics
- 7:30pm: Sound of the 80's with John Turner

TUE. April 29
- 7am-9:00am: Morning Show with Donna
- 10am: Ministers Question Time
- 11am-1pm: Vibes with Annika
- 2pm: In Scope
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: Uk chart Show with Demy Herne
- 7:30pm: Classical Compilations

WED. April 30
- 7am-8:30am : Sunrise with Deon
- 8:30am-10:30am: Our Show
- 11am-1pm: Northward Sounds with Tony Leo
- 1pm-3pm: 1548 with Ferdie
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. May 01
- 7am-10am: Sunrise with Luke and Liam
- 1pm-3pm: Lunchtime vibes with Demy
- 4pm: Sounds of the 80's
- 5-7pm: Modern Country Chart with Donna Crowie
- 7:30pm: In Scope

Reach us on ***22727*** or at ***news@sams.sh***

sure

Bringing you the

BBC World Service

100.7 (Briars)
88.1 (High Knoll)
102.7 (Blue Hill)

Featured this Week

Ministers Question Time!



MQT takes place on the last Tuesday of each month, which means another edition of MQT will be back on SAMS Radio 1 this coming Tuesday.

To date no topic has been released and questions will not be known until 1 hour before the meeting.

Be sure to tune in to SAMS Radio 1 to hear what questions will be asked during MQT this month!

Local news and notices:
7am, 10am, noon, 5pm, 7pm, 10pm

SAMS South Atlantic Media Services Ltd

Sentinel Suduko Session

	6				7		9	3
	4				5	8	6	
				8		5		
	2	6			1			
	7	3			6	9		1
				4	9		7	
							5	8
						6	1	2
6		5	1					9

Throwback Thursday



24 April 1734 - Paul Gasherie arrives to advise on the island's forts; but actually (unknown at the time) he is a French spy…

Too many Easter eggs in your household this year? Don't worry, we have something you can try, bearing in mind we will hopefully get some cream cheese arriving on the MV Karoline!

Cheesecake-filled Easter eggs



Ingredients:

- 1 hollow Chocolate Easter egg
- 75g digestive biscuits
- 25g butter (melted)
- 75g mascarpone
- 100g soft cheese
- 2 tbsp icing sugar (sieved)
- 2 tbsp cocoa powder (sieved)
- 100g double cream

To serve:

- Easter treats- such as mini chocolate eggs or crumbled chocolates
- Caramel sauce or cooled melted chocolate

Method:

1. Carefully separate the Easter egg in half along the seam. (Use a knife dipped into a bowl of hot water to cut through the seam rather than slicing, as it may break the chocolate.)
2. Tip the digestive biscuits into a bowl or food bag and bash to crumbs with the end of a rolling pin. Stir in the melted butter until the mixture resembles damp sand. Spoon this into the Easter egg halves and pack down gently using the back of the spoon. Chill until needed.
3. Mix the mascarpone, soft cheese, icing sugar and cocoa together in a medium bowl with a wooden spoon until smooth. In a separate bowl, beat the double cream to soft peaks using an electric whisk. Gently fold the whipped cream into the mascarpone mixture, then carefully spoon the cheesecake filling over the chilled biscuit bases in the Easter eggs. Gently level the surfaces with a palette knife or spatula, then chill for at least 2 hrs or overnight until firm and set. You may be left with extra cheesecake filling, depending on the size of your Easter eggs – this can be spooned into glasses over extra digestive crumbs for another treat.
4. Scatter the set cheesecake-filled eggs with mini chocolate eggs or other Easter treats, then drizzle with caramel or melted chocolate to serve.

IN SCOPE: RECAPPED



In Scope: Safety, Security & Home Affairs

Focus on Immigration Training and HM Prison Update

Anita Robbertse, SAMS

Minister for SS&HA, Jeffrey Ellick had Juliet O'Dean (Head of Customs), Emerald Newman-Yon (Head of Immigration), Owen Birkby (Head of Customs and Immigration) and Paul Duncan (Superintendent of Prisons) as his guests on In Scope this week to discuss various developments in each of these sections.

Owen gave an update regarding the training package that forms part of the BIOT agreement. St Helena Customs and Immigration have been working with Border Force UK as well as their asylum colleagues and a training package will imminently be delivered to St Helena. A bespoke package has been designed over the past couple of months that will address the specific training needs of officers here on the island. A team of four trainers will be arriving to St Helena at the end of April with training set to commence on 29f April. The training team will continue with training throughout May and will depart the island at the start of June. All officers will undergo training during the time the training team is on island with a lot of preparation being undertaken in the time leading up to their arrival. The training will be a core customs and immigration training course, closely mirroring the training courses undergone by UK Border Force officers, whilst still being tailored to St Helena's needs.

The immigration course will include skills training like communication, questioning at control points and behaviour detection to identify potential offenders. Other topics included in the course will look at forgery, visitor and visa requirements and how to apply a consistent and fair approach, aligned to set criteria. All this will serve to make expectations and assessment criteria clear to visitors. With regards to customs training, this will look at areas such as dockside and shipboard awareness, safely boarding vessels, container search and ship rummage. Practical sessions will provide training in skills like baggage searching, note-booking, preserving chain of evidence and taking witness statements. The training package looks at a broad variety of areas to provide officers with a solid foundation of skills. Upon completion of the course, officers will be given a certificate to show that they are fully trained customs and immigration officials. The aim of this training will also be to create a multifunctional workforce to enable the section to deploy resources where needed in either field of immigration or customs. The team will continue to be supported by the UK, as experience will be required to become proficient in all the newly trained skills.

Juliet reiterated that the team is very excited and is looking forward to undergoing this long-awaited training. The team have diligently been preparing with almost all officers having completed the personal safety and other preparatory training. The new skills gained during the training will equip officers to protect St Helena and its borders. Emerald said that the course will provide training to officers in both areas of customs and immigration enabling them to deliver a more comprehensive service, moving towards a fully integrated service with less probability of a single point of failure. The training will also put the team of officers in a good position to implement the new immigration policy and ordinance, as well as the asylum policy, once it has been finalised and all the support systems have been put in place.

As part of the BIOT agreement, St Helena has been granted access to the UK's immigration watch list. This is already being utilised on a daily basis with, in the region of, around 3000 individuals that have already been checked through this list. All of these measures work together to ensure everyone on St Helena's safety supported by a well trained, law enforcement focused and intel-led department. The training will enable

officers to identify high risk areas and develop a risk matrix to support them in making assessments. Work is being done to formulate a bespoke assurance program to make sure that continuous mandatory training takes place on a regular basis as well as exposing officers to all areas of work to maintain skill levels and experience within the team. Personal safety training will also take place on a regular basis to stay compliant with working regulations.

Paul Duncan spoke on the recent ExCo decision to amend prison rules in relation to the Governor's power to release prisoners on the grounds of compassion. Amendments had to be made to the old ordinance to allow for exceptional reasons and circumstances that could motivate early release of prisoners. These grounds of release could include issues like a prisoner becoming very ill, putting their health at risk. Section 7 of the Constitution states that no person shall be subjected to torture or inhumane or degrading treatment or punishment. The combination of a prisoner's mental and physical health can cause conditions which could be in breach of the person's constitutional rights. The process currently requires a medical officer to raise concerns for a prisoner's health with the Superintendent who will then suggest action to be taken to the Governor who in turn will then make the final decision. The process had to be amended to be compliant with human rights requirements. Under the new rules and processes, the Governor will consult with a multidisciplinary board that will provide all the necessary information to make an informed decision when issuing an early release compassionate license. These new amendments will bring St Helena in line with established UK conditions and laws. The process will also include a comprehensive risk assessment with input from various parties to ensure all information will be taken into consideration. The nature of the offense causing imprisonment will also come into play before making a decision. A prisoner granted compassion release will not be released from their sentence, but will be moved to a secure place where their needs can be addressed more effectively under strict license conditions. The license conditions will ensure the safety of the public and victims while also protecting the rights of the prisoner.

Paul gave some feedback to listeners on the progress made in the plans to build the new prison. One Creative Environments have been identified as the preferred bidders to implement the design and supervision of the construction of the new prison. On 22 March, representatives of this group arrived on St Helena for the first time to inspect the site and meet with construction providers on island. This visit was mainly aimed at establishing the scope, skill and materials available on island. This will assist them when finalising detailed plans over the next three months. The team included engineers, architects and designers. Labour and skills will mainly be sourced on island, providing a welcome boost to the economy. One Creative Environments and the Governor signed the contract to secure their service on 28 March. Construction is proposed to start later this year around September/ October. The projected date of completion is currently set at early in 2028, but there are plans to try and expedite some regulatory processes to move this date up to late 2027 as it is critical to complete the new prison as soon as possible.

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 27th April 2025– 1st Sunday after Easter		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Family Eucharist/ Church Parade	St Andrew
11.00 a.m.	Eucharist	S Helena & The Cross
The Parish of St James		
Sunday 27th April 2025 – 1st Sunday after Easter		
9.30 a.m.	Eucharist	St James
	Thursday 1st May	
7.00 p.m.	Eucharist with Healing	St John

The Parish of St Matthew		
Sunday 27th April 2025 – 1st Sunday after Easter		
6.00 p.m.	**Patronal Festival**	**St Mark**
	Tuesday 29th April	
7.00 p.m.	Alpha	St Mark



Church Notices

We warmly invite you to join us for:

Prayer Meeting

Saturday 26th April 2025 at 8:30am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Praise and Worship Service

Sunday 27th April 2025 at 11:00am
Kidzone (Sunday School) at 11.00am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Cell Meetings

Tuesday 29th April 2025
Jamestown at 7:00 pm, (Contact: Catherine on 64352 for details)
Wednesday 30th April 2025
Combined Cell
The Rock Christian Fellowship, Longwood Avenue at 7.00pm
(Contact: Priscilla 51919 for details)

~

Christian Gift/bookshop & DVD rental

The Christian gift/bookshop & DVD rental
(as well as second-hand goods shop) is available.
For further information contact Priscilla: 51919.

Coffee Heaven

Wranghams Coffee, a growing local business by Neil and Debbie Fantom



Demy Herne, SAMS

There are over 100 different types of coffee plants around the world, but only four main types of coffee beans are commercially produced; Arabica, Robusta, Liberica, and Excelsa.

Among these, Arabica and Robusta beans dominate the market, making up 90% of global coffee production. On St Helena, coffee consumption has grown significantly, with more and more islanders drinking coffee today than ever before, and it is believed that there has been an increase in coffee drinkers over the past decade. Instant coffee is the most popular choice on the island, with various brands imported from the UK and South Africa.

In terms of local production, there are five coffee producers on the island, three in the Rosemary Plain area and two at Sandy Bay. A few months ago, The Sentinel featured a story about Brian Beard's coffee, detailing the pride that local coffee producers take in their products. This week, we share the story of Wranghams Coffee, crafted by Neil and Debbie Fantom.

The house in which the couple resides is named after Mr Wrangham, who built it in 1873. The building is a listed structure, which means its appearance cannot be altered or demolished. While the original appearance remains intact, there are some modern additions at the back of the house. The original name of the house was Castle of Otranto.

Wranghams Coffee is made from the Bourbon Arabica variety, which is quite common on the island and believed to be the only coffee variety grown here. Neil, a coffee enthusiast, roasts the beans to a specific profile, ensuring consistent dark roasts; popular with most coffee drinkers these days. The couple offers a variety of coffee drinks including cappuccinos, espressos, cortados, and regular filtered coffee. Pour-over coffee, a popular method globally, is also available. With coffee culture becoming a significant part of global travel, tourists have come to expect a variety of coffee options, and Wranghams aims to meet those expectations.

The Fantom's offer a coffee tour on Thursdays, where visitors get a detailed look at the coffee plantation and the entire coffee production process. After the tour, visitors enjoy a tasting of the coffee of their choice, accompanied by Debbie's homemade baked goods. It's a social event, with a variety of cakes, mostly healthy options, available for guests to enjoy in the garden, making it a memorable experience. Debbie's baking is often playfully credited by Neil as the real draw for visitors.

The coffee tours have only recently become a business venture for the husband and wife duo, after they were asked to take over from Bill Bolton, who had previously run the tours. The tours quickly gained popularity, attracting large crowds each Thursday, much to their surprise. Debbie is especially pleased that the tours are drawing in a significant number of St Helenians, as the coffee processing process itself is quite complex and new to many islanders. It's been a revelation to visitors, showcasing the intricate work involved in producing every cup of coffee.

Currently, the plantation consists of around 400 trees, with many planted just five years ago. The trees are now beginning to bear fruit, and the plantation is nearing its full capacity. Coffee trees require careful attention, much like any other fruit-bearing plant. Once the beans are ripe and ready, they go through several processes to remove the skins and prepare them for roasting. The taste of the coffee is all about the roast, and Neil ensures consistency by following a precise computer profile. Wranghams is known for its darker roasts, which have gained a loyal following.

Despite the growing popularity of their tours and coffee, the Fantom's often find that they struggle to meet demand, as they don't produce enough coffee to last throughout the year. This year in particular, the coffee tours have expanded rapidly, leaving the couple running low on stock. They hope to plant more trees in the future to keep up with the demand.

Wranghams is situated in a breathtaking location on a peninsula, offering sweeping views of High Peak, Sandy Bay Beach, Green Hill, and especially Diana's Peak. Living under the peaks, the couple benefits from the abundant moisture and rainfall, keeping their surroundings lush and green. The spring water that runs through their property is unchlorinated and has a refreshing, almost sweet taste, adding to the overall wholesome atmosphere of the place.

The Fantom's have fully embraced St Helena as their home. Having lived in various places around the world, they find that St Helena offers a unique sense of peace and fulfillment. The couple has lived in the house for seven years now, with Neil particularly fond of the island's charm. When they bought Wranghams, sustainability was at the forefront of their priorities. They grow a variety of fruit trees and vegetables, and even keep chickens to help fertilise the land, ensuring their operations are as sustainable as possible.

As for dairy, Debbie doesn't drink milk, so they haven't kept cows on the property. Though she briefly considered getting goats for milking,



Neil insisted that they could either focus on growing fruit and vegetables or raise goats, but not both. As a result, fruit trees and vegetables are the main focus of their homestead, with 23 different types of fruit trees growing on the property. Debbie enjoys making homemade jams with the seasonal fruits, using little sugar, and always avoids sugary fizzy drinks in favour of fresh juices. The couple's freezer is stocked with chopped fruit that can be used for crumbles, desserts, or a jam, ensuring nothing goes to waste.

Debbie is also mindful of the sugar consumption on the island. She's been experimenting with reducing the amount of sugar in her cakes and other baked goods. Having grown up in a large family, where most meals consisted of vegetables and fruit from their own garden, she's always been conscious of the benefits of a healthy diet. Her background as a nurse and her degree in health and wellness education has influenced her approach to living a healthy lifestyle, which she encourages others to adopt as well.



While the coffee tours are a major focus, the Fantom's prefer that visitors not stop by without an appointment, as they have a busy life outside the tours. They've put considerable effort into making their tours a quality experience, and it's clear that their hard work is paying off. Visitors who come for the tours are greeted with high expectations, and the Fantom's strive to meet them, drawing from their international experience of living in different parts of the world.

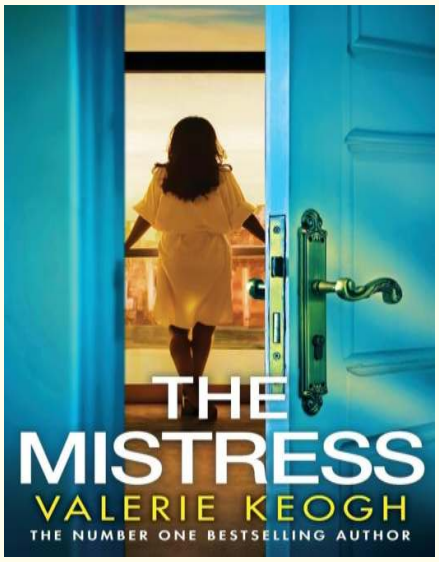
Their coffee business has garnered international attention, with mentions in high-profile magazines and interest from coffee enthusiasts around the world. Debbie recalls one amusing story about a group of Estonian visitors who had seen a picture of Neil and herself with Wranghams Coffee and decided to come to St Helena specifically to find their plantation. Another time, two men visited after hearing about Wranghams Coffee while in Namibia, travelling all the way to St Helena just to see the place.

Neil and Debbie do however face challenges with shipping their coffee abroad, largely due to high costs and logistical hurdles. This is something they hope the government might address to help local producers.

For now though, in the tranquil shadows of the Peaks, the loving couple continue to live in 'coffee heaven'.

Book of the Week

Public Library Service



The Mistress by Valerie Keogh

She wants what you have. Hannah Parker is a woman who always gets what she wants. When her current husband discovers she has been lying to him again, she knows it's time to move on and find someone who can give her the life she desires. The life she knows she deserves. But who will be the lucky man? When her eye catches a glimpse of an old flame in a photograph, she's sure it's a sign. Mark Shepherd has always been in her thoughts, they'd been happy once, he'd adored her, but she'd made a mistake and let him get away. She won't make the same mistake again. Hannah is older now and wiser. She knows what men want and she knows how to keep them happy. So what if Mark is happily married with a family of his own? All good things must come to an end.

Please reserve by contacting the following:- Telephone Number: 22580 Email: publiclibrary@helanta.co.sh

NOTICE BOARD

St Helena Government

ProArc Dreams to Reality

"EXPRESSION OF INTEREST"

OFFER A HOME, OFFER HOPE

Offer accommodation for any potential migrants arriving on St Helena

Do you have a house, flat or apartment that is not in use at the moment?
Please consider joining the "Offer a Home" Programme and consent to it becoming a temporary accommodation for potential migrants.

"St Helena Government (SHG) is seeking Expressions of Interest from residents interested in participating in the "Offer a Home" programme.

This initiative is part of the British Indian Ocean Territory (BIOT) Memorandum of Understanding (MOU) between SHG and the UK Government (UKG).

Under this agreement, SHG has agreed to accommodate on the island any migrants who may arrive in BIOT during the next 12 – 18 months, with all costs funded by UKG.

To ensure adequate contingency arrangements are in place, the "Offer a Home" programme aims to identify suitable private accommodation for any potential migrants arriving on St Helena.

Benefits for participating property owners could include:

- **Retainer fee**: while the property is unoccupied.
- **Monthly rental**: per month during occupancy.
- **Utility standing charge coverage**: Payment of utility standing charges while the property remains unoccupied.
- **Storage**: Secure and safe storage for surplus household items, offered to those houses which are rented out under this programme.
- **Property insurance**: Coverage against damages.
- **Thorough tenant vetting**: Security screening of all potential tenants.
- **Regular inspections**: To ensure the property is well-maintained.
- **Maintenance assistance**: Support with property maintenance while unoccupied.
- **Accommodation license assistance**: Guidance on obtaining necessary licenses.
- **Participation in the property compensation programme**.
- **Comprehensive support**: Assistance with all matters related to the scheme.

To register your property or for enquires about the "Offer a Home" programme, please contact:

CONTACT:

ProArc Dreams to Reality

Email: Paul.proarc@helanta.co.sh
Mobile: +290 52001

Vacancy

Electrician, Air Conditioning & Refrigeration Mechanic

Since 1790

Salary for the post will commence at £12,792 per annum (£1066 per month), depending on qualifications and experience

Solomon & Company (St Helena) Plc has a vacancy within the Electrical Works Department for an Electrician, Air Conditioning & Refrigeration Mechanic.

As the Electrician, Air Conditioning & Refrigeration Mechanic you will ensure that in-house and private jobs are undertaken competently and in a timely manner whilst ensuring high standards of work are delivered at all times in accordance with Company requirement and local regulations.

Interested Persons Should:

- Possess Grade C in GCSE Maths or English, or equivalent
- Have at least 3 years proven experience in Electrical Engineering
- Be in possession of a current Wiremen's license
- Have experience of maintaining air-conditioning and refrigeration systems
- Possess Level 3 City & Guilds Diploma in Electrical Installations Course, or equivalent
- Be flexible to work out of normal working hours and be available to work as part of an on-call rota as and when required
- Have a customer focused approach with excellent customer service skills
- Have a valid drivers' licence
- Be aware of Health & Safety practises as well as be able to perform manual handling duties
- Be able to work as part of a team as well as independently
- Be willing to undertake any further training

For further information, including the Company's attractive benefits package contact:

Mr Jason George, Electrical Supervisor via 22739 jason.george@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **08 May 2025.**

Solomon & Company (St Helena) Plc offers an attractive benefits package to Employees which includes but are not limited to:

- Pension Contributions
- Staff Discounts

NOTICE BOARD

St Helena Government

INVITATION TO TENDER

DIGITAL TRANSFORMATION CONSULTANT

St Helena Government has issued aninvitation to tender for theProcurement of a Digital Transformation Consultant.

Full documentation and the specifications can be found on the Saint Helena Government e-procurement system which can be accessed via https://in-tendhost.co.uk/sainthelena following registration on the system.

User guides are available via the "Supplier Information" tab to assist prospective suppliers registering on the e-Procurement system.

All communication, clarifications, general questions and submissions of your responses must be made via the e-Procurement Portal.

Please refer to the e-Procurement System for the key dates, including the tender submission date.

SHG, 02 April 2025

BAPTIST CHURCH

Sunday Services
27th April
Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday 29th April
Baptist School Hall 7.00 pm
Thursday 1st May
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME

For further information contact:
Tel No 24644

What's On

Mantis St Helena

30 March: MOTHER'S DAY BUFFET
Celebrate with a traditional Saints-style buffet, perfect for a special family gathering.
£22.50 per person · Kids under 12 half price · From 12:30 onwards

6 April: HIGH TEA SUNDAY
A refined afternoon featuring bottomless tea and coffee.
£10.00 per person · Min 2 people per booking · 14:00 – 17:00

18 April: THE GOOD FRIDAY FISH FRY
Enjoy a classic Good Friday fish fry with fresh local seafood and delicious sides.
£20.00 per person · From 18:30 onwards

20 April: EASTER SUNDAY BUFFET
Gather with loved ones for a festive Easter buffet.
£22.50 per person · Kids under 12 half price · From 12:30 onwards

26 April: CURRIES OF THE WORLD
Savour a selection of curries from all corners of the globe.
£22.50 per person · Kids under 12 half price · From 18:30 onwards

For all enquiries and bookings, please call 25505



ST ANDREWS NEWSPAPER BINGO

Games will be played over a five week period – each week a different set of numbers will be published

This week the "Pink" bingo sheet will be used.

Numbers to be read across, from left to right

Claim on earliest number for full house will be the winner

Claims to be made to Karen Henry on 23401 by Saturday 26 April at 12 noon.

Prize - £20 per week

Last week's winner was Mrs Dianna Roberts.

80	52	35	8	17	22	48	67	78	36
23	41	62	89	54	29	39	12	5	32
49	20	73	66	24	53	13	84	1	21
75	87	28	30	83	56	42	37	10	27
50	45	33	63	71	88	18	90	25	59
31	69	57	82	14	26	77	51	34	47
60	76	40	65	7	55	11	38	58	43

NOTICE BOARD

VACANCY

Bank of St.Helena Ltd.

Lending Services Officer (Commercial)

Commencing at £12,732 per annum

Bank of St Helena Limited is seeking to recruit a suitable person to fill the vacant position of Lending Services Officer (Commercial).

Responsible to the Assistant Lending Services Manager, the successful candidate must be flexible to work demands, have excellent customer service skills and be self-motivated. Candidates should have a keen eye for detail, exhibit high accuracy levels and have ability to work under pressure and meet deadlines, whilst working well with others as part of the wider Bank team.

The main duties of the post include:

- To ensure all loan applications received are accurately completed, all supporting documentation is included and that loans are processed in line with the Bank's policies and procedures;
- To ensure key principles of professional credit management are maintained and the lending service is administered in an efficient, objective and timely manner;
- Liaising with clients throughout the loan approval process providing a high standard of customer service;
- Analysing loan applications in line with Bank's Policies and Procedures, to ensure they meet the Lending criteria;
- Liaising with clients to ensure they are compliant with the terms and conditions of their Facility Agreements

Interested persons can contact Mrs Julie-Marie Yon, Assistant Lending Services Manager on email asst.lendingmanager@sainthelenabank.com or contact her on 22390 for more information.

An Application form and a job profile is available upon request from the Bank.

Completed application forms should be addressed to Miss Merle Peters, Human Resources Manager, Market Street, Jamestown or emailed to hrmanager@sainthelenabank.com.

Closing date for applications is Friday, 02 May 2025.

Choose a career with Bank of St Helena and enjoy competitive benefits.

Bank of St.Helena Ltd.

Established and regulated in St Helena under the Financial Services Ordinance, 2008 and 2017, the Financial Services Regulations, 2017, the Company Ordinance, 2004 and the

info@sainthelenabank.com
+290 22390
www.sainthelenabank.com
Market Street, Jamestown
@sainthelenabank
Bank of St Helena Ltd

VACANCY

Bank of St.Helena Ltd.

Assistant Lending Services Officer (Admin)

Commencing at £8,400 per annum

Bank of St Helena Limited is seeking to recruit a suitable person to fill the vacant position of an Assistant Lending Services Officer (Admin).

Responsible to the Assistant Lending Services Manager, the successful candidate must be flexible to work demands, have excellent customer service skills. Must have a keen eye for detail, exhibit high accuracy levels and have ability to work under pressure and meet deadlines, whilst working well with others as part of the wider Bank team.

The main duties of the post include:

- Maintain an accurate filing system for client's files, both paper-based and electronically ;
- Compile and send letters to clients;
- Maintaining lending records on excel applications;
- General administration assistance across the Lending Section;
- Any other duties.

Interested persons can contact Mrs Julie-Marie Yon, Assistant Lending Services Manager on email asst.lendingmanager@sainthelenabank.com or contact her on 22390 for more information.

An Application form and a job profile is available upon request from the Bank.

Completed application forms should be addressed to Miss Merle Peters, Human Resources Manager, Market Street, Jamestown or emailed to hrmanager@sainthelenabank.com.

Closing date for applications is Monday, 28 April 2025.

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NOTICE BOARD

ENCOMPASS

VACANCY NOTICE

Assistant Storekeeper

Job Description

Encompass has a vacancy for an Assistant Storekeeper on Ascension Island. The post holder will form part of the Stores Team and will be based at the Power Station. Duties will include Stores and Procurement, issuing and receiving goods, maintaining inventory and stock records as well as planned maintenance reporting and assisting with the coordination of station vehicle usage and maintenance.

Requirements

- GCSE Maths and English (minimum 'C' grade or equivalent)
- Driving licence for Class A vehicles
- Proven working knowledge and experience of storekeeping systems
- Good organisational and time management skills
- Computer literate with strong working knowledge of Microsoft suite
- Confident and capable in problem solving, able to work on personal initiative
- The ability to use one's own initiative
- Excellent communications skills
- Be physically fit

Desirable Qualifications and Experience

- Driving licence for Class B vehicles
- Manual Handling Training
- Knowledge and understanding of Health & Safety procedures
- Forklift Licence Class J

Remuneration and Package

We are offering a two year contract with either Single or Accompanied status. The salary, dependant on experience, starts at £12,000 per annum (taxable on Ascension). You will also be entitled to:

- Rent-free accommodation
- A food allowance of £3,905 (or £7,329 if joined by eligible dependants)
- Relocation costs for your personal effects, including a personal vehicle
- One paid return journey to country of residence during your contract period
- Utilities (Water, Electricity and Phone) Allowance

Please note that any offer of employment will be subject to satisfactory criminal and professional vetting, valid travel documents as well as satisfactory medical clearance.

For a **Job Application Form**, full **Job Description** and for any further information, please contact Administration Officer, Krystal Phillips at KPhillips@encompass.tv

Applications should be submitted on our job application form, no later than **Wednesday 30th April 2025**

IDENTITY THEFT

DON'T LET THEM RUIN YOUR GOOD NAME!

Identity theft occurs when a malicious person steals a credit card, bank account number, driver's license or passport, in order to use someone else's personal identifying information, to gain financial benefits or commit fraud.

WHAT IS IDENTITY THEFT?

Using your personal information, thieves can access your accounts, open new accounts and make purchases in your name. They can also obtain new credit cards, passports and driving licences in your name.



CHILD IDENTITY THEFT

Happens when an underage person's data e.g. name, address,etc. is used to get benefits or services, or commit fraud. This could be opening a new account or credit line, signing up for utility services, applying for unemployment or government benefits, or even renting a property.



FINANCIAL IDENTITY THEFT

Happens when a person uses another person's data for financial gain.This includes credit and debit card number theft, online retail transactions using another individual's payment information, unwanted activity with checking or savings accounts in the victim's name, insurance fraud, etc.

CRIMINAL IDENTITY THEFT

When someone's data is used as a cover-up in illegal activities, it's known as criminal identity theft. Culprits may use another person's ID while interacting with law enforcement; for instance, they may present a stolen driver's license to avoid criminal charges like speeding or accidents.







IDENTITY THEFT TYPES

MEDICAL IDENTITY THEFT

When someone uses your personal information to obtain medical care, buy drugs, or submit fake bills to your health insurer. This can lead to false entries in your medical records and potentially affect your health care or insurance coverage.

SYNTHETIC IDENTITY THEFT

Synthetic identity theft involves the creation of a new, fake identity using a combination of real and fabricated information. The thieves can then open fraudulent accounts and conduct illegal activities using this fake identity.

STAY SAFE

- **CHECK FOR DATA BREACHES:** Watch the news for information about data breaches and take action if your accounts are compromised.
- **MONITOR YOUR ACCOUNTS REGULARLY:** Review your bank & credit card statements often to check for any unauthorised transactions.
- **BE CAUTIOUS ONLINE:** Limit sharing personal information on social media and avoid public Wi-Fi hotspots, unless you use a VPN.
- **USE STRONG PASSWORDS:** Passwords should be 12+ characters long, with upper and lower case letters, numbers, and symbols.
- **ENABLE TWO-FACTOR AUTHENTICATION (2FA):** Enable 2FA on your accounts, where available, to add an extra layer of security.

St Helena Government

CYBER SECURITY AWARENESS CAMPAIGN 2025

Isolation Connected

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Mental Health Support Worker
(£9,781 per annum)

The Health Directorate is seeking to recruit a Mental Health Support Worker who will be responsible for contributing to the care and support of patients within the Mental Health Service, as part of an agreed plan of care under the supervision of qualified staff and to undertake duties specific to a defined client group in the community. The post holder is required to undertake duties without direct supervision, working in partnership with patients, carers and other professionals/agencies in line with legislative frameworks, agreed standards and clinical policies. This involves working in a variety of home/near to home community environments and at times the hospital when an inpatient admission is needed. The Mental Health Support Worker will also need to be computer literate and take on a range of administrative duties as part for this role. Contact us for more information and a discussion.

Enquiries: **Ian Rummery on Tel No 22500 or Email ian.rummery@sainthelena.gov.sh**
Closing date: 07 May 2025

Cover Supervisor (Prince Andrew School)
(£10,361 per annum)

Within the role of Cover Supervisor you will be required to provide effective and efficient support to the school in organising and undertaking cover for absent colleagues. In addition where applicable, be also involved in planning, teaching and assessing students in designated subject areas.

Contact us for more information and a discussion.

Enquiries: **Isabel Andrews on Tel No. 24290 or Email isabel.andrews@sainthelena.edu.sh**
Closing date: 29 April 2024

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

For further information, please contact the recruitment team on telephone number **22470** or via the email address below.

Applications should be submitted through the Director/Line Manager (where applicable) to the Human Resources Officer by email recruitment@sainthelena.gov.sh or paper copies delivered to the Human Resources Officer by the closing date.

To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

SHG positively accepts applications from all members of the community, regardless of age, gender, disability, age, sexual orientation, religion or belief and will consider all applications on the basis of merit assessed against the role profile and person specification. All appointments are subject to the successful candidate providing satisfactory clearances, which include a medical check, vetting / DBS clearance and references. SHG reserves the right to have information provided on or with the application independently verified. Benefits are subject to change and may vary according to role.

Join us!

We are recruiting…

St Helena Government

JOIN THE PUBLIC SERVICE

Fuel Infrastructure Project (FIP) Maintenance Worker

(Fixed Term Contract until October 2026)

(£8,878 per annum)

The Fuel Infrastructure Project within the Programme Management Office is seeking a Maintenance Worker. In this role, the Maintenance Worker will be required to work to the FIP's fuel facilities preservation and maintenance programme and keep accurate records of all preservation maintenance work. You will also be required to take responsibility for site maintenance, particularly relating to the SHAP fuel systems in Rupert's and at the Airport. From time to time this may involve work in other parts of the Airport Development Area.

If you are interested, please contact us for more information and a discussion.

Enquiries: **Darrell Clingham on Tel No 22289or Email darrellclingham.fip@helanta.co.sh**

Closing date: 9 May 2025

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

For further information, please contact the recruitment team on telephone number **22470** or via the email address below.

Applications should be submitted through the Director/Line Manager (where applicable) to the Human Resources Officer by email recruitment@sainthelena.gov.sh or paper copies delivered to the Human Resources Officer by the closing date.

To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

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SPORTS ARENA

Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

Seems like everyone enjoyed the Easter holidays according to the chit-chats from members at the club; the juniors, youth group and adults, especially those who have never done camping on St Helena before. Although the weather wasn't in everyone's favour they all appreciated the Easter holidays.

Our junior and youth group didn't show off with their usual ability in this week's session; they didn't seem to be as well focussed as they usually do, maybe a sign of tiredness that could have affected their performance. However, six of them gave it a shot, Josie T shot 84 + 76, Pippa T shot 80 + 74, young Gilby 83 + 94.1, Eilid were willing to have a go, she shot 58, Joshua shot 80 and Daniel D also dropped points, he shot 90.1 + 96.6. It's normal at times to be lacking real significance especially in sports activities; it's all features and factors of our learning process, but their attendance is outstanding.

We appreciate apologies sent in from members who were unable to make it for the late night shoot, its understandable many may be affected by the long weekend holidays and it's so important to recover with a good rest. We had four shooters in to have a shoot, but it was just important sitting down and having a chat on so many various topics as if we were attending a drama class; but these interesting matters had to be shelved as our guns were waiting to be loaded. Pretty good shots were fired which contributed to calculating a good pattern of scores, Derek Burke 92.1 this is his last shoot before he leaves this weekend, Daniel dropped points this week with 91, Simon D made his targets look pretty bold with 99.7 & 99.6, challenging him was Elli politely in her mind saying beat this, 99.6 + 100.8; well shot guys and thanks to all for a pleasurable time at the club.

Coming up soon is St Helena's Day Celebrations, 21 May 2025, plans ongoing for an early morning shooting with prizes to be won and archery at the club. It was once said that Rifle Shooting was St Helena's national sport, therefore we are hoping to portray its features on St Helena's Day, more on this event to follow.

Have a healthy week and may our hearts be at peace.

