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What happened at High Knoll?

Police investigating "serious incident" at High Knoll Fort



Approved with Amendments





"She was abandoned on Sunday night"

OPINION

SENTINEL COMMENT

Liam Yon, SAMS

So it's my time for The Sentinel 'comment' before chaos hits – and yes, I'm speaking about the imminent month-long closure of Ladder Hill Road, arguably the most travelled and used road on the Island, especially for those of us who live on the West side of this rock.

Now, 'don't get me wrong' as they say, the fact that Ladder Hill Road is getting a resurfacing is a good thing and I trust the Roads Inspector if he feels that this must happen. What I do have a problem with is the planning and communication around something which has such a big impact on so many of us in the community.

Planning and Communication – two extremely important factors – seem to be a missing in our Government. Do SHG still hold regular Senior Management Team meetings? Does SHG's Head of Communications sit in these meetings? I sometimes wonder. Now I hope that this is not taken personally, it is strictly a professional opinion from someone who has worked in communications all my life, including in the position of SHG Head of Communications for six-months in an acting capacity.

This is how I would've handled the situation. When the Roads Manager says that Ladder Hill Road must be resurfaced and it must happen now, firstly, discussions should have been made on how to lessen the impact of this. Could working hours of the Roads Section be adjusted to allow the road to be open during the day for workers and those travelling in and out of town (or is 8 to 4 set in stone)? Could Shy Road be used to at least cut down on the length of time that the whole road must be closed? Once we finalise how we would handle the closure, then we should be consulting with all those affected, as a minimum so that they are aware and can adapt their operations accordingly. Did conversations take place with Emergency Services early so they could plan? Was the Public Transport drivers and regular users consulted? The School Holidays start next week, did parents, teachers, crèche's, youth clubs have a say in this? Town is home to majority of food vendors, bars, clubs, were they consulted as to how this would affect them? Taxi operators, did you know? Those booked to come home on holiday, would they have still wanted to come if they knew our main highway would be closed? All of these factors should have been considered, and then, communicated accordingly, rather than putting out simply that the road is being closed and services will be affected, which just opened a can of worms as to all of the unanswered questions – affected how might I ask?. Maybe an FAQ annexed to the Press Release would have been helpful? That's what I would have done.

For me, the way in which the planning, and then the subsequent communication, of this massively impactful road closure was handled was, in my opinion, lacklustre and unprofessional, to put it nicely. Hopefully lessons will be learnt – or not, whatever right?

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YOUR LETTERS



Dear Editor

Below is the speech I made in the last sitting of Formal LegCo in support of the Adjournment Debate, sharing for the convenience of those who did not, or have not yet, listened to the rebroadcast.

Madam Deputy Speaker, Honourable Members, and most importantly, the people of St Helena—today, I rise in support of the debate.

Before I share my final words, I want to say thank you. Thank you to the community for trusting me with this opportunity; to the Chief Minister for allowing me to follow my passion for a healthy St Helena and be part of her team; to my colleagues in the ministerial team, the Elected Members, and the public service.

To my Portfolio Director and the leadership team—it has been a privilege. And to the staff, both in health and social care, on the front lines and behind the scenes, you have my deepest respect.

I do not stand here today to answer a question of public interest or to defend another budget—or, in my case, yet another over-budget supplementary. Instead, I stand before you to offer my farewell as Minister for Health and Social Care. These past four years have been extraordinary. The lessons I've learned, the people I've met, and the emotions I've felt has exceeded all others by some distances.

St Helena is more than a place. It is a people. It is a culture. It is a thread that connects an array of incredible events than has echo across generations. Nevertheless as I step away from this role, I do so with a deep awareness of the significant challenges we still face—challenges that are not just economic or logistical, but deeply human.

During my time in this role, I have often reflected on what holds us—and our island—back from truly thriving. Many conversations focus on daily issues, like benefit payments or inefficiencies within SHG. But these are not the heart of the matter, nor do they define our outcomes. That's not to say they shouldn't be challenged.

This quest for understanding has taken me down many rabbit holes; from exploring our forged history, to testing my own DNA, to speaking with members of other small, isolated communities that I've been privileged to meet. These experiences have only deepened my questions and, at times, put me at the sharp end of many debates—especially when challenging deeply

rooted beliefs.

In all of this, I recently finished listening to a book called 'Tribal' by Michael Morris, which has helped bring some clarity that I'd like to share, in my own words.

In the book, the author speaks of three fundamental "tribal codes" he describes as codes that shape how we survive, evolve, and behave in groups. These codes are especially powerful in close-knit communities like ours.

1. The Peer Code—the instinct to conform to what most people do.

This keeps us safe, but it can also keep us stuck. When unhealthy habits become the norm, or when silence replaces accountability, we risk normalising what should be challenged.

2. The Hero Code—the drive to copy those we admire.

This can inspire greatness—but only if we lift up the right heroes (the world stage is full with such characters on both sides). Let's celebrate not just those who speak loudest, but those who serve quietly, who care for others, who put aside personal ego and build rather than divide.

3. The Ancestor Code—the pull to follow the ways of our forebears.

This gives us roots and a powerful connection to each other, but it can also make us resistant to change. We honour our past best not by repeating it, but by evolving it—by asking, "What would our ancestors do if they stood in our shoes today?"

These codes are not flaws. They are features of our humanity—but only if we understand them and use them to build bridges, not walls.

So, how do we move forward? There are many areas where these codes apply, but I will focus on three that are close to my heart—my own codes.

In health, we must embrace our new Prevention Strategy as it gathers pace over the next year. This is our most practical, funded opportunity to change the trajectory of our health and wellbeing. It is not just a document—it is a lifeline. It calls on us to act early, to act together, and to act with courage against the peer codes that have made some of our poor habits the norm.

We must also be honest about our finances. There is no endless pot of money. But there is endless potential in us as a people. If we invest wisely—in ourselves, our workforce, our infrastructure, and most importantly our community—we can build a positive foundation for stability.

And finally, we must confront the truth about our population. If we do not find ways to retain and attract people together — especially young people — we risk becoming a museum of memories rather than a living, thriving society. This is my greatest fear, and the departures over the past 12 months have made it deeply personal for me.

As a government, and as a people, we must not settle for managing our decline, but champion renewal. Let's not waste our precious time arguing over the 20% we disagree on, but focus on moving forward with the 80% we agree upon. Change is painful; it challenges our deep-rooted codes. It's easy to turn a 20% disagreement into an 80% problem and rally support around it, I see this everywhere. We must rise above this.

As I step away, I do so with gratitude, with hope, and with a quiet conviction that St Helena's best days are not behind us—they are ahead of us. But only if we choose to make it so.

Let us not be held back by the codes of conformity, nostalgia, or fear. Let us instead write a new code—one of courage, compassion, and collective action.

Madam Deputy Speaker, before I take my seat for the last time as Minister in this government, I want to speak directly to a group of people who may not always see themselves as change-makers — but who absolutely are.

To the increasing number of people I pass quietly in the early morning or late afternoon — walking the roadside, lifting weights in the gym, or attending your favourite physical activities — you are the quiet revolution. You are choosing health, not with slogans or policies, but with steady, hopeful steps. Each sunrise you meet, each routine you build and importantly share, is reshaping our future — quietly, powerfully, and collectively.

This is what grassroots movement truly looks like — not loud, not headline-grabbing, but consistent and connected in the best possible way.

So whether you walk, run, swim, or simply choose one healthier meal each day — know this: you are not on the sidelines of our future wellbeing. You are the foundation. You remind us that leadership doesn't always wear a title. Sometimes, it wears trainers and shows up each day without fanfare. And it is from this ground — your ground — that the seeds of long-term change will grow.

Thank you Madam Deputy, for the last time, I beg to move.

Minister Martin Henry

Finished Early

Minister Ellick to miss final week as he departs for personal reasons



Donna Crowie, SAMS

Last Saturday's flight out of St Helena did not only see the departure of Minister Henry - who is attending the UK Health Security Agency's conference in London - but also onboard the outward flight was Minister for Safety, Security and Home Affairs, Jeffrey Ellick, who is travelling to South Africa for personal reasons. This means that both Minister Henry and Ellick will be off-Island for the last week of their tenure, prior to dissolution on Monday.

For the period that Minister Ellick is away and up until dissolution, Minister Mark Brooks took on the responsibility of the Safety, Security and Home Affairs portfolio. The Sentinel wishes both Councillors safe returns to St Helena.

What happened at High Knoll?

Police investigating "serious incident" at High Knoll Fort over Easter Weekend



Liam Yon, SAMS

The Royal St Helena Police have released a concerning appeal for information, where they reveal ongoing investigations into what they describe as "a serious incident" which took place at High Knoll Fort during the Easter Weekend between 1pm on Friday, 18 April, and 6pm on Saturday, 19 April this year.

Detectives from the RSHP's Criminal Investigations Department are seeking to speak to anyone in the community who may have been in the High Knoll Area within that timeframe.

While not able to "disclose the exact nature of the incident," Detective Constable, Josh Deville, confirmed to The Sentinel that the incident is not related to any criminal damage or vandalism and, as stated in the appeal, is defined as being one of a serious nature.

"Serious cases are usually defined as incidents which require, or are likely to require, a serious and complex nature to the enquiry," he setailed. "The alleged offences are usually of the most serious category, hence why they are investigated by Detectives from our Criminal Investigation Department (CID)."

The Detective Constable then again called upon the community to come forward with any information they may have which will assist with this investigation.

"In relation to this case, I would be very grateful for and interested in any person who may have been in the area over those two days, who may have seen any person(s) and/or vehicle(s) visiting the Fort and/or anything else that they may have witnessed at the time – or recalled since – that they thought, was worrying or out of the ordinary," he appealed.

DC Deville is available via telephone to 22626 or by email through cid@sainthelena.gov.sh.

In an added piece of information, DC Deville sought to "reassure the public" that "there is no danger or ongoing concerns around visiting the area or the Fort aside from the request for information pertaining to this specific incident."

Rumours have circulated within the community that the incident relates to an alleged serious sexual offence, though this has not been confirmed as investigations continue.





Approved with Amendments

Communications Bill 2025 approved by Council with nine amendments



Liam Yon, SAMS

In a lengthy and informative session of Formal Legislative Council on Wednesday, 18 June, Legislative Council approved the Communications Bill, 2025, with nine amendments having been made and agreed by the majority of members.

Prior to the Bill being discussed by a committee of the whole Council, Elected Members spoke to the Bill, recognising its importance to the Island as it is set to replace the now outdated Telecommunications Ordinance, 1989, and establish a modern regulatory framework described by SHG as "essential for maximising the benefits of the Equiano fibre optic cable connection that was activated in October 2023."

While many stood in support, others made their concerns known with regards to the Bill which is set to be a critical piece of legislation for the Island for decades to come.

As detailed by SHG, the new Communications Bill aims to focus on a number of areas including a communications regulator, universal service obligation, consumer safeguards, price controls, and spectrum management.

Following approval of the Communications Bill, 2025, with nine amendments by the Council, the honourable mover, namely Minister for Treasury and Economic Development, Mark Brooks, addressed the House where he gave thanks for the input given.

To hear the full discussion and amendments made to the Communications Bill, 2025, during LegCo, check out the SAMS Podcast page.

New Council Next Week

Ascension Island Council elections gaining momentum ahead of Polling Day







Liam Yon, SAMS

As St Helena prepares for General Election season on-Island - with our Legislative Council set to be dissolved in the next few days on Monday, 30 June, ahead of Election Day on 3 September - our Sister Island of Ascension has also seen momentum pick up their side ahead of the Election of their new Island Council on 3 July, just one week away.

Over the past weeks, a number of candidates have come to light on Social Media including four brand new names for the Ascension Island Council, were they elected by the community; Eugene Bennett, Thomas Hickling, Michael Ellick and Ethan Duncan Bally have all begun their election campaigns, sharing posters outlining their desire to represent the community of Ascension – with many on the Island and here on St Helena commending the gentleman for taking on the challenge, with early indications suggesting that the four will be popular picks come voting day on Ascension.

In addition, Laura Shearer, who was first elected to the Island Council in October 2022 has also indicated her intention to run again for the next term of Council, with Laura also receiving support via online platforms.

The Sentinel is not currently aware of the other candidates, if any, as we edge closer to Polling Day on our Sister Island, though we will report on the outcome of the Elections once this is known next week. Good luck to all of the candidates and we look forward to seeing who will form the new Ascension Island Council.

Up by Half a Pound

SHG remind employers of 50p per hour increase to Minimum Wage from 1 July



Liam Yon, SAMS

With 1 July approaching fast, employers are being reminded by St Helena Government of the change to the minimum wage, with an increase set to come into effect following Monday, 30 June 2025.

This decision was made and approved by Executive Council on 11 March, following engagement with employers, employees and other relevant stakeholders, including the Chamber of Commerce.

"In determining the increase, consideration was given to the current cost of living pressures on both employees and employers and it was noted that a balance would need to be struck," explained SHG. "The Minimum Wage Policy therefore recognises that there is a limit to the size of increases that businesses can absorb in a single year, whilst at the same time acknowledging the need to continue raising the minimum income level on St Helena to go some way in encouraging residents to remain in employment on St Helena."

From 1 July, the minimum wage will be increased from £4.00 to £4.50 per hour for those over the age of 18 years, with those who are 16 or 17 years receiving an increase from £3.05 to £3.55 per hour – a 50p increase either way.

Going forward, another minimum wage review will take place in 2026. "The minimum wage will be reviewed again in early 2026 and will include public consultation to consider further uplifts for the period 2026/27," stated SHG.

Through the Lens

Beyond the Classroom: How St. Helena's Teachers Shape Future Generations - Written By *Ed Oyewo*

The Lasting Legacy of Dedicated Teaching on Our Remote Island

In the windswept isolation of St. Helena, where the nearest mainland lies 1,200 miles away, the impact of a single inspiring teacher resonates far beyond the confines of any classroom. Here, where our small community of 4,500 souls depends on each other, teachers don't just teach subjects—they shape the architects of our island's future.



The influence of an exceptional teacher can transform a student's entire trajectory, turning uncertainty into confidence and potential into achievement. On St. Helena, this reality carries particular weight.

Research consistently demonstrates that inspirational teachers boost academic performance, improve self-esteem, and foster critical thinking skills that extend well beyond school years. Students who experience such mentorship show increased motivation, better problem-solving abilities, and greater resilience in facing challenges—qualities essential for thriving in St. Helena's unique environment.

At the only secondary school on the island, this principle comes alive daily. Take the Design & Technology teacher, whose dedication exemplifies the extraordinary lengths our teachers go to ensure student success. The teacher doesn't simply deliver GCSE curriculum; he ensures every student applies theoretical knowledge to practical, real-world projects that develop genuine skills.

"My teacher transforms our workshop into a place where ideas become reality," explains 16-year-old Ryan, whose recent Woodwork project—a handcrafted Gaming Desk incorporating traditional island woodworking techniques—earned top marks. *"He guided us through every stage, from initial sketches to final assembly, ensuring we understood not just the how, but the why behind each technique."*

What sets the teacher apart isn't just his technical expertise, but his understanding of the practical challenges facing island families. When Ryan completed his ambitious project, the teacher noticed the family's small vehicle couldn't accommodate the finished piece. Without hesitation, he offered to transport the desk to Ryan's home in his own vehicle, ensuring the student's achievement reached its intended destination.

"That gesture meant everything," says Ryan's mother, Nicky. *"It showed Ryan that his work mattered, that someone believed in what he'd accomplished enough to go the extra mile—literally."*

This philosophy extends throughout our educational community. The ICT teacher demonstrates similar dedication by hosting Year 11 ICT revision sessions, ensuring her students feel confident with technology applications that will serve them whether they remain on-island or pursue careers abroad. Meanwhile, the Math Department- GCSE Mathematics Preparation Sessions exemplify strategic teaching at its finest—three targeted revision workshops featuring specially crafted 'Best Guess' papers based on detailed analysis of past exam trends. Using his innovative "10 marks in 10 minutes, then feedback" approach, these teachers helps students complete timed questions followed by immediate specialist guidance, refining exam technique while addressing individual knowledge gaps.

Our teachers understand that on St. Helena, teaching isn't merely a profession—it's community stewardship. Each lesson delivered, each student encouraged, each extra effort made contributes to our island's sustainability and growth. When the teacher drives a student's project home, he's not just transporting furniture; he's delivering confidence, reinforcing the message that achievement matters and that community members support each other's success.

The example set by teachers like the DT teacher resonates through generations. Their students become parents, community leaders, and teachers themselves, carrying forward the lesson that dedicated mentorship transforms lives. In our small island community, where everyone knows everyone, the impact of one inspiring teacher creates waves that touch countless shores.

As we face an uncertain future, one thing remains clear: the investment in exceptional education and the teachers who deliver it isn't just about academic achievement—it's about ensuring St. Helena's continued viability as a thriving, resilient community where young people can envision meaningful futures, whether on-island or beyond.

Till Next Time, Keep Well!

Safety First, Cargo Later



Karoline cargo operations delayed to honour SOLAS request

Donna Crowie, SAMS

St Helena's dedicated freight vessel, the MV Karoline, arrived as scheduled to James Bay on Sunday afternoon having carried 58 containers and 98 tonnes of break bulk cargo; representing an increase of 13 containers and over 63 tonnes of break bulk from the previous voyage in May 2025.

Labour take-on time for the commencement of cargo operations was set for 7am on Monday morning, however this was delayed due to St Helena having to honour its Safety of Life at Sea (SOLAS) international maritime obligations to assist vessels in need of medical assistance.

On Sunday afternoon, shortly after the MV Karoline's arrival, Solomon's Shipping and Travel announced that Fishing Vessel, PescaLande, would be arriving to the island with a crew member needing medical attention. Due to this vessel's arrival, the MV Karoline had to wait before being able to berth at Rupert's.

According to information, the PescaLande is a trawling vessel flying under the flag of Spain. The 26.9m vessel departed Walvis Bay on 27 April and required St Helena's support with providing medical assistance to a member of their crew.

"MindingMyMind.sh" – The first month update!



Dr Tara Murphy, Contributed

We have an update on the new website 'MindingMyMind.sh' that is all about helping young people on St Helena feel betterand take care of their mental health.

Just to remind you, www.mindingmymind.sh is a free website made just for young people on St Helena. It's full of tools, tips, and advice to help you deal with things like stress, anxiety, low mood, and more. Whether you're having a tough day or just want to learn how to stay mentally healthy, this site's got your back. Even though it's still pretty new, MindingMyMind is already making a difference. Since it launched in late April, an amazing 1,380 different people looked at at the site in the first month. This is between 24 and 110 new people every day! The majority of people have been from St Helena, but there have also been people logging in from the United Kingdom, the United States, and lots of places in Europe and Africa. As the website does not collect individual information, we cannot tell you more about who and why people login. We're just delighted that they do!

Right now, we're collecting feedback from users aged 16 and up to make the site even better. Your opinion really matters! It initially involves completing a survey online after you have looked at www.mindingmymind.sh. There is a second part, in which you can do a remote interview with Dr Tara Murphy on Teams to give feedback about the website and for your time, you'll receive £10.00.

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, you can email Tara Murphy (Tara.Murphy@nottingham.ac.uk).



"Protecting our Community"

SHG announce "significant reforms" to transportation, including driver vetting, new licences and a lower drink-drive limit from 1 September



Liam Yon, SAMS

St Helena Government have recently announced a number of "significant reforms" that will aim to "enhance public safety and improve the island's transportation system" with focus being placed on taxis, buses, and Public Service Vehicles (PSVs).

They add that these reforms were approved by Executive Council all the way back in October 2023 and includes "a comprehensive licensing policy for drivers and vehicles and a reduced drink-driving limit, aligning with international standards," all to come into effect from 1 September this year.

In terms of addressing regulatory gaps, and in a bid to enhance public safety, SHG will be introducing a new licensing policy to mandate driver and vehicle licensing. Currently, though vehicles can become registered taxis, there are no safeguards in place with regards to driver vetting and authorisation, something described by Government as a "lack of oversight" which poses a potential public safety risk. The new licensing policy will ensure that all operators undergo "thorough vetting" which will include medical assessments and safeguarding training.

"This policy is crucial for ensuring the safety and reliability of all public transportation services," commented Minister for Safety, Security, and Home Affairs, Jeffrey Ellick. "By implementing a robust licensing system, we are taking a significant step towards protecting our community and ensuring passengers, especially the most vulnerable, can have confidence in the vehicles and operators they use."

Obviously, implementing this will come at additional costs to SHG for things like driver vetting, new photo card licenses, and administrative expenses. Due to this, a licensing fee structure has been established "to cover these costs" with SHG indicating that a new driver's licence from 1 September for taxis, buses, and PSVs will cost £60.80 covering a medical, the Class C vehicle, vetting and administration costs.

They add that the Royal St Helena Police will manage the licensing renewal of approximately 213 vehicles, which represents an estimated 75% of the 284 registered taxis, PSVs, and buses with "budget adjustments" set to be made to accommodate ongoing material and administrative expenses.

In addition to this piece of work, and in a further bid to enhance road safety, SHG will also, from 1 September, be reducing the drink-driving limit enforced on St Helena to align "with standards in the UK, Falkland Islands, Ascension, and most other British Overseas Territories."

Currently the limit on St Helena is 50mg of alcohol per 100ml of breath and this is set to be reduced to 35mg of alcohol per 100ml of breath going forward. This is aimed, as stated by SHG, "to reduce road accidents and promote responsible driving" and will necessitate amendments to the Road Traffic Ordinance, 1985.

"St Helena previously had possibly the highest drink-driving limit in the world," commented Minister Ellick. "Updating this limit is a step towards reducing road accidents, making our roads safer for all users and promoting responsible driving."

How we plan to "maintain emergency cover"

SHG issue information on Ambulance Service during Ladder Hill Road Closure

Liam Yon, SAMS

In a piece of information that The Sentinel has been waiting for and regularly requesting, SHG have now shared their plans for St Helena's Ambulance Service during the month of July when Ladder Hill Road is set to be closed to all vehicles and pedestrians.

The question with regards to how the abulance would run and how the impact on emergency response would be minimised was one that came through strong from members of the community following SHG's initial confirmation that Ladder Hill Road would be closed for the whole of July.

As explained by SHG this week, "to maintain emergency cover" during the 1-31 July Ladder Hill Road closure, "ambulance vehicles will be based at the Community Care Complex in Half Tree Hollow outside of normal working hours." They state that "this location has been chosen as most ambulance clinicians live nearby, enabling quicker mobilisation."

While this is the plan for the service outside of normal working hours, during normal working hours – which is between 8.30am and 4pm, Monday to Friday – "ambulances will continue to operate from the General Hospital, with staff on hand to support the Emergency Department," as explained by SHG.

They go on to add that, in addition, "a second on-call clinician will be available during evenings and weekends and based in the Alarm Forest or Longwood area. This clinician will carry a response car and can attend critical incidents such as cardiac arrests."

Following this explanation, SHG sought to remind the public that Automated External Defribilators remain accessible 24/7 at various locations Island-wide as they encouraged the community "to familiarise themselves with the nearest Automated External Defibrillator." A list of AED locations was also shared.

SHG also further encouraged the public to ensure that they download the free 'what3words' app, which is a new piece of location technology being used by emergency call handlers to help emergency services get to the scene of an emergency faster. SHG reassured that "all emergency call handlers are trained in first aid and will guide you until help arrives."

The announcment concluded with Health & Social Care thanking the public "for their understanding and cooperation during this period."

"She was abandoned on Sunday night"

Crew abandons the Christina Debora after failed attempts to repair the vessel adrift at sea



Liam Yon, SAMS

The Sentinel recently reported on the situation regarding the stranded vessel, Christine Debora, in the South Atlantic, which was requesting assistance in early June. In a positive update last week, it was reported that the vessel had received much-need resources and supplies in order to repair a mechanical issue so they could make their way to port.

Since then however, things went quiet with regard to the situation around the Christina Debora. This was until Tuesday of this week, when an update first posted by 'Sea News' was shared to the Facebook Page where the story of the Christina Debra first broke, 'St Helena's talk group'.

'Sea News' announced a warning that the Christina Debora had been abandoned near the Mid-Atlantic ridge. They went on to state that "the crew abandoned the ship which is now adrift, after boarding the vessel, Theseus."

Adding further information, local amateur radio operator, Bruce Salt, also weighed in on the post. Bruce states with regard to the Christina Debora that "several critical components had failed and after 14 days adrift attempting to fix her, the crew failed and water was entering with no means to de-water, she was abandoned on Sunday night to the southbound Evergreen container carrier, Theseus."

The Sentinel also made contact with Johnny Clingham who was the main contact for the Christina Debora since their initial request for help. According to Johnny, "no contact has been made since Sunday where he (The Captain) mentioned that they were preparing to abandon the vessel."

This is a sad end to this saga; however it is pleasing to know that the crew are now safe after being in a dire situation for two weeks.





ST ANDREWS NEWSPAPER BINGO

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

This week the "Lilac" bingo sheet will be used

Numbers to be read across, from left to right

Claim on earliest number for full house will be the winner

Claims to be made to Karen Henry on 23401 by Saturday 28 June @ 6pm.

Prize - £20 per week

Last week's winners was
Ms Christine Scipio & Mrs Jean Young.

6	61	23	59	70	16	87	44	30	79
49	29	55	68	12	35	81	75	62	28
78	66	18	37	19	58	47	63	26	3
82	71	51	32	8	20	65	76	57	40
50	13	90	46	39	24	7	74	69	86
36	25	33	2	84	42	53	14	88	73
22	10	67	45	54	5	17	27	34	80

LIFESTYLE & CULTURE

The Silent Risk

Understanding High Blood Pressure on St Helena Island



Arjelo Onde, Contributed

High blood pressure, also called hypertension, is a serious health problem. It is often called the "silent killer" because it usually has no symptoms, but it can lead to stroke, heart attack, kidney failure, and even death. Many people on St Helena Island and around the world live with high blood pressure without even knowing it.

Chronic health conditions are common on St Helena — with an estimated 30% of the population diagnosed with high blood pressure and about 25% living with diabetes, according to sthelenapublicservicejobs.sh/healthcare.

This article explains what blood pressure is, what the numbers mean, why high blood pressure is dangerous, and what you can do to control it. The goal is to help everyone understand this condition and take small steps to stay healthy.

What Is Blood Pressure?

According to Loma Linda University Health, blood pressure is the force of your blood pushing against the walls of your arteries—the vessels that carry blood from your heart to the rest of your body.

It's measured using two numbers:

Systolic pressure (the top number): This is the pressure when your heart beats and pumps blood out.

Diastolic pressure (the bottom number): This is the pressure when your heart rests between beats.

Note on Changing Guidelines

When I was doing my internship in nursing nearly 20 years ago, I remember being taught that a blood pressure of 140/90 mmHg was considered the borderline for hypertension. That was the old standard at the time. But medical research evolves, and so do health guidelines.

Today, the American Heart Association (AHA) and other global health experts have updated the normal range. A blood pressure reading of 120/80 mmHg or lower is now considered ideal. Even slightly elevated levels can increase the risk of heart and kidney problems, which is why early monitoring and prevention are so important.

What Is a Normal Blood Pressure?

According to AHA:

Category	Systolic (Top)	Diastolic (Bottom)
Normal	Less than 120	and Less than 80
Elevated	120–129	and Less than 80
Stage 1 Hypertension	130–139	or 80–89
Stage 2 Hypertension	140 or higher	or 90 or higher
Category	**Systolic (Top)**	**Diastolic (Bottom)**
Hypertensive Crisis	Over 180	and/or over 120

In the UK, the National Institute for Health and Care Excellence (NICE) still uses slightly different criteria. According to NICE:

Category	Systolic (Top)	Diastolic (Bottom)
Normal	Less than 120	and Less than 80
High-Normal	120–139	and/or 80–89
Stage 1 Hypertension	140–159	or 90–99
Stage 2 Hypertension	160–179	or 100–109
Severe Hypertension	180 or higher	or 110 or higher

While the thresholds differ slightly, both AHA and NICE agree: early detection and proactive lifestyle changes are keys to preventing long-term damage. Health professionals encourage regular blood pressure checks, a balanced diet, exercise, and stress management — no matter where you live.

Why Is High Blood Pressure Dangerous?

When your blood pressure is too high, your heart has to work harder to pump blood. Over time, this damages your heart and arteries. High blood pressure increases the risk of:

- **Heart attack** – when blood flow to the heart is blocked.
- **Stroke** – when blood flow to the brain is blocked or a blood vessel bursts.
- **Heart failure** – when the heart can't pump blood properly.
- **Kidney disease** – high pressure can damage the kidneys.
- **Eye problems** – such as damage to the small blood vessels in the eyes.

Because there are often no warning signs, many people do not know they

have high blood pressure until serious damage has already occurred.

Who Is at Risk?

Anyone can develop high blood pressure, but some people have a higher risk, such as:

- Adults over 40
- People with a family history of hypertension
- People who are overweight or obese
- Those who eat a lot of salty food
- People who drink too much alcohol
- Smokers
- People who are physically inactive
- People under chronic stress or with poor sleep

How Do I Know If I Have High Blood Pressure?

The only way to know if you have high blood pressure is to check it regularly. You can do this at a doctor's office, a clinic, or at Le Phare Lighthouse Wellness Center if you don't have a monitor at home.

Even if you feel fine, checking your blood pressure is important. Some people experience "white coat hypertension," where readings are higher in a clinic due to nervousness. In those cases, doctors may recommend home monitoring for a clearer picture.

How Can I Lower My Blood Pressure?

You can lower your blood pressure with healthy lifestyle choices. Here are some effective steps:

- **Reduce salt (sodium)** – Limit processed and salty foods. Use herbs and spices instead of salt.
- **Eat more fruits and vegetables** – These support heart health and help balance blood pressure.
- **Be active – Try to move every day.** Walking 30 minutes is a good start.
- **Maintain a healthy weight – Losing** even 5 kg can help lower your blood pressure.
- **Limit alcohol –** No more than 1 drink per day for women, 2 for men.
- **Quit smoking** – Smoking damages your blood vessels and raises your risk of heart disease.
- **Manage stress** – Deep breathing, talking to someone, prayer, or meditation can help.
- **Sleep well** – Aim for 7–8 hours of good sleep each night.

High-Potassium Plants for Healthy Blood Pressure

St Helena Island is lucky to have many healthy plants that help keep blood pressure normal. Some common local greens like sweet potato leaves, purple and red amaranth (which you can find in Jamestown) are full of potassium, magnesium, and antioxidants — all great for the heart.

Other local vegetables like chao-chaos, carrots, and onions also contain potassium and other important nutrients that help keep blood vessels healthy.

Why is potassium important? Potassium helps balance the effects of salt and relaxes blood vessel walls. This makes it easier for blood to flow and helps lower blood pressure naturally.

The DASH Diet: A Heart-Healthy Eating Plan

Loma Linda University Health recommends the DASH diet—short for Dietary Approaches to Stop Hypertension—as an effective way to lower blood pressure through food. This eating plan focuses on plenty of vegetables, fruits, whole grains, low-fat dairy, lean proteins, and heart-healthy nutrients like potassium, magnesium, and calcium. It also encourages cutting back on salt, red meat, and processed foods. Small changes in your daily meals can make a big difference for your heart and blood pressure over time.

A Natural Remedy: Garlic

Chewing 1–2 raw garlic cloves may help lower blood pressure by improving blood flow. For best results, crush the cloves and let them sit for 5–10 minutes to activate allicin—the natural compound that supports heart health. Then chew well to absorb the benefits. You can also add crushed garlic to food or mix it with a little olive oil.

Keep in mind, garlic is a natural helper and not a replacement for prescribed medicine. Also, it can affect blood thinning and may interact with some medications, so if you're taking any treatments, check with your doctor before adding garlic to your routine.

Do I Need Medicine?

Sometimes, lifestyle changes are not enough. Your doctor may prescribe medication to help lower your blood pressure. These medicines protect your heart, kidneys, and brain.Always take them as directed. Don't stop just because you feel better. High blood pressure requires long-term management.

How Often Should I Check My Blood Pressure?

If your readings are normal: check at least once a year, or every 6 months if you want to stay proactive.If your blood pressure is high or you're at risk: check more often, even monthly, as advised by your healthcare provider.

What to Do When Blood Pressure Is High

If your home monitor shows a reading above 140/90 mmHg—often a warning threshold for Stage 2 hypertension—sit quietly for 5–10 minutes and retake it. If it's still high, write it down and monitor it closely. If you're on medication, check if you missed a dose, but never take extra.

If your high blood pressure is accompanied by dizziness, chest pain, shortness of breath, blurry vision, or a pounding headache, stay calm and sit upright. Do not panic—anxiety can push your pressure even higher. Breathe slowly and deeply, and avoid lying flat. Seek urgent medical help immediately.

A hypertensive crisis is a dangerous condition when blood pressure rises above 180/120 mmHg. This is a medical emergency that requires immediate treatment to prevent life-threatening complications such as stroke, heart attack, or organ damage. If you reach these numbers, or experience any of the symptoms mentioned above, call emergency services right away.

Important: Even if your blood pressure readings are not yet in the crisis range, any sudden spike accompanied by symptoms such as chest pain, severe headache, shortness of breath, blurry vision, confusion, or weakness should be treated as a medical emergency—regardless of the exact numbers.

Disclaimer

This article is for general health education and awareness only. It is not a substitute for professional medical advice, diagnosis, or treatment. At our center, we offer wellness support services such as free healthy cooking classes, health education, and therapeutic massage, but we do not prescribe medication or provide medical diagnoses. Always consult your doctor for any concerns about your health.

Remember: High blood pressure is silent, but its damage is loud. Know your numbers. Early action saves lives.

About the Author:

My name is Arjelo Onde, BSRT, R.R.T., and I am a licensed radiation medical technologist with a postgraduate diploma in education and 9 years of experience as a science and health educator. I also completed a preparatory course for a Bachelor's degree in Nursing and undertook part of a nursing internship, which helped deepen my understanding of patient care and strengthened my passion for community health education.

References

- *American Heart Association (AHA). Understanding Blood Pressure Readings.*
- *National Institute for Health and Care Excellence (NICE). Hypertension in adults: diagnosis and management.*
- *Loma Linda University Health. High Blood Pressure/HypertensionandDASH Diet*
- *Mayo Clinic. High Blood Pressure – Symptoms and Causes.*

NOTICE BOARD

St Helena Government

EXPRESSIONS OF INTEREST

ELECTRICAL INSPECTIONS AND UPGRADES FOR ALL GOVERNMENT LANDLORD PROPERTIES

St Helena Government (SHG) is inviting Expressions of Interest from suitably qualified contractors to undertake essential electrical safety inspections and, where needed, subsequent upgrades across its Social Housing portfolio, which comprises approximately 176 properties.

Phase 1: Electrical Installation Testing and Reporting

Works for this phase should include a comprehensive electrical installation test, incorporating a visual inspection test in accordance with Appendix G, of the IET 18th Edition Wiring Regulation (BS7671). The contractor must provide a detailed Electrical Installation Condition Report (EICR), complete with a generic schedule of test results.

Phase 2: Electrical Rewires and Upgrades

Electrical Rewires and any necessary upgrades are to be completed as proposed or recommended in the Electrical Installation Condition Report from Phase 1.
For any full electrical rewire, an Electrical Installation Certificate (EIC), issued by a qualified electrician. This certificate serves as confirmation that the work meets BS7671 safety standards and Building Regulations.

For further information, please contact the Chief Housing Officer, Melissa Fowler,on tel: 22270 or via email: melissa.fowler@sainthelena.gov.sh.

The closing date for Expressions of Interest to be submitted is 12:00 on Monday,07July 2025, and should be addressed toProcurement Officer, Tiffany Lawrence, Top Floor of the Post Office Building, Jamestown.

SHG
24 June 2025

Vacancy

Artisan

Since 1790

Salary for the post will commence at £11,280 per annum (£940 per month), depending on qualifications and experience

Solomon & Company (St Helena) Plc has a vacancy within the Building Works Department for an Artisan.

As the Artisan you will perform a variety of tasks appropriate to the skills of a multi-skilled craftsman, ensuring all work is completed by the specified deadlines and which meets the required quality standards.

Interested Persons Should:

- Be competent in Maths & English
- Ideally have NVQ Level 2 or 3 in either carpentry, painting or construction
- Have at least 2 years experience working in the trade industry
- Have a Safety Awareness Certificate, or have undertaken Health & Safety on the worksite training and have the ability to carry out risk assessments
- Be knowledgeable of tools, equipment and materials common to the trade industry
- Have the necessary skills in the construction, repair and restoration in properties refurbishment or new builds
- Have the ability to operate power & hand tools
- Be able to make assessments of job requirements, estimate material requirements and provide method statements
- Be able to follow technical drawings and plans
- Have a clean & valid Driver's License in classes A & C
- Have a customer focused approach with excellent customer service skills
- Be able to work as part of a team as well as independently

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 **03 July 2025.**

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

- Pension Contributions
- Staff Discounts



"Be yourself. Everyone else is already taken."

— Oscar Wilde

Equality & Human Rights Commission
Saint Helena Island

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 27
- 7am -10am: Sunrise show with Luke Bennett
- 11am: American Connections (Repeat)
- 2pm: Monthly Sweepstake Draw
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. June 28
- 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 29
- 7am-noon: Sunday Show with Donna Crowie
- 1pm : Interview Hour/ Ministers Question time
- 3-4:30pm: UK Chart Show with Liam Yon
- 5pm: In Scope
- 7pm: Salvation Army Church Service
- 20:30: Classical Compilations

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

TUE. July 01
- 7am-9:00am: Morning Show with Donna
- 9am-11am: Mid morning Show with Demy
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Liam Yon
- 7:30pm: Classical Compilations

WED. July 02
- 7am-8:30am : Sunrise with Deon
- 8:30-10:30 : My Show with Donna
- 11am: Northward Sounds with Tony Leo
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. July 03
- 7am - 10am: Sunrise with Liam & Luke
- 4 pm: Sounds of the 80's
- 5-7pm: Modern Country Chart with Donna Crowie

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





Do you enjoy listening to those soothing classical tunes, after a hards days work?

Well Tune in to SAMS Radio One on Tuesday nights for our Classical Compilations show with Anita.

If you miss it on Tuesdays, then end your Sunday evening's with a difference as it's repeated at 8:30pm.

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

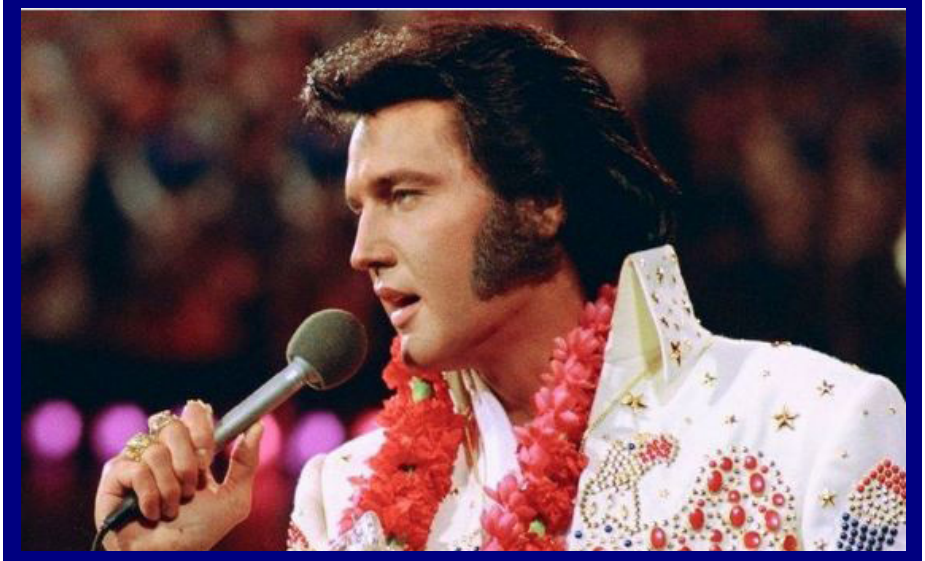
SAMS South Atlantic Media Services Ltd

Sentinel Sudoku Session

This week's difficulty is 'Expert'

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

Throwback Thursday



1977 Elvis Presley appears in concert at Market Square Arena in Indianapolis, Indiana; unknowingly the last performance of his career

First Choice items are very common on the island from milk, yoghurts, custard etc. With the ship just arriving, goodies will be hitting the shelves/coolers soon - so why not try this?

Creamsicle Cheesecake



Ingredients
For the Crust:

- 300g Chocolate Digestive biscuits, crushed
- 60g First Choice Butter, melted

For the Filling:

- 250g cream cheese, room temperature
- ½ cup granulated sugar
- 1 canned mandarin segments
- 1tsp vanilla essence
- 1 cup First Choice Custard

For the Decoration (optional):

- Orange Slices
- Whipped Cream

Method
For the Crust:

1. Prepare a 25cm springform pan or tart pan with baking spray and set aside. In a medium-sized bowl, mix together the biscuit crumbs and melted First Choice Butter until combined.
2. Press the crust mixture into the bottom (and sides) of the pan. Refrigerate for an hour.

For the Filling:

1. Add the cream cheese, sugar, mandarin segments, and vanilla to your bowl and mix until smooth.
2. Fold the First Choice Custard into the mixture.
3. Remove the crust from the refrigerator and pour filling into it and smooth out with a spatula.
4. Refrigerate the cheesecake for at least 6 hours.

Optional: Decorate and garnish with orange slices and/or whipped cream.

NOTICE BOARD

PRESS RELEASE

UPCOMING TARIFF CHANGES

Connect Saint Helena Ltd would like to inform its valued customers of changes to water and electricity tariffs which will come into effect on 1 July 2025. The planned changes were originally mandated in the Utility Regulatory Authority (URA) Directive issued on 1 July 2024 and have now been confirmed in the URA Directive issued on 11 June 2025. These adjustments are part of efforts to ensure long-term sustainability, cost recovery, and efficient service delivery.

Water Tariff Adjustment

Water tariffs will increase by 10% from 1 July 2025. This adjustment reflects the rising costs of maintaining and improving water infrastructure, ensuring the continued delivery of safe, reliable water services for all customers.

Electricity Tariff Adjustment

The electricity tariff is made up of a combination of fuel costs and other costs (e.g. administration, maintenance, etc). Effective from 1 July 2025, the electricity tariff will vary based on changes in the price of fuel. All other costs per unit of electricity will remain unchanged. The electricity tariff could go either up or down, depending on whether the fuel price is increasing or decreasing. This fuel price adjustment mechanism ensures that fluctuations in global fuel prices are transparently passed through to customers.

Purpose of the Tariff Changes

These changes are designed to:

Support Financial Sustainability: Ensure sufficient revenue to maintain and upgrade water and electricity infrastructure while meeting operational costs.

Improve Transparency: Provide customers with a clearer understanding of how global fuel prices impact electricity tariffs.

Enhance Service Delivery: Enable continued investment in infrastructure improvements and operational efficiency.

Impact on Customers

The 10% increase in water tariffs will result in an additional cost of £0.21 per cubic meter, plus an additional £1.51 in standing charges per quarter. On average, a household using 15 cubic meters per quarter can expect an increase of around £4.66 per quarter (or £1.56 per month).

Electricity tariff changes will depend on global fuel price movements. Customers will see the fuel cost component itemised on their bills for transparency.

Customer Support and Assistance

We understand the impact these changes may have on our customers and are committed to minimising the burden. For households experiencing financial difficulty, we encourage you to reach out to us to discuss available support options, including flexible payment plans. For further details about the tariff changes or

how to manage your usage effectively, please visit our website at www.connect.co.sh or contact our customer service team at 22255 or enquiries@connect.co.sh.

More Information

The URA Directives are available via the St Helena Government website at: https://www.sainthelena.gov.sh/wp-content/uploads/2024/07/EX-GAZ-51-Utilities-Regulatory-Authority-Directive-amended.pdf and https://www.sainthelena.gov.sh/wp-content/uploads/2025/06/EX-GAZ-62-St-Helena-Utilities-Regulatory-Authority-Directive.pdf

We thank you for your understanding and continued support as we work to ensure reliable, high-quality water and electricity services for all residents of St. Helena.

UTILITY TARIFF COMMENCING 1ST JULY 2025			
	Rates per quarter		
	CURRENT TARIFF	**PROPOSED TARIFF**	**Increase**
WATER TARIFF CHARGES			
Quarterly Standing Charges			
Domestic	£15.13	£16.64	£1.51
Commercial	£44.06	£48.47	£4.41
Agricultural	£15.13	£16.64	£1.51
Domestic Use			
Treated Water first 15 cubic metres	£2.05	£2.26	£0.21
Treated Water 16 – 25 cubic metres	£2.68	£2.95	£0.27
Treated Water above 25 cubic metres	£5.29	£5.82	£0.53
Untreated	£1.34	£1.47	£0.13
Other Use			
Commercial	£5.29	£5.82	£0.53
Agricultural treated	£2.68	£2.95	£0.27
Agricultural untreated	£1.22	£1.34	£0.12
WATER OTHER CHARGES			
Connection	£38.78	£38.78	Nil
Disconnection	£38.78	£38.78	Nil
Reconnection	£38.78	£38.78	Nil
DRAINAGE TARIFF CHARGES			
Domestic Standing	£23.96	£23.96	Nil
Commercial Standing	£37.83	£37.83	Nil

NOTICE BOARD

Connect SAINT HELENA LTD

	CURRENT TARIFF	TARIFF FROM 1 JULY 2025	Change
DRAINAGE OTHER CHARGES			
Empty private septic tank (domestic)	£89.82	£89.82	Nil
Empty private septic tank (commercial)	£144.28	£144.28	Nil
Unblock private sewer line (domestic)	£89.82	£89.82	Nil
Unblock private sewer line (commercial)	£144.28	£144.28	Nil
Connection	£44.24	£44.24	Nil
Disconnection	£44.24	£44.24	Nil
ELECTRICITY TARIFF CHARGES TO TAKE EFFECT ON 1 JULY 2025			
Usage Charges	**Commercial, Government and 3 Phase**	**Domestic**	
		Below 1000 units	**Above 1000 units**
Fuel Component	£0.33	£0.33	£0.33
Other costs	£0.24	£0.24	£0.24
	£0.57	£0.57	£0.57
Less: Subsidy	(£0.06)	(£0.06)	(£0.06)
Add: Uplift	£0.06	-	£0.06
Less: Discount	-	(£0.05)	-
Total	£0.57	£0.46	£0.57
Expected Unit Tariff	**£0.57**	**£0.46**	**£0.57**
Current Unit Tariff	**£0.61**	**£0.40**	**£0.61**
Increase/(Decrease) per unit	**(£0.04)**	**£0.06**	**(£0.04)**
Note: The expected unit charge is based on the current wholesale price of diesel, which is £1.36, but will change if the wholesale price changes			
	CURRENT TARIFF	**TARIFF FROM 1 JULY 2025**	**Change**
ELECTRICITY OTHER CHARGES			
Disconnection	£44.75	£44.75	Nil
Reconnection	£44.75	£44.75	Nil
Empty Property Quarterly Standing Charge (Domestic)	£45.00	£45.00	Nil
Empty Property Quarterly Standing Charge (Commercial and Government)	£60.00	£60.00	Nil

19 June 2025

NOTICE BOARD

BAPTIST CHURCH

Combined Service
Sunday 29th June
Jamestown Chapel 2.00 pm

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

Bible Studies
Tuesday 1st July
Baptist School Hall 7.00 pm
Thursday 3rd July
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME

For further information contact:
Tel No 24644

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 29th June 2025 – 13th Sunday of the Year		
9.30 a.m.	Eucharist	Cathedral

The Parish of St James		
Sunday 29th June 2025 – 13th Sunday of the Year		
9.30 a.m.	Eucharist	St James
	Thursday 3rd July	
7.00 p.m.	Mass with Healing	St John

The Parish of St Matthew		
Sunday 29th June 2025 – 13th Sunday of the Year		
11.15 a.m.	Eucharist	St Mark
	Tuesday 1st July	
7.00 p.m.	70x7 Forgiveness	St Mark

Job Vacancy

A well-established travel agency is looking to hire two full-time Travel Agents to join our team.

Requirements:

- Preferably with previous experience in the travel industry
- Minimum education: A-Level or equivalent
- Strong communication and customer service skills
- Passion for travel and helping clients plan their trips

If you're enthusiastic and organized, we'd love to hear from you!

To apply, please send your **motivation letter** and **resume** to:
sthelenatraveljobs@gmail.com

A Sunday lunch will be held at the Godfathers Rock Club on Sunday 6 July

On the menu will be:
Beef, Chicken or Goat Meat Curry
Roast Pork
Crumb Chicken
Roast Potatoes
Mixed Vegetables
Coleslaw
Tossed Salad
Tuna Pasta
Dessert

Price is £12.00 and children 11 years and under will be half price.

For tickets call Melvin on 23395.

IN SCOPE: RECAPPED



Anita Robbertse, SAMS

In the penultimate In Scope program, Chief Minister Julie Thomas hosted the last session focusing on the allocated budgets for the various portfolios. This week the guests in the studio were Minister Jeffrey Ellick of the SS&HA portfolio and Assistant Director of Schools, Kerry Lawrence, for the ES&E portfolio. During the program the topics discussed revolved around the budget allocation received for the new financial year in comparison to the previous year, how any increases would be spent, the BIOT funding and any other capital funding that was received.

Sections included in SS&HA are Customs & Immigration, Fire & Rescue, Sea Rescue, Emergency Planning, Roads Section, Rock Guards, Building Maintenance, Maritime Authority and the administrative section. During the previous financial year, the SS&HA section had a budget allocation of around £2.85million, which ended up at £3million with supplementary funding due to over expenditure. For this year, the portfolio had an allocation of £3.095million. The majority of this around £200k increase will be allocated to the Maritime Authority (£96k) as this section had to be expanded and developed as part of an MOU signed with the Maritime and Coast Guard Agency (MCA) to align the island with international obligations. An additional post for Emergency Planning was created within the section to include a Health and Safety Officer to address the needs in this area. An additional amount of £46k was allocated to the Building Maintenance section to address maintenance needs of the over 500 properties maintained by SHG.

The SS&HA section did not get allocated BIOT funding per se, but it has been confirmed that an additional amount of £500k has been approved to fund work to prepare the island to receive any migrants that might arrive as part of this agreement with the UKG. The training that has recently been conducted by the UK Border Force to train Immigration and Customs officers on island was also part of this preparatory work. In July/August another team will come to St Helena to train officers in Asylum procedures and processes. Funds will also be provided to obtain safety equipment as well as search equipment for the officers bringing our expertise on island up to a certain level. This training will set up St Helena well to handle any cases of asylum seekers in the future. Covered in the additional £500k funding will also be the support and legal assistance to formulate the specialist legislation that will be necessary in this area. In addition, St Helena will also now have access to the UK Watch List to help safeguard the island.

During the past four years of the Ministerial Government good working relationships have been established with the UK Home Office as well as with the MCA leading to lots of support and the prospect of future funding. The MCA has already agreed to provide funding in the region of £400k to support training and development in the Maritime section. In addition, the MCA has agreed to replace the Lima (our sea rescue vessel) as well as assisting with designs for new yacht moorings. The Portfolio has also been working with the Ministry of Justice to inspect the prison on island and make some recommendations. All of the support received from the various agencies in the UK translates to a lot of benefits that will not necessarily be reflected in monetary value.

In addition to the recurrent budget, Capital Funding to the value of £13.5million was also approved to be allocated to various capital projects across the public sector. The SS&HA Portfolio will benefit from this funding to improve roads infrastructure of the main roads as part of a business case that was submitted to the amount of just under £1million. Some funding has also been secured to start the new prison project with the funding going towards the design and supervision of this project. There are some bids in to fund critical maintenance of government building across several portfolios among other in the Health and Social care and Education Portfolios through the Building Maintenance section.

Under micro project funding the SS&HA Portfolio has been successful in securing money for various bridge projects including the Bishop's Bridge and the New Bridge project. Minister Ellick said that one of the additional advantages of the funding received for projects is the economic stimulus provided through the employment of various subcontractors as well as the additional money being spent to complete these projects, all adding to a positive outcome for St Helena and its future.

Next, Kerry provided an overview of the areas that form part of the ESE Portfolio. In the section there are 11 cost centres; all four schools, teacher training, inclusion, the public library, tertiary education, vocational education, educational standards and the management & administrative section. For the previous financial year, the portfolio had an allocated budget of £3.65million. In the modified zero-based budget proposal the ESE Portfolio requested an amount of £6.83 million (which included the new COBIS standards). The budget allocated to the Portfolio for the new financial year is a total of £3.87 million, an increase of £300k.

To implement the new COBIS standards and accreditation, costing has been mapped for the future to implement these standards and, for this financial year, an amount of £250k will be required to meet the main priorities on this year's plan; £50k was allocated to bring the education staff in line with the central SHG pay scale and the £250k will be allocated to upgrade school leadership, put required policies and processes in place with regards to the capturing and recording of information as well as training of teachers, behaviour and learning training and improving of learning standards. The improvement of all of these standards will be required to ensure COBIS accreditation for education on St Helena in the future. Funding will also be allocated towards recruiting an education welfare officer to provide support with attendance issues and to support vulnerable children as well as implementing a safeguarding review.

The ESE Portfolio has built a very good partnership with Hampshire who will provide support, training and advice with regards to teaching and learning, SEND, Early Years Foundation (EYF) stage

as well as Phonics teaching. The Hampshire Local Authority have also done a review of the island's education system to provide a baseline to work from as well as assist with assessing progress towards accreditation to COBIS standards. As part of this agreement they will undertake an annual assessment to measure progress.

Another area being explored as part of the allocated budget is the restructuring of the teacher training offer, where the team is looking at doing a lot of the initial training online with the focus of the face-to-face teacher training and mentoring being on classroom practice. The EYF will require a very different approach, as part of the restructure which will entail a separate Key Stage 1 school. Early years requires a unique approach to teaching and learning and will require a lot of training and support to provide the educators with the necessary skills and tools.

With regards to the BIOT funding awarded to ESE, an amount of £2million was allocated to the portfolio to be utilised over the next two years mainly to enhance capacity building. Similar to most other portfolios, the ESE Portfolio is also struggling with staffing issues. The funds will be used to contract UK qualified teachers to assist during the transition and training period to supplement the available staffing complement. The plan is to employ four UK qualified teachers in the primary section to help build and develop our teachers in line with COBIS standards. The TC staff members will be mentoring our own teachers as well as increasing the staffing capacity to allow teachers training time and assist in equipping them to improve education standards for the future of education on-Island. Money has also been allocated towards capacity building for the secondary school for teachers and a Deputy Head Teacher. A Special Educational Needs Co-ordinator (SENCO) has also been appointed and will arrive on island soon to co-ordinate the Special Educational Needs & Disability (SEND) provision across all schools. Each of the three schools under the review plan will have a small inclusion hub that will be part of the school with an inclusion lead in each school as well as supporting staff. The SENCO will be responsible for co-ordinating the service provision. In addition, a project manager will also be appointed to manage and drive the reorganisation project as well as ensure that everyone is held accountable. There are some contingency plans related to transport after the implementation of the primary reorganisation. The next priority will be to determine the costing of transport in the future for which money will then be allocated. Another area for which some of the BIOT funds will be set aside is for school uniforms for secondary and possibly primary schools. A final decision still has to be taken but it is hoped that there will be funds available as a one-off support with some of the initial costs of a change in school uniforms. These changes will also be gradually phased in to mitigate the initial cost impact to parents.

The ESE Portfolio has also been successful in obtaining some funding through the micro projects funding stream. With regards to the primary school reorganisation, funds for a lot of facility improvements and changes is in the process of being secured through EDIP, so the business cases for the micro project funding was focussed mainly on the needs of the secondary school. Two of these were successful; improving the SEND space and facilities and improving security of the school site as well as access to the facility by providing an airlock reception (single point of entry). All the funding will be utilised to ensure that schools and education on St Helena move forward towards meeting the international COBIS standard and improving education on the island.

Julie and Kerry ended off the program by saying that there is likely to be more disruptions in the process but asked everyone for their support. The goal of this restructure is to have an education system with buildings that are fit for purpose and staff who feel valued, get the necessary training and recognition due to them. At the end of this journey we will see those improvements as well as our students achieving the positive outcomes that they deserve.

St Helena Government

INVITATION TO TENDER

REPLACE ASBESTOS ROOFING AT LONGWOOD CLINIC

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

SSHA4-2025/26–Replace Asbestos Roofing at Longwood Clinic

A site visit to view the works will take place on Monday, 30June 2025, at 10:00, meeting at the Clinic, Longwood.

Contractors should note that site visits requested after the given datewill 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 Monday, 07July2025, clearly marked with the tender number.

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

SHG
23 June 2025

NOTICE BOARD

iRecord St Helena: A Data-Driven Approach, Empowering Bird Conservation

This June marks the conclusion of DPL00090, a one-year project funded by Darwin Plus Local scheme. The project was delivered in collaboration with the St Helena National Trust and the Royal Society for the Protection of Birds (RSPB), and focused on strengthening bird conservation science through better data management, validation and access to the data for interpretation.

The project tackled a fundamental question: *What seabird data exists on St Helena, where is it stored, and how can we use it to inform current conservation priorities and practices?*

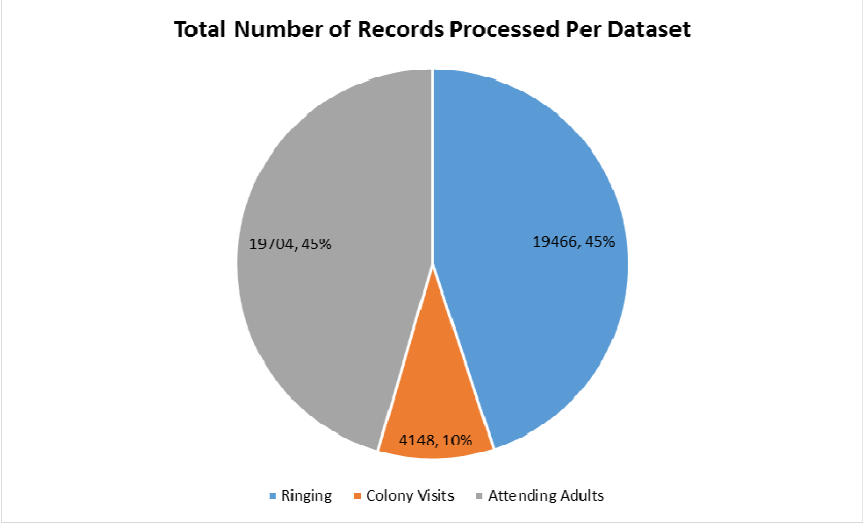
Key outcomes of the project include:

- Data audit giving a clearer picture of what bird data exists on the island and where it's stored.
- Processing of prioritised seabird data sets.
- Testing of a new seabird nest monitoring system with the St Helena National Trust.
- Training workshops delivered by the RSPB, building skills in data collection and analysis for staff at the St Helena National Trust, St Helena Research Institute and Marine and Fisheries Conservation.
- A governance framework to help guide the future of *iRecord St Helena.*

The project also highlighted the importance of using "FAIR" principles when handling wildlife data – meaning information should be Findable, Accessible, Interoperable, and Reusable. In short, data should be easy to find, share, and use both now and in years to come.

Key Achievements of The Data

One of the central goals was to organise and clean the legacy seabird monitoring database, a substantial dataset compiled by SHG's Marine Section between 2004 and 2022. This included colony monitoring, ringing (mark-recapture), and nest monitoring records for seabird species.



The audit process led to the development of three core catalogues:

1. Dataset Catalogue: This inventory captured details of each known bird dataset, including associated project names, metadata, species covered, data collection methods, and any usage conditions or embargoes.
2. Externally Funded Projects Catalogue: This catalogue documented datasets linked to externally funded projects. It included information about funding sources, project leads, key partners, and associated timeframes.
3. Publications Catalogue: A working document summarising known publications related to St Helena's bird data.

Looking Ahead

While DPL00090 concludes, this has been a real-time exercise in working with legacy data, showing the practical challenges and opportunities involved. It has underscored the critical importance of structured, standardised, and FAIR data collection, storage, and management, not just for scientific analysis, but for long-term conservation planning and decision-making.

We'd like to extend a heartfelt thank you to our project partners and all who contributed their time, and expertise to this project, especially those who shared local knowledge and historical records.

Following images provided by Luba Meshkova, Harry Marshall and Selene Gough.







Funded by the UK Government through Darwin Plus.

COMMERCIAL LENDING CLIENT REMINDERS



Bank of St Helena Ltd would like to remind Commercial Lending Clients 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 has been 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
www.sainthelenabank.com
@sainthelenabank
+290 22390
Market Street, Jamestown
Bank of St Helena Ltd

NOTICE BOARD

St Helena Government

BRITISH PASSPORT APPLICATIONS

His Majesty's Passport Office (HMPO) has advised of the following changes to British passport application processing.

HMPO will now directly contact applicants if additional information or documents are required to support an application. If original documents are requested by HMPO, applicants must post them directly to the address provided in the HMPO correspondence.

It is the applicant's responsibility to ensure that prompt action is taken on any correspondence received from HMPO.There is a strictsix-week timeframe for documents to be received by HMPO calculated from the date HMPO's correspondence was sent.

Required Documents for all First-Time and Renewal Applications:

- A full birth certificate (and marriage certificate if applicable)
- If born after 31 December 1982, your mother's birth certificate
- If applicable your parents' marriage certificate (to show mother's change of name)
- Two (2) passport-type photographs (signed)
- Your current passport (for renewals)
- A colour copy of the bio-data page of the passport belonging to the person who countersigns your application.

Passport Type	Passport Fee (Cheque payable to HMPO, submitted with application)	Handling Charge (Cash, paid at Customer Service Centre, receipt submitted with application)
Adult 34-page standard passport	£120.50	£18.80
Child 34-page standard passport (where the applicant is under 16 years of age)	£82.50	£18.80

Your counter signatory must meet specific criteria as outlined by HMPO:

Accepted Occupations/Criteria:

A counter signatory must either:

- work in (or be retired from) a recognised profession
- be 'a person of good standing in their community'

Examples of recognised professions include:

- Accountant
- Chairman or Director of a limited company
- Commissioner for oaths
- Councillor, for example local or county
- Justice of the Peace

- Minister of a recognised religion (including Christian Science)
- Nurse (Rgnor Rmn)
- Person with honours, for example an OBE or MBE
- Police Officer
- Post Office Official
- Salvation Army Officer
- Social Worker
- Solicitor

Your counter signatory cannot:

- Work for HM Passport Office
- Be a doctor, unless they state that they know you well (for example they're a good friend) and that they recognise you easily from your photo
- Be related to you by birth or marriage
- Be in a relationship with you or live at the same address as you.

The counter signatory must hold a current British or British Overseas Territory Citizen (BOTC) passport. If your counter signatory does not meet these requirements, you will be asked to find someone else.

For any queries regarding the above information, please contact the Immigration Office.

#StHelena #BritishPassportApplications

www.facebook.com/StHelenaGovt/ www.x.com/StHelenaGovt

SHG, 24 June 2025

'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 are excited to share with you the latest collaboration between the St Helena Cloud Forest Project and local film-makers, Capricorn Studios, titled 'The Journey of a Raindrop on St Helena in the South Atlantic': https://www.youtube.com/watch?v=eWXZwBv8H9Q



The 20-minute film features spectacular shots of St Helena and our majestic cloud forest, and also includes brilliant informative animations which together tell the story of the journey of a raindrop from our endemic cloud forest to the ocean, exploring the water cycle and the vital role our cloud forest plays in it.

Our raindrop begins its journey as a cloud which falls as rain or collects on cloud forest vegetation as mist – this is known as mist capture and is a key component of a cloud forest. Our cloud forest has a crucial role in both the capture and retention of water that comes from mist or rain. Droplets that do not evaporate or get absorbed by the vegetation returns to the sea in a variety of ways, with those that reach the ground soaking into soil or running along the surface as stream flow. This film shows the various ways this water slowly makes its way back to the sea and how some of this is captured along the way to be used as drinking water for island residents.

Shoutout to Darrin and Sharon Henry for another excellent educational film for the St Helena Cloud Forest Project! Check it out yourself by clicking the link or scanning the QR code in the photo.

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

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Senior HR Assistant
(£9,781 per annum)

Here is a great opportunity to start your career in HR! Central Human Resources & Organisational Development is seeking to recruit a motivated and enthusiastic individual to join our HR Transactional team. In this post, you will be responsible for undertaking a range of HR transactional processes to ensure the delivery of a high quality HR service. Key areas include recruitment and selection, processing of leavers, contractual changes and providing advice on employment related policies and procedures.

Contact us for more information and a discussion.

Enquiries: **Sharina Williams on Tel No 22470 or Email Sharina.williams@sainthelena.gov.sh**
Closing date: **03 July 2025**
Shortlisting date: **09 July 2025**
Interview date: **17 July 2025**

Transport Service Manager
(£12,049 per annum)

As the Transport Service Manager, you will be responsible for supporting the Transport Trading Account operations that underpin the delivery of an effective and efficient transport service including plant/equipment for the Public Service. Work closely with the sections budget, stores including the procurement processes.

Contact us for more information and a discussion.

Enquiries: **Nicholas George on Tel No 23643 or Email vehicle.fleet@healanta.co.sh**
Closing date: **03 July 2025**
Shortlisting date: **09 July 2025**
Interview date: **17 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.

The St Helena Public Service welcomes all applications from across our whole community, including our St Helenian diaspora wishing to return to St Helena. If you are a St Helenian currently living and working overseas, please contact us at recruitment@sainthelena.gov.sh to discuss how we can support you.

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

Fixed Term Vocational Instructor (Automotive) (£12,764 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 a Vocational Instructor at St Helena Secondary School. You will be expected to contribute to the development of appropriate syllabi, schemes of work and high quality resources for use with students. You must have the required qualifications and demonstrable experience/skills, must have experience in IT applications, be committed to safeguarding and promoting the welfare of young people, and 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: **04 July 2025**
Shortlisting date: **11 July 2025**
Interview date: **24 July 2025**

Auxiliary Worker (St Paul's Primary) (£7,280 per annum)

The Education, Skills & Employment Portfolio is seeking to recruit a suitably qualified person to fill the post of Auxiliary Worker at St Paul's Primary School. The post holder will be responsible for the supervision of pupils before and after school, during mid-morning and lunch periods and to accompany and supervise nursery pupils being transported home at mid-day. You will also provide teaching staff with getting equipment and stationary ready for classes.

Contact us for more information and a discussion.

Enquiries: **Patricia Williams Tel No 24737 or Email patricia.williams@sainthelena.edu.sh**
Closing date: **04 July 2025**
Shortlisting date: **09 July 2025**
Interview date: **18 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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NOTICE BOARD

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We are recruiting...

St Helena Government

Care Assistants (Ebony View)

(£10,213 per annum)

(Available for local interest only)

Are you interested in the well-being of clients within the Learning Disabilities units, encouraging independence and providing high quality, holistic care? If so, Ebony View has an opportunity for you to join their team as a Care Assistant.

Contact us for more information and a discussion.

Enquiries: **Kelly Hopkins on Tel No 23343 or Email kelly.hopkins@sainthelena.gov.sh**
Closing date: **04 July 2025**
Shortlisting date: **09 July 2025**
Interview date: **16 July 2025**

Handyman Driver

(£7,960 per annum)

The Health & Social Care Portfolio is currently seeking to recruit a Handyman Driver who will be responsible for the upkeep and maintenance of the Health & Social Care premises and will have a vital role to play in making the environment safe and comfortable. You will also be required to perform driving duties to support the smooth running of the service.

Contact us for more information and a discussion

Enquiries: **Michael Gaga - Hale on Tel No. 22500 or Email michael.gaga-hale@sainthelena.gov.sh**
Closing date: **03 July 2025**
Shortlisting date: **09 July 2025**
Interview date: **21 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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JOIN THE PUBLIC SERVICE

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We are recruiting…

St Helena Government

BIOT Preparedness Project Manager

(Local interests only)

(Rate of Pay: competitive, dependant on experience)

Central Support Services are seeking to recruit a Project Manager on a casual contract basis to coordinate, plan and manage activities to ensure St Helena Government are suitably prepared in the event further migrants arrive on the British Indian Overseas Territory and are subsequently sent to St Helena. You will be required to communicate and interact fully across SHG and the private sector, and to provide oversight and reporting on key project activities being undertaken. A logical approach and the ability to communicate clearly is essential. Previous experience managing projects is desirable.

Please note that as a Casual Worker you will only be entitled to receive payment for the hours worked. Annual leave etc. will not apply. This role is funded by the FCDO in support of BIOT planning work.

This role is advertised to start as soon as possible therefore candidates will be shortlisted on submission of interest and the advert will close when we have successfully appointed. We can share the terms of reference for this role on request. To apply please submit a statement outlining your interest and suitability for this role to recruitment@sainthelena.gov.sh

Contact us as below for more information and a discussion.

Enquiries: **Stephen Thwaites** (Governor's Office) Tel: 25393
Susan O'Bey (Chief Secretary) Tel: 22525
Tasha Harris (Governor's Office) Tel: 22869

How to apply

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

Senior Care Assistant (Ebony View)
(£11,935 per annum)
(Available for local interest only)

Social Care is seeking to recruit a Senior Care Assistant to work under the direction of the Learning Disability & Residential Manager, to deliver care and well-being to service users in accordance with the individuals Care Plan and Unit procedures and guidelines. We are looking for an individual with good interpersonal skills and experience in working with challenging behaviour in a care setting.

Contact us for more information and a discussion.

Enquiries: **Kelly Hopkins on Tel No 23343 or Email kelly.hopkins@sainthelena.gov.sh**
Closing Date: **11 July 2025**
Shortlisting date: **16 July 2025**
Interview date: **22 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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Golf Report

SHGC, Contributed

The first qualifying round of the St Helena Open Championship teeing off at 10am commenced on Saturday, 21 June, under a moody sky, with a cool breeze and looming rain clouds. Despite the conditions, the weather held up, allowing the thirty one players, to showcase their skills.

The course was in excellent condition, despite enduring months of harsh sun and strong winds, that made it particularly challenging to secure birdies or pars. Nonetheless, every player approached their round with determination, each hoping to earn a qualifying spot.

The lowest gross scores of day one, are as follows:

Scott Crowie	73
Dax Richards	82
Martin Joshua	82
Patrick Henry	83
Leroy Caswell	83
Martin Buckley	85
Larry Legg	85
Jeffrey Stevens	86
Arthur Francis	86
Philip Francis	87
Cyril Arthur Young	88
Patrick Johnson	88

On Sunday, 22 June, day two, delivered a dramatic turn in weather, bringing intermittent showers, creeping fog, and swirling gusts that challenged most players. While some navigated the elements with poise, others saw their leader board positions shift. Still, every competitor completed the round, a testament to their commitment. Final scores, combined with count back procedures, confirmed the top 12 qualifiers advancing to the Open Championship as follows:

Scott Crowie	143
Dax Richards	162
Martin Joshua	165
Arthur Francis	166
Jeffrey Stevens	167
Philip Francis	171
Cyril Arthur Young	172
Larry Legg	173
Patrick Henry	173
Leroy Caswell	174
Patrick Johnson	176
Martin Buckley	176

The Committee of Management extends warm thanks to all who participated. Congratulations to the 12 qualifiers who will compete in the SHGC Open Championship on Saturday and Sunday 28-29 June 2025.

To the other 19 players; your journey isn't over. You've earned your place in the 36-hole Stroke Play Challenge and will be seeded into two groups, Flight A and Flight B.

We look forward to sharing not just the game, but good food and great company.

Best of luck to all participants Play with heart. Respect the course. Trust your putter.

Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

Unfortunately our youth and Scout groups shooting events were cancelled due to the active cargo operations taking place on the Wharf. This procedure is in place to ensure safety is controlled during necessary operations by Port Control. The evening shooting practice match attracted ten of us considering other activities were conducted as well. No matter the low numbers for these events we enjoyed the night with shooting and fulfilment of gossip and laughter.

Lebron shot 91, Donna 84.2, Tinika 95.3, Cherilee 80.2, Elli 98.5, Helena 94 & 92.3, Kyle 97.4 & 93.4 and Pat H 97.4 & 97.5.

We were debating whether it's worth opening the rifle club from 1 July 2025 because SHG has decided to close the busiest road in and out of Jamestown for the whole of July 2025. It's horrifyingly shocking for St Helena's population to be given peremptory hustle orders by dictatorship that this road will be closed without consultation involving constituents.

Education, knowledge, experience, skills and understanding should by now have driven St Helena far in advance from 60 years ago, back then it was pickaxe and shovel, wheel barrels and handmade poison-peach-brooms.

As far as we can see, there is no proper planning, no consultations and no respect or dignity given for the people of St Helena. Every single person including children, adults, the elderly, or even people who are weak or have lost certain abilities; those who have medical appointments, people who are ill in sickness should have the right to voice their opinion but were not given the opportunity to do so. The islands sports activities are also very important within our community and should be recognised.

The volume of traffic expected to travel across country during the duration of the Ladder Hill Road closure should have been given some maintenance work to ensure its safe in terms of good vison and passing-bays. Consideration should be acknowledged if the island suffers with heavy rains that could cause severe damages, some areas in-need of safety crash barriers, too much risks is taken for granted. Added volume to the flow of different load of vehicles will be entering Napoleon street and New Bridge already is a hazard for parked and passing vehicles. It's time we all foil our hands together and ask the one above to watch over us and keep us safe.

We will contact our shooting groups as soon as we finalise our openings times for their shooting activities. Until then, stay warm and have a hot cocoa drink before bed.

SPORTS ARENA

‘Digging’ deep into Round 2



WSA, Contributed

The afternoon began with the Net Ninjas facing off against Dig That. The Net Ninjas were truly on form, demonstrating immediate control of the game and quickly building a significant lead. Their teamwork led them to secure the first set with an impressive 15-point advantage. The second set saw a continuation of Net Ninjas’ performance, with their well-placed sets and powerful returns proved challenging for the Dig That team. Georgia Bennett of the Net Ninjas earned the Young Lady of the Match award for her performance and impressive overhand serves. From Dig That, Michelle Yon, was recognised as Lady of the Match for her commitment and effort throughout the game.

Next up, No Diggity and Ace Angels delivered a truly competitive and entertaining match. Both teams showcased great skill and determination, trading points back and forth in a captivating display. Just when one team seemed poised to pull ahead, the other would rally, bringing the score right back to an even standing. Strong setting, powerful spikes, and impressive recoveries led to heated and extended rallies. The first set was so incredibly close that it required two clear points to secure the win. After several break serves, the Ace Angels ultimately edged out No Diggity with a final score of 27-25 in the first set. The second set was a continuation of this high-level skill and team effort, providing another entertaining interaction. Hyped up from their victory in the first set, Ace Angels carried their momentum forward, concluding the match with a 25-20 win, marking what was arguably one of the most entertaining games so far. Ace Angels swept both match awards, with Danni Thomas claiming Lady of the Match and Katelyn Benjamin awarded Young Lady of the Match.

To conclude the day’s action, Dig That returned to the court to face the Volley Vixens. In a somewhat déjà vu moment, both sets concluded with the same score, as the Volley Vixens snatched a well-played victory. Although the outcome wasn’t what Dig That had hoped for, they did take home both individual awards for this match, with Rae Dickie Clarke earning Lady of the Match and Lacey Bell being named Young Lady of the Match.

Next week promises to be an exciting one as we head into the final games of the league, where we’ll discover which team will claim the gold! Following the league conclusion, we’ll dive straight into a knockout tournament, with fixtures to be announced soon. Watch this space for more volleyball action!



