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They 'Came' and 'Found' Gold

'Come and Find Me' wins Gold Award at Tourism Film Festival



"An Exciting New Phase"



Former BOSH Managing Director, announced as new Bank of Montserrat General Manager

SNOW ON ST HELENA

Police confirm presence of Cocaine on the Island as they warn of "devastating results" and assert that "this cannot be ignored"





OPINION

SENTINEL COMMENT

Demy Herne, SAMS

Hello again, everyone! I'm back once more to share a few thoughts with you all. I hope you find this week's edition of The Sentinel both interesting and informative, our team has really worked hard to bring you content that's engaging and relevant.

Putting together each issue, along with creating the articles, is no small feat, it's definitely not as easy as brewing a simple cup of tea! So, I want to take a moment to give a huge shout-out to everyone at SAMS. If you're reading this, go ahead and give yourself a big pat on the back; you've earned it!

Can you believe it's already June? Its incredible how fast time flies and I can't help but mention it again. This month, I have quite a bit to sort out, as I'll soon be leaving SAMS. Reflecting on my time here, it's been an amazing journey, from initially being hesitant about going on air and lacking confidence in my writing, to now contributing weekly on both the radio and in the paper. It's been a rewarding experience, full of growth and memorable moments.

I'll truly miss working with such a fantastic team and will be taking with me countless funny and fond memories. But as we move forward, it feels like winter is creeping back onto the island. Evenings have grown colder, and the rain, wind, and mud seem to be making a strong comeback.

Honestly, it's perfect weather for wrapping up in a blanket with a hot chocolate and watching a great movie. That's all from me this week! Before I go, here's a little riddle for you: What five-letter word, when typed in all capital letters, reads the same upside down? Think about it...

Answer: SWIMS.

Stay warm and take care!

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ST HELENA NEWS

They 'Came' and 'Found' a Gold Award

'Come and Find Me' wins Gold at International Tourism Film Festival Africa



Liam Yon, SAMS

A promotional short film for St Helena is continuing to make waves on the international stage after 'Come and Find Me' by Darren Peens, featuring local resident, Katie Williams, received a Gold Award at last week's International Tourism Film Festival Africa, held in Johannesburg.

'Come and Find Me' was produced and showcased by filmmaker Darren Peens of Digby and the Lullabye featuring St Helena's very own, Katie Williams, as the star of the film travelling through the diverse and incredible landscapes of St Helena; from the rocky outcrop, to the lush green centre, and the clear blue seas –all encouraging visitors to St Helena, and portraying our Island in the South Atlantic as a place to 'leave your world behind, make memories, find peace and discover who you are.'

Since its publishing, the film has garnered major accreditation and recognition, including a Director's Choice 'special award' at the Japan World's Tourism Film Festival (JWTFF). It was also named as a finalist and won a 'Gold Award' at the International Tourism Film Festival Africa, under the category 'Tourist Destinations', held in Johannesburg, South Africa, last week.

"The ITFFA honours all video content related to the tourism and travel industry," the prestigious festivals official website reads. "Founded in 2019, by Caroline Ungersbock and James Byrne to honour and promote works with exceptional and innovative content created today on all continents and







seen and used on various platforms, ITFFA aims to contribute towards stimulating the development and growth of the national and African audio-visual industry and, at the same time, to give visibility and recognition to the work of many talented men and women and integrate the global creative community."

To make receipt of this Gold Award even more special for St Helena, the film's leading actress, Katie, was in attendance at the ITFFA alongside director Darren. The pair enjoyed a number of networking opportunities and informative conferences following the opening of the festival last Tuesday, before culminating with the Awards Ceremony on Friday, where they were presented with their Gold Award. "This was such a wonderful experience," commented Katie. "I am so proud to be a St Helenian and to be involved in such an incredible project."

St Helena Government also recognised the success of 'Come and Find Me' following Friday's award presentation, noting that "the film's success is particularly significant as it was an output of the St Helena Showcase," held in April 2024. The 'showcase' saw a number of international tourism and investment representatives visit St Helena to connect with local operators and learn more about St Helena "as an emerging travel destination for travel trade and investors interested in adventure, marine life, responsible tourism, history, and culture," as described by SHG.

Minister of Treasury and Economic Development, Mark Brooks - whose portfolio organised the 'St Helena Showcase' - spoke fondly of his pride in the recognition of 'Come and Find Me' on the international stage. "We are incredibly proud of the continued success of 'Come and Find Me' and its recognition on the international stage," he said. "This film beautifully captures the essence of St Helena and its unique tourism offerings. I commend the work of my portfolio and the St Helena Showcase for facilitating this film, which continues to demonstrate its valuable outputs."

The Sentinel congratulates Darren and Katie on their success, and extends this to all involved in 'Come and Find Me' which is available to view on YouTube.



SNOW ON ST HELENA

Police confirm presence of Cocaine on the Island as they warn of "devastating results" and assert that "this cannot be ignored"

Liam Yon, SAMS



St Helena Police have released an "important update" where they confirm that the "highly-addictive" Class A Drug, Cocaine, is present on St Helena, as they appeal for information to stop this drug from causing "devastating results" and "destroying" the community.

Cocaine - known by a number of street terms including blow, coke, and snow - comes in the form of white crystalline powder derived from coca leaves and is an intense, euphoria-producing stimulant drug with strong addictive potential.

Rumours of this drug being present on St Helena had been rife over the past months after an arrest was made by the Royal St Helena Police, allegedly in relation to the possession of cocaine by a local resident. The Sentinel made enquiries to SHG and the Royal St Helena Police at the time in order to either confirm or refute these reports and get clarity on whether, for the first time in the Island's history, investigations into the possession, and potential distribution, of cocaine were underway by the Island's Criminal Investigations Department.

While we continue to await a response to these questions, as committed to by SHG when acknowledging our enquiry, an update described as "important" has now been issued on Wednesday where Police confirm that cocaine is, in fact, present on the Island.

"The Royal St Helena Police can confirm that traces of the Class A drug Cocaine have been found on the island," they said. "This is a highly addictive drug. It can have devastating results for those who take it and destroys communities."

Police go on to assert that this "deeply concerning development" is one that "cannot be ignored" and they are therefore appealing "for the community to help" by reporting any information to Police HQ, Coleman House; to telephone number 22626; to any Police Officer; or via email to CID@sainthelena.gov.sh.



Blockchain and Financial Innovation

Formal LegCo highlights blockchain ambitions and challenges

Demy Herne, SAMS

The recent session of Legislative Council brought into sharp focus St Helena's evolving ambitions in digital innovation, particularly around blockchain and decentralised finance. Alongside this, members addressed critical concerns about anti-money and laundering legislation. The discussions reflected both the potential and the challenges facing the Government as it navigates complex global and local issues.

Councillor Ronald Coleman opened the session's debate by asking for an update on the government's blockchain development strategy, it's funding, and expected benefits. In response, Minister for Treasury and Economic Development, Mark Brooks, outlined a journey that began in 2021 with a feasibility study supported by Gibraltar-based experts. The study, he explained, "assessed, at the time, digital finance landscape including technologies emerging based on the blockchain and mapped their suitability to St Helena's regulatory economic and institutional environment."

The study recommended that St Helena consider legally recognising Decentralised Autonomous Organisations (DAOs) as a unique opportunity in the global market. Minister Brooks noted how, "the feasible study concluded that, out of a number of options, the policy best pursued by SHG would be the recognition of decentralised autonomous organisations, or DOAS, as legal entities, enabling them to register in St Helena."

However, after further policy development and consultation, progress hit a roadblock when the UK Government raised concerns over the potential for illicit finance. "The UK Government upon its review of the policy voiced serious concerns, especially the potential to expose us to illicit finance and other stuff in financial crime," Minister Brooks stated.

As a result, the focus has now shifted toward strengthening financial regulations. "We will be in a better place to continue to explore DAO registry once the weakness in our anti-money law framework has been fixed," he explained, adding that £80,000 has been allocated this financial year for reforms to St Helena's anti-money laundering framework.

Councillor Corinda Essex asked for more detail on what that expenditure would deliver. While specifics are still in development, Minister Brooks clarified that the funding will support drafting legislation and building regulatory capacity. "It's just started, so I can't really tell you any more detail around what that ordinance will look like at this time."

Despite the setbacks, Minister Brooks remains optimistic about blockchain's broader applications, including carbon and biodiversity credits and improved supply chain systems. He stated, "we will continue to explore new technologies that can benefit St Helena's community and its natural environment."

As the Legislative Council hearing concluded, it was evident that while blockchain and financial innovation present exciting opportunities for St Helena, the path forward will require careful regulatory groundwork, international cooperation, and continued investment in governance frameworks. With anti-money laundering reforms now taking priority, the island is laying the foundation for future economic diversification, one step at a time.



Closing Soon?

Ladder Hill Road to close from 1 July, pending arrival of bitumen

Donna Crowie, SAMS

Arguably the Island's most popular and used highway, Ladder Hill Road, is set to undergo substantial work by SHG's Road Section soon, pending the arrival of bitumen, with a closure likely to take place from 1 July; causing major disruption to travel in and out of Jamestown, particularly from those on the West side of the Island.

Members of SHG's Road Section had informed local businesses last week on the potential closure of Ladder Hill Road as a courteous 'heads-up' due to the obvious disruption this closure will cause; with the main road to Jamestown possibly set to be closed 24/7 for approximately three to four weeks from the start of next month.

The reason behind the potential closure of Ladder Hill Road is due to road upgrading works in the form of firstly, preparation, followed by full slurry seal works using the recently procured micro paver. These works are however dependant on the arrival of a supply of bitumen to the Island, which it was indicated is expected to arrive on the next voyage of the MV Karoline, currently scheduled for 23 June.

Until the arrival of bitumen, this closure and the date it will begin from cannot be confirmed, however the Roads Section will be erecting pre-warning road signs on Ladder Hill Road advising the public of the potential road closure.

"Vaping is very bad"

Council discusses the rise of vaping on St Helena among the youth and questions how it is being addressed



Demy Herne, SAMS

At the 21st Formal Sitting of Legislative Council, Members raised urgent concerns about a sharp rise in vaping and smoking incidents among students at the Island's Secondary School, prompting a serious discussion on policy, prevention, and legislative action.

The issue was first brought forward by Councillor Gillian Brooks who asked the Chief Minister for details on the number of reported incidents and the measures being taken. "Will the Chief Minister inform this House of the number of reported incidents of either smoking or vaping that has occurred at the Islands Secondary School over the last three years and what has been put in place to address this?"

Chief Minister Julie Thomas responded with a broader set of data covering five years, revealing a clear upward trend; "in 2021, there were no incidents reported, in 2022, there was one, in 2023, five incidents, in 2024, twenty-one incidents and in 2025, to date, ten incidents."

The Chief Minister emphasised that the figures reflect only reported cases and noted that the increase in 2024 had led to a cross-sector effort. "This rising trend, particularly the significant increase in 2024, has prompted a multi-agency response to address the issue proactively and holistically."

Key actions already taken include enhancements to the school curriculum, a review of school policies, targeted health education sessions, and efforts to involve parents and students in shaping future strategies. "The curriculum was reviewed and aligned to better address the risks and realities of vaping and smoking," she said. "The school nurse delivered a week of class sessions, focusing on health education and the risks associated with vaping and tobacco." A parent questionnaire was also issued to gauge awareness and concerns, with a student survey planned for June.

Councillor Brooks followed up by asking whether funding had been allocated specifically to address vaping. "We've not put any funding or allocated any funding specifically to this, if we find from the strategies that there needs to be a cost attached, we'll do everything we possibly can to be able to allocate funds," replied the Chief Minister.

Minister for Health and Social Care, Martin Henry, weighed in on the broader health implications of vaping when compared to smoking, with both described as "very bad" habits. "Smoking is very bad and vaping is very bad also," he said. "It's very close, it (vaping) is better than smoking, but it is absolutely not good for you."

He also mentioned that health authorities are finalising a new prevention strategy, supported by funding from BIOT funds. "It is a decent set of funds and it will actually put money behind a lot of physical things we have been wanting to do for ages," he revealed.

Councillor Robert Midwinter questioned whether vaping was the more dominant behaviour compared to smoking. Minister Julie Thomas acknowledged the lack of specific breakdowns but affirmed "from the conversations we've had, yes it is more prevalent in vaping."

Councillor Corinda Essex inquired about school sanctions for students caught vaping or smoking on premises. The Chief Minister explained how "there is now a behavioural policy in place, there's disciplinary action with suspensions attached." She added that the response also includes wider coordination with the Safeguarding Board and parental engagement.

Councillor Karl Thrower raised concerns over legislative gaps. "Can I ask the Minister currently on St Helena what legislation is in place against vaping?" Chief Minister, Julie Thomas, admitted that the legislative framework is still being developed. "At this present time there are grey areas within the legislation, for St Helena it is relatively new," she admitted.

Minister Henry added that while draft policy direction exists, delays in enactment have meant that progress will likely continue under the next Council. "It will be very close and it will just need a small intro to be able to push this through the House in the coming months after the new government is enacted," he said.

As the Council hearing concluded, members agreed on the need for a united front, including education, public health, parental involvement, and legislation to tackle what is becoming a pervasive issue among the island's youth.

"A significant public health challenge"

St Helena Health Service recognises Diabetes Week 2025



Liam Yon, SAMS

St Helena has joined the global observance of Diabetes Week from 9-16 June, described as "a time dedicated to elevate awareness, spark conversations, and shed light on the daily realities of living with diabetes."

On St Helena, an estimated 1 in 4 people is currently receiving medication for diabetes. In addition, approximately 400 individuals are living with pre-diabetes. This, according to SHG, indicates that "the island faces a significant public health challenge" that needs to be addressed.

"Diabetes Mellitus is a chronic metabolic disorder characterised by the body's inability to produce sufficient insulin or effectively utilise the insulin it produces," explained SHG. "Insulin is a crucial hormone responsible for regulating blood sugar. Uncontrolled blood sugar levels can lead to severe complications, including damage to blood vessels, increasing the risk of blindness, amputation, kidney disease, heart attack, and stroke."

To recognise Diabetes Week this year, St Helena's Health Portfolios is shining a critical light on the importance of regular health checks for individuals living with diabetes, described as a diabetics "strongest defence" against the disorder. They state that "whilst the constant cycle of numbers, checks, and tests can feel overwhelming, and despite feeling fine or lacking time, these routine health assessments are vital for maintaining good health and ensuring a full and active life."

In addition, the Island's health team are encouraging the community to proactively engage in lifestyle changes that can reduce the risk of developing diabetes, such as maintaining a healthy weight through healthy eating, being physically active, and not smoking.

To mark Diabetes Week 2025, the Health Promotion Team are hosting a stall at The Market, Jamestown, today, Thursday 12 June, from 10am, where they will offer diabetes risk score checks, blood pressure screenings, opportunities to speak with healthcare professionals about diabetes and related health topics, and discussions with the Better Health and Smokefree team on making positive lifestyle changes.

SHG described this as "a valuable opportunity for community members to gain a better understanding of their diabetes risk, learn about vital health checks, and access support for healthier living."



"An Exciting New Phase"

Former BOSH Managing Director, Joey George, announced as new Bank of Montserrat General Manager



Liam Yon, SAMS

The Bank of Montserrat Limited announced on Monday of last week that former Bank of St Helena Managing Director, Josephine George, has been appointed as their new General Manager, with her tenure commencing from 1 June.

As detailed in their announcement, St Helenian Joey brings to the organisation "over three decades of invaluable experience" covering both public and private sectors.

"Her extensive background encompasses strategic leadership, financial management, human resource management and organisational transformation, particularly within small island territories," they detail. "For the past 15 years, she worked in the banking industry, the last seven years of which she served as Managing Director of Bank of St Helena Ltd, the island's only indigenous bank."

As known on-Island, and detailed by the Bank of Montserrat, during her time on St Helena, Joey lead on the transformation and modernisation of the island's banking services, broadening financial inclusion and significantly reshaping St Helena's banking sector.

Joey said she is "honoured" to take on her new role in the UK Overseas Territory of Montserrat.

"I am honoured to have been appointed to this role," she commented. "I am truly looking forward to working alongside the dedicated team at Bank of Montserrat Limited. I'm also eager to meet our customers and stakeholders to listen and learn from their experiences. I hope to bring value through my background and experience to build on the strong foundation already in place to drive future growth and development."

Joey in recent years achieved a Chartered Banker MBA with Distinction from Bangor University in Wales, while she boasts a number of professional qualifications in business, leadership, and human resources management.

Dalton Lee, Chairman of the Board of Directors for the Bank of Montserrat, was clearly "pleased" with Joey's appointment. "We are very pleased to welcome Mrs. George to the Bank as our new General Manager," he stated. "We eagerly anticipate collaborating with her and the team, as she leads the continuation of the Bank's digital transformation and sustained growth."

As stated in the Bank of Montserrat Ltd's announcement, Joey's appointment signifies "an exciting new phase" as they continue to build on recent record earnings results to strengthen its position as a trusted financial institution dedicated to supporting the growth and resilience of Montserrat's economy.

The Sentinel congratulates Joey and wishes her the best of luck in her new role.



Book now to avoid disappointment

Airlink releases updated St Helena flight schedule for 2026

Donna Crowie, SAMS

Airlink - St Helena's one and only dedicated commercial air service provider for almost eight years - have now released an updated flight schedule that runs up until the end of October 2026.

The schedule shows little change to the current arrangement with the weekly weekend flight to and from OR Tambo in Johannesburg, with a shuttle trip to Ascension Island taking place during the second week of each month.

With the most popular period for travel to the island being during the festive and New Year period, many will hope that an additional updated schedule for the 2026 peak season (Nov-Mar) will be available soon to allow family, friends and visitors to plan their travel for the 2026 peak season.

Flight No.	Date	Leg	Flight No.	Date	Leg
4Z131	04-Apr-26	JNB-HLE	4Z132	04-Apr-26	HLE-JNB
4Z131	11-Apr-26	JNB-HLE	4Z3135	11-Apr-26	HLE-ASI
4Z3136	12-Apr-26	ASI-HLE	4Z132	12-Apr-26	HLE-JNB
4Z131	18-Apr-26	JNB-HLE	4Z132	18-Apr-26	HLE-JNB
4Z131	25-Apr-26	JNB-HLE	4Z132	25-Apr-26	HLE-JNB
4Z131	02-May-26	JNB-HLE	4Z132	02-May-26	HLE-JNB
4Z131	09-May-26	JNB-HLE	4Z3135	09-May-26	HLE-ASI
4Z3136	10-May-26	ASI-HLE	4Z132	10-May-26	HLE-JNB
4Z131	16-May-26	JNB-HLE	4Z132	16-May-26	HLE-JNB
4Z131	23-May-26	JNB-HLE	4Z132	23-May-26	HLE-JNB
4Z131	30-May-26	JNB-HLE	4Z132	30-May-26	HLE-JNB
4Z131	06-Jun-26	JNB-HLE	4Z132	06-Jun-26	HLE-JNB
4Z131	13-Jun-26	JNB-HLE	4Z3135	13-Jun-26	HLE-ASI
4Z3136	14-Jun-26	ASI-HLE	4Z132	14-Jun-26	HLE-JNB
4Z131	20-Jun-26	JNB-HLE	4Z132	20-Jun-26	HLE-JNB
4Z131	27-Jun-26	JNB-HLE	4Z132	27-Jun-26	HLE-JNB
4Z131	04-Jul-26	JNB-HLE	4Z132	04-Jul-26	HLE-JNB
4Z131	11-Jul-26	JNB-HLE	4Z3135	11-Jul-26	HLE-ASI
4Z3136	12-Jul-26	ASI-HLE	4Z132	12-Jul-26	HLE-JNB
4Z131	18-Jul-26	JNB-HLE	4Z132	18-Jul-26	HLE-JNB
4Z131	25-Jul-26	JNB-HLE	4Z132	25-Jul-26	HLE-JNB
4Z131	01-Aug-26	JNB-HLE	4Z132	01-Aug-26	HLE-JNB
4Z131	08-Aug-26	JNB-HLE	4Z3135	08-Aug-26	HLE-ASI
4Z3136	09-Aug-26	ASI-HLE	4Z132	09-Aug-26	HLE-JNB
4Z131	15-Aug-26	JNB-HLE	4Z132	15-Aug-26	HLE-JNB
4Z131	22-Aug-26	JNB-HLE	4Z132	22-Aug-26	HLE-JNB
4Z131	29-Aug-26	JNB-HLE	4Z132	29-Aug-26	HLE-JNB
4Z131	05-Sep-26	JNB-HLE	4Z132	05-Sep-26	HLE-JNB
4Z131	12-Sep-26	JNB-HLE	4Z3135	12-Sep-26	HLE-ASI
4Z3136	13-Sep-26	ASI-HLE	4Z132	13-Sep-26	HLE-JNB
4Z131	19-Sep-26	JNB-HLE	4Z132	19-Sep-26	HLE-JNB
4Z131	26-Sep-26	JNB-HLE	4Z132	26-Sep-26	HLE-JNB
4Z131	03-Oct-26	JNB-HLE	4Z132	03-Oct-26	HLE-JNB
4Z131	10-Oct-26	JNB-HLE	4Z3135	10-Oct-26	HLE-ASI
4Z3136	11-Oct-26	ASI-HLE	4Z132	11-Oct-26	HLE-JNB
4Z131	17-Oct-26	JNB-HLE	4Z132	17-Oct-26	HLE-JNB
4Z131	24-Oct-26	JNB-HLE	4Z132	24-Oct-26	HLE-JNB
4Z131	31-Oct-26	JNB-HLE	4Z132	31-Oct-26	HLE-JNB

"This Turtle is clearly living well"

Old friend spotted on Ascension Island during Green Turtle nesting season



Liam Yon, SAMS

In a wholesome and positive update relating to the current Green Turtle nesting season on Ascension Island, their conservation team revealed last week that a turtle originally recorded eight years ago, and sporting just one front flipper, has once again been spotted nesting on the Island.

"This turtle was originally recorded in 2017, 2021 and was seen again this season nesting on the Long Beach Nature Reserve," they informed in a post to their official Facebook page, sharing a photo of the 'old friend'. "Using the scute pattern on her face and across her carapace (upper shell) we can positively identify that this is indeed the same individual."

The turtle in question is quite unique in that she is missing a large portion of her front left flipper. "Despite her injury, this turtle is clearly living well, migrating from Brazil to Ascension every four years - what a feat," stated AIG. "We look forward to seeing her again in 2029!"

Additionally, last Thursday, the Ascension Island Conservation Department announced that they are nearing the end of their turtle nesting season and are encouraging the community to go out and witness the spectacle before it's too late.

"See them while you can," they said. "Our green turtles are sadly leaving us to go home to Brazil, and you may not have much time to see this amazing species. They are best seen at dawn as they are making their way back to the ocean after nesting."

Unfortunately, this good news was offset with some sad news over the weekend, with an anonymous poster stating on Facebook how they had "found seven dead turtles today at Ladies Loo" on Ascension.

The poster revealed how the turtles "were stuck in the rocks during nesting season." They add that whilst it is understood that "nature will take its course" to see seven turtles perish in horrible circumstances is difficult to accept. "Seven is a lot, and it takes time for turtles to die," they included in their post. "That means they were suffering out there — likely for hours, maybe longer."

The clearly upset individual behind the post recognised that "Ascension Island Conservation is doing their best" but raised the question whether "it is possible to increase patrols at known problem areas like this one?" adding that "these areas are difficult to reach — but that's exactly why they need extra attention during nesting season."

The poster, despite having taken a photo of their unfortunate find, refused to post the image due to it being "too heartbreaking to post" before asserting that "this can't become normal!"

Ascension Island remains one of the world's most crucial nesting sites for the Green Turtle. The endangered species have also successfully nested on St Helena in recent years.



Turner away, Coleman assists



Cllr Turner departs again as Cllr Coleman steps up for Sandy Bay and Blue Hill

Donna Crowie, SAMS

The Legislative Council's Office have advised that, departing on the weekend flight to Johannesburg was Councillor Andrew Turner to receive further medical treatment in South Africa.

During the time that Councillor Turner is away, Sandy Bay and Blue Hill constituents will be supported and represented by Councillor Ronald Coleman, who is contactable via Ronald.coleman@helanta.co.sh.

Despite being off-Island, Councillor Tuner will still be contactable following his weekend departure, though his capability to reply will understandably be limited. We wish Councillor Turner well with his treatment and hope to see him back and raring to go soon.



Through the Lens

AI in Education: Transforming Learning for St. Helena's Students - Written By *Ed Oyewo*

The Current Reality

St. Helena's education system faces significant challenges, with primary school-age population declining from 391 in the 2017 census to just 302 by June 2024, compounded by persistent staff shortages within the Education, Skills and Employment Portfolio. For students on the island, these constraints often mean limited access to specialized instruction and individualized support, particularly in subjects where they may struggle or excel.

Personalized Learning: Addressing Individual Needs

AI-powered personalized learning platforms could revolutionize education delivery for St. Helena's students. These systems adapt to individual learning styles, pace, and academic strengths, providing customized educational pathways that traditional classroom settings with limited resources cannot offer. For a community where every student matters due to small class sizes, AI could ensure each student receives targeted instruction aligned with his specific needs and career aspirations.



Given the island's focus on economic development and workforce preparation, personalized AI systems could track students' progress in real-time, identifying those who might benefit from technical skills training or academic acceleration toward scholarship opportunities abroad.

Intelligent Tutoring Systems: Bridging the Gap

Intelligent Tutoring Systems (**ITS**) represent perhaps the most immediate solution to St. Helena's staffing challenges. These AI-powered systems can provide one-on-one instruction in subjects where qualified teachers are scarce, offering student access to advanced mathematics, sciences, and technical skills that might otherwise be unavailable on the island.

ITS platforms can simulate experienced teachers, providing instant feedback, explaining complex concepts through multiple approaches, and maintaining student engagement through adaptive questioning. For St. Helena's young people preparing for further education or employment, this technology could level the playing field with their mainland counterparts.

Natural Language Processing: Breaking Down Barriers

NLP technology offers particular promise for St. Helena's diverse learning community. AI systems equipped with NLP capabilities can assist students with writing, reading comprehension, and language skills development. For young people who may struggle with traditional literacy approaches, these tools can provide alternative pathways to communication and expression.

Voice-to-text capabilities and automated essay feedback systems could support students who learn better through verbal expression, while language translation features could assist those from multilingual backgrounds in accessing educational content.

Assistive Technology: Ensuring Inclusive Education

AI-powered assistive technologies can ensure that all students on St. Helena have equal access to education, regardless of learning differences or disabilities. These tools can provide text-to-speech capabilities, visual aids for complex concepts, and alternative input methods for students with motor difficulties.

Screen readers, predictive text systems, and audio-enhanced learning materials powered by AI can transform the educational experience for students with dyslexia, ADHD, or other learning challenges, ensuring no student is left behind in St. Helena's evolving education system.

Looking Forward

As St. Helena's education system undergoes review and restructuring, integrating AI technologies could transform how student on the island learn, grow, and prepare for their futures. If the implementation of these innovations is carefully integrated, the island can turn its geographic isolation into an advantage, providing world-class, personalized education that prepares its young people for success in an increasingly digital world.

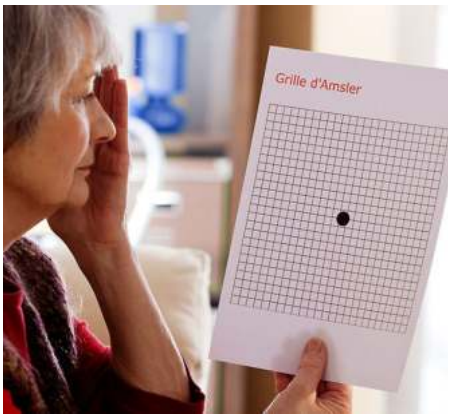
The key lies in strategic implementation that complements human teachers rather than replacing them, ensuring that St. Helena's young people receive both technological advantages and the personal connection that makes education meaningful in this tight-knit island community.

Till Next Time, Keep Well!

LIFESTYLE & CULTURE

Protecting Your Sight: Natural Ways to Care for Your Eyes

Simple nutrition and lifestyle tips for preventing vision problems, using the power of local foods and everyday habits on St Helena



Arjelo Onde, Contributed

Our eyes are vital for everyday life. One key part of the eye is the macula, a small area in the centre of the retina. The macula helps us see fine details clearly like reading, recognising faces, and seeing colours. When the macula is healthy, our vision is sharp and clear.

However, sometimes the macula can become damaged, leading to common problems such as macular degeneration or Central Serous Chorioretinopathy (CSC).

What is Macular Degeneration?

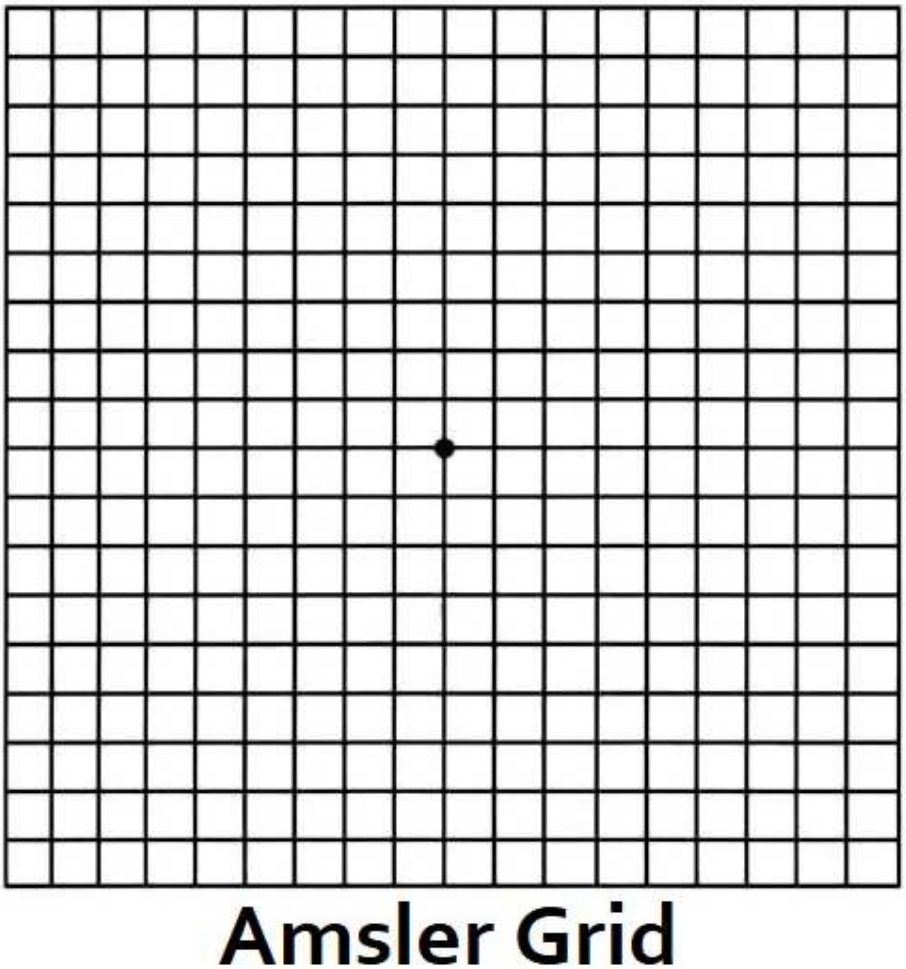
According to Macular Society, macular degeneration is a condition that usually affects older adults, although others can be at risk too. It causes the central part of vision to become blurry or dark, making it difficult to see things straight ahead like reading or watching TV.

There are two main types:

• Dry Macular Degeneration: The most common form, which develops slowly as cells in the macula weaken over time. This causes blurry or dim spots in vision.

• Wet Macular Degeneration: Less common but more severe. It occurs when new, weak blood vessels grow under the retina, leaking fluid or blood that quickly damages the macula and can cause sudden vision loss.

Note: Glasses can't fix macular degeneration because it affects the retina.



Amsler Grid

What is Central Serous Chorioretinopathy (CSC)?

CSC is a different condition that affects the macula. According to Loma Linda University Health, CSC happens when fluid builds up under the retina, causing a small detachment that distorts central vision. People with CSC often notice darker or blurry spots in the centre of their sight, wavy or broken lines when looking at straight patterns (like the Amsler Grid), and difficulty reading or seeing fine details.

Unlike macular degeneration, CSC often affects younger adults and can be linked to stress, steroid use, or certain health conditions. While CSC often improves on its own, some cases can persist or recur. Glasses don't help with CSC either, as it also affects the retina.

How to Check Your Vision at Home

If you notice changes in your central vision, you can use a simple tool called the Amsler Grid to check your eyes at home. Hold the grid about 12 to 15 inches (30–38 cm) from your eyes at eye level in good lighting. Cover one eye and focus on the dot in the centre. If the lines around the dot appear bent, blurry, missing, or distorted, repeat the test with the other eye and contact an eye doctor right away. This simple test helps detect early signs of macular conditions like macular degeneration or Central Serous Chorioretinopathy (CSC).

Key Nutrients for Healthy Eyes

Two important nutrients for your eyes are lutein and zeaxanthin. You can think of them like natural sunglasses that help protect your eyes from the sun and daily stress. Vitamins C and E work like shields, keeping your eyes safe from damage. Zinc helps your body use vitamin A, which is key for clear vision. And B vitamins help keep the tiny blood vessels in your eyes healthy, so they work well for years to come.

St Helena's Best Foods for Eye Health

St Helena Island offers many nutrient-rich local vegetables that support eye health, including bokchoy, beetroot leaves, sweet potato leaves, spinach,



purple amaranth (commonly called pigweed here), kale, and squashes like butternut and courgette. Eating these greens regularly in soups, stews, or sautéed with local spices can nourish your eyes. For extra vitamins, try fresh lemon or guava juice for vitamin C, and avocado for vitamin E.

At the Lighthouse Wellness Centre, we're working to grow more moringa and malabar spinach on the island by importing seeds and cultivating these greens locally. We also grow water spinach (kangkong) and plan to share seeds with local farmers and families to promote better eye and overall health.

Lifestyle Tips for Strong, Healthy Eyes

Good nutrition is just one part of eye care. Try these everyday habits:

- **Limit screen time**: Too much time on devices can strain your eyes. Use the 20-20-20 rule: every 20 minutes, look 20 feet away for 20 seconds.
- **Protect your eyes from the sun**: Wear sunglasses with UV protection.
- **Get regular eye check-ups**: Especially if you're over 50 or have a family history of eye disease.
- **Avoid smoking**: It increases the risk of macular degeneration and other eye problems.
- **Manage stress and sleep well**: Rest helps your eyes repair and recover.
- **Stay active**: Regular exercise like walking or jogging improves eye circulation and may reduce the risk of vision problems. St Helena's fresh air and scenic hills make staying active easy and enjoyable.

Simple Eye-Healthy Recipes from Local Ingredients

Try making a nourishing tuna soup using onions, tomatoes, ginger, lemongrass, and leafy greens like sweet potato leaves, kale, bokchoy, or purple amaranth—all cooked together in one pot. This dish combines local flavours with powerful nutrients to support and protect your vision.

- **Tuna**: Rich in omega-3s that support retinal health and reduce inflammation.
- **Ginger**: Contains antioxidants that protect and soothe the eyes.
- **Lemongrass**: Offers antioxidants and vitamins to reduce stress and boost eye circulation.
- **Onions**: High in vitamin C and quercetin to fight inflammation and free radicals.
- **Tomatoes**: Provide vitamins A, C, and lycopene to protect the retina and support night vision.

As another option, sauté the leafy greens with onions, garlic, and tomatoes in a bit of olive oil. This simple method helps retain nutrients while adding flavour and giving your eyes natural nourishment and protection.

If you'd like to learn more, call the Lighthouse Wellness Centre at 22267. We can teach you how to prepare simple, eye-healthy vegetable dishes using local ingredients. We also offer therapeutic massage to help your muscle pain, soreness, and stiffness, and help you manage arthritis flare-ups. You can also join our aerobics sessions to stay active and mobile. All our services are free. We're here to support your health and well-being.

My Story: Managing CSC Through Diet and Lifestyle

I want to share my experience in case it helps others.

In 2024, I was diagnosed with Central Serous Chorioretinopathy (CSC) in my left eye. My central vision darkened, and straight lines looked wavy on the Amsler Grid. An imaging test (SD OCT) confirmed damage to my macula.

My doctor said it may have been triggered by past use of prednisone and a corticosteroid cream I later used near my eye during an eczema flare-up.

Since CSC has no cure, I focused on supporting my eyes naturally through diet. I ate more local vegetables rich in lutein and zeaxanthin such as beetroot leaves, sweet potato leaves, purple amaranth, kale, malabar spinach, butternut squash, and the superfood moringa. I also added avocado for vitamin E and drank lemon or guava juice for vitamin C. I made sure to eat these foods at least four times a week, as they also provide zinc and B vitamins.

After two weeks, my vision improved. I could read again, the dark spot faded, and the Amsler Grid looked straighter.

A Message of Hope

When I was first diagnosed with CSC, I felt scared and uncertain. But I learned that even without a cure, healthy habits and natural healing can help manage the condition and improve quality of life.

If you notice any changes in your vision, don't wait, see an eye doctor. Simple steps like eating local healthy foods, protecting your eyes from the sun, limiting screen time, getting enough rest, and staying physically active can help keep your vision clear for years to come. Our beautiful island offers many gifts from nature to care for our eyes. Let's use these gifts wisely and keep seeing the world clearly.

Disclaimer: This article is for educational purposes only and based on personal experience. It is not a substitute for professional medical advice. Please consult an eye specialist for proper diagnosis and treatment.

About the Authors:

This article was written by Arjelo Onde, BSRT, R.R.T., a licensed radiation medical technologist with a postgraduate diploma in education and 9 years of experience as a science and health educator; and Jummel Onde, BSHRM, a hospitality professional and educator with a postgraduate diploma in education and 9 years of experience teaching food service, wellness, and applied nutrition at a vocational college. Together, we are passionate about improving health through education, plant-based nutrition, and holistic care.

Sources:

- Loma Linda University Health: For research on Central Serous Chorioretinopathy pathophysiology, potential treatments, and studies on lutein's protective effects on the retina. https://experts.llu.edu
- National Eye Institute (NEI): For information on the AREDS and AREDS2 studies and their findings on AMD and nutrition. https://www.nei.nih.gov
- American Academy of Ophthalmology: For guidelines on diet and nutrition's role in eye health. https://www.aao.org
- Macular Society: For UK-specific recommendations on lutein intake and its role in macular health. https://www.macularsociety.org
- Verywell Health: For a comprehensive overview of diet recommendations for macular degeneration. https://www.verywellhealth.com

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. June 13
- 7am -10am: Sunrise show with Luke Bennett
- 11am: American Connections (Repeat)
- 2pm: Our Show (Repeat)
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. June 14
- 9am-12 Noon: Saturday Show with Demy Herne
- 1pm: Northward Sounds with Tony Leo
- 3-5pm: Modern Country Chart with Donna Crowie (Repeat)
- 8:30pm: Out Out (repeat)

SUN.June 15
- 7am-noon: Sunday Show with Luke Bennett
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Demy Herne
- 5pm: In Scope
- 7pm: Anglican Church Service
- 20:30: Classical Compilations

MON. June 16
- 7am-10am: Sunrise with Luke Bennett
- 5:30pm: Country Classics
- 7:30pm: Sound of the 80's with John Turner

TUE. June 17
- 7am-9:00am: Morning Show with Donna
- 9am-11am: Mid mornign Show with Demy
- 2pm: In Scope
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Demy Herne
- 7:30pm: Classical Compilations

WED. June 18
- 7am-8:30am : Sunrise with Deon
- 10am : Legco
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. June 19
- 7am - 9:30am: Sunrise with Liam & Luke
- 4 pm: 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



How are you enjoying these wet and cold days and nights we've being experiencing lately? Well, regardless if it's hot and dry or wet and cold, you know that SAMS has got you covered! If you're staying out of the rain and looking for good company indoors, then tune in to SAMS Radio 1. Remember, we are here just for you, whatever the weather! So tune in wherever you may be to SAMS Radio 1.

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'

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

Throwback Thursday



12 June, 1923: Harry Houdini frees himself from a straight jacket while suspended upside down, 40 feet (12m) above ground in NYC

Peanut Butter NYC Cookies

Last week we shared a mouth watering Gingerbread Cookie recipe, today we celebrate yet another type of cookie; Peanut Butter Cookies. If you like peanut butter and chocolate then why not try this!



Ingredients

- 100g unsalted butter
- 100g peanut butter
- 100g light brown soft sugar
- 75g white granulated sugar
- 1 large/medium egg
- 1tsp vanilla extract (optional)
- 275g plain flour
- 1tbsp cornflour
- 1½ tsp baking powder
- ½ tsp bicarbonate of soda
- ½ tsp sea salt
- 150g white chocolate chips
- 100g peanuts (chopped)

Method

1. Add the unsalted butter, peanut butter, light brown soft sugar and white granulated sugar to a bowl and beat until creamy
2. Add in the egg and vanilla extract and beat again
3. Add in the plain flour, cornflour, baking powder, bicarbonate of soda, and salt and beat until a cookie dough is formed
4. Add in the white chocolate chips and peanuts and beat until they are distributed well
5. Weigh the cookies out into eight cookie dough balls - they're about 125g each
6. Once they are rolled into balls, put the cookie dough in the freezer for at least 30 minutes, or in the fridge for an hour or so
7. Whilst the cookie dough is chilling, preheat the oven to 180ºC Fan, or 200ºC regular! If your oven runs hot, go for 160ºC to 170ºC
8. Take the cookies out of the freezer/fridge and put onto a lined baking tray.
9. Bake the cookies in the oven for 11-12 minutes.
10. Once baked, leave them to cool on the tray for at least 30 minutes, as they will continue to bake whilst cooling
11. Finally, enjoy!

NOTICE BOARD

Tax Reminder

To all self-employed individuals, traders, businesses, and those engaged in accommodation rental during the 2024/25 tax year, please be advised of the following Tax Due Dates:

Tax Due Dates

2025 JUNE 30 Monday

- File *Annual Income Tax Return* (P50), *Annual Accounts* (e.g. Trading, Profit and Loss Account or Income and Expenditure Account) and *Depreciation Schedule* (if applicable).
- File by e-mail to tax.returns@sainthelena.gov.sh.
- Failure to file the Annual Income Tax Return by this date will result in penalties of £100 plus £10 for each month thereafter.

2025 SEPTEMBER 30 Tuesday

- Pay the tax due as stated on the Tax Calculation Table within the *Annual Income Tax Return*.
- Pay at the Bank of St Helena to account 61000003 or the Post and Customer Services Centre referencing your Tax Identification Number (e.g. THO0123IT).
- Failure to make full payment by this date will result in penalties of 10% of the balance owing plus 1% of the outstanding balance at each month end thereafter.

For assistance and to find out more about your tax obligations:

Contact us	Tele. No. 25880 | e-mail: tax.returns@sainthelena.gov.sh Income Tax Office, 1st Floor, Post Office Building, Main Street, Jamestown
Visit our webpage	https://www.sainthelena.gov.sh/public-services/income-tax/ Annual Income Tax Returns can be downloaded from the Relevant Forms section.

COMMERCIAL LENDING CLIENT REMINDERS



Bank of St Helena Ltd would like to remind you as per your facility letter, you are required to submit the following documentation and information for the financial year 2024/25.

The deadlines by which you must submit them to the Bank are as follows;

- A copy of your annual accounts inclusive of Trading, Profit & Loss (or Income & Expenditure) account, Balance Sheet and Fixed Asset & Depreciation Schedule – to be received by Monday, 30th June 2025.

For applicable clients:

- A copy of your Business Plan/Forecast inclusive of monthly projected balance sheets, income statements & Cash flow projections for the next financial year (2025/26) – to be received by Monday, 30th June 2025.

Please refer to your facility letter for full details of your agreement. A courtesy letter will be mailed during the beginning of June. Failure to meet the specified deadlines will result in the release of additional letters and will also incur the Bank's reminder letter fees.

Please note that a copy of your quarterly statement of monies received and paid out by your company/business is required to be submitted to the Bank for every quarter (ending June, September, December and March) by the last day of the month following the end of the quarter, therefore this information for April to June 2025 is required to be submitted by Thursday, 31st July 2025.

All necessary documentation must be submitted to the Lending Section via the Customer Service Terminal in the Main Bank Hall or by post to Lending Section, Bank of St Helena Ltd, Market Street, Jamestown.

For further assistance or information, please contact the Lending Section on (+290) 22390 or email creditriskofficer@sainthelenabank.com.

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

NOTICE BOARD

In Memory of Alan Yon

It was a really sad day when we learned that Alan had passed away. We had all hoped and prayed for a positive outcome, but unfortunately it was not to be. Alan was a cherished colleague and friend, who Richard and Barry had both known for around thirty years after having first having met at Lorrian and Terry's (Alan's mum and dad for those that don't know), when he, along with his then girlfriend and wife to be, Donna, joined them for a traditional St Helena lunch (well, more of a banquet really, roast potatoes, plo, numerous plates of meat and dishes of vegetables). As lunch turned to afternoon tea and then onto the evening meal (Lorrian and Terry were great hosts and also sadly missed), little did they know that the shy and reserved young man then would, along with Donna, go on to work with them and pioneer RJI's Falkland's operation so brilliantly twenty odd years later.

Our thoughts at this time are with Donna, Megan and Abigail, his extended family, friends, and all who are grieving this profound loss. We will remember Alan with gratitude, respect, and affection and he will be sadly missed by all at RJI.

Rest in peace Alan.

The Annual General Meeting of the St Helena Chamber of Commerce will be held at the Jamestown Community Centre on Tuesday 17th June at 7.15pm.

The first item of business will be a presentation by the Marketing Manager, Sebastian Stent, followed by a discussion with him relating to the private sector's importance and the challenges it faces. This will be followed by routine AGM matters, including presentation of the audited accounts for 2024/25; President's Report and election of the Chamber Council for 2025/26. Refreshments will be served.

All Members of the Chamber are invited to attend. If any other businesses wish to join before the meeting, they can contact the President, Corinda Essex, or Treasurer, Clint Beard.
The Chamber plays a vital role as the only cross-sectoral body representing the local private sector, but it can only work effectively with the active involvement of its Members so their continuing support is essential.

NOTICE BOARD

St Helena Government

PUBLIC ANNOUNCEMENT

ECONOMIC DEVELOPMENT INVESTMENT PROGRAMME

PUBLIC INFORMATION MEETINGS

The Programme Management Office (PMO) will be holding public information meetings in June 2025 to provide an update on the Wastewater Management Project. This project focuses on improving the sewage in, Half Tree Hollow and Jamestown and is being delivered under the Economic Development Investment Programme (EDIP).These sessions will be held as a joint engagement with the PMO, Connect St Helena, and Environmental Health.

These meetings are intended to share the latest developments on the project and to gather feedback from the community. Members of the public are encouraged to attend and engage directly with the team responsible for delivering this important infrastructure work.

All meetings will commence at 19:00 and will take place as follows:

Date	Venue
Tuesday, 24 June	Community Centre, Half Tree Hollow
Thursday, 26 June	Museum, Jamestown

Tea, coffee, and cake will be provided.

Public participation and input are welcomed, as community views will help shape the future of this essential service.

SHG, 10 June 2025 www.sainthelena.gov.sh

The St Helena Cancer Support and Awareness Charity would like to thank all those kind people who donated prizes for their raffle and all those who bought tickets. The winners are as follows: -

(St Helena) Cancer Support Awareness Charity
Registered Charity No. 00024

1st Prize – An Armchair	Diana Williams of Blue Hill
2nd Prize – Locally made drinks trolley	Cyril George of Sapper Way
3rd Prize – Knitted family doll set	Muriel Williams of Sapper Way
4th Prize – Double duvet set	Melvyn & Fiona of The Hermitage
5th Prize – "Especially for you" gift set	Kevin Simon of Half Tree Hollow
6th Prize – Locally made jewellery box	Sybil Peters of Deadwood
7th Prize – Xbox 1 game	Ryan Benjamin of Half Tree Hollow
8th Prize – Massager	Olive Williams of Napoleon Street
9th Prize – George Forman Grill	Heather Lawrence of New Ground
10th Prize – Food Hamper	Rosie Richards of Half Tree Hollow
11th Prize – Danielle Steele DVD collection	Kevin Simon of Half Tree Hollow
12th Prize – "Endless Blessing" Pamper Hamper	Diana Williams of Blue Hill
13th Prize – Shopping Trolley	Jill Young of Market Street
14th Prize – Crochet Throw	Pamela Thomas of Longwood
15th Prize – 2 Ltr bottle Smirnoff Vodka	Patricia Coyle of Alarm Forest
16th Prize – Pink Throw	Patricia Essex of China Lane

NOTICE BOARD

The St Helena Autism Awareness and Support Group (charity number C0061) would like to share their monies raised for the period 2024/25 as of 31st May 2025.

Our thanks to everyone who contributed or helped in any way during our awareness month in April, when most of these activities took place. We will keep you updated on forthcoming events on our Facebook page. If you would like to join the charity as a member or join our parent's support group, please contact us on this email: autismsthelena@gmail.com

Monies raised

Donations (including cheque from Public Solicitor's Office): £1581.06
Paraphernalia (promotional material): £829.81
Mufti Day: £808.13
Multi Raffle: £510.00
Fund-raising events (Bakes stall, Quiz Night, Caleb's walk on Ascension Island): £1038.00
Bank interest: £2.30
Total: £4769.30

Expenditure

Adverts: £235.00
Paraphernalia (promotional material): £887.46
Remittance: £15.00
Printing: £39.60
Cash/Fundraising Event: £466.15
Tax: £0.23
Other (children's Christmas party) £210.38
Total: £1853.82

Total funds raised: £2915.48

Vacancy

Trainee Electrician

Since 1790

Salary for the post will commence at £9,360 per annum (£780 per month), depending on qualifications and experience

Solomon & Company (St Helena) Plc has a vacancy within the Electrical Works Department for a Trainee Electrician.

As the Trainee Electrician you will assist with in-house and private electrical jobs to complete them in a timely manner while ensuring high standards of work are delivered at all times in accordance with Company requirements and local regulations.

Interested Persons Should:

- Possess Grade C in GCSE Maths or English, or equivalent.
- Have excellent communication skills.
- Have a customer focused approach with excellent customer service skills.
- Have an aptitude for problem solving and demonstrate persistence when troubleshooting issues.
- Be committed to continuous learning and development in an ever-changing industry.
- Demonstrate attention to detail.
- Have a positive work ethic.
- Be self-disciplined and self-motivated.
- Be able to work effectively in a team environment.
- Have the ability to undertake physically demanding and manual handling tasks as well as work in confined spaces.
- Be flexible to work outside of normal working hours.

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

Mr Ian Gough, General Manager (Services & Properties) via 22380 gm-services.properties @solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **26 June 2025.**

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

- Pension Contributions
- Staff Discounts

NOTICE BOARD



We're interested in what people (aged 16-25 years) think about a website that we have developed to support well-being in people from St Helena. The website is to help develop strategies to manage stress, understand about challenges and generally cope well with demands. It has been developed in collaboration with the mental health team in Jamestown, based on research in St Helena.

University of Nottingham
UK | CHINA | MALAYSIA

The study is part of PhD research in University of Nottingham and is anonymous. It involves completing a survey online after you have looked at the MindingMyMind website (www.mindingmymind.sh). There is a second part, in which you could do an interview with a Researcher on Teams to give feedback about the website – we're interested in making the MindingMyMind as good as possible.

We'd really like to hear from you, if you have any questions or are interested in being in the study. Young people (aged 16-18) and their parents have to say that it is OK to be in the study and sign a consent form. For anyone over 18 years, parental consent is not required.

The website is funded by the Foreign, Commonwealth and Development Office's (FCDO) Overseas Territories Civil Resilience Programme and delivered by the UK Health Security Agency (UKHSA).

If you are interested in being involved please click on one of the links below:

Click on this link if you are 19 years and older and might want to participate:	https://app.onlinesurveys.jisc.ac.uk/s/nottingham/adult	
Click on this link if you are 16-18 years old:	https://app.onlinesurveys.jisc.ac.uk/s/nottingham/young-person	
Click on this link if a parent/carer can give consent for a 16-18 year old who wants to take part:	https://app.onlinesurveys.jisc.ac.uk/s/nottingham/information-sheet	

'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!

Today we're excited to share the amazing work of our partners in the MET Station Bottom Woods, who have recently upgraded two of the Automatic Weather Stations within the Peaks National Park





As part of important data collection to advise and better understand the relation of cloud forest habitat to Island water supply, a number of Automatic Weather Stations (AWS) were setup in key locations within the Peaks National Park with UK Government funding.

As detailed by Murray Henry from the MET Station, while the original Davis Vantage Pro AWS systems served the project well over the past four years, an upgrade was required using the more robust HOBO Advanced Cellular AWS. These new systems record the same weather conditions as the previous AWS systems including temperature, humidity, rainfall and wind speed/direction, while additionally collecting data on leaf wetness, soil moisture and solar radiation - increasing the scope of data being collected through the project.

What makes this equipment even more impressive is that it provides a real-time look at conditions around the Peaks National Park and alerts us to equipment malfunctions sooner, while also supporting reduced footfall for pathogen mitigation. Here are the 'live' dashboard links which you can check out yourself: Peaks - https://rb.gy/pdra7z, Depot - https://rb.gy/2m9h54. These are in addition to the dashboard that we set up last year for the Mist & Rainfall Monitoring Network - https://rb.gy/1zd881.

Shout out to Murray for his incredible work so far in upgrading these AWS systems, with the High Peak AWS set to be upgraded soon. A job well done!

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

RSPB UK Government Connect St Helena Island UBC Kew Met Office Arcturum

JOIN OUR TEAM

CHIEF EXECUTIVE, ST HELENA & ASCENSION

Sure is seeking an inspirational and strategic leader for the St Helena & Ascension Island Business Units

Person specification:

- Passionate, forward thinking with proven experience as a senior leader.
- Substantial commercial knowledge and experience, with a degree in Business and/or Management.
- First class communicator, experienced and skilled at influencing, negotiating, building alliances and maintaining effective relationships, both internally and externally.
- Distinctive organisational skills, committed, proactive and flexible working style.
- An inspiring leader and collaborative team player, capable of cultivating a team-orientated atmosphere, empathetic, and genuinely personable.
- Demonstrable commercial acumen with the ability to innovate and successfully manage change.
- Knowledge of Project Management.

Due to the nature of this position, the post holder must hold a Satisfactory Police Disclosure.



Join us and you can enjoy some of the benefits Sure offers: competitive salary, bonus scheme, company pension and continued professional development.

To apply send your CV to recruitment.SADG@sure.com by 23 June, 2025

We are proud of the way we do things

We work together as One Team. We strive for Customer Satisfaction. We are Reliable. We have a Passion for Technology & Learning. We are Community & Sustainability focused.

NOTICE BOARD

KAYAK / SUP HIRE

KAYAK	Half Day	Full Day
Single Kayak	£20	£25
Tandem Kayak	£30	£40
Kayak group bookings 4-8 people	£15 pp	£18 pp
Kayak group bookings > 8-12 people	£12 pp	£15 pp
Kayak Club members*	£10 pp	£12 pp

SUP's	Half Day	Full Day
Single SUP	£20	£25
SUP group bookings 3-4 people	£15 pp	£18 pp
Kayak Club members*	£10 pp	£12 pp



Requirements:

- ✓ 24hrs notice for weekday bookings
- ✓ 48hrs notice for weekend bookings
- ✓ Rental agreements to be signed before Launch
- ✓ Fee's to be paid before launch

Included:

- ✓ Launch & Retrieval assistance
- ✓ Buoyancy Aids
- ✓ Safety Brief and basic instructions before setting off

Kayak Club Members*

Get in touch for more information

22034 or youth@helanta.co.sh

St Helena Island
A breath of fresh air



"It matters not who you love, where you love, why you love, when you love, or how you love. It matters only that you love." —*John Lennon*

Equality & Human Rights Commission
Saint Helena Island

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting…

St Helena Government

Receptionist/Hospital Support Officer (£7,280 per annum)

Based at the Jamestown General Hospital, the Receptionist will work on a shift basis and be the first point of contact for all visitors; provide receptionist duties ensuring a positive and professional environment for the reception point. In addition to answering the telephone, directing and screening calls as necessary, you will be required to welcome visitors, direct them to their correct destination, maintain an awareness of staff movements in and out of the site, monitor visitor access and maintain security awareness.

Contact us for more information and a discussion.

Enquiries: **Helen Lawrence on Tel No 22500 or Email Helen.lawrence@sainthelena.gov.sh**
Closing date: **18 June 2025**
Shortlisting date: **23 June 2025**
Interview date: **30 June 2025**

Mechanic (Fixed term – 2 years) (£9,781 per annum)

The Transport Division is seeking to recruit a Mechanic to join their team. If you are a motivated individual who has the ability to work independently when required and have a sound knowledge of practical mechanics and diagnostics with good attention to detail this could be a good opportunity for you. The role requires you to be fully conversant in applying health and safety procedures to guarantee the safety of employees and products/services ensuring that the vehicles and heavy plant equipment are maintained in a safe operational condition.

Contact us for more information and a discussion.

Enquiries: **Theodore Fowler on Tel No 23643 or Email Garage.Manager@helanta.co.sh**
Closing date: **25 June 2025**
Shortlisting date: **30 June 2025**
Interview date: **08 July 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 us!

We are recruiting…

St Helena Government

JOIN THE PUBLIC SERVICE

Head of Health & Safety
(£30,256 per annum)

As Head of Health and Safety for the Public Service, the role is accountable for updating and implementing Health and Safety (H&S) across the St Helena Public/Civil Service. Ensuring the SHG H&S policies, legislation, and procedures are fit for purpose, adhere to our obligations, and local laws. The person will proactively advise the Public Service on how to protect the health, safety and welfare of all employees in the workplace. This is a new role and the person must have significant experience on health and safety matters, implementing change from strategic to operational levels in diverse business environments. The post holder will ensure that health and safety is delivered in a clear, pragmatic and achievable manner for over 800 personnel across all business streams.

Contact us for more information and a discussion.

Enquiries: **Alex Mitham on Tel No 25870 or Email** alex-richard.mitham@sainthelena.gov.sh
Closing date: **25 June 2025**
Shortlisting date: **30 June 2025**
Interview date: **14 July 2025**

English Teacher (Permanent)
(£13,344 - £19,788 per annum)

Are you interested in working with young people and want to be a part of shaping their future? Then join the team and become an English teacher in SHSS. You will be responsible for planning, preparing and effectively delivering programmes of study in the specific subject(s) to a designated class(es) to cater for all abilities of students. You must have the required qualifications, be committed to safeguarding and promoting the welfare of young people, have good communication skills and be able to interact with students, parents and colleagues.

Contact us for more information and a discussion.

Enquiries: **Isabel Andrews on Tel No. 24290 or Email** isabel.andrews@sainthelena.edu.sh
Closing date: **18 June 2025**
Shortlisting date: **23 June 2025**
Interview date: **10 July 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

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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

School Secretary (Permanent)
(£7,960 per annum)

Do you have a passion for Education? The Education, Skills and Employment portfolio are looking to recruit a School Secretary in SPPS. The individual will play a key role in managing all administrative tasks related to the school, its staff, and pupils, ensuring that everything runs efficiently and effectively. In addition to administrative responsibilities.

Contact us for more information and a discussion.

Enquiries: **Patricia Williams on Tel No. 24737 or Email patricia.williams@sainthelena.edu.sh**
Closing date: **20 June 2025**
Shortlisting date: **25 June 2025**
Interview date: **04 July 2025**

1:1 Teaching Assistant (St Helena Secondary School)
(£8,419 per annum)

Do you have a passion for Education? We are seeking 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: **27 June 2025**
Shortlisting date: **02 July 2025**
Interview date: **11 July 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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To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

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Join us!

We are recruiting…

St Helena Government

JOIN THE PUBLIC SERVICE

Fixed Term 1:1 Teaching Assistants/Support Assistants (St Paul's Primary)

General Teaching Assistant (St Paul's Primary) Fixed Term (1 until Jan 2026 & 2 until Aug 2026)

(£8,419 - £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: **Patricia Williams Tel no's 24737 or Email patricia.williams@sainthelena.edu.sh**
Closing date: **27 June 2025**
Shortlisting date: **02 July 2025**
Interview date: **Week Commencing 14 July 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



DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 15th June 2025– Trinity Sunday		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Family Eucharist/ Church Parade	Cathedral
3.30 p.m.	Eucharist	St Peter
The Parish of St James		
Sunday 15th June 2025 – Trinity Sunday		
9.30 a.m.	Eucharist	St James
	Thursday 19th June	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 15th June 2025 – Trinity Sunday		
11.15 a.m.	Eucharist	St Mark
3.30 p.m.	Eucharist	Barnabas, Levelwood
	Tuesday 17th June	
7.00 p.m.	70x7 Forgiveness	St Mark



Church Notices

We warmly invite you to join us for:

Prayer Meeting

Saturday 14th June 2025 at 8:30am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Praise and Worship Service

Father's Day

Sunday 15th June 2025 at 11:00am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Cell Meetings

Tuesday 17th June 2025
Jamestown at 7:00 pm (Contact: Catherine on 64352 for details)
Wednesday 18th June 2025
The Rock Christian Fellowship, Longwood Avenue at 7.00pm
(Contact: Priscilla 51919 for details)

~

Christian Gift/bookshop & DVD rental

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

BAPTIST CHURCH

Gospel Outreach Service
Sunday 15th June
Kingshurst Community Centre 3.00 pm

No services will be held in the Sandy Bay, Head O'Wain and Jamestown Chapels.

Bible Studies
Tuesday 17th June
Baptist School Hall 7.00 pm
Thursday 19th June
Sandy Bay Chapel 5.30 pm

Ladies Meeting
Wednesday 18th June
Baptist School Hall J/Town 10.30 am

ALL ARE WELCOME!
For further information contact:
Tel No 24644

JTCC Skittles League 2025

19th May 2025	Guys & Dolls	455	Beat	Stallions	435
Gents Highest Score	Neil Joshua	63		Callum Ellick	56
Ladies Highest Score	Merle Peters	56			
Highest Spare	Neil Joshua	13		Chris Owen	9

26th May 2025	Alley Cats	419	Beat	Lucky Splits	378
Gents Highest Score	Anthony Phillips	57		Marco Fowler	50
Ladies Highest Score	Inez Richards	61		Taylor Thomas	49
				Terri Braaf	49
Highest Spare	Inez Richards	15			

28th May 2025	Parttimers	508	Beat	Strugglers	464
Gents Highest Score	Fabian Peters	67		David Thomas	63
Ladies Highest Score	Stacey Williams	57		Sally Hickling	49
Highest Spare	Belfred Peters	15		David Thomas	14
	Denny Leo	15			

02nd June 2025	Extractors	492	Beat	Young Stars	450
Gents Highest Score	Andrew George	69		Owen Richards	
Ladies Highest Score				Cerys Joshua	43
Highest Spare	Andrew George	15		Ashton Benjamin	13

04th June 2025	Stallions	475	Beat	Alley Cats	459
Gents Highest Score	Kyle Yon	76		Stuart Isaac	61
Ladies Highest Score				Inez Richards	
Highest Spare	Kyle Yon	15		Cody Phillips	14

What's On
Mantis St Helena

Father's Day Lunch

at Mantis St Helena

Celebrate the dads in your life with a delicious 3-course menu.
Guests may choose one starter, one main, and one dessert.

Starters

Tuna & Avocado Tartare served with Tortilla Crisps
or
Pulled Pork Open Sliders served with Apple Coleslaw and Toasted Cashew Nuts.

Mains

Herb-Crusted Lamb Chops on a bed of Warm Mint and Garlic Risotto
or
Chicken Cordon Bleu on a bed of Mushroom Risotto with Cheese Sauce
or
Baked Yellowtail with Teriyaki and Coconut Creamy Rice.

Desserts

Amarula Coffee Crème Brûlée
or
Three Scoop Ice Cream with Sauce Drizzle.

Available as dine-in only. For all enquiries and bookings, please call 25505.

All alcoholic and non-alcoholic beverages are charged separately.
Kindly inform our service team of any dietary requirements or allergies.

Sunday, 15 June. £25 per person from 12:00 onwards.

SPORTS ARENA

Texas Scramble Golf Competition



SHGC, Contributed

The Texas Scramble Golf competition held on Sunday, 8 June, originally scheduled as a three-person team event with one non-member per team, faced challenges in forming teams despite best efforts. As a result, the format was reverted to the traditional Shotgun Start Stableford Texas Scramble, comprising two members per team. The handicap was set at 3/8ths of each member's handicap for scoring purposes.

The weather conditions were far from ideal, with intervals of rain and only brief moments of sunshine. However, the challenging weather did not deter the participants, as evident in the impressive scores returned on the day.

The outright winners of the competition were Neil Joshua and Patrick Henry, who achieved an exceptional score of 48 points. Close behind, in second place, were Helena and Jeff Stevens, with a commendable score of 45 points.

A highlight of the day was the single "2" scored by Neil Joshua and Pat Henry on the par-3 16th hole. This remarkable feat earned them all the balls in the two-ball pool.

Special recognition goes to the generous anonymous sponsor who supported the competition and provided the wonderful prizes. Additionally, a big thank you was extended to Helena Stevens, the Lady Captain, who graciously presented the prizes to the winners, and to the members who rallied and helped behind scenes in making the event a success.

Despite the less-than-perfect weather, the competition proved to be an enjoyable and memorable event for all participants.

Upcoming Events JUNE 2025

15 June: 18 Hole Stroke Play (No Handicap)

21/22 June, 28/29 June: St Helena Open Championship

Happy swinging!



Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

We are happy to report how important and beneficial the shooting club is to our young people; sport is a developing, learning and educating tool that provides multitudes of elements that enhances enrichment in children's everyday activities.

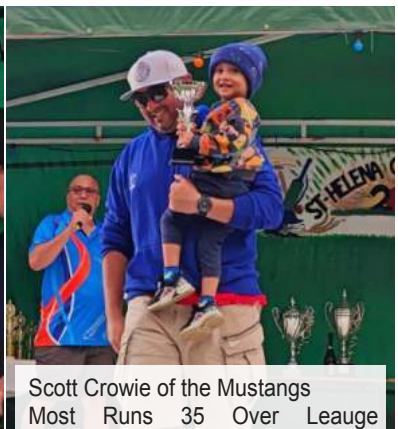
This week, Tuesday 10 June, training started proper with six Scout students for their first task to shoot 12 shots at the target, this important exercise can be a massive achievement for them, also especially for me as their trainer to measure their sight alignment with the rifle on the target therefore, hitting the highest or best score were not the key focus during this exercise. A trainer has to realise each and every one of us are different and have different abilities, therefore easement of an encouragement when working with kids is so important. I can comfortably say the group placed themselves admirablyon a pedestal. Cora Richards shot 50, Shae-lyn Leo 81.1, Rutendo Nayoto 26, Cruz Williams 80.1, Fergus Stead 74 and Seth Lawrence 82.1 score identifies their alignment, not necessarily good groupings, but hitting the target. Next exercise will be to control the trigger finger.

Mentioning our early youth, Hari Stead shot 96.2 and Josie Thwaite's 93.2 & 95.6. Seems like the weather is starting to affect members as only six of us attended but never the least we still enjoyed being at the club. George was not going to lose out on his last shoot before he leaves, he shot 92.3, 80.1 & 84; we wish him the very best. Kyle shot good with 96.5 & 99.7, Mrs Maddie were back on the platform she shot 95.4 and 97.4; haven't lost it at all. We're hoping to have a competition next week, if the entry numbers are good there will be roast turkey on bread rolls for sale so please sign up. So until then, stay warm, well and healthy. Have a great weekend.

SPORTS ARENA



Greg Coleman of the Sandy Bay Pirates
Most wickets in the RMS T20 (18 wickets)
Best bowling average in the RMS T20 – (7.28)
Best Bowling Average of the season (Association Shoes) AV. 10.61



Scott Crowie of the Mustangs
Most Runs 35 Over Leauge (489 runs)
Best batting average (122.25)
Most Runs in the District Tournament – (311runs)
Highest Score of the season – Scott Crowie 155 against Cobras and Aiden Leo 155 against Levelwood Rebels.



Young player of the season and Mycle Dook cup – Kieran Williams of Sandy Bay Pirates – 51 MVP Points.



Andrew Yon of The Challengers
Most sixes in the 35 Over Leauge – (24 sixes)
Best batting average in the District T20 – (138.50)
Most Runs in the RMS T20 (466 runs)
Best batting average in the RMS T20 (116.50)
Most Runs in the Knockout 222
Most sixes in the Knockout (14)
Best batting average in the knockout - 111
Highest score first innings of knock-out (110 not out v Jamestown Heat)
Best Batting Average of the season (Association Bat) – Av. 114
Player of the Season



Plate Winners



Most Catches in the T20 District – Cliff Richards of St Pauls (5 catches)



Wicketkeeper of the season – Nico Ellick – Challengers.



Most Sixes in the District T20 – Brooklyn Fowler of Sandy Bay (15 sixes)



Most Catches in the RMS T20 – Kristian Leo, Andrew Yon and Nico Ellick (7 catches)



Most Wickets in the Knockout – Joey Thomas – Challengers (10)
Best bowling average in the Knockout – Joey Thomas – Challengers – 4.1



Best bowling average in the 35 Over League – Rhys Francis of Sandy Bay Pirates (9.07)



Most Wickets in the District T20 – Greg Coleman, Barry Stroud, Andrew Yon and Chris Owen (8 wickets)



Most Wickets in the 35 Over League – Jordan Yon of the Challengers and Rhys Francis of Sandy Bay Pirates(14wickets)



Most Sixes in the RMS T20 – David Young of Sandy Bay Pirates (35 sixes)



Most catches in the Knockout – Dion Maggott, AJ Bennett, Andrew Yon, Joey Thomas.



Best bowling average in the District T20 – Barry Stroud of HTH(10.63)



Most Catches in the 35 Over League – Jamie Essex, Andrew Yon and Scott Crowie (6 catches)

SPORTS ARENA

A CELEBRATION OF CRICKET

Pirates win exhilarating Knockout Final as Challengers take home double

Luke Bennett, SAMS



Another exciting cricket season drew to a close on Saturday as Pirates retained their knockout title against double winners, Challengers, in an all-out-action final.

With their batting form at an all time high , Challengers elected to bat first, but got off to a shaky start after Player of the Match, Rhys Francis, dismissed Challengers in form batsmen, Andrew Yon, for just eight runs. However, a partnership was formed, with Captain Cliff Richards (26) and Jordi Henry (61) helping to grind their team to a respectable score of 131 runs, amid some excellent bowling from Sandy Bay.

Although a reasonably low total, Pirates would not take this likely after falling victim to a similar score earlier in the season. This looked to be the case again after some excellent bowling from Challengers saw Pirates top order fall early, thanks largely to a three wicket haul from Joey Thomas dragging Challengers back into the game. However, it wasn't to be for the so far undefeated Challengers, with Rhys Francis putting in a Captain's performance, pouncing on an over late in the innings to swing the game in Pirates favour. Alongside Brett Isaac, the pair took the game to the final over and dragged their team over the line, ending Challengers impressive unbeaten streak and seeing Pirates crowned as 2025 Knockout Champions.

The highly anticipated presentation of trophies commenced soon after the final with Challengers taking home both the League and RMS T20 Titles. Half Tree Hollow were crowned District Champs as Sandy Bay Pirates lifted the Knockout Cup.

Some of the standout individual honours saw Pirates, Kieran Williams, awarded the Mycle Dook Cup for the Young Player of the Season, while Challengers, Nico Ellick, was named as Wicket Keeper of the Season and his compatriot, Andrew Yon, was duly crowned as the Player of the Season, capping of another successful SHCA Cricket Season.

Some photos kindly supplied by Laura Oliver



35 over league & RMS T20 Winners Challengers



35 over league & RMS T20 Runners Up Levelwood Allstars



T20 District – Runners Up Levelwood



T20 District – Winners HTH