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SENTINEL

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This Is How We Do It



Going Green for Mental Health Awareness



"We will harness the legacy of Charles Darwin's passion"

DARWIN200 "changing the world for the better" as Saints to join epic expedition as 'Darwin Leaders' for St Helena and Ascension

OPINION

SENTINEL COMMENT

Anita Robbertse, SAMS

Over the past six weeks, since my last comment, we have been incredibly privileged to have family and friends visit us here on island. We are also excited by the prospect of welcoming our two daughters (Lizemarié and Annika) as well as their husbands (Zac and Ian) to the island soon.

Although most of our visitors have been to the island before, Zac and Ian will be experiencing St Helena for the first time. I have been diligently planning and working on an itinerary for their visit to give them the opportunity to experience as much of the island as possible during their short visit.

This has again reminded me what a special place our little island is. There are so many beautiful and unique things to see and experience here. Although I am sure that there are amazing places to visit all around the world, it is good to remember that the island has so much to offer. Sometimes we forget to appreciate what we have because we get so used to our surroundings that we take it for granted.

This reminds me of an interview we had a while back when the new branding strategy for St Helena was launched by the marketing team. A lot of opinions and input was sought and incorporated in this campaign, aiming to convey what makes St Helena special to its people. It was interesting to see how many different views all came together to show the world what makes this tiny island an amazing place to visit - from its people and the natural beauty to the friendly and welcoming culture of the island's population.

As we are preparing to explore our island anew during the coming month, I am going to make an effort to take in the beauty of our unique little paradise and to really appreciate all it has to offer.

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ST HELENA NEWS

Can't Hide from Duffy, Buoy!

Papanui Wreck Buoy located and restored thanks to crew of John Melliss

Liam Yon, SAMS

A while back, SHG issued a public announcement where they informed that an identification buoy located at the wreck of the SS Papanui in James Bay had gone missing; however they have now revealed that the buoy in question has been successfully recovered and restored after it was located by the crew of fishing vessel, John Melliss.

"Thanks to the vigilance and community spirit of local fishermen, the buoy was located and returned to Port Control several days later by the crew of the MFV John Melliss," said SHG in a recent update.

The John Melliss is skippered by local fisherman, Dorian Caswell, or Duffy, who revealed that he had already predicted locating the buoy ahead of the John Melliss's trip to the sea mounts.

"I predicted to my wife Christine, as I was leaving Friday evening 21 March, that I would find the buoy on my fishing trip on board the MFV John Melliss to Bonaparte Seamount," revealed Duffy. "On Saturday morning, 22 March, whilst on watch at 05:00, I saw the light flashing on my starboard side and immediately knew it was the buoy. I woke my crew member Donovan O'Bey and changed course towards the flashing light and we saw that it was the missing buoy. We retrieved the buoy approximately 63 nautical miles from St Helena."



Having recovered and returned the buoy to authorities, St Helena Port Control said that they extend gratitude and appreciation to the captain and crew of the MFV John Melliss "for their prompt and efficient action in locating and returning this vital navigational aid."

"Their efforts ensure the continued safety of all boat users in the vicinity of the Papanui wreck."



‘St Helena Secondary School’

New name for Prince Andrew School unveiled following a “student-led initiative” as “another step in our journey”

Liam Yon, SAMS



After much anticipation, St Helena’s sole secondary school have announced on Tuesday that, through a “student-led initiative”, a new name has been chosen for Prince Andrew School, with ‘St Helena Secondary School’ being revealed as the final choice; a simple name which, according to SHG, “proudly reflects the school’s deep connection to the island.”

It was announced back in February 2025 that Prince Andrew School would be changing its name following “approval from the Portfolio Advisory Board, the Chief Minister, and Buckingham Palace.”

Head Teacher, Phil Toal, said at the time that a new name would allow the school “to honour the contributions of our students and community without the burden of controversial ties.”

Three months on and a new name has been chosen following what was described as “a creative and collaborative project undertaken by the students over the past term” whereby ideas were explored with the aim being to “celebrate the school’s unique identity, honour its place within the wider community of St Helena, and strengthen its international presence.”

To this end, students were invited to submit suggestions for a new school name, before the Student Council “meticulously shortlisted the options,” as explained by SHG, who add that “this process ensured that the final choices reflected the school’s core values, heritage, and future aspirations.”

Following on from this, a whole-school vote was held to decide on the final name, which SHG says “empowered every student to participate in shaping the school’s future identity.”

“The newly approved name, St Helena Secondary School, proudly reflects the school’s deep connection to the island,” they continued. “It reinforces its commitment to serving the local community while also highlighting its ambition to be recognised internationally as a centre of learning, growth, and opportunity.”

A “soft launch” of the new name is set to take place over the coming months, “while elements such as the updated name, crest, and visual identity will be gradually introduced across signage, uniform, stationery, and the school’s digital presence.”

Chief Minister and Minister for Education, Julie Thomas, described the change of name to St Helena Secondary School as an achievement and “another step” in the Island’s education journey.

“This achievement depicts yet another step in our journey of reviewing our educational provision,” she commented. “Implementing standards to improve and strengthen our service offering is key to our children’s success and the success of our island, but it is of equal importance that our children’s views and opinions are taken into account as we make progress. It is therefore deeply satisfying that a key element of our rebranding initiative has been decided upon by those very people – our students, our children.”

SHG state that “the full transition to St Helena Secondary School will be completed by September 2026” - the same date that Primary Education will take on its new-look two school system on the Island.

Eighty Years since Victory in Europe

VE Day commemorated on St Helena to recognise 80 years since "the world was able to come out from the shadow of the horrific experiences of war"



Liam Yon, SAMS

A special day of commemoration took place on the Island during Thursday, 8 May, when the St Helena Veterans Association (SHVA) hosted a series of events to honour the 80th anniversary of Victory in Europe (VE) Day; honouring the sacrifices and contributions of both international and local heroes to the Allied victory in Europe on 8 May 1945.

The commemorations began with the solemn 'Readings of the Proclamation' by Cllr Robert Midwinter and by David Harding outside of The Canister, where David took time to recall the historic announcement that marked the end of World War II in Europe.

Events then shifted to The Cenotaph, where a dignified service, led by Bishop Dale, took place; offering attendees the chance to reflect and remember. A reverent two-minute silence was then held before the laying of wreaths as a mark of respect for those who served and sacrificed.

Continuing the commemorative gestures on St Helena, later in the evening, the symbolic 'Ringing of Church Bells' took place to echo the triumphant sounds that swept across Europe on that momentous day in 1945. In addition, and to add a visual tribute to the VE80 celebrations, High Knoll Fort was illuminated in the UK national colours of red, white, and blue, "serving as a beacon of remembrance visible across the island," say SHG.

Recently-appointed Chairman of the SHVA, Joshua Deville, who lead on the day's events, reflected on VE80 the following day. "Yesterday marked the national and international commemoration of this very important date in our memories and our calendars, the 80th Anniversary of that very important day, when the world was able to come out from the shadow of the horrific experiences of war and look to the future, in com-





memoration and celebration," he said.

Joshua described it as "very heart-warming" to see the community come together to pay their respects and support the marking of various events throughout the day. "I would like to convey my sincere thanks and appreciation, on behalf of the St Helena Veterans Association, to all who supported us in bringing this event to life," he commented.

St Helena was also represented at the commemorative events held in the UK, with SHG's UK Representative's Office attending both the service at Westminster Abbey and the concert held later at Horse Guards Parade in London.

"These events underscore St Helena's commitment to remembering the profound impact of the Second World War and acknowledging the collective efforts that led to peace," concluded SHG. "The programme aimed to ensure that both the global significance of VE Day and the unique contributions of St Helenians are appropriately honoured."

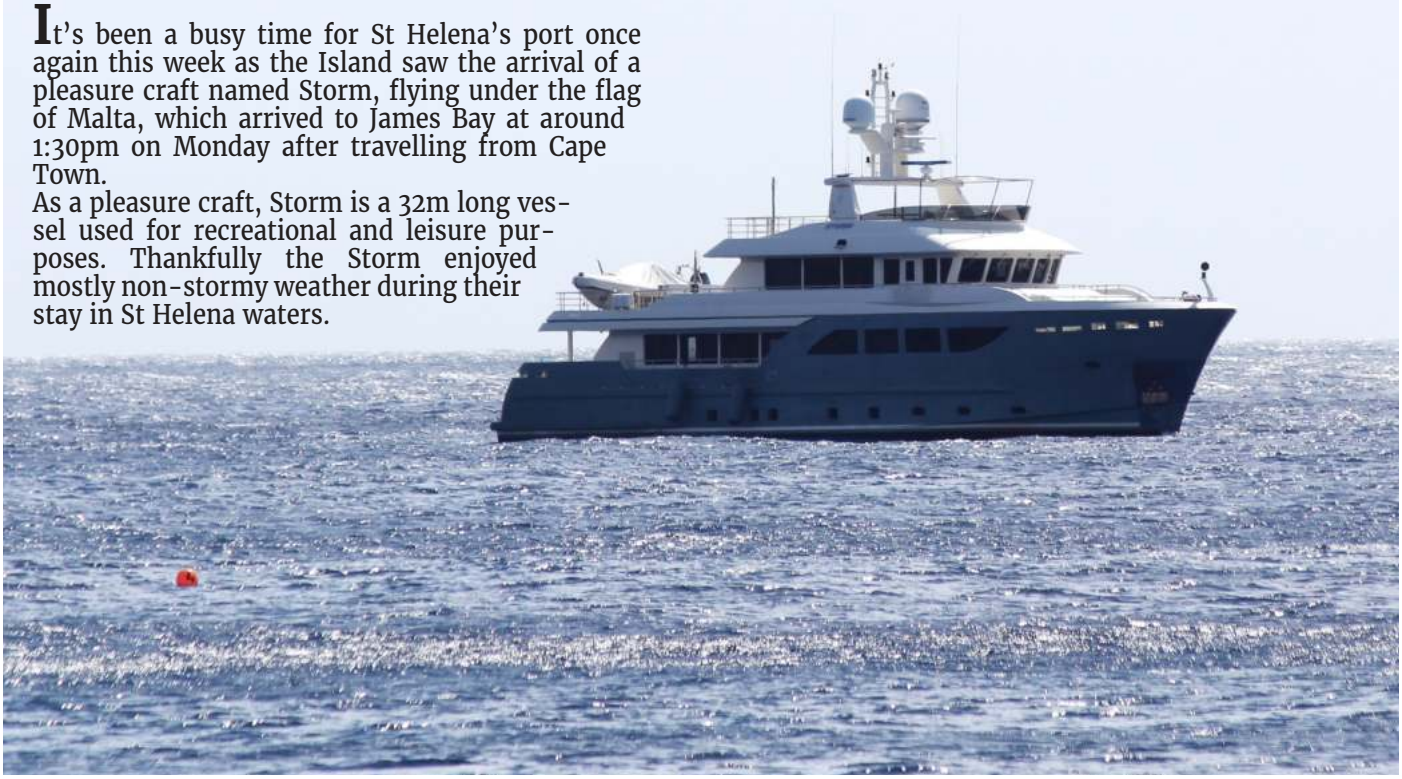
Storm in the Bay

Pleasure Craft visits St Helena

Donna Crowie, SAMS

It's been a busy time for St Helena's port once again this week as the Island saw the arrival of a pleasure craft named Storm, flying under the flag of Malta, which arrived to James Bay at around 1:30pm on Monday after travelling from Cape Town.

As a pleasure craft, Storm is a 32m long vessel used for recreational and leisure purposes. Thankfully the Storm enjoyed mostly non-stormy weather during their stay in St Helena waters.



This Is How We Do It

Ship drops off crew member for medical attention as video captures amazing work of local emergency service teams



Liam Yon, SAMS

It has become routine for St Helena to both accept and assist visiting vessels arriving to the Island to disembark crew members requiring medical attention; with St Helena bound to its Safety of Life at Sea (SOLAS) international maritime obligations.

This was the case again last Friday when, at around 3pm, Bulk Carrier, Katagalan Brave, sailing under the flag of Panama, sailed into James Bay seeking assistance, with SHG's Strategic Harbour Master Port Manager, Simon Lee, confirming to SAMS the reason for the vessel's visit. "Dropping medical case off for Medivac," he explained in brief. "Vessel will depart as soon as patient is clear."

As always, a multi-agency approach was taken utilising St Helena's Fire & Rescue Service, Sea Rescue Service, and Health Service, as well as Solomons through use of the barge with it being a stretcher case. Once again, the operation was carried out efficiently and effectively.

As such, the crew member was successfully transferred ashore, taken to the General Hospital, and they have since been Medivac'd out of St Helena via last weekend's Airlink flight to Johannesburg.

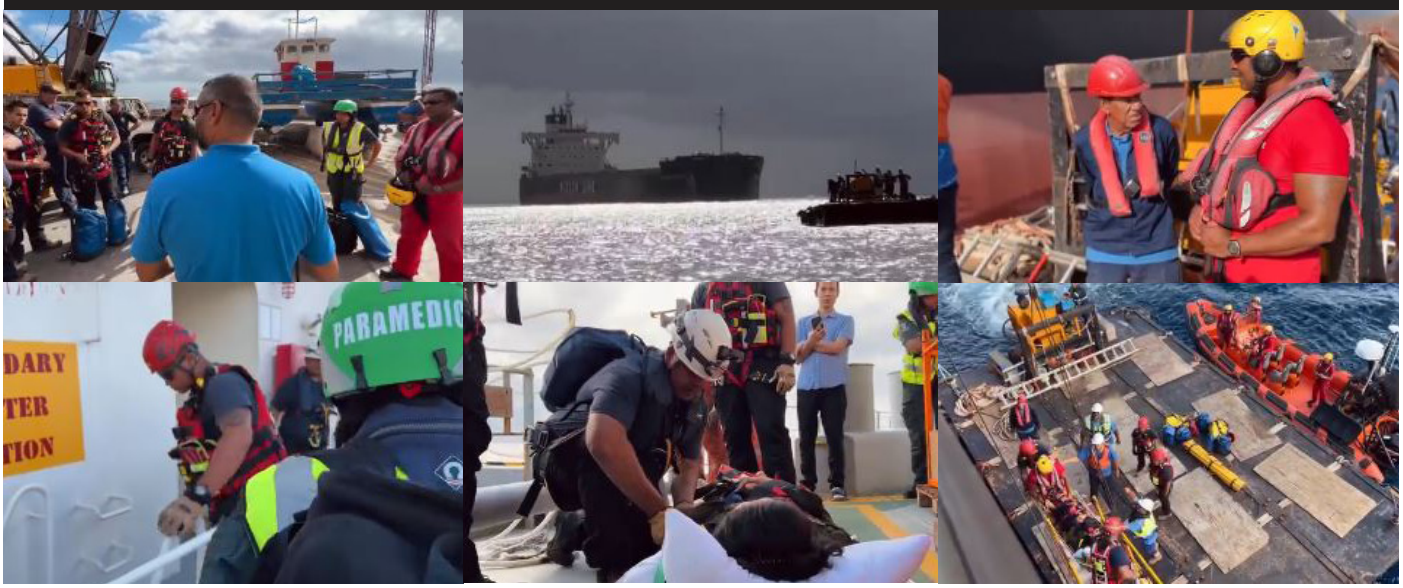
While, as mentioned, these operations are becoming routine work for the Island's emergency services, it is not often that the community can see for themselves how these critical extractions are carried out.

On this occasion however, an incredible video has been put together and posted to Social Media by Sea Rescue member, Mark Caswell, who has documented the true team effort and organisation behind these emergency evacuations.

The video is available via the SAMS Facebook Page and it is well worth a watch to truly understand the amazing work that our local teams do to assist in these often life-saving operations.

Great job once again to all involved and thanks to Mark for documenting how it all goes down.

Check out this Storyboard on our teams in action from a briefing at the Wharf to succesful patient extraction (L-R, top to bottom)



Moving it up!

Career Access St Helena relocating to ELC

Demy Herne, SAMS



The Education, Skills and Employment Portfolio have informed that they are currently operating under reduced opening hours due to their imminent transition from New Porteous House on Main Street to the Education learning Centre at Seales Corner.

When announcing the move, SHG described it as a move that will "strengthen technical support for staff and enhance training and career guidance opportunities for Post-16 students and the wider community."

To accommodate the relocation, revised opening hours have been in place since Monday of this week and will continue through to Friday, 23 May; as such, during this period, the office will open from 9am to 11am, Monday to Wednesday, and from 9am to 1pm on Thursday and Friday. Staff at this time will remain available by telephone and email.



"An Honour"

Speaker Gunnell attends Speakers Conference

Liam Yon, SAMS



Departing among the passengers on last Sunday's Airlink flight to Johannesburg was Speaker for the St Helena Legislative Council, the Honourable Cyril Gunnell, who is attending the 2025 Commons and Overseas Territories Speakers Conference (COTSC) in Westminster, London.

Speaker Gunnell was invited to the 2025 COTSC by House of Commons Speaker, the Rt. Hon Sir Lindsay Hoyle MP, who is a champion of the Overseas Territories and made an historic visit to St Helena last year.

St Helena's Speaker of the House is not representing the Island alone however, as he is joined in London by Legislative Council Office Assistant, Morgan Thomas-Henry, with the pair attending the conference that got underway on Tuesday, 13 May, and will continue through to Friday, 16 May.

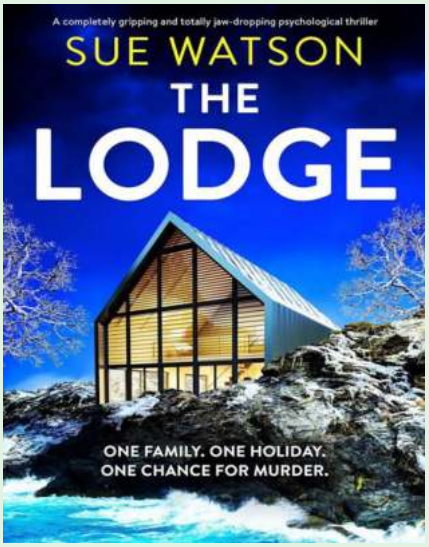
Prior to his departure, Speaker Cyril Gunnell commented that "it will be an honour to participate in this face-to-face COTSC meeting on behalf of the Legislative Council" before indicating that he would be presenting "a keynote speech on Presiding and Proceedings."

Though the conference will end tomorrow, Speaker Gunnell will not travel directly back to St Helena as he will instead take time in Johannesburg for medical reasons before his return. Morgan however is scheduled to return back this coming Saturday, 17 May.

While Speaker Gunnell is off-island, the Honourable Deputy Speaker and Legislative Council Office Staff will conduct business accordingly.

Book of the Week

Public Library Service



The Lodge

by Sue Watson

A perfect family holiday... or the perfect revenge?

I take a deep breath as I pull up to the glass-fronted lodge my ex-mother-in-law, Angela, has booked for her birthday. I didn't want to come on holiday with my ex-husband and his new wife, but she insisted that me and my children play happy families. It isn't exactly my idea of fun, but Angela has always been kind to me, and the kids are happy. I try to ignore the snow clouds gathering above. The last thing I want is to be trapped here.

As soon as Scott and Danni enter the lodge, everything changes. She tries hard to show her marriage is perfect, but as she downs another glass of wine, Scott's fixed smile cracks and I recognise his look of disgust. It's one I know far too well.

Angela always told me I was the perfect daughter-in-law, and I can't help but feel satisfied as I see the frostiness between her and Danni. If only Danni would leave, maybe this would be the birthday Angela always wanted.

Then the police call.

Someone has been killed. And they think we know something.

My heart beats wildly as I take in the deep snow piled up at the window. We're trapped in this house. There's a killer among us. And I hope that no one will suspect me.

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"We will harness the legacy of Charles Darwin's passion"

DARWIN200 "changing the world for the better" as Saints to join epic expedition as 'Darwin Leaders' for St Helena and Ascension

Liam Yon, SAMS

Currently parked in James Bay is impressive Dutch sailing ship, Oosterschelde. The three-masted topsail schooner, built in 1918, is the largest restored Dutch sailing ship in the world.

What makes this ship, and this visit to St Helena, even more impressive is the fact that she is currently on a mission, "which aims to change the world for the better."

As detailed on the official DARWIN200 website, "DARWIN200 is a planetary conservation initiative which aims to change the world for the better. We are sailing a historic tallship around the world following Charles Darwin's voyage aboard HMS Beagle two centuries ago. Using our ship as a floating laboratory and media platform, we will harness the legacy of Charles Darwin's passion for natural history to engage worldwide audiences and advance global conservation."

The DARWIN200 team is currently 20months into their epic voyage.

Part of this incredible mission is the Darwin Leaders project; which centers on empowering young conservationists in all of the ports that Oosterschelde visits. These young conservationists are being termed "Darwin Leaders" and the DARWIN200 project covers all costs for each Darwin Leader to work with an NGO to study a conservation subject in detail, working with a professional camera operator, to create three films and three written reports exploring the past, present, and future conservation of their study subject.

As detailed by DARWIN200, "our project is developing the world's top young conservationists as they gain practical experience studying conservation subjects. These leaders are developing the skills and abilities to change the world of tomorrow, taking this experience into their future conservation careers."

St Helena is forming part of this incredible project, with three young Saints having been successfully accepted to be Darwin Leaders for both St Helena and Ascension. Matthew Owen and Jolan Henry, of the St Helena National Trust, will do the Darwin Leaders St Helena project, while Tyanne Williams from SHG's Communications Hub, will carry out the Darwin Leaders Ascension project.

The three lucky young Saints will leave on the Oosterschelde this weekend for a three month placement to carry out their exciting respective Darwin Leaders projects.

DARWIN200 commented on the Darwin Leaders. "Our DARWIN200 Leaders have been selected due to their lifetime passion for nature conservation and their efforts, so far, to protect and restore our beautiful planet," they state.

Expedition Leader for DARWIN200 is Steward McPherson, renowned British geographer, field biologist, nature photographer, writer, and TV personality. Steward shared more details about this historic expedition through a talk at the St Helena Museum on Wednesday evening.



Welcome back Ruth and Issy

Hugh James representatives back on Island as they continue to build cases of medical negligence against St Helena Government

Liam Yon, SAMS



Currently back on-Island for one week, having arrived on 10 May, are regular visitors from UK Law firm Hugh James Solicitors – namely Ruth Powell and Isobel Summers – as the reputed solicitors continue to engage with clients on St Helena with potential clinical negligence claims against SHG.

This has been ongoing for quite a while, though the ambition of both Ruth and Issy remain evident as they once again visit the Island to hold face-to-face meetings with claimants who feel they have cases of medical negligence against former SHG-employed medical practitioners, Sergio Villatoro-Bran and Carlos Soto.

During their short-stay on the Island, the Hugh James reps are staying in the Consulate Hotel and are encouraging clients to meet with them for updates and to clear up any queries or concerns.

As part of regular communication between Hugh James and clients on St Helena, a recent St Helena update newsletter was issued where they informed again how they "have been unable to agree a compensation scheme with SHG" though mention that they "are open to revisiting this again in the future, but only if we can agree terms that reflect the aims that SHG set out in their initial announcement."

According to the newsletter,a court hearing was set to take place on 8 May in the St Helena Supreme Court, the outcome of which it was said would have "an impact on all the 140 cases we have been instructed to investigate and pursue." It is unconfirmed whether this did in fact take place last Thursday.

Tonight, Ruth and Issy will be holding a meeting to give an update to the public and potential claimants at the Museum, starting at 7pm.

Mental Health Awareness Week 2025



Monday 12th through to Sunday 18thMay is recognised as Mental Health Awareness Week; when people come together to focus on getting good mental health.

The theme for 2025 is 'community' and St Helena has already shown how our community can come together to help raise awareness of mental health with hundreds of Saints having posted videos where they take on the Mental Health Ice Bucket Challenge to spread awareness.

Today, St Helena is encouraging all to wear something green to show your support! Other activities you can get involved in is a bring and share lunch snack with a green theme, you can sit and relax in a green space, you and friend can get involved with a short yoga session, or why not take a quick dip in the pool or ocean.

According to Health, the colour green symbolises hope, strength and support; so come together as a community and reduce stigma around mental health.

"It works because our community steps up"

Institute of Biomedical Science publishes feature on St Helena's Laboratory



— **Liam Yon,** SAMS

St Helena's Clinical Laboratory, a crucial part of the Health Service Department, has recently been in the spotlight, with the Institute of Biomedical Science featuring what they describe as "one of the most remote labs on earth" in an online article, authored by St Helena's Acting Chief Medical Officer, Dr Jannas du Plessis.

The article describes the importance of the lab to the Island, the unique ways in which the lab operates compared to other centres around the world; due to the challenges posed with St Helena's location, while it celebrates the dedicated team and the community spirit which allows the lab to run effectively and efficiently for the betterment of local residents.

As detailed, St Helena's lab processes around 30,000 tests each year across biochemistry, haematology, immunology, microbiology, serology, transfusion science and molecular diagnostics; all done by a small but skilled team including one Senior Biomedical Scientist, one Lead Biomedical Scientist, two Biomedical Scientists, and one Medical Laboratory Assistant.

Local resident and Lead Biomedical Scientist for the lab, Justine Yon, was quoted in the article.

"I am most proud of our adaptability and the uniqueness of being multidisciplinary in this profession," she commented. "Knowing that I've helped a patient who I likely know personally makes it even more special."

Justine also noted how, despite operating different to many other similar laboratories globally, the unique circumstances of St Helena and the willingness of the community to help when called upon, works well for the Island.

"We don't have a blood bank like bigger centres," she explained. "Instead, we screen and call donors as needed. It works because our community steps up."

The full article, with much more detail, was posted to the Institute of Biomedical Science official website and was shared on their official Facebook Page which is followed by around 40,000 people. It has since been shared more widely by Islanders, celebrating the work of our local lab team and their recognition globally.

The Relic

Bishop Dale shares the story of how St Helena came into possession of two splinters from the True Cross from Golgotha



Demy Herne, SAMS

Every Good Friday, at the three-hour devotional service held at the Cathedral, parishioners are given a rare opportunity, to venerate a plaque embedded with two miniature splinters of what is believed to be the True Cross of Christ. This sacred relic, said to trace its origins back to Golgotha, comes to the public eye for a few solemn hours, though its story spans centuries.

The relic resides in the chapel at Bishop's Home, under the guardianship of Bishop Dale Bowers, who confirmed, "the two splinters embedded in this plaque come from the True Cross at Golgotha."

Its story begins with St Helena, also known as Fiona Julia Helena Augusta, the mother of Constantine the Great. "Helena was credited after her death, having discovered the fragment of the cross and the tumble which Jesus was buried at Golgotha," a discovery believed to have occurred in 326AD. This was after a long history of Roman persecution of Christians, as Bishop Dale explains, "Israel was occupied by the Romans, and Hadrian destroyed much of Jerusalem, leveled quite a bit of it. So we suffered as a result of it, the Christians within the Holy Land."

In an effort to erase Christian influence, Emperor Hadrian "built a pagan temple to the goddess Venus" on Mount Calvary and "another temple to the god Jupiter" over the tomb of Christ. Ironically, these pagan constructions helped preserve the holy sites.

Constantine's Edict of Milan in 313AD legalised Christianity. "It was no longer a crime to be Christian," said Bishop Dale. Helena, already a Christian, was believed to have influenced her son's decision. With the newfound religious freedom, Helena began her journey to the Holy Land in 326AD.

"There was a miracle and that then authenticated that this was the true cross," Bishop Dale recounts, referring to the legend wherein Helena found three crosses and identified the True Cross through a miraculous healing. She divided the cross into three parts: "One was sent to Jerusalem, one was sent to Constantinople, and the other one was sent to the Vatican." At the Vatican, it was housed in the Basilica of the Holy Cross in Jerusalem.

The story of how St Helena came to possess her own fragment on the island connects to Bishop John Salt and Bishop Michael MacPartland around 2007 or 2008. Bishop Salt had asked MacPartland whether it might be possible to acquire a relic. "Bishop MacPartland didn't say to Bishop Salt, yay or nay, he just left and went," Bishop Dale recalled. Then during a St. Mark's Petrona Festival service, MacPartland stood up and made an announcement. "You asked me, Bishop Salt, if I could secure for you a relic of the True Cross. I now present to you all what we call a relic of the True Cross and that is the cross sitting in the attorney."

The relic, "very small, it's no more than a couple of millimetres," resides in a reliquary made of brass. "Those two splinters are from the hands of Saint Helena herself, who holds that piece of wood," said Bishop Dale. "For me, if we think about what is the oldest piece of fragment on this island, apart from the island itself, which has been imported, for me, that comes from 326 AD."

Although the relic is not permanently on display, it is accessible. "People can come here anytime and see the relic, we have to be careful, we can put it on display at any time as long as somebody is there with it." Yet, its most solemn public appearance is during Good Friday.

"We then invite all the congregants who are present to come forward and venerate the cross. Now we have to be very careful here, we are not worshipping that piece of wood; we are still worshipping the one who hung on that piece of wood."

The cross serves as "a symbol of your love for Christ, for the great love that he showed for us by laying down his life for our salvation." Not all parishioners choose to venerate, but the church remains open to explaining its meaning. "We need to do a bit more by way of letting people know that."

Other denominations on the island have been made aware. "We've had them here in the Bishop's Chapel tourney, and we've shown them the relic of the true cross, Major Wendy knew it, Father Musgrave, he knows about it, The Baptists, they knew it!"

As for why it resides with the Anglican Church rather than the Roman Catholic Church is because "we, as the Anglican Church, being the largest denomination of St Helena made the request to Bishop McPartland and then he went off, and he brought it back to us."

While relics have been subject to skepticism, especially post-Reformation, the sacred significance remains. "For me, the symbolism of the cross, which is our salvation," Bishop Dale explained.

When questioned about its value, Bishop Dale commented that "valuing such an object is beside the point. I wouldn't put a figure on it to be honest. We just say it is something that's very sacred and very valuable."

LIFESTYLE & CULTURE

Understanding Gout on St Helena: *What You Need to Know*

Arjelo Onde, Contributed





Some People May Be Suffering and Not Even Know It

During my years working as a medical radiation technologist, I encountered gout countless times. I witnessed firsthand the debilitating impact it had on individuals: excruciating joint pain, difficulty moving, swelling, and the frustration of recurring pain.

Living on St Helena Island now, I think many people might have gout and not know it. They may think it's just sore joints or an injury. But gout is a health problem that happens when too much uric acid builds up in the body. The good news is it can be treated and controlled.

I've written this article to provide a simple, yet informative, explanation about gout. I hope it serves as an educational tool for you, your family, and our entire community. This article is for informational purposes, so please speak with a healthcare provider, such as a physician, for a proper diagnosis and treatment.

What exactly is Gout?

Gout is a type of arthritis, a condition where the body's defense system attacks its own joints. Gout happens when there is too much uric acid in the blood. This acid forms tiny, sharp crystals called monosodium urate crystals, which build up in the joints, causing swelling and intense pain.

The most common site for a gout attack is the big toe, particularly the joint at the base of the toe, a condition known as podagra. However, gout can also affect other joints, such as the knees, ankles, wrists, and elbows. The big toe is most commonly involved because it is cooler than other parts of the body, and lower temperatures promote the formation of urate crystals. These crystals are more likely to form in areas with cooler temperatures, which is why peripheral joints like the toes are more often affected.

During a flare-up, the affected joint becomes red, swollen, and extremely tender. The pain can be so severe that even the weight of a bed sheet makes it worse. Although gout is commonly associated with older adults, it can actually affect people of any age. This is a common misconception. Younger adults may also develop gout, especially if they are overweight, have high uric acid levels, or follow a diet high in purines. Recognising this early can help people avoid long-term joint damage.

Why might Gout be common on St Helena?

I've noticed a few things here on St Helena that might raise the risk of people getting gout:

- **Diet:** Many of us eat foods high in purines, like processed meats, seafood, and organ meats. When the body breaks down purines, it makes uric acid, which can cause gout.
- **Alcohol:** Beer and hard alcohol, which are popular on the island, can raise uric acid levels.
- **Not drinking enough water:** Some people may not drink enough water, which can lead to dehydration. This makes it harder for the body to get rid of uric acid.
- **Lack of exercise:** Not being active enough can lead to weight gain. Extra weight puts more stress on the joints and increases the chance of getting gout.
- **Not knowing about Gout:** Many people aren't aware of what gout is or what it feels like, so they might not get the right help in time.

All of these factors can raise uric acid levels, which eventually leads to gout.

What does Gout feel like?

The symptoms of gout can be different for each person, but these are the most common signs:

- Sharp pain in the joint, often starting at night
- Swelling that makes the joint look bigger
- Redness and skin that looks shiny over the joint
- The joint feels warm and hurts even with small movements
- The pain can last from a few days to weeks, and the joint may feel fine between pain episodes

The big toe is usually the first joint affected, but gout can also affect the ankles, wrists, and knees, and it often affects just one joint at a time.

What causes Gout?

Gout happens when there's too much uric acid in the body. What is uric acid? Uric acid is a waste product that the body makes when it breaks down certain foods like red meat, seafood, and alcohol. Normally, the kidneys get rid of uric acid through urine. But if your body makes too much, or the kidneys can't get rid of it properly, the extra uric acid builds up in the blood. This causes a problem called hyperuricemia, which means too much uric acid in the blood.

Why can't the Kidneys always get rid of Uric Acid?

Sometimes, the kidneys don't work the way they should, so they can't

get rid of uric acid properly. This can happen if a person has health problems like high blood pressure or diabetes, doesn't drink enough water, or takes certain medicines. Some people are also born with kidneys that don't clear out uric acid very well. When this happens, uric acid stays in the blood and can cause gout.

Too much uric acid can turn into tiny, sharp crystals. These crystals build up in the joints and cause swelling, redness, and pain. These are the main symptoms of gout.

Common risk factors for gout:

1. **Foods high in Purines:** If you eat a lot of these, you might be at risk for gout:

• Red meats like beef, lamb, and pork
• Organ meats like liver and kidneys
• Seafood like anchovies, sardines, tuna, mackerel, lobster, crab, and shellfish
• Alcohol, especially beer and strong drinks

2. **Medications:** Some medicines, like diuretics (used for high blood pressure) and aspirin, can make your uric acid levels go up, which can lead to gout.

3. **Other things that can raise your risk**

• **Being overweight:** Extra weight puts more stress on your joints and can make gout more likely.
• **Not drinking enough water:** If you're dehydrated, it's harder for your body to get rid of uric acid.
• **Kidney problems or high blood pressure:** These can make gout happen more easily.
• **Family history:** Sometimes, gout can run in the family. If your parents or relatives had it, you might be more likely to get it too.

What does Gout look like on an X-Ray?

In some cases, if gout is left untreated over time, it can lead to changes in the affected joints that may be visible on an X-ray. Early in the disease, there may be no visible signs on an X-ray. However, as the condition progresses, tophi (urate crystal deposits) can form and become visible, often as irregular, lumpy areas around the joints. These deposits can cause joint damage and deformities, which might be seen on an X-ray as bone erosions or changes to the joint's shape.

X-rays are often used by doctors to assess the severity of the condition and to rule out other joint problems. It's important to note that an X-ray cannot directly confirm gout, but it can help in understanding the extent of joint involvement and guide treatment.

How to prevent Gout

You can help prevent gout by making healthy choices. Here are some simple tips:

1. **Drink plenty of Water:** Water helps flush out uric acid. Check with your doctor if you have kidney or heart problems.
2. **Eat a Healthy Diet:** Eat more fruits and vegetables, and cut back on red meat, organ meat, and seafood.
3. **Avoid Sugary Drinks and Alcohol:** Sodas and alcohol, especially beer, can raise uric acid levels. Try to limit or avoid them.
4. **Maintain a Healthy Weight:** Being overweight raises your risk for gout. Stay active and eat well.
5. **Rest during a Gout flare:** If you have a gout attack, rest the joint, put ice on it, and keep it elevated. Talk to your doctor for help.

What if you already have Gout?

If you already have gout, don't worry, you're not alone. Many people live well with gout. The key is to get the right treatment, control the symptoms, and stop flare-ups from happening.

1. **Medications:** Your doctor may prescribe medications to help manage pain and swelling during a flare-up. They might also suggest medications to lower uric acid levels and prevent future flare-ups.
2. **Lifestyle changes:** Along with medication, what you do every day matters too.

• **Diet:** Eat less red meat, organ meats, seafood, and alcohol. Instead, eat more fruits, vegetables, whole grains, and low-fat dairy.
• **Hydration:** Drink lots of water, 6 to 8 cups a day, to help your body get rid of uric acid.
• **Weight:** Keeping a healthy weight helps reduce pressure on your joints and may stop gout attacks.
• **Exercise:** Gentle exercises like walking, swimming, or cycling can help keep your joints healthy and control your weight. Avoid hard exercises during a flare-up, but staying active when you're feeling better can really help with gout.

3. **Taking care of joints during flare-ups:** When you have a gout flare-up, rest the affected joint. Don't put weight on it, and try to raise it to reduce swelling. Ice can help numb the pain and reduce swelling. Avoid tight clothes or shoes that can make the pain worse.
4. **Regular check-ups:** If you've had gout for a while, it's important to visit your doctor regularly. They will check your uric acid levels and make sure your medicine is working. Your doctor may change your medicine if needed.
5. **Managing stress:** Stress can trigger gout, so try to relax. Activities like deep breathing, meditation, or gentle exercises like walking can help you feel calm.

By following your doctor's advice and making a few lifestyle changes, you can manage gout and live a healthy, active life. Just remember to stay in touch with your doctor about your symptoms and treatment.

Quick Reminder: Lighthouse Wellness Center

If you're looking for ways to live a healthier lifestyle, the Lighthouse Wellness Center is a great local resource. We offer free wellness programs that support a healthier diet and more active lifestyle, both of which are crucial for managing and preventing gout.

Don't miss our upcoming Aerobics Class on May 19th from 5–6 PM at the Jamestown Community Centre. It's a fun, low-impact way to move your joints, improve circulation, and boost overall well-being.

We also run free cooking classes to help you prepare meals that are nutritious. To learn more, call 22267 or visit the Lighthouse Wellness Centre, located next to the Seventh-day Adventist Church.

If you ever want to talk about your health, we're here to listen and support you. While we are not physicians, we care deeply about your well-being and will always encourage you to speak with a qualified doctor for proper diagnosis and treatment. A physician is always the best choice for your medical care.

Final Words

Gout is a serious condition, but the good news is that it can be treated and even prevented. I've seen many people suffer from it simply because they didn't know what it was or how to manage it.

With better awareness, we can take simple steps to protect our joints and improve our health. If you think you might have gout, please talk to a doctor. Early treatment can prevent long-term damage and help you live more comfortably.

Let's support one another here on St Helena and work together to keep our community healthy and informed.

Sources:

• Loma Linda University Health: Gout Information
• Mayo Clinic: Gout
• National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS):Gout
• Cleveland Clinic: Gout
• Arthritis Foundation: Gout

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. May 16
- 8am -11am: Sunrise show with Liam Yon
- 11am: American Connections (Repeat)
- 2pm: Our Show (Repeat)
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. May 17
- 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.May 18
- 7am-noon: Sunday Show with Anita and Deon
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Demy Herne
- 5pm: In Scope
- 7pm: Anglican Church Service
- 20:30: Classical Compilations

MON. May 19
- 7am-10am: Sunrise with Luke Bennett
- 10am: Select Committee 1 live hearing
- 5:30pm: Country Classics
- 7:30pm: Sound of the 80's with John Turner

TUE. May 20
- 7am-9:00am: Morning Show with Donna
- 9am-11am: Midmorning with Demy
- 11am-1pm: Vibes with Anita
- 2pm: In Scope
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Demy Herne
- 7:30pm: Classical Compilations

WED. May 21
- 7am-8:30am : Sunrise with Deon
- 8:30am-10:30am: Our Show
- 11am-1pm: Sounds from the garden with Tony Leo
- 1pm-3pm: 1548 with Ferdie
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. May 22
- 8am-11am: Sunrise with Liam & Luke
- 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



Let's Celebrate St Helena's Day together!

If you don't have plans for coming into town for the St Helena Day celebrations, then why not tune in to SAMS Radio 1?

We will help you celebrate St Helena's National Day and, as always, there's going to be a little something for everyone to enjoy!

Happy St Helena's Day 2025 everybody!

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

SAMS South Atlantic Media Services Ltd

Sentinel Sudoku Session

This week's difficulty is 'Hard'

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

Throwback Thursday



15 May 2020 - Lower Rupert's is evacuated after it is discovered that fuel from the (original) Bulk Fuel Farm has been leaking for some time into the ground, causing risk of an explosion. Affected soil is relocated to a secure area of the Horse Point Landfill Site in Longwood (http://sainthelenaisland.info/)

Banana Fritters

Managed to get your hands on some tasty local bananas? How about trying out this Saint-style Banana Fritters recipe!



Ingredients

- 3 large ripe Bananas
- 2 tbsp Plain Flour
- 60 g Mixed Fruit

Method

1. Peel and mash bananas

2. Mix in flour and mixed fruit

3. Heat oil in a frying pan on medium heat, using a tablespoon carefully drop spoonfuls of the mixture into the pan to gently fry. These fritters cook very quickly, once browned carefully flip to cook the second side using fork or spatula.

4. Once cooked, remove from pan to a kitchen towel and repeat.

5. Once cooled enough, enjoy!

'A Good Ole Giggle'

Why do ducks have feathers?

To cover their butt quacks!

IN SCOPE: RECAPPED



In Scope: Education, Skills & Employment Portfolio

Focus on the Education Review

Anita Robbertse, SAMS

Chief Minister Julie Thomas had Marie Horton (Interim Portfolio Director) as her guest on In Scope again to share the future plans for Education with listeners as she is nearing the end of her time on island. Marie came to St Helena almost a year ago with the primary objective to progress the education review and implement the decisions taken.

Marie's two main priorities when coming to the island was to manage the day to day responsibilities of the portfolio to meet statutory obligations alongside undertaking the education review. This required a comprehensive understanding of individual roles within the portfolio. She also needed to gain input and views from various key groups involved in education. This called for many hours of listening and consultation to gain a good overview and perspective. With political priorities also taken into consideration, a term of reference for the educational review was developed and approved.

Work groups were then set up across various sectors to ensure a broad island-wide input in shaping the future of education on St Helena. This was a critical approach as Education is everyone's business, shaping the future of the island and its community.

The next step in the review process was to collect data to ensure informed, evidence-based decisions could be taken. Both quantitative (hard data) and qualitative (soft data, like opinions) data were collected and analysed through many hours of work. This data was then collated to formulate a state of the nation, providing a clear picture of the strengths and opportunities within education and what improvements would need to be made.

The first development that needed to be addressed was to secure an education standards framework. To find a framework that would fit with education on St Helena, frameworks for British International Schools were explored to find a curriculum with a strong focus on British culture as well as local St Helenian culture. In September 2024 it was decided to adopt the COBIS (Council of British International Schools) standards as St Helena's education standard. This was an important decision and would underpin a lot of work in moving forward. The education standards and the evidence-based data showed it critically important to raise standards in the island's education to that of similar communities and secondly raising standards to those of the UK. The COBIS framework was chosen as this is the only framework that provides teacher status for educators without an international qualification. The COBIS standards cover all aspects of school life and will bring about significant changes that will undoubtedly pose some challenges for all involved in this reformation process. Record keeping, providing evidence of attaining, and maintaining these standards and consistent practices will be critical to secure and maintain COBIS accreditation.

During the review process, strong UK partnerships were formed with Hampshire Local Authority (HLA) and the FCDO to ensure unbiased inputs as well as external oversight and support. A big part of the work done in collaboration with HLA was to identify gaps and provide training and support related to quality of teaching and learning with a focus on special educational needs practices. HLA have been engaging with educators on St Helena on a regular basis, providing

valuable support and expertise as well as training remotely and through in-person visits. The FCDO has also been part of the consultation process from the start, exploring how the review can be approached and how the primary school offering could be reorganised on island effectively. It was evident that there is an operational challenge in that there is simply not enough staff available on island. Another aspect that had to be taken into consideration is the decline in the number of children. An options appraisal was needed but the Education department did not have the resources to conduct such an appraisal. Three education experts from the FCDO came to St Helena voluntarily to conduct this appraisal, producing an impressive piece of work during this time setting out options based on the data available. These options were presented to Ministers to consider the appropriate next steps to implement in the education system on island.

Work that has already been implemented to move St Helena's education system towards COBIS standards is developing teaching and learning, developing phonics practice, inclusion and early years learning. Working with HLA, a bespoke training plan was designed and undertaken remotely early this year to address these training needs that was identified. These areas were identified as they relate closely to early learning, ensuring a good solid foundation. Although this training was a good start, there was still a need for more in-depth training. Trainers from HLA came to the island for three weeks to further improve the training offering for teacher. These trainers also supported the education portfolio in ensuring that the correct and appropriate resources were acquired. As part of the new phonics scheme, children's progress will be entered into a cloud-based phonics tracker and a remote phonics network is also being set-up with HLA. Teaching phonics is an essential skill and it is hoped that a significant uplift in phonics outcomes will be seen over the months to come. With regards to training, a clear plan for the next year has been designed with the priorities aimed at linking with COBIS standards and the education review. Once phonics skills have been mastered, training will continue in teaching and learning, particularly in behaviour for learning.

The other big priority in schools is safeguarding and the portfolio is in discussions with the FCDO regarding education safeguarding support. A cloud-based system have been put in place and the portfolio is embarking on a journey to learn how to use and apply these systems, processes and record keeping tools to improve safeguarding.

With the completed review and initial work providing a good foundation, it is important to mention that the work will continue irrespective of the individuals involved as there is a clear roadmap of the way forward to ensure continuity. One of the aspects that is critical in ensuring that works progress is funding. £2 million has been secured through the BIOT funding, which is currently being spent mainly on recruiting expertise to improve school leadership. Other funding is being used to investigate possible improvements to the drainage of the fields at St Paul's School and it is hoped that a modest uplift in the recurrent budget can be applied to the COBIS implementation plan. Further funding will be sought from external sources for the various priorities and work streams to progress the restructuring plan for the primary as well as the secondary school. Work that has already been completed in the secondary school is improvements to the hall where the floor and blinds were replaced among other things that are planned. Lights will also be replaced by LED lighting to reduce electricity costs. These improvements are all part of the structured plan to systematically upgrade schools to a required standard.

In terms of education standards, a five year fully costed COBIS implementation plan has been formulated and a project manager has been appointed (soon to arrive) to action the implementation of this plan as well as the primary school reorganisation. EDIP funding to the amount of £3.5 million have been secured to support capital changes to the primary school facilities. Portfolio KPI's and FCDO accountability KPI's will further support the journey towards realising the restructure of education on St Helena further.

The implementation date for the primary restructure is set for September 2026 and a lot of work has to be done before then. Capital work can only take place during the school holidays. Additionally funding and budget constraints might mean that work will take longer to complete. The project and programme boards will hold all interested parties accountable while also identifying and mitigating risks and stumbling blocks.

Recruitment is also a priority to ensure capacity is available to implement the restructure and attain set standards. HR is working with the ESE portfolio to consult with staff and to work through this stressful and challenging period of restructuring. Marie took a moment to really commend the staff for their resilience and commitment to improving education on the island. Consultations with stakeholders will be held regularly throughout the process to ensure constant feedback and to keep everyone up to date with plans and progress.

Other work that will be ongoing is ensuring the delivery of a structured training plan as well as the developing and implementing of policies and procedures to support the changes. Work is also being done to create a website for education to provide access to all relevant information. Improving school attendance is another area that will be a priority to improve education and learning on island. Policies and procedures will be implemented across all schools to ensure consistency and raise standards and outcomes across the board. In addition to policy changes, the team will have to look at revising the Education Ordinance of 2008 as soon as changes have been embedded into the education system. This is a very complex and time-consuming piece of work that will have to be addressed in the future.

In conclusion, Marie said that she does not underestimate how challenging these changes have been, but she commended the education staff for the professional way in which they've approached the restructure and for remaining committed to the needs of the island's children. She also thanked all the stakeholders, FCDO, Hampshire and the community for their involvement throughout the review process. It is critically important that education provides for the needs of children to prepare them for the future and to ensure this is the case on St Helena will require a lot of hard work, vision, determination and consistency. Improving education has to remain a priority to the community, the children and the island as a whole to ensure a better future for the island. It is a long journey, but also an exciting opportunity to make a big difference in people's lives. Our children are our future and we all need to work together to follow the roadmap set out to support them as best we can as a community. Julie took a moment to thank Marie for all she had done for education on the island over the past year in driving this hugely important piece of work to kick-start the journey of improving education on St Helena.

NOTICE BOARD

CUSTOMER UPDATE

FREQUENTLY ASKED QUESTIONSON ELECTRICITY STANDING CHARGES FOR EMPTY PROPERTIES: UPDATED

At Connect Saint Helena Ltd, we are committed to providing clear, transparent information about how your electricity charges are calculated. Below are the frequently asked questions we have received in relation to the standing charge on empty properties.

What are standing charges?

Standing charges are a fixed chargeintended to cover the cost of maintaining the infrastructure necessary to deliver electricity to your property. This includes:

- Maintaining the electricity grid and local distribution network
- Meter maintenance and routine safety checks
- Readiness to supply electricity on demand
- Administrative services and customer support
- Emergency response and system reliability

These services remain in place regardless of how much electricity you use — or whether you are using any at all — ensuring that the electricity supply is immediately available whenever needed.

Why are standing charges being applied to empty properties?

Electricity maintenance costs have increased, coupled with a declining customer base. There is a burden on Connect to ensure that the infrastructure supporting every connection to the electricity grid is maintained. This means we continue to incur costs to ensure the safe and reliable operation of the system for every connected property, including those with usage below 10 units.

The empty properties standing charge is applied whenever a property does not consume sufficient units of electricity to bring in sufficient revenue to recover the basic costs of maintaining the infrastructure to that property.

What is an empty property?

An empty property is defined as one that consumes less than 10 units of electricity in the quarter under review. This can be due to temporary inoccupation, or long-term absence.

What if my property is occupied?

The empty property standing charge applies to all properties that consume less than 10 units per quarter. This means that it also applies to properties that are occupied but which have very low usage.

If I have two meters on the same property, do I pay the standing charge?

Yes. The standing charge is applied to every meter where consumption is below 10 units per quarter. However, in very exceptional circumstances an exemption might apply.

Are exemptions available?

Yes. Each request for exemption is considered on a case by case basis.

For example, the empty property standing charge need not apply to properties under construction or deemed uninhabitable, but will take effect from the point that occupancy has been approved.

Similarly, if the property has low electricity usage due to unforeseen exceptional circumstances (for example, if the occupants are absent on medical grounds), an exemption may also apply.

Connect has also considered unique cases where a single property has two meters. We have granted exemptions where we can see that this has arisen through the design of the property, typically in historic buildings. This exemption does not apply where a property has more than one use (for example, there might be a domestic dwelling and a small business on the same property, each with its own meter) or where the property has deliberately been wired separately (for example, a domestic dwelling with a separate garage alongside the dwelling).

Exemptions are also available for religious organisations and charities.

Options for Long-Term Unoccupied Properties

We recognise that some properties may remain unoccupied for extended periods, such as holiday homes, rentals, or properties under renovation. In such cases, customers may consider the following options:

- Temporary Disconnection: This can pause standing charges, but may involve a reconnection fee when service is restored.
- Account Review: Our customer support team can help assess your account and recommend any available options based on your property's status.

Options for Low-Usage Properties

We understand that for some customers it is not feasible or desirable for them to consume 10 units of electricity per quarter. Our concern is that this means we do not recover the minimum amount to cover the fixed costs of providing services to the property. The standing charge is our way of recovering this cost.

If you believe you have grounds for an exemption from the standing charge, please contact our customer services team (see details below).

Our Commitment

We understand that charges on empty properties can be a concern for some customers. We are committed to supporting our customers through clear communication, flexible service options, and responsive customer care. The FAQs are being updated as we receive more questions so please keep checking for updates.

For more information or assistance with your account, please contact our customer service team at 22255 or via enquiries@connect.co.sh, or visit our website at www.connect.co.sh.

12 May 2025

St Helena Government

PUBLIC NOTICE HEARING

Application 2024/13 – Retention of the Fence installed at the Coffee Shop, Jamestown on Parcel JT020034

The Appeal Hearing against the decision to refuse development application 2024/13 by the Governor in Council at its meeting on 23rd July 2024, and to serve an enforcement notice or as to the terms thereof issued on 20th February 2025 will be held at the Court House, Jamestown on Wednesday, 4th June 2025 at 10am.

Patricia Coyle
Head of Planning & Building Control

NOTICE BOARD

ASCENSION ISLAND GOVERNMENT

Marine Protected Area Officer

Total Package value £24,248 per annum

(comprising salary of £15,710 per annum + food and utilities allowances, free housing and other benefits – details below)

About the role

The Conservation Directorate of the Ascension Island Government is currently looking for a passionate, suitably qualified and experienced marine conservationist to join our Marine Protected Area (MPA) Management Team. The Ascension Island MPA was designated in 2019 and is one of the largest areas of protected ocean in the world.

What you'll do

As a member of the small MPA Management Team of marine scientists you will work with us to help protect the unique ocean environment around Ascension Island and develop and grow partnerships with research organisations and NGOs across the globe.

What you'll bring

We are looking for someone with a strong background in marine conservation and with experience of conducting field work in sometimes challenging conditions. You will require a good knowledge of marine eco systems, threats to marine biodiversity and sustainable management practices. In addition, you will have a strong grounding in the biological sciences and have the ability to translate the results of monitoring and research into programmes of practical conservation action. You will also need to have experience and certification in outboard motor powerboat handling. Ascension Island is a challenging environment to live and work in, so you will need to be resilient and adaptable in order to thrive here.

What we offer

In addition to an annual salary of £15,710 (taxable on Ascension), the role attracts a single status two-year contract and the following additional benefits:

- Rent free accommodation valued at up to £2,400pa (taxable benefit)
- A single status food allowance £3,840 pa (taxable benefit)
- An electricity allowance paid in kind worth £938 pa
- A single status water allowance paid in kind worth £1,360 pa
- Relocation costs for your personal effects from your home country and assistance with shipment of a vehicle
- One mid-contract return journey to your country of recruitment
- A gratuity payable on the successful completion of the 2-year contract
- 30 days paid annual holiday (with additional 9 days public holidays)
- Free primary dental and medical care
- Free annual travel insurance

The appointment will be subject to:

- Satisfactory employment references
- Enhanced Criminal Records Check
- Satisfactory Medical Clearance

Closing Date: 01 June 2025 Interviews: Week commencing 02 June 2025 (via video call if off island).

For more information, job descriptions, and to apply visit: https://www.ascension.gov.ac/lifestyle-and-employment/working-here/

Mantis St Helena

We're Hiring:

Waitstaff

(Full-Time & Part-Time)

DO YOU LOVE PEOPLE, GREAT FOOD, AND A FAST-PACED ENVIRONMENT. WE'RE LOOKING FOR FRIENDLY, RELIABLE, AND ENERGETIC WAITSTAFF TO JOIN OUR TEAM!

WHAT YOU'LL DO:

- Greet and serve guests in a professional, friendly manner
- Take food and beverage orders accurately
- Ensure guests have an excellent dining experience
- Work as part of a supportive, efficient team
- Keep tables and service areas clean and organized

WHAT WE'RE LOOKING FOR:

- Previous experience is a plus, but we're happy to train the right person
- Positive attitude and strong communication skills
- Ability to stay calm and organized under pressure
- Must be available to work evenings and weekends

WHY WORK WITH US?

- Flexible scheduling
- Great team atmosphere
- Opportunity to grow in the hospitality industry

APPLY NOW by sending your CV to Robyn-Tionette.FRANCONI@mantiscollection.com

REGISTER TO VOTE

ST HELENA ELECTION 2025

MAKE ST HELENA GREAT

JOIN #MSHG

YOUR VOTE COUNTS – REGISTER NOW!

Be part of the change. Support #MSHG and help shape St Helena's future.

IF YOU'RE ON ISLAND — USE FORM A

Are you a Saint or just gained Saint status?

Not yet registered to vote?

➔■Add your name to the voter register TODAY!

Complete Form A (available at the Public Library)

Or register online:

sainthelena.gov.sh/government/public-information/elections

Deadline: 23rd May

IF YOU'RE TEMPORARILY AWAY — USE FORM B

Are you ordinarily resident on St Helena but currently off-island?

Still eligible to vote if you've been away under 30 months for:

- Education
- Employment
- Training
- Medical reasons

■Complete Form B at the Library or online to remain on the register.

Need Help?

Contact:

Carol Henry or Anita Legg at The Castle

Tel: 22470

VOTE FOR CHANGE. VOTE FOR #MSHG

Your Island. Your Voice. Your Future.

NOTICE BOARD

FIREFIGHTER ADVERT

JOB VACANCY WITHIN THE ST HELENA AIRPORT

The St Helena Airport is looking to recruit an experienced professional in firefighting/aircraft ground handling.

The successful applicant will be a member of the Rescue and Fire Fighting Service and will be trained in the use of Aircraft Ground Service Equipment to support aircraft turnarounds at St Helena Airport. Applicants will be expected to work at height and achieve a rope rescue certification of Level 2 or higher within the first year of employment.

Other duties will include Environmental Officer support tasks such as:

- Wildlife monitoring
- Maintenance of the Airport precinct gardens
- Inspections of Airport buildings and surrounding areas
- Inspection and maintenance of the Sewage Treatment Plant.

Other duties will include maintenance tasks such as:

- Corrosion control of various machinery and buildings

Applicants must be of a professional manner and achieve the following:

- A full medical assessment
- Pass a narcotic and Alcohol test
- Pass a fitness assessment and agility test
- A clean driving license (J4)
- Able to pass a Criminal Background Check and Employment Verification Check in accordance with the Overseas Territories Aviation Requirement (OTAR) 178.

All applicants will be viewed with preferred experience and certifications in the following:

- Experience within a firefighting service
- Experience within an airport environment
- Firefighter 1 and 2 or equivalent
- Driver/pump operator.

The Aviation environment is primarily driven by safety; as such, applicants must be:

- Safety conscious
- Willing to undergo and actively participate in continual training
- Able to work as part of a team and support their colleagues
- Have a professional and level-headed demeanour.

The starting salary for this post is between **£16,922.93** and **£17,554.87** per annum, depending on qualifications and experience plus a transport allowance of £1,020 per annum and a 12.5% company pension contribution.

If you believe you have the relevant qualifications and skills to suit this role, or you would like more information, you can contact Marc Fowler, Rescue & Fire Fighting Service Manager on email marc.fowler@sthelenaairport.aero or Telephone number 25180 Ext 135 or to receive the job description and application form please contact Mandy Peters, Business Manager at the St Helena Airport on Telephone number 25180 Ext 132 or email address recruitment@sthelenaairport.aero.

The closing date for this position is **Friday 30 May 2025.**

NOTICE BOARD

BAPTIST CHURCH

Sunday Services
18th May
Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday, 20th May Baptist School Hall 7.00 pm
Thursday, 22nd May Sandy Bay Chapel 5.30 pm

SPECIAL EVENTS
Outreach Service
Sunday, 25th May Kingshurst Community Centre 3.00 pm

Ladies Meeting
Wednesday, 28th May Baptist School Hall/J Town 10.30 am

ALL ARE WELCOME

For further information contact:
Tel No 24644

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 18th May 2025– 4th Sunday after Easter		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Eucharist	Cathedral
3.30 p.m.	Eucharist	St Peter
	Wednesday 21st May	
11.00 a.m.	**St Helena Day Service**	**Grand Parade**
The Parish of St James		
Sunday 18th May 2025 – 4th Sunday after Easter		
9.30 a.m.	Eucharist	St James
	Thursday 22nd May	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 18th May 2025 – 4th Sunday after Easter		
11.15 a.m.	Eucharist	St Mark
3.30 p,m,	Eucharist	Barnabas, Levelwood
	Tuesday 20th May	
7.00 p.m.	Alpha	St Mark

THE ROCK CHRISTIAN FELLOWSHIP

EVERY HOME FOR CHRIST

PRAYER MARGINS CAMPAIGN

DATE: 24 MAY 2025

VENUE: HIGH KNOLL FORT

TIME: 09:30 - 15:00

THEME:
Gather My People to Pray



Zechariah 8:20-22
"Many peoples and the inhabitants of many cities will yet come, and the inhabitants of one city will go to another and say, 'Let us go at once to entreat the Lord and seek the Lord Almighty. I myself am going.' And many peoples and powerful nations will come to Jerusalem to seek the Lord Almighty and to entreat him."

MAY OPENING HOURS



Main Branch

Monday - Friday	08:45 - 15:00
Saturday	09:00 - 12:00

Airport Kiosk

Flight days only	10:30 - 14:30

Remote Banking

HTH Supermarket	Tuesday, 27 May	09:30 – 13:00
Longwood Enterprise Park	Wednesday, 28 May	09:30 – 14:00

Bank of St. Helena Ltd.

info@sainthelenabank.com +290 22390
www.sainthelenabank.com Market Street, Jamestown
@sainthelenabank 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 Company Regulations, 2004

NOTICE BOARD

THE ROCK CHRISTIAN FELLOWSHIP

Greetings to all at The Rock Christian Fellowship who have gathered today in honour and appreciation of our Nurses.

It has been the second year that I write this greeting while I am experiencing the loving care and attention from so many Nurses here in South Africa. Elaine and I would really love to be with you this morning but once again this is not possible, but we are with you in spirit.

Let us begin with the words of encouragement from **Isaiah 40:31**:

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

This verse speaks to the strength that nurses embody every day—the strength to care for others with compassion, to lead through uncertainty, and to inspire hope even in the hardest of times. These words describe the very heart of a nurse—resilient, faithful, and strong even in the face of adversity.

Nurses appreciation Day is a day dedicated to the incredible individuals who care, lead and inspire every single day. We gather to celebrate and honor a group of professionals whose compassion, dedication, and resilience make the world a better, healthier place.

You *care*—with compassion that brings comfort to the suffering.
You *lead*—by example, with grace under pressure, and wisdom in uncertainty.
You *inspire*—every patient, every family, and every colleague who witnesses your dedication.

Nurses are the heartbeat of healthcare. They are often the first faces we see when we're at our most vulnerable, and the last hands we hold when we need comfort most. From long shifts to emotional support, from complex medical procedures to simple acts of kindness, nurses go above and beyond—not for recognition, but because they care.

Nurses are more than healthcare professionals—they are healers, listeners, advocates, and often the quiet strength behind a patient's journey

Nurses are the quiet heroes in our hospitals, clinics, schools, and communities. You care—not only with clinical skill but with empathy that eases pain and fear. You lead—not only in procedures and protocols, but in creating calm during chaos. And you inspire—not only with your actions, but with your presence, your perseverance, and your heart.

Even when the world paused during global crises, nurses kept moving. Even when days were long and nights were heavy, you stood in the gap. You answered a calling that's bigger than any one moment—it's a calling rooted in love, faith, and service.

Florence Nightingale once said:

"Let us never consider ourselves finished nurses... we must be learning all of our lives."

What a fitting reminder of your lifelong dedication—not only to medicine but to humanity. Your ability to grow, adapt, and uplift is what makes you so irreplaceable.

In your presence, healing happens—not just in bodies, but in hearts. You are a light in places that can feel dark. You are hope where it is needed most.

To every nurse here today: thank you. Thank you for your sacrifices, for your strength, for your skill, and above all, for your heart.

May today remind you of just how deeply you are valued. You don't just care for patients; you change lives.

Proverbs 11:25 says

"A generous person will prosper; whoever refreshes others will be refreshed."

And in **Galatians 6:9**:

"Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up."

You have shown courage that inspires us all. You've put others before yourselves, stayed late without complaint, and brought hope to situations where hope seemed far away. That is more than a job; it is a calling.

May you feel refreshed today. May you be reminded of how valuable, vital, and deeply appreciated you are—not just today, but every day.

Thank you for how you *care*, how you *lead*, and how you *inspire*.

Happy Nurses Appreciation Day, and may God bless you and your families abundantly.

On behalf of all of us—colleagues, patients, families, and friends—Happy Nurses Appreciation Day. We recognise you. We appreciate you. And we celebrate you.

Thank you.

Pastor Anthony and Elaine. Enjoy your day.



JOB VACANCY

RETAIL, MARKETING & CUSTOMER SERVICES ASSISTANT

- Proven experience within a Customer Services environment
- GCSE Maths & English Grade C/4 or above
- Good level of computer literacy
- Excellent verbal and written communication skills
- Well organised and methodical, prepared to work in a fast-paced environment
- A flair for technology
- Cash handling experience desirable

Due to the nature of this position, the post holder must hold a satisfactory police disclosure.

Salary will be dependent on qualifications and experience.

For further information, interested persons can contact Penelope Bennett, Retail, Marketing & Customer Services Manager on tel. +290 22004 or email: Penelope.Bennett@sure.com

Application forms can be obtained from and submitted to Keirah Wade, HR & Finance Administrator at Bishop's Rooms on tel. +290 22800 or email: Keirah.Wade@sure.com

Closing date for applications: 29 May 2025

NOTICE BOARD

St Helena Government

INVITATION TO TENDER

RUPERT'S DEVELOPMENT – LANDSCAPING

St Helena Government would like to invite suitably experienced contractors to submit tenders for the following contract:

CS-1931-SHG–Rupert's Development – Landscaping

A site visit to view the works will take placeat 09:00 on Friday, 23May 2025, meeting near the Sea Rescue Building, Rupert's.

Contractors should note that site visits requested after this date, will not be entertained unless there is a relevant reason why the contractor could not attend the scheduled site visit.

Copies of the tender document and further details can be obtained from the Procurement Officer, Tiffany Lawrence, located at the Top Floor, Post Office Building, Jamestown on telephone no: 25932 or via email through tiffany.lawrence@sainthelena.gov.sh .

Completed tenders should be placed in the Tender Box located on theTop Floor, Post Office Building by 12:00 on Friday, 30May2025, clearly marked with the tender number.

Interested parties should note that this opportunity is **not** being advertised overseas.

SHG, 13 May 2025

St Helena Government

PUBLIC ANNOUNCEMENT

ENRP ASSETS FOR LICENSING

ANRD wishes to advise the public that the following assets are available for licensing from May 2025:

- Arable Land at Ropery Field
- Arable land at SpringBok, Levelwood
- Arable land at Millfield
- Arable land at West Lodge
- Produce Unit at Ex ADA Field
- Equipment storage unit at Ex ADA Field
- Poultry Unit at Farm Buildings

Application forms can be collected from the Reception at the ENRP Office or by contacting the Farmers Support Officer, Frederick Green, at frederick.green@sainthelena.gov.sh or the Farmers Support Assistant, Martina Leo, at martina.leo@sainthelena.gov.sh.

Closing date for application is Friday, 16 May 2025 at 16:00.

SHG
28 April 2025

http://www.sainthelena.gov.sh

EXPRESSIONS OF INTEREST

Non-Executive Board Director



Bank of St Helena Ltd is seeking Expressions of Interest from persons to serve as a Non-Executive Director on the Board.

Non-Executive Directors are required to act with a degree of independence from the operational activities and have a role in providing strategic vision, monitoring the Bank's performance, advise on the financial reporting process, review risk and controls, and ensure good governance. Proven knowledge and skills in the following areas will be an asset:

- Commercial Lending
- Credit Risk Management
- Compliance Risk Management

Interested persons should submit their Expressions of Interest and CV to the Assistant Managing Director, by email asst.managingdirector@sainthelenabank.com or in person at Bank of St Helena Office in Market Street, Jamestown.

Closing date for Expressions of Interest is Wednesday, 21 May 2025

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 Company Regulations, 2004

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

EXPRESSIONS OF INTEREST

Independent Member of the Audit & Risk Management Committee



Bank of St Helena Ltd is seeking a suitably qualified and experienced person to sit as an Independent Member on our Audit & Risk Management Committee.

The successful candidate will be a full member of the committee and will work with the committee to provide clear direction and challenge to steer the organisation, and continue to operate to the highest standards of probity, integrity and scrutiny.

The Bank anticipates a time commitment of 12 days per year, including attendance at Audit & Risk Management Committee meetings and other bank events. In addition, you will be expected to devote appropriate preparation time ahead of each meeting and be available to deal with matters relating to the Audit & Risk Management Committee, and at other Bank events, if needed.

For further information about the role, responsibilities and remuneration please contact the Assistant Managing Director at Bank of St Helena either on email asst.managingdirector@sainthelenabank.com or on 22390.

Written expressions of interest along with an up to date CV should be sent to the Assistant Managing Director by Wednesday, 21 May 2025

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+290 22390
Market Street, Jamestown
Bank of St Helena Ltd

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting…

St Helena Government

Driver (Social Care)
(£7,960 per annum)

The Health & Social Care Portfolio is currently seeking to recruit a Driver (Social Care) who will be responsible for the transporting of service users which includes to and from day care, hospital appointments and social outings. The Driver will support staff in helping service users to safely get in and out of vehicles including those who have mobility needs, sensory impairment, learning disabilities and those with limited or no verbal communication skills. This requires the post holder to be caring, compassionate and flexible.

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

Enquiries: **Rosalie Brown on Tel No 22920 or**
Email: **Rosalie.brown@sainthelena.gov.sh**
Closing date: **23 May 2025**

2x Accounts Assistants
(£7,960 per annum)

Are you a highly motivated individual with good teamwork and problem-solving skills? If so, Central Finance has an opportunity for you to join their team. You will ensure efficient and accurate entry of financial data through the government accounting system and the effective monitoring of St Helena Government's transactions.

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

Enquiries: **Charmaine Murawu on Tel No 22470 or**
Email: **charmaine.murawu@sainthelena.gov.sh**
Closing date: **30 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.

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 THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Housing Officer
(2 month Fixed-Term Contract to commence 9 June 2025)
(£9,781 per annum) (Available for local interest only)

If you are a highly motivated individual with excellent communication skills, then here is an opportunity for you to join the team at the Property Section, where you will provide an effective and high quality administrative support to the Housing Management Service.

Contact us for more information and a discussion

Enquiries: **Nikita Crowie on Tel No. 22270 or Email: nikita.crowie@sainthelena.gov.sh**
Closing date: **28 May 2025**

General Teaching Assistant (St Helena Secondary School)
(Starting at £8,725 per annum)

Do you have a passion for Education? We are looking to recruit a Teaching Assistant to provide assistance to the class teacher by supporting teaching and learning in the school/classroom environment. The individual needs to be committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and have good communication skills to be able to communicate between students, parents and colleagues.

Contact us for more information and a discussion

Enquiries: **Carolyn Yon on Tel No 24290 or**
Email: **carolyn.yon@sainthelena.edu.sh**
Closing date: **30 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.

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NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Support Workers (Social Care)

Fixed-Term Contracts or Permanent
(£8,113 per annum)
(Available for local interest)

Are you interested in the well-being of clients within the Learning Disabilities units, and providing high quality, holistic care directly to frail older people in full time residential and day care, enabling them to live as full and active life as possible? If so, Social Care is seeking support in the following areas of care; Deasons, Cape Villa and Piccolo Hill. Come join our team and help make a difference in the lives of our clients.

Contact us for more information and a discussion.

Enquiries: **Hannah Herne or Latoya Thomas,**
Tel nos. 22920/23151 or
Email: hannah.herne@sainthelena.gov.sh
Email: dcdeputymanager@helanta.co.sh
Nicole Hercules on Tel no. 25936 or
Email: piccolo.hill@helanta.co.sh
Closing date: 30 May 2025

Sea Rescue Crew (Coxswain)
(£9,197 per annum)

Are you keen to improve the lives of all within our community and help the island thrive by protecting and saving lives at sea? If you are a highly motivated and enthusiastic individual with the ability to remain calm under extreme physical and mental pressure, then the St Helena Sea Rescue Service has an opportunity for you to join their team.

Applicants must be 18 years of age, Must be able to swim and pass a fitness test.

Contact us for more information and a discussion.

Enquiries: **Leeroy Caswell or Mark Caswell on**
Tel nos. 25215 or
Email: leeroy.caswell@helanta.co.sh
Email: mark.caswell@helanta.co.sh
Closing date: 30 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.

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NOTICE BOARD

PUBLIC NOTICE

The Public is advised that the **VIEWING DECK** at the **ST HELENA AIRPORT** will be unavailable for viewing flight operations until further notice. This closure is to allow essential maintenance to be undertaken.

The Restaurant will still be available to the public on flight days.

EXPRESSIONS OF INTEREST

St Helena Airport Ltd is inviting **EXPRESSIONS OF INTEREST** from interested parties, to operate the **LANDSIDE GIFT SHOP** at the St Helena Airport on flight days; with effect from **16 July 2025**.

Expressions of Interest should be submitted to Mandy Peters, Business Manager; at St Helena Airport Ltd, via email to mandy.peters@sthelenaairport.aero by **1600 hrs on Friday, 30 May 2025**.

NOTICE BOARD

St Helena Government

PROVISIONAL REGISTER OF ELECTORS PUBLISHED

The Provisional Register of Electors for 2025 was published onFriday, 9 May 2025. **The final register, effective from 1 July 2025, will be the register which is used for this year's General Election. To participate in the general election process—whether by sponsoring, supporting, standing as a candidate, or voting—your name must be included in this register. No further additions will be permitted after the final register is published.**

Remember it is your responsibility to check the Provisional Register to make an application to amend it if you wish to – this includes adding your nameif it is not already listed.To be eligible, you must have St Helenian Status as defined in the Immigration Ordinance, 2011, are ordinarily resident on St Helena and aged 17 years or over.

Eligible persons will have until **16:00 on Friday, 23 May 2025** to submit applications using Form 'A' to amend the provisionalregister. Persons who are ordinarily resident on the island but who are currently absent can apply to amend the register by using the prescribed Form 'B'.

Both Form 'A' and Form 'B' can be obtained via The Castle Reception and Customer Services Centre, or accessed on the SHG website at www.sainthelena.gov.sh/government/public-information/elections/.

CompletedForms 'A' and B can be submitted to any of the following officers at the Castle, between 09 and 23 May 2025 in hard copy or via email: Carol Henry: carol.henry@sainthelena.gov.sh;Anita Legg: anita.legg@sainthelena.gov.sh; Gillian Francis: gillian.francis@sainthelena.gov.sh; Connie Johnson: connie.johnson@sainthelena.gov.sh or any of the Assistant Registration Officers available here.

You can access theProvisional Registeronlineor by contacting any of the Assistant Registration Officers. Alternatively you will be able to view the register in person at: Public Library; Customer Services Centre; ENRPP Offices Scotland; Longwood Supermarket; Allsorts Shop Sandy Bay; Mrs Cecily Williams, Blue Hill; Red Hill Shop; Mrs Lillian Williams, New Ground; Half Tree Hollow Supermarket; Mr Melvin Benjamin's shop, Opposite Barracks Square; Silver Hill Supermarket; Stephen McDaniel Shop, Cleugh's Plain; A&D's Mini Mart; MTB's Half Tree Hollow

Remember, if your name is not on the Register of Electors you will not be able sponsor or support a candidate, nor to stand or vote in the 2025General Election.

#StHelena #ProvisionalRegisterOfElectors #RegisterToVote
www.facebook.com/StHelenaGovt/www.twitter.com/StHelenaGovt

SHG
13 May 2025

NOTICE BOARD

St Helena Government

EDUCATION, SKILLS AND EMPLOYMENT PORTFOLIO – NURSERY PROVISION

The Education, Skills and Employment (ESE) Portfolio is offering non-compulsory nursery education for all children between the ages of three and four years.

ESE will be in contact with parents/guardians of those children born on island and who are eligible to enter nursery education in the school year September 2025 – August 2026. This isto offer a place and provide details of school placement and date of admission.

It would be appreciated if parents/guardians of children who were not born on St Helena could submit the following information in writing to the Assistant Director of Schools,Kerry Lawrence, so that an offer of placement can be made:

- The child's full name and date of birth
- Name and address of parent or guardian
- Telephone number and email address (if applicable)

Once all required information has been received, parents/guardians will be advised of their child's nursery placement.

It should be noted that ideally a child should attend the school within the catchment area where he/she is residing. However, for non-compulsory schooling, exceptions will only be made for regular attendance outside the identified catchment area should numbers in the requested school below enough to accommodate the extra intake or if there is a valid reason for this, such as child care.

Parents/Guardian who wish for their child to attend nurseryschooling outside of their catchment area, must apply in writing to the Assistant Director of Schools, stating which school they would like their child to attend and the reason for the placement outside of their catchment area. In such cases, parents are obligated to take responsibility for transporting their child to, and from school if required.

All correspondence pertaining to this matter can be sent to the Assistant Director of Schools, Kerry Lawrence, at the Education and Learning Centre, Jamestown, by email to: kerry.lawrence@sainthelena.gov.sh.

SHG, 13 May 2025 www.sainthelena.gov.sh

VACANCY

Connect SAINT HELENA LTD

BILLING ADMINISTRATOR

Connect Saint Helena Ltd is seeking to employ a Billing Administrator.

As an essential member of the Finance team at Connect Saint Helena Ltd, the Billing Administrator plays a key role in ensuring the accurate and timely delivery of customer invoices. This position requires close collaboration with team members and covers a range of responsibilities that includes: Generating invoices based on actual readings or estimates, Establishing, maintaining, and updating customer accounts and Monitoring customer account balances.

EXPERIENCE & QUALITIES

- Computer literate in Microsoft Word, Excel & Email
- Previous experience In Utilities
- Experience of Access Dimensions or similar software
- Have experience in Accounting, using billing software and in a customer focus environment.

QUALIFICATIONS

- GCSEs including English, Maths/Accounts or equivalent

BENEFITS

- A competitive salary commensurate with qualifications and experience.
- 15% pension contributions of the base salary and 25 days annual leave.

For further information contact Phanual Shangwa on +290 22255 or email Phanual.Shangwa@connect.co.sh Completed application forms can be handed into the Connect Saint Helena Ltd main office at Seales Corner, Jamestown or via email: Annalisa.Young@connect.co.sh by **9:00am on Monday, 19 May 2025.** To be considered for this role please complete our application form, CV's will not be accepted.

www.connect.co.sh/vacancies.html | connectsainthelenaltd | https://www.linkedin.com/company/connect-saint-helena-ltd/

NOTICE BOARD

Expressions of Interest for the 2026 Commonwealth Games

The National Sports Association of St Helena (NSASH) are inviting athletes to submit their Expressions of Interest (EOI) to compete at the next Commonwealth Games in Glasgow, Scotland. The event is being held from 23rd July to 2nd August 2026.

Closing date for the EOI is 4pm UTC on Tuesday 20th May 2025.

Please email the following details to nsash@helanta.co.sh

- Your full name
- Your current address
- Date of Birth
- The sport you would like to compete in

The list of disciplines for which Team St Helena is eligible to compete in are: Athletics, Artistic Gymnastics, Bowls, Boxing, Judo, Swimming and Track Cycling.

'Restoring a globally significant Cloud Forest'

News from the St Helena Cloud Forest Project

Welcome to the another 'news bite' from the St Helena Cloud Forest Project!



This week 12—18 May is Invasive Species Week, an annual event to raise awareness of invasive non-native species and their impacts.

Our project aims to protect our Island's natural heritage and a key part of this work is combatting the threat posed by invasive non-native species.

SHG's teams at the Peaks regularly carry out invasive plant clearance with the aim being to replace these areas with endemic species. Two of the most notorious invasive species of particular nuisance is the New Zealand flax and the Pheasant Tail fern. Both have taken over areas that would previously have been endemic cloud forest habitat.

The St Helena National Trust are also tackling invasive invaders. The Common Wasp in particular presents an ever-present risk to our own unique endemic invertebrate species, as they are generalist predators who feed on our endemics.

Additionally, in recent years invasive plant pathogens were identified within the Peaks National Park and are thought to be responsible for the deaths of multiple endemic trees. This has required access restrictions to be put in place for sensitive areas of the Park to avoid the further spread of pathogens, and to better protect our endemic cloud forest while research continues.

We have been posting information on these key invasive species to our social media channels, so be sure to check them out and learn more about how you can support efforts to combat invasive non-native species during Invasive Species Week 2025.

Be sure to follow the St Helena Peaks National Park on Facebook, and @StHelenaPNP on X, to stay up to date with all the latest news and information on the FCDO-funded St Helena Cloud Forest Project

Scan the QR Codes below for quick access to:

Website Facebook Twitter/X

Greetings *from the* Jamestown Rifle Club





Pat Henry, Contributed

May is a very special month, for me it also holds some treasured memories, and it's also almost that time for us to celebrate our homeland; St Helena's Day, 21 May 2025. Shooting was well-known as St Helena's national sport for many decades and the Jamestown Rifle Club continues to preserve and uphold its shooting identity and shooting activities, retaining its growth in good quality conditions.

We will be opening the club this St Helena Day to do rifle target shooting and archery. So if you would like to do something different during the day and have some fun, then why not come down to the rifle club, we hope that as many people as possible will come and have a shoot to celebrate our national sport on St Helena Day 2025. We will be running the full days competition to see who can shoot the highest scores. 1st, 2nd & 3rd Jamestown Rifle Club logo medals are to be won; so why not come and give it a go? There will be two competitions, one for people who can shoot and one for beginners. It makes no difference if you haven't shot before, we will give you all the help you need, so don't be shy, give it a try. We will also have archery trophies for anyone who would like to take part in a fun competition, or just come and shoot some arrows.

Shooting will be conducted with a target and 12 shots; it will cost £3 for those people who can shoot and £2 for non-shooters. The archery competition will be for £3, anyone who hasn't shot a bow and arrow before can have a go and will be free of charge. We will also have Saint plo on sale, soft drinks and water, we love to see the young and the older folk, so pop down at the rifle club.

Tonight only three of us had a shoot, shooting off the rifle support for a bit of fun; haven't done this in ages. Daniel shot 88.2 & 91.1 = 179.3, Elli shot 97.2 & 99.6 = 196.8 and Pat H shot 99.8 this was a fun exercise, we have decided to have a competition soon with everyone shooting off the rifle support. Thanks guys for the night's event and hope to see you all on St Helena's Day.

Have a wonderful week.

St Helena Government

LIVE HEARING OF SELECT COMMITTEE 1 – MONDAY 19 MAY 2025

Select Committee 1 will hold its fourth live hearing in the Council Chamber, The Castle on Monday19 May 2025. The topic under scrutinyis**Health &Social Care: Provision of Facilities and Services** with the focus primarily on the following:

- ***Hospital (including Palliative care)***
- ***Community Care Centre, Sheltered Accommodation and Domiciliary Care***
- ***Safe Haven and Children's Home.***

Members of the public and interested persons are invited to attend.

The meeting will start at 10am and the proceedings will be broadcast live on SAMS Radio 1.

SHG, 12March 2025

SPORTS ARENA

Golf Report – *Stableford Competition*



SHGC, Contributed

The Stableford Competition held on May 11th was a successful event, featuring a total of 17 players who participated in the day's activities. The format of the competition allowed for an engaging experience, as players aimed to accumulate points based on their performance on each hole.

The weather conditions were favourable, providing a pleasant atmosphere for the competitors. Out of the 17 participants, seven players scored over 30 points, showcasing a competitive spirit throughout the day.

Neil Joshua emerged as the standout player, finishing with an impressive score of 39 points, which secured him the title of winner for this competition.

Following closely behind was Keith Joshua, who achieved a commendable score of 38 points, earning him second place in the event.

A noteworthy moment in the competition was when Eddy Bowers scored the only two (2) during play, which allowed him to take home all the balls from the two-ball pool.

Additionally, special thanks were extended to Keith Joshua ("KJ") for generously sponsoring the prizes for this competition. His support played a significant role in enhancing the overall experience for all participants.

Upcoming Events

Euchre Drive 16th May (Friday Evening)

Please enter you team by contacting Keith Joshua "KJ" on 63698 or 25771.

Golf Competitions

18thMay: The Monthly Medal Competition

25th May: The Gwyneth Howell's sponsored "Cross Country Competition".

1st June: Furrows Competition Stoke Play (sponsored by Fox Motors)

The St Helena Golf Club Championship (SHGCC) order of merit started on 11 May and will continue through to 30 November 2025. Starting with the points from the Stableford competition held on the 11 May will be added and a weekly list posted on the club's notice board.

To sign up for the above Golf competitions, enter your name on the entry list at the club house or leave your name on telephone 24421 or 25848.