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SENTINEL

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Chairpersons selected and concerns raised on "rushed" move to Rupert's



Reporting on the Second Formal Meeting of Legislative Council



Having a Whale of a Time at St Helena

Photos kindly supplied by seahawkodyssey



"Legislation underwent a thorough process"



Former Minister shares views on decision to delay new Immigration Ordinance

OPINION

SENTINEL COMMENT

Anita Robbertse, SAMS

October is known around the world as Cancer Awareness month. Here on St Helena, the Cancer Support Charity always organises a lot of activities and events to create awareness and raise money in support of this very worthy cause.

I am sure there is not one person that has not been affected by this serious illness; especially on island. I have recently had someone very close to me receive the news that their test came back indicating a malignant growth. Like everyone confronted with a diagnosis like this, we underwent the whole spectrum of emotions; disbelief, anxiousness, sadness, uncertainty and more than a little fear. All of this accompanied by so many questions!

I am so grateful for good and competent doctors that put our fears to rest by answering all the multitude of questions and giving us so much information to help us, as a family, to come to terms with the treatment that lay ahead. I think the most important thing for us to find peace of mind though has been to all support each other and to hold onto our faith while staying positive throughout.

To everyone out there who is facing, or have faced this terrible disease, I wish to convey my biggest admiration and support. It takes courage and determination to fight cancer, not only for the person diagnosed with cancer but their families and friends as well.

This is a disease that affects us globally as a society. During this month, let us pull together as a community here on the island, and worldwide, to support every person dealing with Cancer. For those in the first stages of the illness, encourage and support them to fight and stay positive. For all the people who find themselves in the end stages, afford them the love and support they need to face this with dignity.

To our island community, let's do our best to engage in every event in support of this worthy cause to make a difference in someone's journey!

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YOUR LETTERS

Dear Editor

Please find below the correspondence that I have sent to the Chief Minister, Ministers and Councillors in respect of the letter that was recently published in The Sentinel (18 September) whereby no response was received.

Many thanks,

Jeffrey Ellick

Dear Chief Minister, Ministers, and Councillors,

Now that I have your contact details, I am formally sharing the attached letter, which was previously submitted to both local newspapers and published on social media.

It would be grateful if you could provide a comprehensive response to my letter, addressing each of the questions and points raised. In the spirit of openness and accountability, I would appreciate if your response could be published in full as the "public deserves clarity, honesty and accountability from its government" as stated by Thrower and Turner.

According to a recent press release, Executive Council met on 23 September 2025. Could you confirm whether the Chief Minister had formally committed to the minimum standards of openness and accountability prior to this meeting, given that both Thrower and Turner had publicly stated they would not support any candidate for Chief Minister, who failed to do so?

Could you also confirm whether members of the public were given the opportunity to attend the Executive Council meeting held on 23 September 2025? Additionally, were Councillors provided with the agenda and all relevant documentation in advance of this meeting? Finally, the written public briefing issued following this meeting does not offer sufficient detail or clarity regarding the specific flaws identified within the Immigration Ordinance, nor does it indicate who is being held accountable. This is particularly concerning given that the Attorney General's Chambers were directly involved in drafting the legislation to ensure the policy and its intended purpose, were accurately reflected in law.

In the interest of transparency and public confidence, I trust your response will be both timely and comprehensive.

Regards,

Jeffrey Ellick

A New Year Trial Awaits

Joshua De Ville pleads 'not guilty' to offence of making a false statement



Liam Yon, SAMS

Detective Constable, Josh De Ville - who is currently suspended from duty by the Royal St Helena Police after being arrested and charged with one count of Perjury earlier this month - has since pled not guilty during his appearance in the Magistrates Court on Thursday of last week.

This was confirmed by Judicial Services who informed The Sentinel last Friday that "Mr De Ville pleaded not guilty to an offence of making a false statement" before adding that "his case has now gone off for trial to January 2026."

The defendant's perjury charge relates, according to Police, to an ongoing investigation.

Chairpersons selected and concerns raised on "rushed" move to Rupert's



Reporting on the Second Formal Meeting of Legislative Council

— **Liam Yon & Donna Crowie,** SAMS —

Monday, 29 September, saw the first sitting of the Second Formal Meeting of Legislative Council which started at 10am in the Council Chamber; the Order Paper detailed how the meeting involved the election of members to the Public Accounts Committee and Chairpersons of the two Select Committees, while there were three sessional papers to be presented.

The election of members to serve on the Public Accounts Committee saw three nominations put forward; Councillor Dr Corinda Essex, Councillor Derek Thomas and Councillor Clint Beard, all three of which were duly elected to serve as PAC members during their term.

The election of Chairpersons for Select Committee 1 and Select Committee 2 was the next order of business and, with only two nominations put forward, Councillor Robert Midwinter and Councillor Dr Corinda Essex where re-elected to serve as the respective Chairs for another four-year term.

Another piece of news coming to light during this meeting was the recent departure of Councillor Derek Thomas on Saturday, 27 September, to attend the 68th Commonwealth Parliamentary Conference in Barbados, funded as normal by the Commonwealth Parliamentary Association. This information was shared with the public for the first time during the meeting by Madam Speaker, Maureen Thompson.

Being one of the quickest Formal Meetings of LegCo in recent times, the last item of business was the adjournment debate, during which many comments were made by Elected Members on what was described as a "rushed" move by SHG to commence operations at the new Rupert's Cargo Handling Facility.

"There remains considerable concern regarding the rushed move of cargo handling to the new Rupert's facility, which gave inadequate notice time to key stakeholders and took place before the sewage treatment facility has been commissioned or a robust permanent fire safety suppression system is in place," aired Councillor Dr Essex. "Although I have been informed that an interim fire safety system is in place, I also hear, although it has not been confirmed, that some key elements of this are not yet fully operational. If this is the case, then there is, of course, a concern."

Echoing these words, Councillor Julie Thomas also raised concerns on the lack of fire safety and procurement of equipment considered critical for the move to Rupert's. "Shortly after returning to office, it became apparent that the move to Rupert's Port was imminent," she began. "While this was welcome news; recognizing the strategic importance of the port to our economic development and the monumental investment made, it has since emerged that critical fire safety procurement has not been completed. I request clarity on who authorised this move before the necessary safety measures were in place, noting that the procurement of this vital equipment was fundamental to the decision taken by Ministers prior to dissolution. Ministers caveated the move until procurement was made; this has clearly been ignored."

Councillor Essex also sought to speak about the charges related to the new facility and the timing of the announcement. "The new charges associated with the port were also announced extremely late," she stated. "Indeed, not until after the Karoline had already left Cape Town, and most invoicing for freight and pricing of incoming goods was already concluded." She adds that she was raising the implications of this "on behalf of importers and consolidators" before praising SHG for agreeing "to waive the customs charge of £2.50 per cubic metre for this voyage." She did however indicate that she had asked "that consideration be given to waiving, or at least lowering, all additional charges on this occasion" though added that she had "not even received an acknowledgement" of her request at the time of delivering her adjournment debate.

The full proceedings of this Formal Meeting of Legislative Council is available to listen to via the SAMS podcast page. Chief Minister, Dr Rebecca Cairns-wicks, mover of the Adjournment Debate, announced that the next formal meeting will be held on Friday, 24 October.

"Ordinance creates an unacceptable level of uncertainty"

New ExCo approves decision to delay commencement of new Immigration Ordinance with "refinements" set to be made

Liam Yon, SAMS

St Helena's new Executive Council have begun their tenure following Chief Minister Dr Rebecca Cairns-Wicks' choice of her Ministerial Team; namely Minister Andrew Turner, Minister Karl Thrower, Minister Martin Henry, and Minister Gillian Brooks. This team, along with the Attorney General as a non-voting Member, forms the Executive Council, with HE the Governor as Chair.

This new Executive Council have already had a decision to make in relation to the Immigration (Amendments) Ordinance, 2025, which was set to commence this week on Wednesday, 1 October. This decision made was to approve a delay in the commencement of regulations under the new Immigration Ordinance to allow further "refinements" to be made before enactment.

According to information from St Helena Government, "in the lead up to the implementation of the Immigration (Amendment) Ordinance 2025" they have "identified that the Ordinance creates an unacceptable level of uncertainty." To give an example of this, SHG pointed to what they describe as "a lack of clarity relating to Permission to Stay and Work Permits" which they add "has caused concern that essential medical personnel entering for a short period would not be able to work on island as anticipated."

Because of this "unacceptable level of uncertainty," a decision was put forward to revoke the Commencement Order for the new Immigration Ordinance, that was set at 1 October 2025; this decision was then "approved during a special meeting of Executive Council on 23 September" and now means that "the existing Immigration Ordinance, 2011, remains in full effect."

SHG then explained how this "delay in enactment will enable necessary refinements to be made to ensure that the legislation is fully aligned with the policy intent and adequately protects the community's needs, thus providing the very best service to the public." In terms of next steps, they indicate that "the amended legislation will be prioritised and come back to Legislative Council."

And the Award goes to...

Nominations invited for new round of UK State and St Helena National Awards



Liam Yon, SAMS

St Helena Government recently announced the invitation of nominations for the next round of UK State and St Helena National Awards.

The UK State Awards, also known as the Birthday Honours, are awarded on merit for exceptional achievement or for any service carried out over and above what is normally expected.

SHG example that "this can include making a difference to the community or in a specific field of work, innovation and entrepreneurship, improving life for people less able to help themselves and displaying moral courage." They add that "where possible, nominations should place emphasis on voluntary services and the service must be recent."

Common awards include the Most Excellent Order of the British Empire awards which can come in the form of several grades from Commander (CBE) to Officer (OBE) and Member (MBE).

In addition, nominations are also being invited for various St Helena National Awards.

The first of these are Certificate and Badge of Honours which are presented to public servants on behalf of SHG "for loyal and valuable service worthy of recognition" or, in the case of persons outside of the public service, "for their loyal and meritorious conduct that has provided exceptional benefit to the people of St Helena." The criteria for these awards include nominees being residents of St Helena, either having been born here or residing here for not less than ten years prior to the date of the award.

Acts of Bravery Award nominations are also being invited "for individuals who have shown a clear display of moral courage and bravery in adverse situations."

Another national award is The Badge of St Helena, which is available to both St Helenians and non-St Helenians. According to SHG, this award "is of a higher status than the Certificate and Badge of Honour" and recognises "exceptional service provided by individuals or organisations who make significant contribution to St Helena's development or by supporting and/or enhancing social, cultural, economic, environmental improvement or the understanding of St Helena internationally."

The final award of which nominations are being invited was described as "the highest-level of local government award that can be conferred" by SHG; the Freedom of the City of Jamestown award. Symbolic in nature, this award is again available for both St Helenians and non-St Helenians whose achievements are "significantly admirable and highly worthy of distinctive recognition." SHG state that "those who receive this award will have made an outstanding contribution that is of huge national impact to St Helena and its citizens and will have served the best interests of the Island."

In terms of the nomination process for all of these awards, forms have been made available from the Central Support Service at the Castle, and can also be requested via email to linda.benjamin@sainthelena.gov.sh. Completed forms will need to be returned to the Castle in a sealed envelope marked 'Confidential' addressed to 'The Secretary, Honours and Awards Committee', by Friday, 31 October.

"Legislation underwent a thorough process"

Former Minister reiterates that "politicians are policy makers, not legal experts" as he comments on decision to delay commencement of new Immigration Ordinance stating that "at no point did the Government's legal advisor raise concerns"



Liam Yon, SAMS

Yesterday's planned commencement of the Immigration (Amendment) Ordinance 2025 was delayed following approval to revoke the Commencement Order by the Executive Council, with former Minister for Safety, Security and Home Affairs (SSHA), Jeffrey Ellick, having now contacted The Sentinel to "offer some clarity and context" as he questions "how the legislation could now be described as fundamentally flawed" after having "underwent a thorough process."

Having been the Minister for SSHA, Jeffrey explained how he "was responsible for the Immigration Policy" where he added that "it is essential to recognise that legislation should reflect both the policy and its intended outcomes."

Jeffrey informed how "the policy was formally approved by Executive Council" with the next step being the drafting of the legislation; this involved "close collaboration with officers from the Safety, Security and Home Affairs Portfolio, Central Support, as well as the Attorney General's Chambers, to ensure the policy was accurately translated into law," he said.

The former Minister then made it clear that "Ministers and Councillors are not legal professionals or legislative drafters" adding that "that is precisely why the public service employs experts to guide and advise on such matters," to ensure this stage of the process is done correctly and effectively.

"The legislation underwent a thorough process, including multiple checks by relevant public service professionals," Jeffrey explained. "At no point did the Government's legal advisor raise concerns about significant flaws or unacceptable levels of uncertainty, should the legislation be enacted."

Jeffrey revealed how "the policy was unanimously supported by Elected Members" and that the legislation was passed accordingly. "Notably, eight of those Members remain in office today, including four who are currently appointed as Ministers," he added.

Continuing on, Jeffrey advised that "the accompanying regulations and Asylum Rules were also drafted and approved by Executive Council and a commencement date was set for the Immigration Amendment legislation, regulations, and Asylum Rules—all of which was given the Kings assent by his representative (The Governor)."

Jeffery then quizzed that "given this background, it is difficult to understand how the legislation could now be described as fundamentally flawed—if indeed that is the Government's position" before adding that "greater transparency on this matter would help reduce speculation and alleviate unnecessary concern regarding both the current and former Governments."

To conclude Jeffrey stated how "it is worth reiterating that politicians are policy makers, not legal experts; that distinction underpins the importance of having qualified public servants to advise and support the legislative process."





"The fact that there is an industry is all on the back of you guys"

Tourism and Hospitality providers appreciated during special World Tourism Day event as photography competition winners also announced



Liam Yon, SAMS

On Saturday evening in the Castle Courtyard, members of the Island's Tourism and Hospitality Industry, along with other invited guests, including His Excellency The Governor and the Legislative Council, gathered to celebrate World Tourism Day 2025.

In addition, the event was used to announce the winners of the recent photography competition held by the Tourist Office for World Photography Day 2025; with those expecting an award also invited to attend.

As the crowds entered the beautifully decorated Castle Courtyard from around 5.30pm, wine, beer, juice and eats were being served as guests mingled in groups before Head of Tourism, Jonathan Passaportis, took to the mic to welcome everyone and share a few words.

"The main reason we're here, guys, is to say thank you to all of you; each and every one of you out here is involved in tourism in some shape or form," Jono addressed. "World Tourism Day was launched in 1980; we sit here now, 2025, and it's amazing to see that there is this huge support on an island of this size for this industry that is tourism. This year's tourism theme is 'Tourism and Sustainable Transformation' to highlight tourism's power to drive positive change."

Jono added that the "Tourism Office got so inspired by tourism's power to drive positive change" and acknowledged local resident, Tammy Williams, who brought forward the idea to "embrace tourism" and to "thank the tourism providers here."

Jono said that one of the reasons that the team decided to invest in the event was because they understood how tough tourism has been, both globally and specifically here on St Helena, adding that, "the fact that we can send out an all stakeholders invite and get over 120 people out here tonight is just inspirational."

"During these tough times, the fact that there is an industry is all on the back of you guys; it's all of your positivity, your hard work, your ability to keep going, and it really is inspirational," he added.

The new Head of Tourism then



commented on his genuine belief in St Helena's tourism industry. "I genuinely believe in it. This island is full of beauty; it's full of just majesty and splendor," he said. "But what makes it unique, and what I'm excited about, is not all of this, because everywhere that we go to do tourism has got its unique selling points. What this place has in abundance, and is completely unique to anywhere I've been, is you guys; it's the people that open their houses, that do the B&Bs, that run the hotels, that do the catering, the guiding, taking people out on the boat, sharing their passion and sharing their life. That is what this industry needs and that is what this industry is going to grow; it's going to make transformative power."

Jono then reiterated that he "genuinely" believes in the industry on St Helena, adding that he is "so inspired by everything" that local tourism providers have done and that he is now "inspired to do more."

This led to Jono calling for a reinvigoration of the island's Tourism Association. "I would like to challenge everyone here; let's get that format and that forum reopened again, because I need all of your feedback," he encouraged. "You need to know what we're doing and it's almost impossible for me to phone each and every single person, but it's a lot easier if we can do it through a formal format like a Tourism Association. So please guys, you will be seeing some stuff coming through from my office encouraging that, but if I can have people throwing their weight behind the Tourism Association, I really believe it's very, very important."

After closing his speech, Jono then invited Minister Karl Thrower to the stage to give the presentation of awards for the World Photography Day competition; there was over 650 submissions for the initiative, giving judges a difficult task in selecting winners for each category as well as overall.

The newly elected Minister for Environment, Natural Resources and Planning, and Economic Development, Karl Thrower, addressed guests with some quick words before making the presentation. Minister Thrower spoke about the devastating effect of Covid on the island's tourism industry before praising the growth in the years since. "I hope we can continue the growth that we've seen; I think we can," he said.

Minister Thrower then thanked SHG's Economic Development team and the Tourism Office for their work over recent years, before turning his attention to the former Minister of Economic Development, Mark Brooks, who was in attendance on the night. "Actually, it was his hard work over the last four years that saw tourism go the way it's gone, and we need to continue that growth that he started," Thrower said in acknowledgement of his predecessor. "Hopefully I'll talk to him about it and we'll make sure that we carry on his vision for that growth and then hopefully soon we'll see even more tourist numbers and we can start getting two or three flights in a week; but let's see how it goes."

Having concluded his words, and with the help of Dianne Venning and Sophia Joshua from the Tourist Office, the presentation then got underway.

In the Culture category, Tessa Benjamin took home first place with Jodie Scipio-Constantine in second and Sasha Bargo in third. For History & Heritage, Tom Wortley was the winner followed by Amy Constantine in second and Sasha Bargo in third. For Hiking,













St HELENA NEWS







Jonah Williams came out on top with Selene Gough in second and Ryan Benjamin in third. In Adventure, Thora Cant was awarded first place, followed by Laura Oliver in second and Kylie Peters in third. In the Marine category, Thora Cant again finished first with Sam Cherrett in second and Helena Bennett placing third. Finally, in the Nature category, Thora Cant once again finished on top, with Damien Stevens placing second and Claire Williams in third.

Then came the announcement of the overall winners, which saw Selene Gough finish in third place, Sasha Bargo in second place and, taking home the biggest award of the night, was Thora Cant after being named as the first-placed overall winner.

St Helena's Senior Vet, Andy Cant, who accepted Thora's awards on her behalf, then gave some quick words where he explained that Thora is his daughter who recently spent some time on the Island and loved to capture her St Helena experience through the lens of her camera; and that she would be over-the-moon with her recognition in this photography competition.

Following the presentation, guests were invited to check out prints of all the winning submissions in an exhibition at the Museum of St Helena which was open until the end of the event at 8pm. The exhibition however will remain on display until November, so anyone on-Island can go in and check out the stunning photographs on display.

St Helena Tourism is thanked for an enjoyable evening to celebrate World Tourism Day 2025!



Overall - 1st Place, Thora Cant



Overall - 2nd Place, Sasha Bargo



Overall - Overall - 3rd Place, Selene Gough

World Fall Prevention Day

Occupational Therapist, Adele, and Physio Therapist, Karima, talk about fall prevention and how people can help themselves to stay on their feet



Luke Bennett, SAMS

On Monday, the world observed Fall Prevention Day; when awareness is raised to help prevent falling and to help people who trouble with falls.

On the day, SAMS welcomed Occupational Therapist, Adele McMichael, and Physiotherapist, Karima Hare, to tell us a bit about what their team is doing in line with fall prevention.

They advised that Health and Social Care, along with partners, will hold a screening for everyone over the age of 65; where the individual will be assessed on whether they are at high risk or low risk for falls.

Those who are low-risk receives a booklet containing important information on how to prevent falls along with a chair exercise which can be done by all. There is also a video done by locals demonstrating the chair exercises so everyone can follow along.

The high-risk individuals will be referred to the Occupational Therapist to do a more in-depth assessment before continuing on to the appropriate service for the help they need.

"As you get older, you tend to have more problems with falling due to muscle mass depletion and your balance starts to get less effective," explained Adele. "If you haven't got good core strength, you can't stop yourself from falling."

Continuing on, Adele informed how "eyesight could be a factor, medication, lighting, diet as well as environment, and, when looking at St Helena, this could be a major factor." She added that "there are different types of food that can help you with strengthening your bones but you also get foods that can help with fall prevention."

Last Thursday, 25 September, a roadshow at The Market was held where anyone could go along and have an assessment or a chat about how to prevent falling, whether that be for themselves or people who are seeking advice for family members. There was also the opportunity to participate in a few exercises, such as the flamingo test and the plank walk, to help with fall prevention.

"Falls are preventable, but people shouldn't give up when you are having problems with falling and there are things that you can do to help from falling," explained Karima.

If anybody has any questions or would like to have an assessment you can contact the Hospital on 22500 and ask for Occupational Therapy or you can call Physiotherapy on 23222.







LIFESTYLE & CULTURE

Following on from World Maritime Day last week, The Sentinel continues to share stories from people who have worked in the various areas of the Maritime Industry. Today, we feature Mia Henry!

"This is your Officer of the Watch speaking"



Donna Crowie, SAMS

Mia Henry, former Second Officer for the RMS St Helena, has always had a love for the maritime industry, starting from a very young age. "I would say my entire existence, yes, from the time I was born and well, I've been told by my family that even before I could walk, I wanted to be on the boat with my grandpa and my uncles," she recalled.

Mia also knew early that she wanted to work at sea, following in the footsteps of her Grandpa and Mum. Mia can remember navy ships frequently visiting the island including German, French and Brazilian, to name a few; something Mia enjoyed, as she did with anything related to ships.

Mia studied at the former Prince Andrew School and, during her time there, the school would offer cadetships every year. This was said to have been the case on-Island for many years, since the 70s, with many Saints taking this opportunity to kickstart their maritime careers, working their way all the way up to some of the highest-ranking positions onboard the RMS St Helena; from Chief Engineer to Captain. Mia was successful in securing a Deck Cadetship position and it was in September 1999 when she set off on her journey to South Shields in the Northeast of the UK to study.

During Mia's three-plus years of studying, sea time was incorporated into her course. Through this, Mia had the opportunity to work on 'RoRo' (roll on/roll off) cargo ships, which travelled in the Baltic Sea and the English Channel. "That was quite an experience," Mia revealed; it was not always smooth sailing as it was three months in college, at sea for eight, and then back to college for six months, and so on.

In terms of her career journey onboard the RMS, Mia recalled how she started from the bottom, getting on her hands and knees, chipping and painting the decks of the RMS; this was seen as hugely advantageous. "You only learn real seamanship when you're out there with the deck sailors," she explained. "So, amongst the chipping and painting, it was the rib work, the wire work, the cargo work, how to strap down cargo and all the rest of it; I learned a lot."

Mia then started her Officer Watch training, where she learnt how to use the navigational equipment. It was also necessary to have your basic firefighting, survival and first aid courses done. Following her studies, Mia boarded the RMS as its Third Officer and just over a year later she stepped up to Second Officer where she remained until her final voyage in October, 2016.

Mia described that a typical day for a Second Officer started at midnight for a four-hour shift. "It's pitch dark," she recalled. "If you're lucky, the stars are out; and that's how your day starts." From midnight to 4am the Second Officer is in charge of keeping a navigational watch. Mia also took on the role of Safety Officer onboard the RMS.

Working onboard the RMS brought many new challenges and experiences. Mia recalled how she had to deal with two stowaways over the years; one from Cape Town and another from the UK. Mia did laugh as she explained how one of the stowaways was found with just a t-shirt, however, "by the time we got off the ship, he had a travel bag; he had clothes, he had socks, shoes, toiletries. He had a nice little travel bag."

As part of her responsibilities, Mia had to oversee cargo operations; ensuring cargo was safely loaded and offloaded. One of her other tasks that people who travelled on the RMS will remember well is Mia bringing passengers the 12noon "navigational points of interest." Mia recalled how most travellers were fascinated with the "depth of water beneath the vessel" information given out during this routine update.

Mia spent 17 years onboard the RMS and has so fond memories; from Christmas time to New Year celebrations, Mia says there was always a project that kept the crew going.

During her downtime at Port, Mia laughed how shopping was always her top priority. "I love my shopping," she smiled. This also meant that, while in Port, she disliked working the night shift as that meant she would miss out on her shopping spree. While she enjoyed visiting different places and spending time at Port, Mia loved how home was never too far away. "I was never far from home for too long," she said, "and I think that definitely worked for me."

Before the news that the RMS was going offline, Mia was very keen to progress her career and had already started the process of applying to study towards the role of Chief Officer. Even though Mia did not fulfil this ambition, she has gained a shoreside job that involves her true love and passion; which is maritime working. Mia was appointed as St Helena's new Maritime Compliance and Policy Officer and later moved to Maritime Manager; much different positions to navigating a passenger vessel, as Mia now oversees legislation and policy within Maritime on St Helena.

With Mia now shoreside, she looks back with no regrets from her time spent at sea and would encourage anyone to pursue a career in Maritime, like she says, "it's just a wonderful experience!"



NOTICE BOARD

(ST HELENA) CANCER SUPPORT & AWARENESS CHARITY
REGISTERED CHARITY NO 00024

PINK WALK 25

SUNDAY 26th OCTOBER 2025

BE READY WITH YOUR COLOUR

BRING YOUR STRIDE

Registration opens from 1pm

Walk starts at 2pm



Route 1: Harford Community Centre - Longwood Gate - Deadwood - Coltsheds - Longwood Avenue - Harford Community Centre

Route 2: Harford Community Centre - Longwood Gate - Deadwood - Coltsheds - Bottom Woods - Ropery Field - Longwood Avenue - Harford Community Centre

Sponsor forms available or alternatively a £5 registration fee may be paid.

Refreshments on completion of the walk and prize presentation at approximately 4pm

Contact: Mia Henry - 22699 | Tracey Williams - 51855 | Nicole Richards - 23702

LIFESTYLE & CULTURE

Follow This Diet and Say Goodbye to Dementia and Alzheimer's

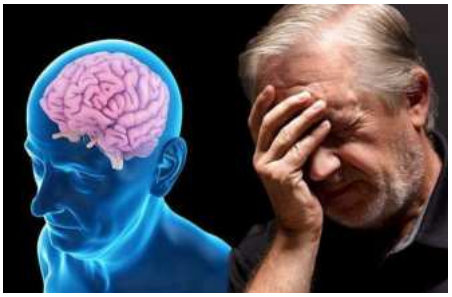


Arjelo Onde, Contributed

Dementia and Alzheimer's are among the most feared conditions of aging, robbing people of memory, independence, and quality of life. While age and genetics play a role, research shows that lifestyle, especially diet, can strongly protect the brain. One eating pattern, the MIND diet, has gained attention for lowering dementia risk and slowing cognitive decline.

I first learned about this diet through my Lifestyle Medicine class, and it struck me as both practical and hopeful. It's one thing to read about diets in textbooks, but another to see how small, consistent changes can profoundly impact long-term brain health. That's why I want to share it with you so we can take steps together to safeguard our health, our memories, and our independence.

The **MIND diet** (Mediterranean-DASH Intervention for Neurodegenerative Delay) is a smart blend of two proven eating patterns: the Mediterranean diet and the DASH diet (Dietary Approaches to Stop Hypertension). Both are well-studied for supporting heart health and longevity. By combining their brain-protective features, the MIND diet offers a practical guide for everyday meals that nourish the mind. It focuses on real, whole foods rather than strict calorie counting, making it realistic and sustainable for families.



What the MIND Diet Emphasizes

The MIND diet highlights foods that have been shown to protect brain cells, reduce inflammation, and improve memory. Key foods include:

- Leafy greens like spinach and kale, which provide vitamins and antioxidants crucial for cognitive health.
- Other vegetables, especially colorful ones, which help fight oxidative stress in the brain.
- Berries, particularly blueberries and strawberries, which contain flavonoids that support neuron function.
- Whole grains such as oats, brown rice, and whole wheat, which provide steady energy for the brain.
- Nuts and beans as plant-based protein sources rich in healthy fats and fiber.
- Olive oil as the main healthy fat, replacing saturated fats that can harm arteries.
- Fish and poultry in moderate amounts, providing lean protein and omega-3 fatty acids that support brain cell membranes.

At the same time, the MIND diet encourages limiting foods that can harm brain health: red meat, butter, cheese, sweets, and fried or fast foods. These items contribute to inflammation and plaque buildup, which can damage blood vessels and neurons over time.

Why It Works

The MIND diet protects the brain in several ways:



- Improves circulation. Healthy blood flow ensures the brain receives oxygen and nutrients it needs to function.
- Fights oxidative stress. Antioxidants in berries, greens, and other plant foods neutralize harmful molecules that can damage brain cells.
- Reduces inflammation. Whole plant foods and healthy fats calm chronic inflammation, which is linked to Alzheimer's and other cognitive decline.
- Supports memory. Studies show that close adherence to the MIND diet may cut Alzheimer's risk by up to 50%, while even partial adherence offers measurable benefits.

The Mediterranean and DASH Connection

The Mediterranean diet is inspired by the traditional foods of countries bordering the Mediterranean Sea, such as Greece, Italy, and Spain. It emphasizes:

- Fruits and vegetables in every meal.
- Whole grains like barley, brown rice, and whole wheat bread.
- Healthy fats from olive oil, nuts, and seeds.
- Lean protein from fish and poultry several times a week.
- Limited red meat and processed foods.
- Shared meals with family and community, which can support mental health.

The DASH diet (Dietary Approaches to Stop Hypertension) was developed to help people lower blood pressure

naturally. It emphasizes:

- High intake of fruits, vegetables, and whole grains.
- Low-fat dairy products for calcium and protein.
- Lean meats, poultry, and fish in moderation.
- Limiting salt, sugar, and saturated fats to protect blood vessels.

The MIND diet borrows the best of both. It focuses specifically on foods that protect brain function while remaining flexible and easy to follow. Even if you can't access every recommended item, following the general pattern of plant-based, whole-food meals still offers significant cognitive benefits.

Practical Tips for Daily Life

- Add a serving of leafy greens to your plate each day.
- Keep frozen berries on hand for snacks or smoothies.
- Swap butter for olive oil when cooking.
- Replace red meat with beans or poultry several times a week.
- Choose nuts instead of sweets or chips.

A Hopeful Future

No diet can guarantee complete protection from Alzheimer's or dementia, but the MIND diet offers hope. It is practical, flexible, and backed by strong research. By choosing foods that fuel the brain, you're not just adding years to life, you're adding life to your years.

For St Helena, where community ties are strong and fresh produce is often available, adopting the MIND diet can be both a cultural and health blessing. Eating together with purpose helps safeguard not only our bodies but also our memories and relationships. This is not just about diet, it's about protecting the moments and people that matter most.

About the Author

Arjelo Onde, BSRT, R.R.T., DipTEd. I am a licensed MRT and AHP with a postgrad diploma in education and 9 years of experience as a science and health educator. I also completed part of a nursing internship and am currently enrolled in Lifestyle Medicine, which has deepened my understanding of patient care and fueled my passion for community health education.

Sources

- American College of Lifestyle Medicine (ACLM): lifestylemedicine.org
- Loma Linda University Health (LLUH): lluh.org
- National Institute on Aging (NIA): nia.nih.gov

Having a Whale of a Time

Majestic Humpback Whale sightings in James Bay



Donna Crowie, SAMS

Those who were in the vicinity of the seaside on Sunday, 21 September, would have been entertained by special visitors to James Bay; with the incredible visiting humpback whales being spotted very close to shore.

A member of the SHG Marine Section later confirmed that a total of three humpback whales were sighted; one of the whales was seen breaching just past The Eye, with this spectacle even captured on video (available to view on social media).

The island is well-known for providing visitors with special sightings of marine life, from dolphins to whale sharks and also humpback whales. The season for spotting these majestic sea mammals in St Helenian waters is between June and December, during which time humpback whales use the safe haven of St Helena's waters to calf.

The SHG Marine Section informed The Sentinel that boats should not come closer than 100m of the whales to ensure their safety; if boats do find themselves closer than 100m, they should then move away at a speed of less than 5kts to a safe distance. "Whales should only be approached from their sides, and the boat shouldn't trap the whales between the boats and the shoreline," they added. The importance of boats not splitting up a pod of whales was also stated.

In addition, the Marine Section also warned divers in the area to carefully observe the whales' behaviour; if whales are observed to be acting agitated or staying in the area, divers are advised to end their dive and safely exit the water.

Another interesting sighting has been the entertaining night-time visits of dolphins to the lower steps at the Jamestown Wharf; making for some special marine encounters for those on St Helena in recent times.



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. Oct 03

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

SAT. Oct 04

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

SUN. Oct 05

- 7am-noon: Sunday Show with Liam Yon
- 1pm: Interview Hour
- 3-4:30pm: UK Chart Show with Liam Yon
- 7pm: Anglican Church Service
- 20:30: Classical Compilations with Anita

MON. Oct 06

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

TUE. Oct 07

- 7am-9:00am: Morning Show with Donna
- 11am: Vibes with Anita
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: UK chart Show with Liam Yon
- 7:30pm: Classical Compilations with Anita

WED. Oct 08

- 7am-8:30am : Sunrise with Deon
- 11am: Northward Sounds with Tony Leo
- 1-3pm 1548 show with Cyril Gunnell
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes With Anita

THU. Oct 09

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

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

sure

Bringing you the

BBC World Service

100.7 (Briars)

88.1 (High Knoll)

102.7 (Blue Hill)

Featured this Week





Nursing a hangover? Preparing that Sunday roast? Just chillin'? Either way, even when you're alone, you're never really alone, because Liam Yon will be right there with you, keeping you entertained with his selection of music on the SAMS Radio One Sunday Morning Show. So whatever your plans, turn on the radio and let Liam make your Sunday morning that much better! Tune into SAMS Radio One this Sunday with Liam Yon.

Local news and notices:

7am, 10am, noon, 5pm, 7pm, 10pm

SAMS South Atlantic Media Services Ltd

Sentinel Sudoku Session

This week's difficulty is 'Hard'

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

Throwback Thursday



2nd October 2015: South Atlantic Media Services Ltd. (SAMS) launches 'Newsbite', the island's first TV News service airing every Friday at 7pm.

(sainthelenaisland.info)

Wednesday, 1 October, to Tuesday, 7 October, is known as National Vegetarian Week and also World Meat-Free Week, so, killing two birds with one stone, why not try this meat-free Vegetarian Lasagne

Vegetarian Lasagne



Ingredients

- 3 red peppers, cut into large chunks
- 2 aubergines, cut into ½ cm thick slices
- 8 tbsp olive oil, plus extra for the dish
- 300g lasagne sheets
- 125g mozzarella
- handful cherry tomatoes, halved

For the Tomato Sauce

- 1 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, sliced
- 1 carrot, roughly chopped
- 2 tbsp tomato purée
- 200ml white wine
- 3 x 400g cans chopped tomatoes
- 1 bunch of basil leaves, picked

For the White Sauce

- 85g butter
- 85g plain flour
- 750ml milk

Method

1. To make the tomato sauce, heat the olive oil in a saucepan. Add the onions, garlic and carrot. Cook for 5-7 mins over a medium heat until softened. Turn up the heat a little and stir in the tomato purée. Cook for 1 min, pour in the white wine, then cook for 5 mins until this has reduced by two-thirds. Pour over the chopped tomatoes and add the basil leaves. Bring to the boil then simmer for 20 mins. Leave to cool then whizz in a food processor. *Will keep, cooled, in the fridge for up to three days or frozen for three months.*

2. To make the white sauce, melt the butter in a saucepan, stir in the plain flour, then cook for 2 mins. Slowly whisk in the milk, then bring to the boil, stirring. Turn down the heat, then cook until the sauce starts to thicken and coats the back of a wooden spoon. Will keep, cooled, in the fridge for up to three days or frozen for three months.

3. Heat the oven to 200C/180C fan/gas 6. Lightly oil two large baking trays and add the peppers and aubergines. Toss with the olive oil, season well, then roast for 25 mins until lightly browned.

4. Reduce the oven to 180C/160C fan/gas 4. Lightly oil a 30 x 20cm ovenproof dish. Arrange a layer of the vegetables on the bottom, then pour over a third of the tomato sauce. Top with a layer of lasagne sheets, then drizzle over a quarter of the white sauce. Repeat until you have three layers of pasta.

5. Spoon the remaining white sauce over the pasta, making sure the whole surface is covered, then scatter over the mozzarella and cherry tomatoes. Bake for 45 mins until bubbling and golden. Enjoy!

NOTICE BOARD

BAPTIST CHURCH

Sunday Services
5th October
Sandy Bay Chapel 08.45 am
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday 7th October
Baptist School Hall 7.00 pm
Thursday 9th October
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 5 October 2025– 27th Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Eucharist	Cathedral
08.00 a.m.	Eucharist	St Peter
	Tuesday 7th October	
7.00 pm	**Praise and Worship**	St Peter
The Parish of St James		
Sunday 5th October 2025 – 27th Sunday of the Year		
9.30 a.m.	Eucharist	St James
5.30 pm	**Sunday 5th October Patronal Festival**	St Michael
	Monday 6th October	
7.00 p.m.	Eucharist	
	Thursday 9nd October	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 5th October 2025 – 27th Sunday of the Year		
11.15 a.m.	Eucharist	St Mark
	Tuesday 7th October	
7.00 p.m.	70x7 Forgiveness	St Mark



ST ANDREWS NEWSPAPER BINGO

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

This week the "lilac" bingo sheet will be used

Numbers to be read across, from left to right

Claim on earliest number for full house to win

Claims to be made to Karen Henry on 23401 by Saturday 4 October at 6 pm.

Prize - £20 per week. *Last week's winners were Mrs Karen Brinsden & Mrs Di Roberts*

83	41	57	77	68	16	39	25	9	72
50	12	80	65	88	8	45	70	85	53
24	59	13	1	74	66	33	10	55	49
76	19	51	5	67	36	27	43	81	40
11	62	28	52	30	61	21	48	15	4
90	26	75	60	58	71	34	20	47	86
64	29	73	3	69	17	38	2	89	54

Scout Jackpot Draw

The winners of the September Scout Jackpot were as follows:

1st Prize - £100 – Patsy Francis
Ticket No. 278

2nd Prize - £50 – Sarah Jensen
Ticket No. 163

3rd Prize - £25 – Logan Yon
Ticket No. 390

4th Prize - £25 – C. Joy George
Ticket No. 342

The draw for October will take place on 31 October.

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

NOTICE BOARD



Church Notices

We warmly invite you to join us for:

Prayer Meeting

Saturday 04th October 2025 at 8:30am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

No Praise and Worship Service On Sunday 05th October

~

Cell Meetings

Tuesday 07th October 2025

Jamestown at 7:00 pm, (Contact: Bramwell 62117 for details)

Cape Villa at 5.00pm, (Contact: Priscilla 51919 for details)

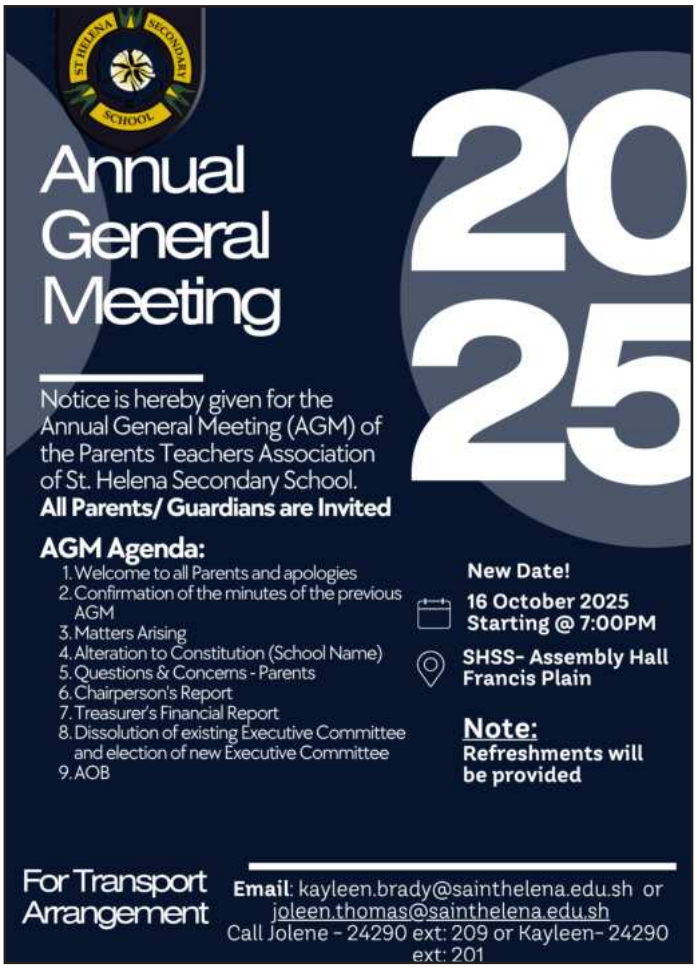
Wednesday 8th October 2025

The Rock Christian Fellowship, Longwood Avenue at 7.00pm
(Contact: Tav 51727 for details)

Half Tree Hollow at 7.00pm, (Contact Mercy 61707)

Christian Gift/bookshop & DVD rental

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





Thank You



Son Kevin, Annabel and the family of the late Shelia Caesar who was laid to rest on Tuesday 9th September express their sincere thanks to the staff of the Community Care Complex for their care and kindness shown to Shelia whilst she was resident there.

Much appreciation is also extended to Roy Williams and his team and those involved in the church service.

ST. HELENA DIVE CLUB ANNUAL GENERAL MEETING 2025

Date: Monday 13th October 2025
Time: 6.30pm
Where: The Dive Club, the wharf

Members and non-members welcome. Snacks will be provided.

AGM papers will be circulated to members via in advance, via email.

Membership is due on the night or can be paid in advance at the BoSH.

Due to a significant potential increase in rent, and with recent increases in utilities, changes to the constitution will be put forward, which will include proposed membership and fee increases; if agreed, membership renewal increases will take effect immediately.

Please let us know in advance of nominations for the committee. If you have any other matters you wish to discuss, please let us know. Email us on shdiveclub@gmail.com

NOTICE BOARD

St Helena Government

SAFETY, SECURITY & HOME AFFAIRS

FAIRNESS INTEGRITY TEAMWORK

INVITATION TO TENDER

Proposed Refurbishment – EX Longwood School Phase 1

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

ED9-2025/26 – Proposed Refurbishment – Ex Longwood School Phase 1

A site visit to view the works will take place on Monday, 06 October 2025, at 09:00, meeting at the Ex-Longwood School.

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

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

Completed tenders for this contract should be placed in the Tender Box located on the Top Floor, Post Office Building by 12:00 on Wednesday, 15 October 2025, clearly marked: **"Tender ED9-2025/26"**.

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

SHG, 23 September 2025

WANTED Coffee Pickers

Since 1790

Solomon & Company (St Helena) Plc is seeking Ad-Hoc Coffee Pickers to assist with the 2025/26 Coffee Harvest Season within the Company's Coffee Plantations.

Interested applicants should:

- Be able to undertake physically demanding duties and walk up and down slopes without aid
- Be able to perform manual handling duties and lift and carry weights up to 20kg
- Be comfortable working outside in varying weather conditions
- Be flexible to work outside of normal working hours if required

As a Coffee Picker, you will be paid according to the amount of coffee you are able to pick, at the rate of £2.00 per kilogram.

The minimum required weight to be picked per day is 20kg (which is equivalent to £40.00 per day).

To register your interest or for further information contact:
Gina Benjamin, Human Resources Administrator via email gina.benjamin@solomons.co.sh or by calling 22380.

(Subsidised Transport will be provided (along the route Jamestown – HTH – St Pauls – Sandy Bay & return), upon request.)

NOTICE BOARD

Vacancy

IT Support Technician

Salary for the post will commence at £1,009 per month (£12,108 per annum)

Solomon & Company (St Helena) Plc has a vacancy within the IT Department for an IT Support Technician.

As the IT Support Technician you will assist the IT Systems, Security and Infrastructure Manager with the day to day running of the Department ensuring all Company IT hardware and software are maintained and that Company IT needs are efficiently met.

Interested Persons Should:

- Have an understanding of IT Hardware and Operating Software
- Have grade C or above in GCSE Maths and English
- Ideally possess an ICT related qualification, such as CompTIA A+, Network+ or equivalent.
- Have a good understanding of cyber security risk management
- Ideally have practical expertise in ICT systems
- Be customer focused and have excellent customer services skills
- Possess good interpersonal and communication skills and the ability to interact confidently with clients
- Possess excellent problem-solving skills
- Be highly organised and possess the ability to multi-task and prioritise to meet deadlines
- Maintain total confidentiality within the Company.
- Be able to work outside of normal working hours as and when required.

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

Peter Crane, IT Systems, Security & Infrastructure Manager via 22380 peter.crane@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 **Thursday, 16 October 2025.**

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

- Pension Contributions
- Staff Discounts

Fixed Term Vacancies

Shop Floor Assistants

Rate of Pay is £4.50 per hour

Solomon & Company (St Helena) Plc are recruiting Shop Floor Assistants to work on a fixed term basis over the festive period being 15 to 24 December 2025 in The Star, Greenlands, DIY Store and Half Tree Hollow Supermarket.

Shop Floor Assistant duties will include:

- Providing a high standard of customer service at all times
- Assisting with the pricing of stores and stacking shelves
- To assist with the general cleaning of the shop
- Any other related duties as required by Management

Applicants must be:

- Responsible and trustworthy
- Have good customer service skills
- Able to work as part of a team in a fast-paced environment
- Able to undertake physically demanding and manual handling duties
- Flexible to work the required shifts

Applicants must be resident on St Helena and a minimum of 15 years old at the time of applying.

Successful applicants will be responsible for arranging their own home to duty transport.

For further information please contact:

Nicola Constantine, Senior Mercantile Manager via 25989/22137 nicola.constantine@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. Completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **13 October 2025.**

NOTICE BOARD

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

SAFETY, SECURITY & HOME AFFAIRS

INVITATION TO TENDER

Proposed Toilet Facility Extension & Patio Enclosure – Deasons Care

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

HSC3-2025/26 – Proposed Toilet Facility Extension & Patio Enclosure – Deasons Care Centre

A site visit to view the works will take place on Monday, 06 October 2025, at 09:30, meeting at the Deasons Care Centre, Longwood.

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

Copies of the tender document and further details can be obtained from the Procurement Officer, on telephone no: 25932 or via email tiffany.lawrence@sainthelena.gov.sh .

Completed tenders should be placed in the Tender Box located on the Top Floor, Post Office Building by 12:00 on Monday, 13 October 2025, clearly marked **"Tender HSC3-2025/26"**.

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

SHG, 26 September 2025

ST HELENA NATIONAL TRUST

INVITATION TO TENDER

The St Helena National Trust invites suitably qualified contractors to tender for the delivery of an Erosion and Habitat Mapping Survey of the Sandy Bay coastline.

This work will form part of a new conservation project commencing in October 2025 and running until 2028. The survey will assess the current condition of Sandy Bay's coastal habitats and model how the beach and surrounding environment may respond to future sea-level rise and changing coastal dynamics. The aim is to provide a clear understanding of potential shoreline changes and their associated impacts on biodiversity and habitats, informing long-term management and conservation planning.

Tender submissions should include:

- A quote for undertaking the survey and associated reporting.
- Details of your expertise and relevant experience in coastal erosion studies, habitat mapping, and environmental modelling.
- Examples of similar work previously completed.

The contract will require the production of high-quality data and analysis, as well as accessible reporting and recommendations for management.

The Trust encourages approaches that combine robust scientific methods with clear, practical outputs to support conservation and community resilience.

For further details please get in touch with the Head of Marine Conservation, Neil Thorp on 22307 or email neil.thorp@trust.org.sh

Interested persons should submit tenders in a sealed envelope to the Office Manager, Amanda Constantine at Broadway House, Main Street, Jamestown by no later than 16:00hrs on Thursday, 16 October 2025.

NOTICE BOARD

Looking for somewhere to go?

Reserve Sunday, 5 October 2025

For a FAMILY FUN DAY

at the Blue Hill Community Centre from 12 noon to 6 pm

No entrance fee will be charged but donations will be appreciated for the Cancer Awareness Fund

Bouncy Castle

Stalls –face painting and lots more. Contact Jeannie tel. 24202 to book a stall

Bar will be open; hot food and teas and refreshments

Games – skittles, bingo

DJ Colin Peters will keep you entertained

Raffles

Races – sack, egg in spoon, relay

Take part in a short walk at 11.30 am from St Helena and the Cross to the Community Centre - Contact Jeannie on tel. 24202 or Gilly on tel. 24594

BANK CLOSURE



The Bank will be closed on **Wednesday, 08 October** for a Staff Training and Development Day.

Normal opening times will resume on Thursday, 09 October. Online Banking and Local Debit Card Services will still be in operation.

We would like to thank customers for their support and apologise for any inconvenience caused.

Bank of St. Helena Ltd.

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

info@sainthelenabank.com

www.sainthelenabank.com

@sainthelenabank

+290 22390

Market Street, Jamestown

Bank of St Helena Ltd

NOTICE BOARD

AUDIT ST HELENA
External Auditors

Celebrating *Auditor Proud Day 2025* at Audit St Helena



On the last Thursday of September, Audit St Helena proudly joined the global auditing community to celebrate *Auditor Proud Day 2025.* This occasion honours our profession's vital role in fostering trust, transparency and accountability in public governance.

From our unique position on St Helena, our team upholds these principles through rigorous audits of public finances, ensuring effective resource management and compliance. Our work strengthens the foundation of confidence that empowers our community and beyond.

We extend gratitude to our dedicated professionals for their unwavering commitment to excellence.

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

CENTRAL SUPPORT SERVICES

PRESS RELEASE Call for Nominations for UK State (2026 Birthday Honours) and St Helena National Awards

Nominations are now being invited for the following awards:

- 2026 Birthday Honours

To find out more about the different types of Honours Awards please visit: www.gov.uk/honours.

- Certificate and Badge of Honour
- Acts of Bravery Award
- Badge of St Helena
- Freedom of the City of Jamestown.

Information on the above awards can be found on the SHG website at https://www.sainthelena.gov.sh/2025/press-releases/call-for-nominations-for-uk-state-2026-birthday-honours-and-st-helena-national-awards/. Alternatively are available, together with nomination forms from Central Support Service at the Castle, Jamestown, or can be requested via email: linda.benjamin@sainthelena.gov.sh.

Completed forms should be returned to the Castle in a sealed envelope marked 'Confidential' addressed to 'The Secretary, Honours and Awards Committee', by Friday, 31 October 2025.

SHG, 1 October 2025

NOTICE BOARD

'Restoring a globally significant Cloud Forest'

News from the St Helena Cloud Forest Project

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







A week ago today, we held an important workshop to review and update the Peaks National Park Management Plan (2019-2024); this is the guiding document for all work carried out within the Peaks National Park and is being implemented under the St Helena Cloud Forest Project.

Led by SHG, the workshop was supported by our local partners in the St Helena National Trust and Connect St Helena, and included a variety of participants; both in person on-island and via online video link.

During the session, we reviewed and suggested amendments to the current Vision & Values, reviewed progress against activities in the management plan, considered scenarios to inform development policies and discussed current and future goals, objectives, actions and indicators. Looking forward, our next steps will be to collate discussion points from the day as well as from questionnaires completed separately. Over the next few months, these will be incorporated into a new draft plan for further review.

Thanks to the FCDO, whose funding made this workshop possible.

Thanks also to Sure SA Ltd for sponsoring the broadband connection for the day - a flawless connection allowed off-island partners, researchers and others to participate in important discussions.

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

Scan the QR Codes below for quick access to:

Website **Facebook** **Twitter/X**

Notice of Annual General Meeting



The Annual General Meeting of the Half Tree Hollow Community Centre will take place next week on **Wednesday 8 October at 7pm**.

All Half Tree Hollow residents are urged to please come and support your local community centre!

All are welcome.

St James Parish Church Council wishes to thank everyone who attended and or contributed to our 'Tea Dance' on Saturday the 20th of September.

Your generosity enabled us to raise £515 in funds.

This money is needed for the general running of the Parish.

Love and Prayers

The Parish Church Council

NOTICE BOARD

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

JOIN US! WE ARE RECRUITING…

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.

Joint Emergency Services Control Centre Operator
(£12,432 per annum)

Do you want to make a difference to your community and be of service when it is needed the most? The St Helena JESCC is looking to recruit a highly motivated and enthusiastic individual to form part of their small, but busy team. This role will requires excellent communication skills with the ability to deal with vulnerable and distressed members of the public. Contact us for more information and a discussion.

Enquiries:	Cheyenne Furniss on Tel No.22626 or Email Cheyenne.furniss@sainthelena.gov.sh
Closing date:	09 October 2025
Shortlisting date:	14 October 2025
Interview date:	23 October 2025

Senior Digital Media & Marketing Officer
(£16,248 per annum)

Oversee St Helena Government's online presence across all digital channels. This role will involve monitoring and managing the St Helena Government and St Helena Tourism websites including all official social media accounts. Planning digital campaigns and developing, implementing, tracking and reporting on digital performance. This role works across the breadth of the Communications Hub's activities, and the entirety of St Helena Government. Contact us for more information and a discussion.

Enquiries:	Anne Dillon on Tel No.22470 or Email anne.dillon@sainthelena.gov.sh
Closing date:	17 October 2025
Shortlisting date:	24 October 2025
Interview date:	Week beginning - 03 November 2025

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.

Rose & Crown
A Third Generation Family Business

WE'RE OPENING



After 4 months of renovations, on Sunday 5 October 2025, The Crown Supermarket will open its doors for the first time. On this day, it will open from 10am - 6pm.

The upstairs Bar will open from 12 noon.

CROWN SUPERMARKET NORMAL OPENING TIMES		
	MON, TUES, WED:	9AM - 6PM
	THUR, FRI, SAT:	9AM - 9PM
	SUN:	9AM - 1PM

With the launch of The Crown Supermarket, the Rose & Crown Shop in Market Street, Jamestown will gradually be reducing its grocery, toiletries and cleaning range.

Household Appliances, Beds, Alcohol & Snacks, Drinks, Paints, Tyres and Batteries will still be on sale at this outlet.

To effect this transition, we will have reduced opening hours

Rose & Crown Shop, Market Street
Saturday 4th October 2025
9am - 1pm

Normal opening hours will resume on Monday, 6th October 2025.

All other outlets' opening times wil remain the same.

NOTICE BOARD

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

ENVIRONMENT NATURAL RESOURCES AND PLANNING PORTFOLIO

PUBLIC ANNOUNCEMENT

ENRP Assets For Licensing

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

Arable land at Ropery Field	0.50acres	LWN pt of 189
Arable Land at Ropery Field	0.40acres	LWN pt of 491
Arable Land at Ropery Field	0.24acres	LWN pt of 491
Arable Land (including a pollytunnel) at Ex ADA Fields	0.40acres	LWN pt of 365
Arable Land Nr. Longwood Avenue	0.27acres	LW S58

Application forms can be collected from the Reception at ENRP Office or by contacting the Farmers Support Officer, Mr Fred Green on tel: 24724 or via email Frederick.green@sainthelena.gov.sh or the Farmers Support Assistant, Martina Leo on tel: 24724, or via email martina.leo@sainthelena.gov.sh respectively.

Closing date for applications are 16:00 on 10 October 2025.

SHG
29 September 2025
www.sainthelena.gov.sh

NOTICE BOARD



MEDICINES AND EXPIRY DATES – WHAT YOU SHOULD KNOW

Living on St Helena means our medicines often travel long distances before reaching the island. Sometimes this results in medicines being close to, or just past, their printed expiry date. Many patients then worry whether it is safe to take them. Here is what the science says.

What does an expiry date mean?

The expiry date is the point until which the manufacturer guarantees the medicine will be at **full strength**. This full strength measure gets calculated in a lab, but is actually far above the level where it starts to work effectively in our bodies. So the expiry date indicates the theoretical date when this strength curve start to go down. It does not mean the medicine suddenly becomes unsafe or toxic after that day. In most cases, medicines simply lose strength slowly over time.

What the evidence shows

A major government study looked at more than 3,000 batches of medicines. Around 88% were still effective years after their expiry date when stored correctly. Some remained stable for five, and even ten years longer than the label suggested.
Independent laboratory tests on tablets that were decades old found that many still contained nearly the full amount of active ingredient.
These studies show that expiry dates are set cautiously to cover all conditions.

How packaging makes a difference

Not all packaging protects medicines equally well.
Blister packs (the plastic bubbles where you press tablets out) are best. Each pill stays sealed away from air and humidity until the moment you take it. Medicines in blister packs last the longest after expiry. Large bottles or pots that pharmacists count tablets from offer less protection. Every time the lid is opened, air and moisture enter. This shortens how long the medicine remains at full strength.

On St Helena**, all our crucial medicines** such as heart tablets, blood pressure medicines, and antibiotics **come in blister packs**. This gives the best protection for stability.

Examples of medicines

Tablets and capsules like painkillers, blood pressure tablets, and antibiotics often remain effective years beyond the printed date if kept sealed and stored properly.
Allergy auto-injectors (pen device for severe allergic reactions) have been shown to still contain useful amounts of medicine for months after expiry. In an emergency, an expired injector is still better than none – in accordance with guidelines
Insulin, eye drops, and liquid medicines are less stable and should always be replaced once opened. But still showed adequate efficacy at up to a year after expiry date. All medications on St Helena are transported and stored at international standards.

Why this matters for St Helena

Because our supply chain is long, medicines may arrive with shorter shelf lives than in larger countries. By understanding the evidence, we can make the best use of stock and avoid unnecessary waste, while keeping patients safe. Our Pharmacy and Medical teams follow international standards and only dispense medicines that are safe for use after considering all evidence about that medication. All of these medications are reviewed on a case by case individual basis before dispensing them.

Resource List:

- U.S. FOOD AND DRUG ADMINISTRATION / DEPARTMENT OF DEFENSE – SHELF LIFE EXTENSION PROGRAM (SLEP): LARGE-SCALE STUDY TESTING OVER 3,000 LOTS OF 122 DRUG PRODUCTS, SHOWING THAT ~88% REMAINED EFFECTIVE WELL PAST EXPIRY, SOMETIMES FOR 5–10 YEARS LONGER.
- INDEPENDENT LABORATORY ANALYSIS OF LONG-EXPIRED MEDICINES (CANTRELL ET AL., JAMA INTERNAL MEDICINE, 2012): FOUND THAT MANY SOLID ORAL MEDICINES, DECADES PAST EXPIRY, STILL CONTAINED NEAR-LABELED AMOUNTS OF ACTIVE INGREDIENT.
- WORLD HEALTH ORGANIZATION (WHO) – STABILITY TESTING GUIDELINES: PROVIDE STANDARDS FOR TESTING MEDICINES IN HOT/HUMID CLIMATES ("ZONE IVB"), RELEVANT TO ST HELENA CONDITIONS.
- USP / ASHP GUIDANCE ON BEYOND-USE DATES: ESPECIALLY FOR STERILE PRODUCTS, EYE DROPS, INJECTABLES, AND COMPOUNDED MEDICINES, SHOWING WHY LIQUIDS HAVE MUCH SHORTER SAFE USE PERIODS.
- PUBLISHED DATA ON NITROGLYCERIN SUBLINGUAL TABLETS: DEMONSTRATING REDUCED POTENCY WITH FREQUENT OPENING AND HEAT EXPOSURE.
- PUBLISHED STUDIES ON INSULIN STABILITY: CONFIRMING RAPID POTENCY LOSS OUTSIDE REFRIGERATED STORAGE AND AFTER IN-USE WINDOWS.
- PUBLISHED DATA ON EPINEPHRINE AUTO-INJECTORS (E.G., EPIPEN): SHOWING RETAINED POTENCY FOR MONTHS BEYOND EXPIRY WHEN STORED PROPERLY, THOUGH REPLACEMENT IS ADVISED.
- CASE REPORTS ON OUTDATED TETRACYCLINES: THE CLASSIC EXAMPLE OF POTENTIAL TOXICITY (FANCONI-LIKE SYNDROME), HIGHLIGHTING WHY SOME MEDICINES ARE EXCEPTIONS.

NOTICE BOARD

Expressions of interest

St Helena Island
A breath of fresh air

St Helena Tourism are inviting expressions of interest for the following works:

1. Attachment of low level solar lighting in The Castle Gardens.

2. Installation of slate plaques for the artistic instillation of 'A Walk Through History'.

3. Repainting of Text on the historic Dolphin Stone.

4. Signage, maintenance & repair/replacement.

5. Repairs and decorating at the Ladder Hill Guard room.

6. Various additional 'small jobs' pertaining to tourism development projects.

Works to be carried out in accordance to Building Control and Land Planning and Development Control approval guidelines.

Expressions of interest should be submitted by Friday 10th October 2025.

For further information and a scope of works please contact Sophia Joshua at the St Helena Tourist office on email: Sophia.Joshua@sainthelena.gov.sh or telephone 22158.

sthelenatourism.com

Vacancy - Commissioner

Equality and Human Rights Commission

The Equality and Human Rights Commission (EHRC) warmly invites expressions of interest for the role of Commissioner. This is a vital opportunity to contribute to the protection and promotion of human rights across St Helena, ensuring that every individual has an equal chance to thrive.
Commissioners play a key role in shaping policy and influencing decision-makers, while also supporting organisations, community groups, and individuals in advancing human rights and equality.

Core Functions of the Commission include:

- Investigating complaints of human rights violations and conducting formal inquiries
- Researching legislation and monitoring developments in human rights thinking and practice to align St Helena with UK standards and global best practice
- Raising public awareness and providing accessible information to help individuals understand and assert their rights
- Monitoring the implementation of the Constitution and Human Rights Instruments, and preparing reports for the UK Government and United Nations
- Advocating for equality and empowering all sectors of the community through education and outreach

Ideal candidates will demonstrate:

- Strong communication skills and the ability to engage respectfully across all levels of society
- Empathy, patience, and approachability
- A commitment to confidentiality and integrity
- Flexibility and the ability to work both independently and collaboratively

No prior experience is required—full training will be provided. We welcome applications from individuals who are passionate about human rights and eager to make a meaningful impact.
Commissioner roles are part-time and involve regular meetings and ongoing training.

To apply or learn more, please contact Catherine Turner, Chief Executive Officer at 22133 or email: catherine@humanrightssthelena.org.
Applications should include a motivational letter and CV, submitted to Carol Thompson, Executive Manager, email: carol@humanrightssthelena.org at Coles House, Napoleon Street, Jamestown by **16:00hrs on 14 October 2025**.

SPORTS ARENA

Golf Report – Monthly Medal Strokeplay



SHGC, Contributed

On Sunday at the Golf Club, our Monthly Medal Strokeplay competition drew a competitive field of 12 players, with ideal weather conditions contributing to some excellent scoring. Four golfers returned scores in the 60s, making for a tightly contested leader board.

Douglas Augustus emerged as the overall winner with a superb round of 66, followed by Freddy Thomas in second place on 68. The third spot was decided on a countback, with Peter Bagley edging out Keith Joshua after both finished tied on 69.

There was no winner in the Two Ball Pool for the second consecutive week.

Congratulations to all the medal winners!

Next Sunday: Turkey & Ham Competition. The club will host the second Turkey and Ham Competition of the year next Sunday. This event will be played in the cross-country format, promising a fun and challenging round for all participants. Tee off will be at 12 noon.

Registration closes on Saturday, 4 October, at 2pm. Members are encouraged to register early to avoid disappointment.

For more insight follow us on Facebook and check out our website www.sthelenagolf.com

Happy swinging!

Greetings from the Jamestown Rifle Club



Pat Henry, Contributed

Amazing, we are finished with the month September 2025; it's frightening how time flies when you're having fun, especially when you're enjoying shooting sessions at the Jamestown Rifle Club.

The weather was favourable making it comfortable for our event to take place and run smoothly without any disruptions. We were very pleased to have six teams taking part in this Two-Person Team Competition; the format was presented and everyone was contented and happy to give it a go. We decided not to post scores on the leader board until the last two members started shooting, the idea for this was not to put pressure on anyone knowing what score they had to shoot to be in a winning position; which made it more interesting, we found this works perfectly well.

Team results; in 6th place was Pete 90.2 & Emma 82.1 =172.3, 5th was Jude 91.2 & Ellie 82 = 173.2, 4th was Cherilee 92 & Tinika = 183.2, 3rd was Imogen 97.6 & Nate 92.3 = 189.9 and in 2nd was Elli 97.3 & Helen 93.2 = 190.5. Then topping the leader board and gaining 1st place was Danae with 94.3 & Kyle 99.8 = 194.4. Medals was presented by Tinika to all winners. Congratulations was extended to everyone who participated in this competition, and thanks to everyone for supporting the club. Trust we have a good attendance next week, who knows, we might have a surprise prize up for grabs.

Our good wishes to everyone and enjoy the rest of the week and have an enjoyable weekend.

Through the Lens

The Five-Minute Conversation That Changes Everything - Written By *Ed Oyewo*

Every afternoon, when my 15-year-old daughter comes home from her GCSE studies, we have what I call our "debrief." It's nothing formal, just five or ten minutes where I ask about her day. Some days she's bursting to tell me about a biology experiment gone wrong or a particularly tricky maths problem she finally cracked. Other days, I get the classic teenage grunt and "fine." But here's what I've learned: showing up for that conversation every single day matters, even when the answers are short. As parents on St. Helena, we're raising our children in a unique environment. Our island community is close-knit, and our schools are places where teachers know every student by name. Yet even here, with all these advantages, our young people face pressures that can feel overwhelming. GCSE coursework, friendship dynamics, anxiety about their futures, and the usual turbulence of adolescence all converge during the school day. When we check in consistently, we create a safety net that catches problems before they become crises.



You might wonder if your teenager actually wants you asking about school every day. Won't they find it annoying? The research suggests otherwise, and my own experience confirms it. Young people, even those who roll their eyes at our questions, feel more secure when they know we're interested. They might not always want to talk, and that's fine, but they notice when we stop asking. From a student's perspective, daily check-ins signal something crucial: you matter to us. When a parent consistently asks about school, it tells their child that their daily experiences are important, that their struggles are worth discussing, and that they're not alone in navigating their education. For a 15-year-old facing exam pressure, that reassurance is invaluable.

The key is asking the right questions. Instead of "How was school?" (which inevitably gets "fine"), try "What was the most interesting thing you learned today?" or "Did anything frustrate you?" These open-ended questions invite conversation rather than shutting it down. I'll be honest: some days, I'm exhausted. I've had my own challenging day at work, there's dinner to prepare, and the idea of extracting information from a monosyllabic teenager feels like one task too many. But I've come to see this daily ritual as an investment, not a chore. When we check in regularly, we spot warning signs early. Is your child suddenly reluctant to discuss a particular subject? Are they mentioning the same classmate in a negative context repeatedly? Have they stopped talking about activities they used to enjoy? These patterns emerge only when we're paying attention consistently.

My daughter knows I'll ask about her revision schedule, which assessments are coming up, and how she's managing her time. This gentle structure helps her stay organized and reminds her that someone is in her corner, cheering her on. When she's struggling with a concept, we can arrange extra help promptly because I know about it right away rather than discovering the problem at parents' evening months later.

Our children are growing up fast, and soon enough they'll be making their own way in the world. The daily check-ins we do now build communication habits that will last a lifetime. When they're adults facing challenges, we want them to feel comfortable coming to us, and that comfort starts with these everyday conversations we're having now while they're still under our roof.

So tonight, when your child comes through the door, ask them about their day. Listen to the answer, even if it's brief. Tomorrow, ask again. The day after that, ask again. These small, consistent acts of interest weave a safety net that will catch your child when they stumble and celebrate with them when they soar.

After all, five minutes of conversation today might just be the investment that changes everything.

Till Next Time, Keep Well!

Jamestown Community Centre Skittles Leauge



1/09/2025	**Young Stars**	**469**	**beat**	**Strugglers** **460**
Gents Highest Score	Richard John	67		Clayton Clingham 54
				Jeremy Yon 54
				David Thomas 54
Ladies Highest Score	-			Rebecca Young 45
Highest Spare	Richard John	16		-
03/09/2025	**Guys and Dolls**	**455**	**beat**	**Stallions** **447**
Gents Highest Score	Mark Anthony	55		Jordie Henry 61
Ladies Highest Score	Marilyn Joshua	59		Danielle Anthony 44
Highest Spare	Mark Anthony	14		Jordie Henry 17
08/09/2025	**Licikity Splits**	**429**	**beat**	**Alley Cats** **415**
Gents Highest Score	Joey Thomas	62		Anthony Phillips 62
Ladies Highest Score -	Taylor Thomas	45		Carrie Williams 45
	Keeley Yon	45		
Highest Spare	Joey Thomas	15		Cody Phillips 16
10/09/2025	**Parttimers**	**534**	**beat**	**Strugglers** **496**
Gents Highest Score	David Reynolds	71		Clayton Thomas 61
Ladies Highest Score	Stacey Williams	71		Sally Hickling 61
Highest Spare	Stacey Williams	12		Sally Hickling 10
15/09/2025	**Extractors**	**469**	**beat**	**Young Stars** **444**
Gents Highest Score	Andrew George	60		Ashley Benjamin 54
				Shane Stroud 54
Ladies Highest Score	Wendy Roberts	54		Rebecca Young 57
Highest Spare	Andrew George	12		Shane Stroud 14
17/09/2025	**Stallions**	**482**	**beat**	**Alley Cats** **453**
Gents Highest Score	Jordie Henry	71		Anthony Phillips 61
Ladies Highest Score	Danielle Anthony	39		Shania Benjamin 51
Highest Spare	Jordie Henry	14		Ashley Furniss 13
22/09/2025	**Guys and Dolls**	**467**	**beat**	**Lickity Splits** **412**
Gents Highest Score	Neil Joshua	66		Tristan Thomas 52
				Joey Thomas 52
Ladies Highest Score	Julie Anthony	70		Terri Braff 58
Highest Spare	Julie Anthony	16		Terri Braff 13
	Neil Joshusa	16		
24/09/2025	**Strugglers**	**469**	**beat**	**Alley Cats** **441**
Gents Highest Score	David Thomas	58		Anthony Phillips 65
Ladies Highest Score	Kaylee Piek-Yon	62		Shanie Benjamin 47
Highest Spare	Mavis O'Bey	13		Anthony Phillips 15
29/09/2025	**Parttimers**	**462**	**beat**	**Stallions** **450**
Gents Highest Score	Gavin Ellick	64		Kyle Yon 66
Ladies Highest Score	Andria Timm	51		Danielle Anthony 42
Highest Spare	Gavin Ellick	16		Kyle Yon 14

SPORTS ARENA



NO MEETING, NO FOOTBALL

Football to be cancelled again after lacklustre attendance numbers at Special General Meeting of SHFA

Liam Yon, SAMS

A special meeting of the St Helena Football Association was held on Monday evening in order for a new Secretary and Committee Member to be elected to allow the continuation of this year's local football season at Francis Plain; however, the meeting had to be postponed due to a lack of attendance.

Despite all Captains and players – past and present – being encouraged to attend this meeting at the New Horizons Youth Centre, there was a lacklustre turnout on the evening with only six people in attendance, including only one team captain.

With the Constitution requiring at least ten people to be in attendance in order to hold a Special General Meeting, and with only six having turned up, the meeting could not go ahead and has now been rescheduled to take place likely on the evening of Monday, 6 October.

Because of this, and until such time that the committee is back up to a full complement, football has once again been cancelled and will not take place at Francis Plain this coming weekend. This itself has consequences with the SHFA warning that the third round of this year's league could likely be called off if a further cancellation takes place due to another poor attendance at the rescheduled meeting.

"If we do not have ten members/persons at this meeting then football will continue to be postponed," they informed all team captains. "If it is postponed again after the next meeting then it is also likely that Round 3 of the league will not commence given time constraints and only the postponed fixtures from Round 1 will be played to complete the league phase, which will then be followed by the District and Knockout."

Again, the SHFA is encouraging as many people as possible who are involved or wanting to be involved with football on St Helena to attend their rescheduled meeting, a date and time of which should be confirmed soon, though has been earmarked for Monday evening, 6 October at 6pm.

PREMIER LEAGUE FIXTURES

Friday 3 October 2025			
7pm	**Everton**	**vs**	**West Ham**
Saturday 4 October 2025			
11.30am	**Leeds**	**vs**	**Spurs**
2pm	**Arsenal**	**vs**	**West Ham**
2pm	**Man Utd**	**vs**	**Sunderland**
4.30pm	**Chelsea**	**vs**	**Liverpool**
Sunday 5 October 2025			
1pm	**Aston Villa**	**vs**	**Burnley**
1pm	**Everton**	**vs**	**Crystal Palace**
1pm	**Newcastle**	**vs**	**N. Forest**
1pm	**Wolves**	**vs**	**Brighton**
3.30pm	**Brentford**	**vs**	**Man City**

