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SENTINEL

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Your New Island Council



Seven elected as new Ascension Island Council

"No Agreement Made"



SHG announce unsuccessful negotiations with Sure South Atlantic Ltd over new long-term Telecommunications license, despite "extensive efforts by all parties" and a proposal from Sure that "aligned with agreed objectives"

OPINION

SENTINEL COMMENT

Anita Robbertse, SAMS

Change- the only constant in life. This is something that I have been contemplating the past couple of weeks. That and how fleeting time is.

With the dissolution of the first Ministerial Government, a period of big changes awaits the island as we go into election season. At the moment with the government in purdah things feel like it is all up in the air, just waiting to get started again once the new government is announced. So lots of changes ahead - new councillors, new ministers, new visions and new plans! Perhaps some things might stay the same, only the future will tell. This change does bring some excitement as we await the announcement of the candidates who will make themselves available for election to serve the people of St Helena for the next 4 years. With campaigning to start soon, we might even see some changes in people themselves...

In my personal life there have also been a lot of changes recently. My work circumstances looks like it is going to take a different turn and we've recently had a lot of family and friends visiting. This was an incredible privilege, but it was really hard when the time came around too quickly to say goodbye again. The house changed from being heart-warmingly busy to very quiet indeed.

With the uncertainty of change all around, it can be easy to feel overwhelmed and stressed. In times when I feel things are getting the better of me, I try to look for a silver lining, something positive to focus on. I know I have said this before in my comment, but it really works for me. To keep from sinking into negative feelings and thoughts, the two go-to actions I have is to do some physical exercise and focus on something that brings me joy.

So if you are facing challenges and change, look for something positive to focus on.

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YOUR LETTERS

Dear Editor,

Please see below the transcript of my final adjournment debate speech during Formal Legislative Council, prior to dissolution.

Madam Deputy Speaker, I rise today for my final adjournment debate of this term in council.

Firstly, I am deeply honoured and humbled to have been chosen to fulfil this role almost four years ago. Thank you to everyone who put their faith in me to represent them and this wonderful island we call home. I hope I have lived up to your expectations and that I will get the opportunity to do so again.

Becoming a councillor has been the steepest learning curve of my life but I have greatly appreciated this opportunity to make a difference. In that vein, I would also like to thank all those who have supported me through this term of office. I appreciate every gesture, kindness, and word of advice I have received.

Now I'm sure there will be a lot said (and indeed some have already spoken today) about the past, what we got right and what we got wrong, but I thought I would leave that for the campaign, do something a little different, and look purely to the future.

In a few weeks, a new council will sit in these seats and do what they can to move the island forward and I would like to offer my hopes for what that new council will do.

So to start, I would say it takes 12 people to effectively move the island forward. I know that sounds obvious; that is why we elect 12 people, but I mean 12 people working together at all levels of the process to make things happen. Not a 5 and a 7 each doing their own thing, but 12 people, each with their own knowledge and experience contributing to make better policy, better legislation and better outcomes.

To our successors I say, yes there will be conflict and you will not agree on everything but compromise and open and honest debate about what you are doing and why you are doing it, will go a long way to keeping you and the public in the driving seat for the island's future.

Speaking of openness and honesty I hope those who come after us will uphold the values of true transparency, governing for the people and bringing the public along on the journey. As the Honourable Dr Essex has said on many occasions, the island's greatest resource is its people and if you can bring them with you and work with them, you are sure to have a smoother ride and achieve much more.

Make the most of the tools available to you, especially the select committees. Good governance is only possible with good scrutiny and I would urge anyone looking to run for council to immerse themselves in both sides. Select committees especially have proven that they can work in bringing about improvements in people's lives and livelihoods.

Lastly Madam Deputy Speaker, I would hope that the next council focuses on the foundations. There's no point arguing about what colour to paint your house if the foundations aren't fixed and your house is falling down. It may not be glamorous or politically eye-catching, but sometimes you have to look at the basics and get the simple stuff right.

All of the things I have spoken about are of course just a wishlist, and the power now goes back into the hands of the people to vote for those who will make it happen and I, for one, am looking to this next chapter for St Helena.

Yours sincerely,

Andrew Turner



"Highest Standards of Openness and Accountability"

SHG launch 'Publicly Accessible Register of Beneficial Ownership'



Liam Yon, SAMS

On 30 June, St Helena Government commenced the Companies (Amendment) Ordinance, following the approval of the Companies Amendment Bill, 2024. This new ordinance puts requirements on St Helena companies to declare details of their beneficial owners to the Registrar, and requires the Registrar to make those details publicly available.

This then allows for the establishment of a publicly accessible register of beneficial ownership, known as PARBO, which is essentially a public record that reveals the identities of the individuals who ultimately own and control a company, even if they are not the legal owners on paper.

The objective of this ordinance is the prevention of money laundering, tax evasion, and terrorist financing and serves as a preventive measure to discourage or prevent illegal financial activity through the Company Registry in the short to medium term.

"This initiative is designed to strengthen the island's reputation as a responsible jurisdiction and to support global efforts to combat financial crime," explain SHG. "The launch of the accessible register follows extensive consultation with stakeholders and aligns with the highest standards of openness and accountability."

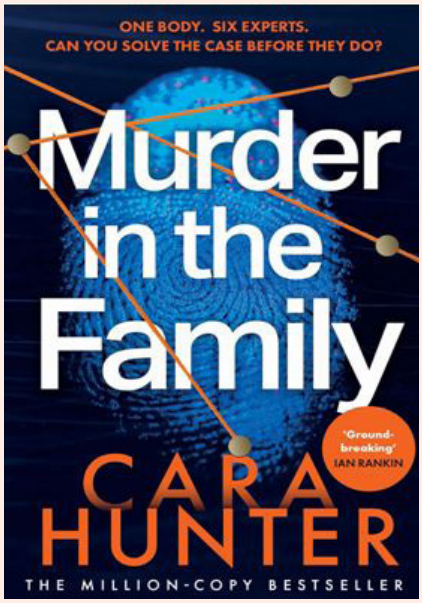
Currently, SHG's appointed Registrar, Amelia Gough, is in the process of contacting all companies on the Island in order to outline the steps required to ensure compliance with the law. While the Registrar is tasked with updating the PARBO, she is also the contact for any members of the public wanting to have access to information contained in the PARBO, in line with the law.

During the public consultation of the Draft Companies (Amendment) Bill in 2024, the former Minister for Treasury and Economic Development, Mark Brooks, described the Bill as "the first in what is anticipated to be a series of changes linked to SHG's strategic journey to reform St Helena's money laundering prevention and detection laws, company law, and the overall financial services regulatory framework – as outlined in the Sustainable Economic Development Strategy 2023-33."

Those companies who have not heard from the Registrar by mid-July are asked to make contact with Amelia in order to ensure compliance with the law.

Book of the Week

Public Library Service



Murder in the Family by Cara Hunter

IT WAS A CASE THAT GRIPPED THE NATION
LUKE RYDER'S MURDER HAS NEVER BEEN SOLVED
In October 2003, Luke Ryder was found dead in the garden of the family home in London, leaving behind a wealthy older widow and three stepchildren.
Nobody saw anything.
Now, secrets will be revealed – live on camera.
Years later a group of experts re-examine the evidence on Infamous, a true-crime show – with shocking results. Does the team know more than they've been letting on?
Or does the truth lie closer to home?
Can you solve the case before they do?
The truth will blow your mind.

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

"No Agreement Made"



SHG announce unsuccessful negotiations with Sure South Atlantic Ltd over new long-term telecommunications license, despite "extensive efforts by all parties" and a proposal from Sure that "aligned with agreed objectives"

Liam Yon, SAMS

St Helena Government recently issued a Press Release titled 'Sure Licence Negotiations Update' where they revealed that following "extensive efforts from all parties" with regard to a new long-term telecommunications license for Sure South Atlantic Ltd, "negotiations did not conclude with an agreement being made" – despite admitting that Sure's proposal to "deliver superfast broadband capabilities" for St Helena was "aligned with agreed objectives".

Sure is the Island's sole telecommunications provider, holding an exclusive licence under the Telecommunications Ordinance, 1989. This license was granted by SHG in 2023, as an extension on their previous license, when the decision was made to allow Sure to connect to Google's Equiano Fibre Optic Cable in Rupert's to provide improved internet connectivity to Island residents and businesses from 1 October 2023, following the failed Fibre Project with Maestro St Helena.

"Since 1 October 2023 the domestic Island network has been connected to the Equiano cable, extending a number of benefits to the community," reported SHG in December 2023. "This has resulted in significant improvements to the telecommunications service provided by Sure South Atlantic (Sure), improving the offering to their customers in terms of both cost and scope of service provided. It has opened new possibilities for the community in how we interact with each other, the outside world and conduct business, with the benefits of this already being felt."

With Sure utilising a combination of fibre and copper connection as a temporary 'Plan B' to SHG's full fibre network ambitions, St Helena, from 1 October 2023, was introduced to unlimited allowances for the very first time, alongside increased download speeds, as part of the new broadband package offering. Despite a few challenges, this has largely been successful with the Island having enjoyed much improved connectivity for the last 20 months.

However now, as revealed by SHG, talks with regards to a new long-term licence for Sure has reached an impasse; with no agreement having been found, despite what SHG described as "extensive efforts by all parties."

They informed that "the parameters underpinning the negotiations" were aimed at securing a new licence for Sure to "maximise benefits from the Equiano cable." They also indicated that what was presented by Sure was "a substantial investment proposal for network infrastructure that would deliver superfast broadband capabilities."

Despite this proposal being, according to SHG, "aligned with agreed objectives," an agreement between both parties could not be reached. This is after the investment of "significant resources" by both SHG and Sure over recent months, with SHG stating that their technical and legal teams were "working intensively with Sure to find mutually acceptable terms."

Detailing the negotiations, SHG informed that these "addressed complex technical, commercial and regulatory requirements for building a new broadband network while ensuring continued provision of the whole range of communication services currently available to businesses and residents on St Helena," however these negotiations did not conclude with an agreement being made.



"Despite good faith efforts from all parties, agreement could not be reached within the deadline of 30 June 2025," reported SHG who listed the "key challenges" of the negotiations which "centred on balancing St Helena's long-term interests with commercial operating realities in a market that is experiencing rapid technology change."



What this means for Sure and the future of telecommunications on St Helena is not known, however for now, according to SHG, "Sure will continue providing services under their existing licence issued under the Telecommunications Ordinance, 1989."

Just recently, the Communications Bill, 2025, which is set to replace the Telecommunications Ordinance, 1989, was approved. SHG concluded their update by confirming that "the modern regulatory framework established under the Communications Ordinance 2025 is now in place" which they say provides "robust consumer protection and oversight mechanisms for future licensing arrangements."

They add that further announcements will be made on the implementation of a Communications Regulator in the coming months before stating, to end, that "St Helena's communications infrastructure and regulatory framework provides a strong foundation for future development."

The Sentinel have reached out to Sure for a comment and to provide any further information with regards to these unsuccessful negotiations with SHG, including what proposal was placed on the table to "deliver superfast broadband capabilities" for St Helena.



More to Insure, Confirmation Received

Solomon's confirm increase in the cost of Travel and Visitors Medical insurance cover, "due to the high incidence of claims"



Liam Yon, SAMS

In an update to an article published in last week's edition of The Sentinel, Solomon & Company (St Helena) Plc have now confirmed reports of increases to their insurance costs for both Travel and Visitors Medical insurance, with effect from 1 July this year.

Enquiries to this regard were sent to Solomon's Insurance Manager by The Sentinel after it was found that travel insurance for a group of people had increased significantly by around 230% according to SAMS' calculations.

The Sentinel since received a reply confirming increases and providing clarity around how they came about. "With effect from 1 July 2025, there has been an increase in the cost of Travel and Visitors Medical insurance cover available from Solomon & Company Plc," revealed Solomon's in their response. "This increase is due to the high incidence of claims with this cover, in relation to both medical costs incurred and travel delay expenses."

Solomon's further added that "management of underwriting loss ratios is an inherent responsibility of all insurers, particularly in our context with a volatile risk pool."

No exact figures or indication was given from Solomons with regards to these increases, though this will no doubt depend on what insurance, and how much cover, is required by customers. However, from information received by members of the public, The Sentinel can indicate that the new rates are significantly higher than those from before 1 July.



Your New Island Council



Seven elected as new Ascension Island Council

Liam Yon, SAMS

On Thursday, 3 July 2025, a General Election was held to elect candidates to serve on the Ascension Island Council, with the new Island Council since confirmed as Eugene Leroy Bennett, Thomas Tyson George Hickling, Laura Marie Shearer, Thomas Barnes, Michael Duncan Ross Ellick, Alan Herbert Nicholls and Ethan Duncan Bally.

As informed by Ascension Island Government in a press release sent to The Sentinel, eight candidates ran for seven available Councillor positions. Electors were permitted to cast up to seven votes each and, out of the 546 registered electors, 207 electors cast 923 valid votes.

Ethan Duncan Bally received 89 votes (10%); Thomas Barnes received 119 votes (13%); Eugene Leroy Bennett received 145 votes (16%) - the most out of all candidates; Michael Duncan Ross Ellick received 116 votes (13%); Thomas Tyson George Hickling received 140 votes (15%); Andrew Barry Newsome received 73 votes (8%); Alan Herbert Nicholls received 111 votes (12%); and Laura Marie Shearer received 130 votes (14%).

In accordance with the number of votes cast, the persons duly elected to serve on the Ascension Island Council, in order of voting popularity, are Eugene Bennett, Thomas Hickling, Laura Shearer, Thomas Barnes, Michael Ellick, Alan Nicholls and Ethan Bally.

Congratulations to all seven elected members who were sworn in at the Court House in Georgetown on Tuesday afternoon (Laura is currently off-Island and will be sworn-in upon her return at the end of the month)

Good luck to the new Ascension Island Council.



How it works.

The sweepstake will go live on Facebook on Friday 11th July at 7pm on the St Helena Medical Support Sweepstake page.

Request how many numbers you would like, and a number/s will be allocated to you. DO NOT ask for specific numbers.

If you do not have Facebook then ask a friend or family member to request a number for you.

Zoe George will be taking calls on 23297 from 7pm only on Friday 11th, if you don't have someone else to request a number for you on Facebook.

We politely ask not to call before this time.

All numbers must be paid for at the bank -

BOSH Account - St Helena Medical Support Fund

02146002

Payments to be made by 26th July. Draw will be done on the 31st July.

Please include your name and sweepstake number/s in the reference on the transfer slip or in the credit narrative if doing online banking.

"A Fantastic Opportunity to Connect"

St Helena participates in Annual Red Ensign Group Conference in Guernsey



Liam Yon, SAMS

Recently, the Red Ensign Group (REG) held their annual conference in Guernsey, bringing together the UK, Crown Dependencies, and Overseas Territories to discuss maritime governance and shared international responsibilities – with St Helena represented by a four-strong Island delegation.

Attending the conference was Portfolio Director for Safety, Security and Home Affairs, Alex Mitham; Maritime Policy Consultant, Cherie Dillon; Head of Maritime, Mia Henry; and Maritime Capacity Building Support, Wendy Benjamin. Each delegate reportedly presented on key developments, ongoing challenges, and the strategic risks facing St Helena's maritime domain.

Alex contributed to the Coastal State Forum on Search and Rescue (SAR), highlighting the island's unique geographical position, international support challenges and the need for tailored assistance. According to SHG, "it was agreed that St Helena's requirements will form part of forthcoming workshops, particularly around external support on the development of relevant policies and procedures."

Cherie presented on the St Helena Ship Registry, outlining its current challenges and the island's ongoing efforts to modernise and strengthen its legal and administrative systems. "The REG Conference was a fantastic opportunity to connect with counterparts," she reported. "The support and collaboration from other members will be invaluable as we continue developing our maritime capabilities."

Mia was charged with giving a detailed presentation on how St Helena balances compliance with international maritime obligations whilst ensuring policies and legislation remain fit for the local island context. It was said that "this prompted broader interest from other jurisdictions, with a commitment to explore the topic further at future forums."

Additionally, Mia presented on St Helena's Maritime Journey, covering the establishment of the Maritime Authority and Advisory Board, and the island's successful completion of its first International Maritime Organization (IMO) III Code Audit in February 2025.

Finally, Wendy spoke in the Capacity Building Working Group, where she shared St Helena's journey to rebuild maritime skills and awareness; highlighting past gaps, current initiatives, and future plans to promote maritime careers. "It was a privilege to attend the conference," commented Wendy. "The experience helped build valuable connections, and I've already received offers of support that will aid our efforts in St Helena."

In a further opportunity, SHG revealed how "the REG Conference also enabled an in-person meeting of the South Atlantic Working Group (SAWG)—a regional forum of maritime authorities from St Helena, Ascension Island, the Falkland Islands, South Georgia and the South Sandwich Islands, and Tristan da Cunha." The SAWG, of which St Helena currently serves as the Secretariat, is a group that promotes collaboration on maritime safety, environmental protection, and legislative alignment across the South Atlantic Overseas Territories.

Discussions focused on key



priorities such as SAR, fishing vessel regulation, and training, all vital for strengthening regional maritime capacity. "St Helena's contributions received strong recognition from REG members, with appreciation expressed for the substantial progress achieved in a relatively short time," reported SHG.

Before leaving the REG conference, and when formally thanking the Maritime Coastguard Agency for their support to the Island over recent years, the St Helena delegation presented a commemorative plaque to Richard Pellew, Assistant Director for Maritime Governance, Improvement and Assurance at the MCA, who was also the Chair of the Conference. It was reported that this gift was warmly received.



Road Open, Times Changed



— **Donna Crowie**, SAMS

As of around 11am last Friday, Ladder Hill Road was once again reopened to both vehicles and pedestrians. This is until a new and correct supply of bitumen arrives to commence the full resurfacing works, currently earmarked for August.

The reopening of the main road into Jamestown from the West of the island has meant that times for various Public Transport routes have been revised.

Going forward, Route 1 leaving Bottom Woods will depart 10minutes earlier at 7am, 1:30pm and 7:30pm. Those travelling with Route 2 from the Flagg in Levelwood will have an earlier pick-up time of 6.45am to arrive at the Hospital at 7:36am. Those on Route 2 who would like to carry on to St Pauls will need to connect with the Route 1 bus.

There has also been a new route scheduled for Route 2 from Monday to Fridays; an additional run from the Golf Club at 8am to arrive in Jamestown at 8:20am and return back to the Golf Club at 8:38am.

As for Route 3, the earlier bus will now depart Red Hill, St Pauls, at 7.05am to arrive at the Grand Parade at 7.43am. Also, from Monday to Fridays, Route 3 will depart White Wall at 7:54am to arrive at the grand parade by 8:20am.

Once again, The Sentinel encourages all public transport users to check the revised timetables on the SHG website to better understand your travel routes and times.

"This Change is Necessary"

Education announce new school term times for 2025/26 with differing school holiday dates for the Primary and Secondary sectors

Liam Yon, SAMS

The St Helena Education Portfolio have recently announced slight changes to their term times for the new School Year starting from September 2025 through to August 2026, with different dates proposed for the Primary and Secondary aged students, as detailed in a letter to parents from Portfolio Director, Marie Horton, dated 30 June.

In the letter, the implementation of "many exciting developments" was mentioned, as the Island bids to raise standards and outcomes in all Island schools, with a split academic term time calendar described as a "necessary" part of these support changes.

"It has become necessary to have a split academic Term Time Calendar for Primary and Secondary which we are piloting for the academic year 2025-26," explained the Portfolio



Director in her letter. "This change is necessary to accommodate the earlier onset on Public Examinations during the April-June session which is currently impacting our secondary school learners, particularly in regards to syllabus coverage and teaching and learning."

Continuing on, parents were informed how "the 2025-26 Term Time Calendar will have periods where both the Primary and Secondary sectors are the same" however, in a change to the norm, there are "other times where they differ slightly" including the times that each sector returns for school holidays.

Some of these changes include a longer period of holidays for Primary Schools in January 2026; with Secondary School beginning again on 7 January and Primary Schools returning a week later on 14 January. Similarly, in April 2026, Secondary School will return from the holidays on 28 April, while Primary Schools will do so a week later on 5 May. In contrast, at the end of the School Year, the Secondary School will break for the end of year holidays on 31 July 2026, while the Primary Schools will remain open for a further eight school days, closing the end of their School Year on 12 August 2026.

While not mentioned, it is believed that the longer holiday periods throughout the next School Year for Primary Schools could also be attributed to the works that are required to be done to the school buildings which will form the new Key Stage 1 and Key Stage 2 schools from September 2026, with much of this work, understandably, only able to be done during periods of school closure.

In a positive indication of partnership working for the youth, it was also confirmed that the "New Horizons Youth Club have kindly agreed to extend their opening periods to support this change" in the term timetable for 2025/26.

Education Skills and Employment Portfolio

2025-2026

All Schools Calendar

September 25

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 25

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 25

Su	M	Tu	W	Th	F	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 25

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 26

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 26

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 26

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 26

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 26

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 26

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 26

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 26

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Notice

	Primary	Wks
	Term 1a	7
	Term 1b	7
	Term 2a	6
	Term 2b	7
	Term 3a	6
	Term 3b	8
		41
	Secondary	
	Term 1a	7
	Term 1b	7
	Term 2a	7
	Term 2b	7
	Term 3a	7
	Term 3b	6
		41

Key
Staff Development Day (P)
Staff Development Day (S)
Staff Development Day (All)
School Days All
School Days Secondary Only
Last School Day Secondary
School Days Primary Only
Last School Day Primary
School Holidays
Public Holidays

For AY 2025-26 twilight sessions to make up the remaining 2 SSD. 10 hrs to be scheduled as appropriate.

ST HELENA NATIONAL TRUST

Another sad loss for St Helena's national bird: Monitored Wirebird found dead

Over the weekend a dead Wirebird (St Helena Plover) was found—one of the flagged individuals currently being monitored as part of ongoing conservation efforts. The cause of death is yet to be determined, but the loss highlights the ongoing pressures facing this critically endangered species and the delicate balance required to sustain the population.

The most recent population count for 2025 recorded just over 600 adult birds, a slight decline from previous years. With a small population, every individual counts. The death of a monitored bird is a significant setback for conservation efforts, especially when it involves a juvenile lost before it has had the chance to breed and contribute to future generations.

The Trust works in partnership with RSPB/ St Helena Government, has been tracking flagged birds to monitor and gather critical data on their movement, breeding success, and survival. This information is essential in understanding how best to protect the species.

Wirebirds face numerous threats, including habitat disturbance, predation, and collisions with vehicles. This latest incident is a reminder of the importance of remaining vigilant, especially in Wirebird habitats such as the Millennium Forest, Bottom Woods, Deadwood Plain, and Prosperous Bay.

Wirebirds are known to bathe in shallow pools of water, such as roadsides puddles – especially during the rainy season. The airport road, which passes through key Wirebird territory, becomes particularly hazardous during wet weather attract birds, as puddles attract the bids and increase the risk of vehicle collision. Drivers are urged to be aware of these birds, to be vigilant and drive with caution.

During the last rainy season, over 15 Wirebirds – roughly 3% were killed as a result of traffic-related incidents. Most of these incidents were not reported at the time and were only discovered later by monitoring teams. This highlights the need for the public to remain alert and report any such occurrences.

What can you do to help?

- Drive slowly and carefully near known Wirebird sites
- Keep dogs on leads in sensitive areas
- Report any sightings of injured, dead, or flagged birds
- Help spread awareness about our national bird

Together, we can make a difference in protecting this unique and fragile part of St Helena's natural heritage.

To report a sighting or incident, contact the St Helena National Trust on dennis.leo@trust.org.sh, 22569



Photo: Example of flagged Wirebird at Horse Point (white flag on right leg)

The Wirebird is a protected species under the Environmental Protection Ordinance (EPO) 2016, and it is therefore an offence to **knowingly** wound or kill Wirebirds or any other protected animal. Anyone found guilty of doing so could face a fine of up to £50,000 or imprisonment.

#StHelena #Wirebirds #ProtectTheWirebird

He Knows His Ships



Myron Benjamin reflects on his career and life's journeys

Anita Robbertse, SAMS

During the Northward Sounds Show presented by Tony Leo, he often interviews local residents, as well as visitors, to share their stories with listeners. Last week, Tony interviewed St Helenian, Myron Benjamin, to share the story of his educational journey and career experiences.

Myron grew up on St Helena and started his educational journey here, always striving to achieve academically to the best of his ability. At that time, the school system worked very different to what it does today. Students who achieved higher marks would be selected to attend the Secondary Selective School located at Ladder Hill after completing their primary education. "The system was different, and the secondary school catered to the people through the secondary selective, because they selected the brighter people," recalled Myron, who was selected to attend the Secondary Selective School at the age of ten, in 1972. This provided the opportunity to secure a better job and a higher income for the future.

During his time, Myron succeeded in completing two O-Levels before entering trade school to do a building technician's course. The trade school training was aimed at supporting Saints to take over administrative and supervision positions in the public works and electrical department. Unfortunately this initiative did not quite realise. "I did that because it was an opportunity, more learning," said Myron. While he was working in the trade school he was also receiving tutoring from Corinda Noaks (now Dr. Corinda Essex), to complete three more O-levels. Myron achieved five O-levels, or in his own words, "five above Grade C and a couple more that were D's, which I don't really count." He said the reason for pursuing his studies was, as many would agree, "to earn some good money."

After completing trade school, Myron went on to do surveying work with Lorrie Baker; a gentleman who came to St Helena to survey satellite points on the island and to place these on the same grid system as the rest of the world, he was also tasked with surveying property boundaries to settle any land disputes. Myron undertook the survey work while Glynnis Fowler did the recording and Alfie Isaac assisted with the reflector sights. Before Myron moved on to other opportunities 18 months later, most of the survey work of the important points on the island had been completed.

At that time, the old RMS was in harbour and was recruiting cadets from the island. The applicants went to Ascension and back on a test-run. Myron was drafted as a cadet due to his O-level qualifications. "I didn't actually apply for the job," laughed Myron. "I was told, because I had the O's". Due to this, he could go straight into college whereas the other three applicants, David, Rodney and Alfie had to first complete their O-levels. He grabbed the opportunity to earn more money and to experience a new adventure. Myron later went on to study in the UK to become an Engineer.

He got a job as an Engineer on the old RMS working on the ship's unique and challenging engine. The engine was one of only three specially built to travel at slower speeds in the Northern regions of Canada. As construction of these engines was discontinued, it posed many challenges to source parts and keep it in good running condition. As the Chief Engineer of the old RMS, Myron had to travel with the ship once it was decommissioned and sailed to Durban to be handed over, before joining the crew on the new RMS as the Second Engineer.

In 2002, Myron left the RMS to move to the UK, "for our kids so that they could get into the UK education system, go to University and have more opportunities," he explained. When they arrived in the UK, Myron took any available job to "pay the rent" but after about 16 months he was employed by Hanson, a dredging company, as Chief Engineer. After six years of working at sea again, he moved to work as superintendent ashore for the same company for another six years.

Myron then went on to work for Faversham Ships, a cargo ship company also based in the UK. Their cargo network includes a lot of European routes which meant he had to travel quite often to various European countries to meet one of the 12 ships in their fleet. Myron has since retired from this company, but still does part-time work for them from time to time. At the moment he spends about nine months per year on St Helena and travels back to the

UK for work and to visit family for three months.

When asked whether it is hard to get a job in the Merchant Navy nowadays he replied, "no, not really" before adding that "cadetships are hard to come by, because when we started as cadets, companies sponsored the cadets, so they paid for their education, whereas now, companies don't sponsor cadets anymore, or very few do." Myron fondly remembers the time spent as a cadet, with many interesting new experiences.

When reminiscing on the good times he had worked on various ships, Myron said that once he was seconded to Ocean Fleets, which sailed from the UK to West Africa. "That was an experience!" he recalled. "I wouldn't say it was a great experience, but it was an experience. West Africa is a pretty dangerous place to go ashore, especially in the ports."

Myron ended off by saying that he wanted to come back home to St Helena as the UK can be a very stressful place. "It is not an easy life, as some people might imagine," he explained. "Unless you get a good job and get your own home, you can struggle just as much as here. Here it is quiet. I can do my own thing. If I don't feel like doing anything, I don't do anything." During the time abroad, one can lose touch with the people on the island and it is good to catch up with old friends and schoolmates as well as family that still live here on the island, while also having the opportunity to travel to the UK to see family there as well.

A truly inspirational life-story of what can be achieved with determination, hard work and making the best of every opportunity along the way.

Listen to this and Tony Leo's other interesting interviews via the SAMS Podcast Page



Through the Lens

The Digital Imperative: What St. Helena Must Do Now to Transform Education and Career Opportunities – Written By *Ed Oyewo*

St. Helena stands at a crossroads. While the world rapidly digitizes, our island's young people face a choice: embrace technological transformation or risk being left behind. The question isn't whether technology will reshape education and careers—it's whether we'll lead that change or struggle to catch up.

The Infrastructure Foundation We Need



St. Helena must prioritize robust digital infrastructure as urgently as we once needed the airport. Reliable, high-speed internet connectivity should be treated as essential infrastructure, not a luxury. The island needs to invest in fiber To The Home (FTTH), and backup systems that ensure consistent connectivity for all schools and homes.

Without this foundation, our students will continue to experience interrupted online lessons, failed video conferences with international teachers, and limited access to digital resources that their global peers take for granted.

Schools Must Become Innovation Hubs

Our educational institutions need comprehensive digital transformation. Every classroom should have functional interactive whiteboards, Chromebooks for students, and teachers trained in modern educational technology. But hardware alone isn't enough—we need curriculum reform that integrates coding, digital literacy, and creative technology use across all subjects.

Creating Tomorrow's Workforce Today

The island must develop a coordinated strategy for digital career preparation. We need to establish a Technology Training Institute offering courses in web development, digital marketing, cybersecurity, and remote work skills. This institute should partner with international tech companies to provide certification programs and internship opportunities.

Building a Digital Economy

St. Helena needs an economic development plan that positions technology as a key growth sector. We should create a business incubator specifically for tech start-ups, offering mentorship, funding, and international market access. The island could become a hub for digital nomads and remote workers, generating revenue while exposing our young people to global business practices.

Tourism, our primary industry, must fully embrace digital innovation. We need virtual reality experiences showcasing island heritage, AI-powered tour guides, and digital platforms connecting visitors with local services. These initiatives would create tech jobs while enhancing our tourism offering.

Our teachers need intensive professional development in educational technology. We should establish partnerships with UK universities to provide online teacher training programs. Every teacher should be proficient in digital tools, online pedagogy, and virtual classroom management.

Parents and community members must understand technology's importance for their children's futures. We need digital literacy programs for adults, community workshops on supporting online learning, and clear communication about how technology enhances rather than replaces traditional education.

The Innovation Mindset

Most importantly, we must cultivate an innovation mindset across the island. This means encouraging experimentation, accepting that failure is part of learning, and celebrating creative problem-solving. We need to show young people that they can be creators of technology, not just consumers.

The digital revolution won't wait for St. Helena to catch up. Every month of delay means our young people fall further behind their global peers. We need coordinated action from government, schools, businesses, and families to ensure that technology becomes a bridge to opportunity rather than a barrier.

The choice is clear: invest boldly in digital transformation today, or watch our young people's opportunities diminish tomorrow. St. Helena's future depends on the decisions we make now about technology, education, and career preparation. Our island has always been defined by its ability to adapt and survive in challenging circumstances. Now we must adapt to thrive in a digital world—and give our young people the tools they need to succeed anywhere on the planet. ***The time for planning is over. The time for action is now.*** ***Till Next Time, Keep Well!***

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

SAT. July 12
- 9am-12 Noon: Saturday Show with Sebastian Stent
- 1pm: Northward Sounds with Tony Leo
- 3-5pm: Modern Country Chart with Donna Crowie (Repeat)
- 6pm: Artists through the Decades with Deon & Anita
- 8:30pm: Out Out (repeat)

SUN.July 13
- 7am-noon: Sunday Show with Donna Crowie
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Liam Yon
- 7pm: Anglican Church Service
- 20:30: Classical Compilations

MON. July 14
- 7am-10am: Sunrise with Luke Bennett
- 3-5pm: Artists through the Decades with Deon & Anita
- 5:30pm: Country Classics with Donna

TUE. July 15
- 7am-9:00am: Morning Show with Donna
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Liam Yon
- 7:30pm: Classical Compilations with Anita

WED. July 16
- 7am-8:30am : Sunrise with Deon
- 11am: Northward Sounds with Tony Leo
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. July 17
- 7am - 10am: Sunrise with Liam & Luke
- 5-7pm: Modern Country Chart with Donna Crowie

sure
Bringing you the
BBC World Service
100.7 (Briars)
88.1 (High Knoll)
102.7 (Blue Hill)

Featured this Week





Sebastian Stent brings a deep love of soul, folk, blues, and electronic music to the airwaves, weaving together timeless sounds and fresh discoveries. A lifelong crate-digger and curious listener, he's drawn to music that tells stories and moves people—whether it's a dusty classic or a future-forward track. On air, Sebastian invites listeners on a journey across genres, moods, and generations, always guided by feeling, not formula. Listen to our newest presenter, only on SAMS Radio 1!

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

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

SAMS South Atlantic Media Services Ltd

Sentinel Sudoku Session

This week's difficulty is 'Easy'

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

Throwback Thursday



10th July 1942:

The runway on Ascension Island, built using Saint labour, opens for traffic.

(sainthelenaisland.info)

Today is known as 'Pick Blueberries Day' and while, unfortunately, St Helena does not have fields of blueberries to go and pick from, frozen blueberries have been seen in various shops and fresh berries do arrive at times on the weekend flights. So why not whip up some of these scones which are easy as pie. Best enjoyed still warm from the oven and smothered in generous helpings of butter and jam!

Blueberry Scones



Ingredients

•370g Self Raising flour
(plus extra for dusting)
•1tsp Baking Powder
•40g caster Sugar
•Zest of 1 large lemon
•80g unsalted butter (chilled, diced)
•300g Blueberries
•100ml Single Cream
•1tsp Vanilla Extract
•2 large eggs (plus 1 for glazing)

Method

1. Heat oven to 200C/180C(fan)/Gas 6 and line a baking tray with parchment. To make the scones, put the flour, baking powder, sugar and lemon zest in a large bowl and mix together to combine. Add the butter and use your fingers to rub into the flour until the mixture resembles coarse breadcrumbs (don't rub too thoroughly; some larger lumps are preferable). Add the blueberries and toss together.
2. In a small jug, mix together the cream, vanilla and eggs, and pour into the mixture. Use a cutlery knife to stir together until the mixture starts to form a dough. Tip onto the work surface and use your hands to gently knead until the dough just comes together. Lightly flour your work surface and flatten the dough into a disc about 2.5cm thick. Use a sharp knife to cut it into eight triangles.
3. Transfer the scones to the prepared baking tray. Beat the remaining egg, then lightly brush it over the top of each scone. Bake in the oven for about 20-25mins or until deep golden brown. *Will keep for up to 3 days in an airtight container.*



Who Can Benefit?

A look at 'then and now' as Claims Manager speaks on how Income Related Benefits and Basic Island Pension works today



Demy Herne, SAMS

While global headlines often highlight the devastating realities of war, famine and poverty in other countries, the people of St Helena, especially the older generation, reflect on how fortunate life has been on-Island.

In earlier days, before the advent of social services, families survived on what they could earn through physical labour. Money was scarce and only available to those who worked for it, and even then, work could be difficult to come-by. It wasn't until after World War II that the Government introduced a basic assistance programme in the form of food slips. These allowed people facing genuine hardship to access essential commodities.

At that time, the Government was the island's main importer of necessities such as rice, flour, tea, margarine, cheese, corned beef, and milk powder. These goods were distributed to merchants to be sold at fixed Government prices. By the early 1960s however, private importers such as Solomons and Benjamin Stores began to take over this role, leading to the eventual withdrawal of Government imports. As a result, prices began to rise, putting a strain on many families.

To alleviate the growing economic pressure, a three-day work scheme was introduced, offering short-term employment, mostly in road cleaning, to people of all ages. This provided a basic wage and a sense of dignity to those struggling to get by. Around the same time, the development of the American airstrip on Ascension Island presented further opportunity. Workers from St Helena were able to take up year-long contracts with construction companies like Joan Thompson's. These jobs not only offered better wages but allowed workers to send money home, easing the burden for families.

By the late 1960s and into the 1970s, the St Helena Government requested the support of the British Government to formalise a social service plan. This marked the beginning of what would evolve into today's social welfare programmes. A means-tested system was introduced, providing weekly financial support to those facing hardship. This benefit scheme continues today, with payout days on Thursdays, explaining the familiar sight of people gathering outside the Post Office in Jamestown.

Yet, as with any welfare programme, the system has not been without criticism. There are some who believe that certain recipients misuse their income-related benefits (IRB) or Basic Island Pension (BIP), spending money on alcohol or cigarettes soon after receiving their payments as one of the regular observations made.

Today, the system is overseen by Claims Manager, Gail Beard, who outlined how the two programme's function and who is eligible for support. Currently, there are just over 300 claimants for IRB and more than 850 BIP recipients. Payments are generally made on Thursdays for the Jamestown district, and on Fridays for areas such as Half Tree Hollow and Longwood.

The number of IRB claimants fluctuates weekly, as employment status can change. Importantly, individuals can still qualify for IRB while in full-time or part-time work. The benefit is means-tested, requiring applicants to submit three months of bank statements to determine eligibility.

"We need bank statements to assess any income that you're in receipt of, and bank balance, as this is means tested," Gail explained. For every £250 that is over £4000, a £1 will be deducted from the eventual benefit received by an applicant that has been approved.

All income, including money sent from overseas, must be declared and verified. "There's a declaration on

the actual form, you need to provide proof of where those monies are coming from," she added.

IRB is now referred to as a "family benefit." It can be claimed by households of varying structures, from couples with children to single individuals living alone. If, for example, a son is living at home and is in full-time education or unemployed, he may also be eligible for support.

The system even accommodates those with housing loans. Gail confirmed, "If you have a housing loan, we look at the interest on your loan for the month and then we can assist you with that, only just the interest part of your loan."

The responsibility to report changes in personal circumstances lies with the claimant. Whether a person gains employment or switches from part-time to full-time work, this must be communicated to the office promptly. "All changes of circumstances needs to be handled or dealt with within that week or as soon as it can practically be done."

For those over the age of 65, the Basic Island Pension (BIP) provides support based on years worked on the island. There are three categories: 20–24 years, 25–29 years, and 30+ years; each with corresponding payouts. Only verified employment on St Helena is counted toward this pension. Work done overseas is not eligible.

Each period of employment must be verified in writing by the relevant employer, and only those verified years are added to a person's pension record. "That company or person needs to do it in writing to confirm so that will all be placed on your file," Gail noted.

Those who have lived abroad but have St Helenian status and meet the work criteria may also qualify, provided their employment history on-island is documented. Additionally, any other pension, whether from SHG, the UK, or elsewhere, must be declared. There is some leniency however, with Gail indicating that "we ignore the first 20 pounds, so only 20 pounds gets taken into account."

Both the IRB and BIP are governed by a budget, though the numbers shift frequently. "Every week it varies, it could be ten people or next week it could be five people or no people the following week," Gail explained.

Once qualified for the BIP, claimants generally remain on the system unless their circumstances change significantly. IRB recipients, on the other hand, are subject to regular review.

All applications are assessed according to the social security ordinance, and while some may not qualify, the process is designed to be fair. "If he or she qualifies for the benefit based on what is produced to us, then that person is eligible," said Gail, "be it young or old."

As for the public perception that some people exploit the system, Gail acknowledged the concern. "Yes, I agree, but unfortunately, we are just basically the custodian to implement what our politicians has put in place."

The department makes an effort to maintain contact with clients and assist where possible. Gail stressed the importance of communication. "People need to come to the office or pick up the phone, and make an appointment! Everything is confidential."

While not everyone will walk away satisfied, each application is treated fairly. "Everybody's issues are different, so come in, speak to us," Gail concluded.

Tax Reminder

All Employees and persons receiving employment related income, please be advised of the following Tax Due Date for the 2024/25 tax year

Thursday **31 July** 2025	Last day for submitting *Annual Income Tax Returns* (P50) if the PAYE tax deducted from your income for the 2024/25 tax year is greater than the tax that should have been deducted.

- Examples of whenPAYE tax deductions may be greater: income received for part of the tax year; several sources of income; or personal contributions were made to the MiSaint Pension Plan Scheme.
- PAYE Tax deductions will be recorded on your *Certificate of Income and Tax Deducted (*P60 or P5) which you should have received from your employer in April 2025.
- Contact us if you require guidance on calculating PAYE tax due.
- Annual Income Tax Returns can be obtained by e-mailing kaelyn.thomas@sainthelena.gov.sh or alternatively, visit the Income Tax Office.
- File Annual Income Tax Returns as instructed on this form, by 31 July 2025.
- A separate return is not required if you were in receipt of other income and filed an Annual Income Tax Return by the 30 June 2025 due date.

For clarification on whether you need to complete the Annual Income Tax Return or to find out more about the PAYE system:

Contact us	Tele. No. 25880 |e-mail: pamela.joshua@sainthelena.gov.sh Income Tax Office, 1st Floor, Post Office Building, Main Street, Jamestown
Visit our webpage	https://www.sainthelena.gov.sh/public-services/income-tax/ Refer to TaxGuide No.13 – EmployersGuidetoPAYE.

LIFESTYLE & CULTURE

Introducing Moringa to St Helena Island:

The Miracle Tree Packed with Nutrients and Healing Power



Arjelo Onde, Contributed

Moringaoleifera, often called the "Miracle Tree," is a tropical plant packed with essential vitamins, minerals, and antioxidants. For generations, it has been used in traditional medicine and is now gaining popularity worldwide for its impressive health benefits.

Nutritional Powerhouse

Moringa is incredibly rich in nutrients, offering significant amounts of:

Protein, Calcium, Iron, Magnesium, Phosphorus, Potassium, Vitamin C, Vitamin E, B vitamins (B1, B2, B3), Copper, Lutein and Zeaxanthin. These nutrients help support various bodily functions and protect against nutritional deficiencies.

Amazing Facts About Moringa

Did you know moringa leaves have:

·15 times more iron than spinach

·10 times more vitamin E than almonds

·7 times more vitamin C than oranges

·4 times more calcium than milk

·4 times more vitamin A than carrots

· 3 times more potassium than bananas

·2 times more protein than yogurt

That's why it's called a "miracle tree" in many cultures!

Additional Amazing Facts About Moringa

Moringa grows rapidly, even in poor soil and drought conditions, making it a sustainable food source.

·**It contains plant-based omega-3 fatty acids**, which support heart and brain health.

·**Its seeds can purify water**, making them valuable for communities with limited clean water access.

·**Moringa has anti-bacterial and anti-fungal properties**, effective against infections caused by Salmonella, E. coli, and fungi like Candida.

·**It's one of the few plant foods to contain all essential amino acids**, making it an excellent source of complete protein.

·**Studies suggest moringa may improve lactation in nursing mothers**, enhancing both milk supply and nutritional quality.

·**Its high fiber content promotes regular bowel movements and gut health.**

·**Moringa oil, known as Ben oil**, has been used since ancient Egypt for skin and hair care due to its anti-aging and moisturizing effects.

Powerful Antioxidants Found in Moringa Leaves

Moringa contains a variety of potent antioxidants:

·Quercetin: Reduces inflammation, protects against heart disease, and lowers cancer risk.

·Chlorogenic Acid: Helps lower blood sugar levels and cancer risk.

·Beta-carotene: Supports vision, skin health, and cancer prevention.

·Zea-xanthin: Protects cells from oxidative damage and reduces the risk of cancer.

·Niazimicin: Has anti-cancer properties; inhibits the growth of cancer cells.

·Sulforaphane: Supports detoxification and may reduce cancer risk, especially liver, stomach, and colon cancers.

Health Benefits of Moringa

·Anti-Inflammatory Properties: Helps manage conditions like arthritis and joint pain.

·Regulation of Blood Sugar: Aids in lowering blood sugar levels.

·Supports Heart Health:

Cholesterol Reduction: Lowers LDL cholesterol.

Blood Pressure Control: High potassium content helps reduce high blood pressure.

·Supports Liver Health: Protects liver from toxins and supports regeneration.

·Improves Digestion: Reduces constipation, bloating, and supports gut health.

·Boosts Immune System: High in Vitamin C and immune-boosting compounds.

·Improves Skin Health: Helps reduce wrinkles, acne, UV damage, and promotes wound healing.

·Improves Bone Health: Helps prevent osteoporosis and improves bone density.

·Supports Healthy Hair Growth

·Supports Weight Loss: Promotes fat breakdown and improves satiety.

·Helps with Detoxification: Assists liver and kidneys in removing toxins.

·Mood Enhancement: May reduce anxiety and depression due to magnesium and B vitamins.

Emerging Medical Research

Moringa's potential role in chronic disease management is an exciting area of ongoing research:

·**Diabetes Management**: May reduce post-meal blood sugar spikes.

·**Cancer Prevention**: Contains anti-cancer phytochemicals like niazimicin and quercetin.

·**Hypertension Management**: Natural vasodilators and antioxidants help regulate blood pressure.

·**Neuroprotective Effects**: Early studies suggest moringa's antioxidants may protect brain cells and reduce risk of neurodegenerative diseases like Alzheimer's.

A Personal Testimony of Healing

I was diagnosed with Central Serous Chorioretinopathy (CSC), a chronic eye condition with no known cure, last year. After incorporating moringa into my daily meals, my vision began to clear in just two to three weeks. I also battled Henoch-SchönleinPurpura (HSP), a rare autoimmune disease. Moringa became part of my healing journey then too. Today, I am HSP-free, and the progression of CSC has stopped. Moringa played a significant role in my recovery.

In our home, moringa has become a trusted part of our wellness routine. My daughter drinks a warm moringa latte every night before bed, and my wife enjoys it about three times a week. It's simple, nourishing and has become a meaningful part of how we care for our health together.

If you'd like to taste it for yourself, come visit us at Le Phare Lighthouse

Wellness Center or call us at 22267. We would love to share a cup with you for free.

How to Use Moringa Powder

One easy and delicious way to enjoy moringa powder is in a tea or latte. Here's a simple method:

1. Boil 1 cup of hot water.
2. Add 1/2 to 1 teaspoon of moringa powder.
3. Stir well.
4. Add a splash of almond milk for taste and creaminess.



Moringa's Humanitarian Value

Moringa is a powerful tool in the fight against malnutrition. Recognized by major humanitarian organizations such as **ADRA (Adventist Development and Relief Agency)**, **the World Health Organization (WHO)**, and the **Food and Agriculture Organization (FAO)** of the **U.N.**, moringa is promoted as a nutrient-dense, sustainable crop that can improve food security and health in vulnerable communities. Several NGOs and development agencies across Africa, Asia, and beyond support moringa cultivation programs to help combat nutrient deficiencies and promote economic resilience.

Lighthouse Wellness Center's Vision

At Le Phare Lighthouse Wellness Center, we envision a future where moringa is widely cultivated across the island, serving as both a powerful local health resource and a sustainable community crop. We believe in promoting its use as part of everyday nutrition and wellness for all islanders.

Sustainability and Environmental Benefits

Moringa trees are fast-growing and drought-resistant, making them ideal for arid and nutrient-poor regions. They:

·Require minimal water and fertilizer

·Improve soil quality and prevent erosion

·Absorb carbon dioxide, helping mitigate climate change

You can also add moringa powder to smoothies, soups, or baked goods.

Fresh Leaves vs. Dried Powder: Nutrient Comparison

Drying moringa leaves concentrates many nutrients, but some are better preserved in fresh leaves. Here's a comparison based on 100g servings:

Nutrient	Fresh Leaves	Dried Powder
Protein (g)	6.7	27.1
Vitamin B1 (mg)	0.06	2.64
Vitamin B2 (mg)	0.05	20.5
Vitamin B3 (mg)	0.8	8.2
Vitamin C (mg)	220	17.3
Vitamin E (mg)	448	113
Calcium (mg)	440	2003
Magnesium (mg)	42	368
Phosphorus (mg)	70	204
Potassium (mg)	259	1324
Copper (mg)	0.07	0.57
Iron (mg)	0.85	28.2
Lutein + Zeaxanthin (µg)	26,100	Higher (exact unknown)

This makes moringa not only a nutritional powerhouse but also an environmentally sustainable crop.

Disclaimer: Moringa is a natural plant with many health benefits, but it is not a substitute for medical treatment. Always consult your doctor for advice.

Conclusion

Moringa is truly a gift from nature. Whether you enjoy it fresh or as a powder, it can boost your nutrition, protect your health, and enhance your overall well-being. But remember, moringa is most effective when paired with regular exercise and a balanced diet rich in vegetables and whole foods. Natural remedies work best when supported by a healthy lifestyle.

If you'd like to try it yourself, moringa powder is available locally at Queen Mary's Store and Victoria Shops. Add a little moringa to your daily routine—and your body will surely thank you!

About the Author:

My name is ArjeloOnde, 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.

Sources:

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·*ResearchGate — Comparison of moringa nutrients with common foods*

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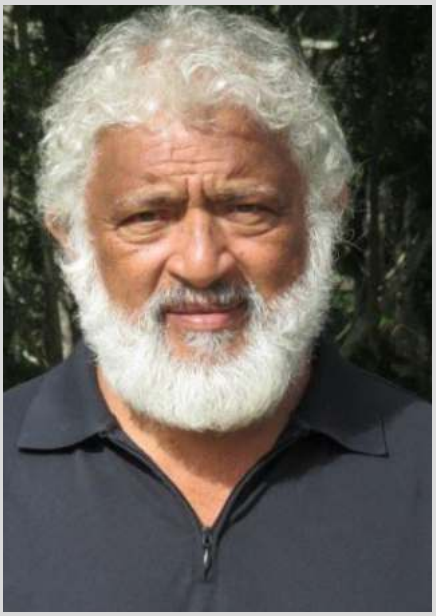
·*NIH.gov — Studies on moringa'sneuroprotective and anti-diabetic properties*

·*World Health Organization (WHO) — Guidelines on moringa's use in nutrition programs*

·*Food and Agriculture Organization (FAO) — Information on moringa's role in sustainable agriculture and nutrition*



Pentecost



Cyril Leo, Contributed

I was asked to read a passage of the Holy Scripture on Pentecost Sunday at St Paul's – Acts chapter 2, verses 1 to 21. The reading mainly focused on the Holy Spirit.

The following is a part of the passage: 'But others made fun of the believers, saying, "These people are drunk."' Those few words reminded me of a conversation I had with an old friend in Jamestown not that long ago; and our conversation also made me reflect back to our time working on Ascension Island – many years ago.

In 1968, I was just a naive teenager, and the new way of life on Ascension really seemed like an exciting adventure; for instance, a bottle of Booth's Gin cost just one shilling, and it didn't take much alcohol to fire me up, eventually take leave of my senses, and consequently helped me do the most reckless, if not foolish, things. At the time, such indulgence probably all seemed normal.

However, now many years after, as I walked towards my old friend "Peppi" in Jamestown, it soon became evident to me that he was extremely ill and really struggling – he was barely able to breathe, and barely able to stand up or walk. Peppi wanted to hire a taxi; I didn't know where he lived, but offered to take him home.

Two of the many things on Peppi's mind that day was the rat poison he had in his bag, while he also said "you know, Cyril, when you start goin church and teaching Sunday school on Ascension, I thought you was crackin up!"

After helping Peppi from the car to what was a derelict residence, I realised why the rat poison was so important to him; rats were free to roam from the outside to the inside. Finding it difficult to breathe, Peppi slowly placed the rat poison around the outside and around the inside of his shelter. After sitting down, Peppi spoke about his health conditions and his current situation, and also about his steadfast faith in God.

It was all so pitiful to see the Saint's plight on St Helena. With Peppi's permission, I reported my grave concerns to the local Social Care authorities and, soon after, accommodation at Cape Villa was offered for the struggling gentleman. But, sadly, it was now all too late; just a few days after our encounter in Jamestown, Peppi was called home by his Heavenly Father.

Jesus said, "In my Father's house are many mansions..."

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 13th July 2025– 15th Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Eucharist	St Martin
11.00 a.m.	Eucharist	St Andrew
5.00 p.m.	Praise and Worship	Cathedral
	Thursday 17th July	
7.00 p.m.	Praise and Worship	Blue Hill Community Centre
The Parish of St James		
Sunday 13th July 2025 – 15th Sunday of the Year		
9.30 a.m.	Eucharist	St John
	Thursday 17th July	
7.00 p.m.	Eucharist with Healing	St John
The parish of St Matthew		
Sunday 13th July 2025 – 15th Sunday of the Year		
11.15 a.m.	Family Eucharist/Church Parade	St Mark
	Tuesday 15th July	
7.00 p.m.	70x7 Forgiveness	St Mark



NOTICE BOARD

Scout Jackpot Draw

The winners of the June
Scout Jackpot were as follows:

1st Prize - £100 – David Benjamin
Ticket No. 357

2nd Prize - £50 – Paul Cherrett
Ticket No. 588

3rd Prize - £25 – Brendan Leo
Ticket No. 515

4th Prize - £25 – Raymond Yon
Ticket No. 412

The July jackpot draw will take place
live at The Standard Bar on 25 July.

Remember to have any chance of winning,
you must participate.



ST ANDREWS NEWSPAPER BINGO

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

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

Numbers to be read across, from left to right

Claim on earliest number for
full house will be the winner

Claims to be made to Karen Henry on 23401
by Saturday 12 July at 6pm.

Prize - £20 per week

Last week's winner was Ms Alison Wade.

16	72	26	37	4	44	56	66	39	83
53	3	30	54	20	61	73	90	85	10
25	76	48	60	84	38	22	58	65	7
12	55	32	29	69	89	41	1	59	70
45	28	64	50	13	86	35	79	42	5
71	46	23	33	67	19	2	57	14	74
21	88	63	51	36	43	77	18	40	8



BAPTIST CHURCH

Sunday Services
13th July
Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday 15th July
Baptist School Hall 7.00 pm
Thursday 17th July
Sandy Bay Chapel 5.30 pm

SPECIAL EVENTS
Ladies Meeting
Wednesday 16th July
Baptist School Hall/J Town 10.30 am

Outreach Service
Sunday 20th July
Kingshurst Community Centre 3.00 pm

ALL ARE WELCOME

NOTICE BOARD

CALLING ALL CANDIDATES
for the General Election 2025!

Simplify your election campaigns with SAMS as we offer two bespoke packages to all candidates up for this year's General Election in September as follows:

Package 1 - £100.00
- **A Full-Page Campaign Poster in The Sentinel (one week only) to be shared via SAMS Social Media**
- **Short Radio Jingle on SAMS Radio 1, every day until election day**
- **Short Campaign Video Clip for SAMS Social Media and you personal use**

Package 2 - £50.00
- **Half-Page Campaign Poster (one week only) to be shared via SAMS Social Media**
- **Short Radio Jingle on SAMS Radio 1, for one week only**

In addition, if you opt for Package 1, you will receive a 25% discount on the publication of your Manifesto in The Sentinel, should this be something you wish to do. Those on Package 2 or who don't take up on any of the offers available will not receive any discount on the publishing of Manifestos.

SAMS Radio 1 will also be offering all officially nominated candidates a half hour (maximum) radio interview following the Writ of Election on 20 August.

Let SAMS help you as you stand to represent the people of St Helena!
Contact us via news@sams.sh, 22727, or message us on Facebook.

Vacancies

Part-Time Aircraft Cleaner

Since 1790

Rate of pay will be £5.60 per hour

Solomon & Company (St Helena) Plc has a vacancy for a Part-Time Aircraft Cleaner to join the team at St Helena Airport.

The Aircraft Cleaner will be responsible for the cleaning of the Airport Terminal on the days of aircraft operations and also cleaning of aircraft cabins of arriving and departing Aircraft.

Working hours will be according to flight operations and training requirements, including both weekdays and weekends.

Interested Persons Should:

- Have excellent interpersonal & communication skills and be able to work in a disciplined environment
- Possess a good standard of English & ICT
- Be customer focused and able to deliver an excellent level of Customer Service
- Be available to undertake the required training including both classroom and online-based training
- Be available to undergo the necessary background and medical checks
- Be able to undertake manual handling & physically demanding duties
- Be able to work effectively in a team environment
- Be able to work with a high degree of attention to detail
- Have the ability to remain calm under pressure.

For further information contact:

Jason Thomas, General Manager (Agencies) via 22523 gm-agencies@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 **17 July 2025.**

Please note applicants must be resident on St Helena at the time of applying.

NOTICE BOARD

Vacancy

Part-Time Security Officers

Rate of pay will be £6.20 per hour

Solomon & Company (St Helena) Plc has a vacancy for Part-Time Security Officers to join the team at St Helena Airport.

Working hours will be according to flight operations and training requirements, including both weekdays and weekends.

Interested Persons Should:

- Have excellent interpersonal & communication skills and be able to work in a disciplined environment
- Possess a high standard of English & ICT skills
- Be customer focused and able to deliver an excellent level of Customer Service
- Be available to undertake the required training and the necessary background and medical checks
- Be able to undertake Manual Handling & physically demanding duties
- Be able to work effectively in a team environment
- Have the ability to multitask and work with a high degree of accuracy in a high pressure environment
- Have the ability to remain calm in stressful situations
- Be committed to continuous learning and development

For further information contact:

Jason Thomas, General Manager (Agencies) via 22523 gm-agencies@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 **17 July 2025.**

Please note applicants must be resident on St Helena at the time of applying

Vacancy

DIY Manager

Salary for the post will commence at £17,604 per annum (£1,467 per month)

Solomon & Company (St Helena) Plc has a vacancy within the DIY Store for a DIY Manager.

The DIY Manager will be responsible for the management of day-to-day running of the DIY Store, with a view of increasing the annual turnover and net contribution whilst ensuring that maximum sales opportunities are captured. To be responsible for compiling, reviewing and updating shop operating procedures, overall responsibility of staff and giving support, direction, advise and training to Supervisors, monitoring and managing resourcing, workplace inductions and staff development and performance.

Interested Persons Should:

- Have 3 years' experience in a Management position and/or relevant staff management position, with strong leadership skills and the ability to lead and develop others
- Demonstrate proven experience of working in retail or a similar environment, with the ability to multitask and problem solve in a fast paced environment
- Possess Grade C or above in GCSE Maths & English, or equivalent
- Be computer literate namely in the use of Microsoft applications and ideally Access Dimensions & Point of Sales software
- Have a customer focused approach with excellent frontline customer service skills
- Possess experience with administration and be able to analyse and identify sales trends and facilitate sales recommendations
- Be knowledgeable of Stock Management
- Have excellent interpersonal, communication and organisational skills
- Be knowledgeable of health & safety within the workplace ensuring procedures are in compliance with requirements
- Possess experience of financial reporting and budgeting with the ability to undertake strategic planning and forecasting

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

Julie Lawrence, General Manager (Mercantile, Marketing & IT) 22380 julie.h.lawrence@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 Madonna Henry, Human Resources Manager, Solomons Main Office, Jamestown by **17 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

NOTICE BOARD

SAINT ABILITIES

Jamestown, St Helena STHL 1ZZ
Registered No. 7 Charities Ordinance

Every Space Has Its Place - Let Disabled Bays Do Their Job

We would like to remind all motorists that disabled parking bays in Jamestown are only for individuals who have been issued a disabled parking badge. These dedicated spaces are vital for providing people with disabilities convenient access to the main facilities in our town.

We kindly ask that non-badge holders respect these designated spaces and avoid parking in them. By leaving them free, you help ensure that those who genuinely need easier access can get it without unnecessary obstacles.

At this time, *no new disabled parking badges* will be issued while the scheme is under review. We appreciate your understanding and ongoing support as we work to improve accessibility for everyone in our community.

Thank you for your consideration.

'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 encourage you to check out the incredible findings detailed in the St Helena Cloud Forest Project Year 4 Climate and Water Resource Report, put together by our expert Water Team! (https://sthelenatourism.com/shcfp-climate-and-water-resource-year-4-report/)



A critical focus area under the project's water pillar - to secure the Island's water security and inform and improve St Helena's climate change adaptation efforts - is water and climate monitoring, data collection, and research through innovative techniques, many of which have been utilised on St Helena for the very first time through our project.



Our Water Team have compiled the key findings during Year 4. This comprehensive 88-page document comprises a report on the Year 4 objectives relating to the continuous water resource and climate monitoring data, the Island's water balance, as well as climate change assessment, with detailed information alongside visual aids such as charts, graphs, photos and maps, giving readers a thorough understanding of St Helena's updated water resources after Y4 of the St Helena Cloud Forest Project.

A special thanks and well done to our Water Team for their work in compiling this insightful and informative Water Report.

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

Jamestown, St Helena STHL 1ZZ
Registered No. 7 Charities Ordinance

From Disability to Ability: Local Charity Embraces New Name and Mission

We are pleased to announce that the charity formerly known as "The Disabled Society" has officially changed its name to ****Saint Abilities****.

Disability is not a choice, and living with a disability often comes with unique challenges and extra costs—sometimes unseen or misunderstood. At Saint Abilities, we believe that understanding these challenges is the first step to meaningful support and inclusion.

Why the Change?

This new name focuses on the ability of persons with disabilities, rather than focusing solely on their limitations. Out belief that every individual has strengths, talents, and abilities that deserve to be acknowledged and supported. Saint Abilities emphasizes their commitment to support individuals, champion inclusion and promote dignity and respect —core values that guides our mission.

Our Focus

Saint Abilities is dedicated to:

- Creating a more inclusive and accessible community for all,
- Highlighting and supporting the abilities of persons with disabilities,
- Making the systems work for persons with disabilities,
- More accessible parking bays and access to public transport for persons with disabilities.

It is essential that people with disabilities are actively consulted and included in the development of all policies that affect them - truly embodying the principle of disability - "**nothing about us, without us".**

A Disabilities Register

We want to better support the people with disabilities on St Helena. To do this, we are making a confidential list of people with disabilities. This list will help us understand what you need, find out what you're missing, and give you the right support. By joining, you let us talk with you directly about your needs and concerns in confidence. If you want to be included, or you know someone who would benefit then email SaintAbilities.sthelena@gmail.com or telephone **Wendy Anthony 63119.**

Let's work together to create a more accessible and inclusive St Helena, where abilities are celebrated and everyone can participate fully on an equal basis in community life.

NOTICE BOARD

VACANCY

Bank of St.Helena Ltd.

International Payments Officer

Commencing at £9,408 per annum

Bank of St Helena Limited is seeking to recruit a suitable person to fill the exciting vacant position of International Payments Officer. The successful candidate must be flexible to work demands, be self-motivated as well as have excellent customer service and public relation skills. They must be highly organised, exhibit high accuracy levels with a keen eye for detail and have the ability to work under pressure and meet deadlines, whilst working well with others as part of the wider Bank Team.

The main duties of the post include:

- Process daily international remittances, inward and outward via SWIFT Platform;
- Dealing with customer queries, questions and concerns of matters pertaining to transactions carried out on behalf of customers;
- Undertake relief Teller duties which will include alternative Saturdays;
- To provide and maintain excellent customer services at all times;
- Any other duties.

Interested persons can contact the IT Manager on (+290) 22390 or email itmanager@sainthelenabank.com for more information.

An Application form and job profile is available upon request from the Bank and can be viewed on our official website. Completed application forms should be addressed to the Human Resources Manager, Market Street, Jamestown or emailed to hrmanager@sainthelenabank.com.

Closing date for applications is Friday, 18 July 2025.

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

Bank of St.Helena Ltd.

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

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

VACANCY

Bank of St.Helena Ltd.

Credit Control Officer

Commencing at £11,748 per annum

Bank of St Helena Limited is seeking to recruit a suitable person to fill the new and exciting position of Credit Control Officer.

The Credit Control Officer will report to the Lending Services Manager and will be responsible for the debt recovery for Bank of St Helena by monitoring loan repayments and unauthorised overdrafts. They will also be responsible for educating and supporting clients to manage their payment options, finding appropriate resolutions to their payment queries or issues and negotiate payments and payment plans with clients.

The position will require the successful candidate to have the ability to identify potential debt risks, be able to work with the Bank's Legal Representative to initiate legal proceedings on non-performing loans via the St Helena Court system, be highly motivated, have a high level of accuracy, and good organisational and time management skills.

In addition, the successful candidate must be flexible to work demands, have experience of working in a customer service environment and ideally have a qualification in Banking and/or Finance, or be willing to work towards one.

Candidates should also possess:

- GCSE's in Mathematics and English at Grade C or above;
- Excellent written and verbal communication skills;
- Experience working in Accounts Receivable, Credit Control or similar;
- Ideally having some understanding of legal matters.

Interested persons can contact the Lending Services Manager on (+290) 22390 or email lendingmanager@sainthelenabank.com for more information.

An Application form and job profile is available upon request from the Bank and can be viewed on our official website. Completed application forms should be addressed to the Human Resources Manager, Market Street, Jamestown or emailed to hrmanager@sainthelenabank.com.

Closing date for applications is Friday, 25 July 2025.

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

Bank of St.Helena Ltd.

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

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

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

School Support Officer (St Helena Secondary School)
(£11,604 per annum)

The Education, Skills and Employment portfolio is seeking to recruit a School Support Officer. This diverse role will give you the opportunity to be a part of a small, but busy team providing administrative support to ensure the smooth running of St Helena Secondary School and to deliver a high quality, customer focused service. The individual must be confident in using ICT systems including Management Information Systems and MS Office, has experience of working with budget and finance, demonstrates attention to detail and works methodically, and have excellent organisational skills to meet the busy demands of the service.

Contact us for more information and a discussion.

Enquiries: **Phil Toal & Isabel Andrews on Tel No 24290 or Email**
isabel.andrews@sainthelena.edu.sh
phil.toal@sainthelena.gov.sh
Closing date: **18 July 2025**
Shortlisting date: **23 July 2025**
Interview date: **31 July 2025**

School Secretary (Pilling Primary)
(£10,088 per annum)
(Fixed –Term until August 2026)

Do you have a passion for Education? We are looking to recruit a School Secretary to provide a first point of contact by receiving and addressing visitor enquires by telephone or in person, redirecting enquires as considered appropriate. You will have to undertake administrative duties which include collating and distributing information and correspondence to parents and staff. The individual will also be assisting with playground duties, accompanying children when needed on school outings and will also include assisting with Lollipop duties outside the school gate when necessary.

Contact us for more information and a discussion

Enquiries: **Elaine Benjamin on Tel No. 22640 or Email**
elaine.benjamin@sainthelena.edu.sh
Closing date: **21 July 2025**
Shortlist date: **24 July 2025**
Interview date: **30 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.

St Helena Government

HEALTH ANDSOCIAL CARE PORTFOLIO ISSUES SCHEDULE OF FEES 2024/25 FOR OVERSEAS VISITORS

The Health and Social Care Portfolio has adopted the following schedule of fees, effective 28 May 2025, for individuals who visit St Helena and who are subject to a Short Term Entry Permit(STEP/holiday visa).

It is a requirement of entry for the purposes of immigration that all Short Term Entry Permit (or holiday visa) holders possess valid travel insurance; hold insurance from a St Helena provider; or have sufficient means to cover medical costs.

These fees apply to individuals who visit St Helena either for the purposes of a vacation, day trip, visiting for the purposes of business or work (and not to take up residence in the course of that employment for up to, and including, 183 days) or as part of a medical emergency attendance such as a passing vessel medical emergency.

Specific exemptions to these fees are:

Any individual

- Who takes up direct employment with the Government of St Helena
- Who obtains a Long Term Entry Permit (LTEP) (or work permit) for a non-government employer in excess of 183 days
- Who was born, registered or naturalised in St Helena; or
- Who was adopted in St Helena; or
- Who is a dependent, spouse, or long term partner of someone who was born, registered or naturalised in St Helena; or who was adopted in St Helena

These individuals will be charged at the rate applied to residents.

Additionally, in line with the UK reciprocal agreement of 11 May 2023,any individual visiting St Helena for any purpose as outlined above

- Who was born, registered or naturalised in United Kingdom; and
- Who is a British passport holder

Remains eligible for medical treatment at the rate charged to residents (dentistry excluded), up to and including any requirement for overseas medical evacuation. Access to elective overseas medical referrals is only available to those individuals who hold St Helenian status.

The Schedule of Fees 2024/25 and Criteria of Application of Overseas Fees – Decision Matrix can be viewed on the SHG website at https://www.sainthelena.gov.sh/portfolios/health/.

#StHelena #Schedule of Fees #OverseasVisitors

www.facebook.com/StHelenaGovt/

www.x.com/StHelenaGovt

03 July 2025

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**

School Secretary (St Paul's)
(£10,088 per annum)

Do you have a passion for Education? The Education, Skills and Employment portfolio are looking to recruit a School Secretary in SPPS. The individual will play a key role in managing all administrative tasks related to the school, its staff, and pupils, ensuring that everything runs efficiently and effectively. In addition to administrative responsibilities, you will be the first point of contact by receiving and addressing visitor enquires by telephone or in person, redirecting enquires as considered appropriate, and you will have to undertake administrative duties which include collating, distributing information and correspondence to parents and staff. You will be assisting with getting the school ready for the reorganisation in September 2026, bringing in a new era within the Education Portfolio.

Contact us for more information and a discussion.

Enquiries: **Patricia Williams on Tel No. 24737 or Email patricia.williams@sainthelena.edu.sh**
Closing date: **17 July 2025**
Shortlisting date: **22 July 2025**
Interview date: **30 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

Senior Support Worker (Sheltered Housing) (£13,260 per annum)

(Available for local interest only)

Social Care is seeking to recruit a Senior Support Worker to work under the direction of the Sheltered Accommodation & Home Care Manager, for the provision of quality health and social care support for tenants requiring ancillary/on hand supervision at the sheltered accommodation sites, and to support tenants with independently managing their own household and life in a person centred, empowering and positive manner in the safest environment possible. This will involve overseeing and managing the day to day operations of the sheltered site and any maintenance and/or emergency situations that may arise.

Contact us for more information and a discussion.

Enquiries: **Hannah Herne on Tel Nos. 23151/23230 or Email hannah.herne@sainthelena.gov.sh**
Closing Date: **18 July 2025**
Shortlisting date: **23 July 2025**
Interview date: **30 July 2025**

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: **18 July 2025**
Shortlisting date: **23 July 2025**
Interview date: **4 August 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.

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Learning Disability & Residential Manager (£16,248 per annum)

The Health & Social Care Portfolio is seeking to recruit a Learning Disability & Residential Manager for Ebony View, to improve the lives of people with learning disabilities and for managing the residential service. This will involve overseeing the day-to-day operations of the team to ensure efficient and effective use of resources and that the quality of care provided to service users meets the required standards. The post holder will be a strong advocate for people with complex learning needs and ensure that the residential service is delivered to high standards at all times.

Contact us for more information and a discussion

Enquiries: **Gavin Thomas on 22920 or Email gavin.thomas@sainthelena.gov.sh**
Closing date: **21 July 2025**
Shortlisting date: **24 July 2025**
Interview date: **31 July 2025**

Senior Administration Team Leader (£16,248 per annum)

The Senior Administration Team Leader will lead the day-to-day delivery of the Administration Support Service, ensuring all administrative activities are carried out efficiently and effectively in supporting Portfolios. Based in the Central Support Service yet peripatetic across the Portfolios, provide leadership, champion efficiencies, ensure appropriate resourcing is available to Portfolios and ensure continuous improvement and the positive development of administrative services to meet the changing needs of a modern Public Service.

Contact us for more information and a discussion.

Enquiries: **Carol Henry on Tel No 22470 or Email: carol.henry@sainthelena.gov.sh**
Closing date: **16 July 2025**
Shortlisting date: **21 July 2025**
Interview date: **05 August 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

Trainee Dental Nurse
(£11,091 per annum)

The Dental team has an exciting opportunity for you to join their team as a Trainee Dental Nurse who will be responsible for working closely with clinicians to assist in providing care for patients and provide appropriate support and administrative assistance (manual and computer). Once qualified he/she will work independently under the clinical supervision of the Dentist/Dental Therapist. The successful applicant will start on the training grade for this post on £11,091 per annum progressing to £11,604 on successful completion of the Online National Diploma in Dental Nursing course.

Contact us for more information and a discussion.

Enquiries: **Charmaine Buckley-Thomas on Tel No 25387 or Email: charmaine.buckley@sainthelena.gov.sh**
Closing date: **16 July 2025**
Shortlisting date: **21 July 2025**
Interview date: **31 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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NOTICE BOARD

Here We Go...



SHFA Football Season 2025 kicks off this weekend

Liam Yon, SAMS

The St Helena Football Association have confirmed that six teams will be competing in this year's competitions with the 2025 League set to get underway this coming weekend.

Originally planned to start on 5 July, the league start was delayed for a week to allow all teams to confirm payment of the £300 entrance fees for this year's season.

On Monday evening, it was confirmed that all teams had paid their fees and the fixtures were drawn up for the opening matchweek of a three-round league.

This will feature last year's Champions Rovers facing off against La Verde on Saturday, 12 July, at 2pm to open this year's league competition. Then, on Sunday, Intergalactic and Bellboys will face off at 1.30pm before Fugees and Wirebirds battle it out in the 3.30pm fixture.

Good luck to all teams as the 2025 local football season finally gets underway at Francis Plain this weekend.

FOOTBALL FIXTURES

Saturday 12 July 2025

2pm **Rovers vs La Verde**

Sunday 13 July 2025

1.30pm **Bellboys vs Inter Galactic**

3.30pm **Fugees vs Wirebirds**

**Fixtures subject to weather conditions*



Greetings from the Jamestown Rifle Club

Pat Henry, Contributed

We are happy to have another youth member in training, Tinika Thomas, who has gained an interest connecting her to the sport of rifle target shooting. Sometimes in one's mind a switch flicks transmitting unimaginable wave lengths directing us to do something surprisingly unexpected. But the funniest thing is you may not know where to start or what to do, and how to achieve your goal. That's why our shooting club is so important to have for so many valuable reasons. It's not only about having some place to go for a shoot and have fun, it's a training platform, an education tool to teach and coach young children to become role models and highly talented, skilled with confidents and competency, having the ability and knowledge in sports helps you to develop your life for your future. Simon Henry has mould her into position with key fundamental and technical points ready for her training task, we welcome her to the group wishing her the very best.

What a joyful moment for our juniors to be back shooting after their holiday, Daniel Du-Plessis shot 96.3 & 95.2, Josie D shot 93.2 & 78.2. Three Scout Group members were also in attendance, Cora shot 81.1 & 77, Shae-lyn 88.1 & 92.2 and Rutendo did her best with 55 & 73.1. The late evening event, Tinika in full kit finding her way and getting use to the process, she shot 90.2 & 87 we will see growth from her soon. Young Lebron did well with 92 & 95.4, Cherilee 89.2 & 84, Donna 83, Keith Yon 92.3, Elli 97.5 & 99.3, unlucky for her this week. Denial 91.1, Lena Rose lost out on her 10's and shot 95.4 & 94.5, but Kyle showed consistency with 97.5 & 97.5 Its pleasing to see and welcome short term visitors to the club; Grace and Pete who said this is their second time on island and only heard about our shooting club yesterday so they came to see if they could have a go, Pete said he hadn't shot for years, and this was the first time for Grace. However they were not backing away they wanted to give it a go. Pete shot 83 & 85.2, but showing him how it's really done, Grace shot 87.2. One thing we clearly noticed is no matter what scores members and guests shoot there's never complaints and never long-faces, everyone enjoys and always comes back for more. Pistol shooting Thursday night, fancy a go, come and join us at 7pm.

Thanks, may you all be blessed with a peaceful week.

SPORTS ARENA

Net Ninjas & No Diggity set for final showdown



WSA, Contributed

Sunday was a day of intense volleyball action as the preliminary and semi-final rounds of the knockout tournament unfolded, bringing energy to the court as teams battled for their place in the final.

The day kicked off with Ace Angels facing Dig That in a preliminary match. Despite a strong effort from Dig That, Danielle Benjamin of Ace Angels, awarded Lady of the Match, showcased great serving skills, leading her team to victory and securing their spot in the semi-finals.

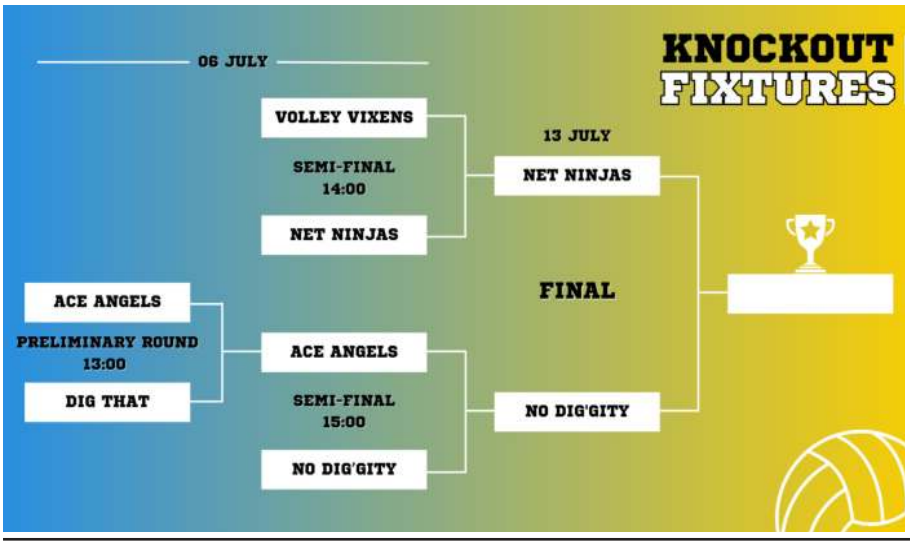
The first semi-final clash saw Volley Vixens versus Net Ninjas, a highly anticipated match that certainly delivered on entertainment. Young talent, Whitney Young, of Net Ninas impressed as a "hot setter" consistently setting up great spikes for her team. Both teams engaged in long, skillful rallies, but ultimately, Net Ninjas dominated both sets, earning their spot in the final. Net Ninjas' captain, Emma Bennett, was also recognised for her strong performance, earning the Lady of the Match title.

The final match of the day saw No Diggity take on Ace Angels for the last spot in the final. This was a heated contest, with Ace Angels initially gaining the upper hand by winning the first set. However, No Diggity refused to back down, fighting back to claim the second set. The tension escalated into an intense third set to decide who would advance. No Diggity held Ace Angels at 10 points, surging ahead to secure their win with 15 points. Cerys Joshua of Ace Angels was awarded Lady of the Match for her consistent effort throughout the thrilling match.

With their victories, Net Ninjas and No Diggity have advanced to the Knockout Final, set to take place this coming Sunday, 13 July.

Before what promises to be an epic final game of the season, the Plate and Spoon tournament will be held, featuring the remaining teams. Following the Knockout Final, the season will conclude with a presentation in the St Helena Secondary School Hall to celebrate a fantastic two months of volleyball.

Spectators are warmly invited to join us in the hall for the thrilling conclusion of the ladies' volleyball season!





SPORTS ARENA

HE'S THAT GUY

Another one in the bag for Scott as he's crowned SHGC Open Champion 2025



Anita Robbertse, SAMS

On Saturday, 28, and Sunday, 29 June, the St Helena Golf Club hosted the final two rounds of the annual St Helena Open Championship to determine who this year's club champion would be.

With the 12 qualifiers having been selected the previous weekend, all the players were ready to compete in their respective categories - Open, A-flight and B-flight. The weather was also playing along nicely making for good conditions to face off in the final two rounds of the Open.

Scott Crowie started out the weekend as the firm favourite to take the title of Club Champion home once again. After the two qualifying rounds he was already nineteen strokes ahead of the next qualifier as he headed into the next two rounds.

Overall, most of the qualifiers maintained similar performances to the previous two rounds although some did better than others to move up in the leader board. Dax Richards and Martin Joshua proved to be the exceptions, improving their scores with 11 and 10 strokes less than the previous two rounds respectively. These two players stepped up their performance in a last effort to compete with Scott for the title. His performance on the day however was outstanding; consistently scoring in the lower 70's, clinching his 15th title as club champion. Runner-up in the Open Championship was Dax Richards followed by Martin Joshua. The winners of the A and B flights were Jeremy Clingham and Keith Buckley respectively.

When receiving his trophy, Scott commented that his inspiration and motivation for pushing himself ever harder has always been the legendary late Leon Crowie, who had reigned as club champion for many years.

The evening ended with a meal where club members and their guests could kick back and socialise while reminiscing about good shots and missed opportunities. Who knows what next year's Open Championship will bring...

The club committee confirmed that this weekend's competition will be an anonymously sponsored Par 3 stroke play competition. So sign up and join the game.

