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SENTINEL

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"A Case of Mistaken Identity"

We were "embarrassed and utterly humiliated" says Kevin van Wyk as he details traumatic wrongful arrest ordeal







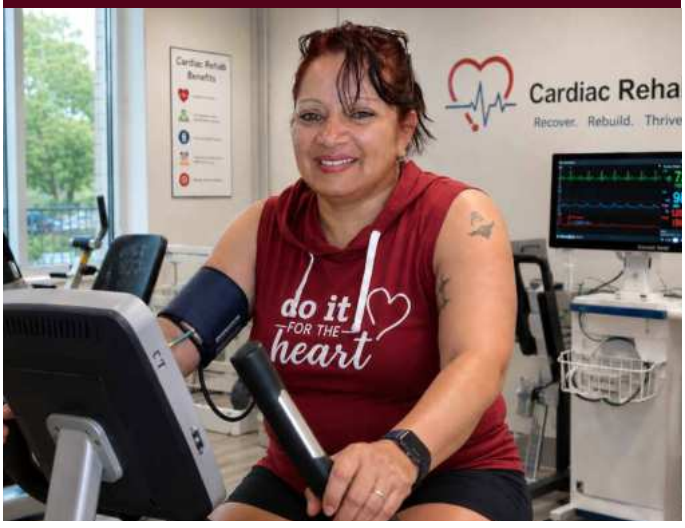
Con-graduations!



Brooke Yon

Bachelor of Science (Honours) in Forensic Science, Nottingham Trent University

When a Heart Attack strikes without warning



OPINION

SENTINEL COMMENT

Luke Bennett, SAMS

Well first of all, a big thanks to Mr. Leo for those very kind words that was sent in as a letter in this week's issue, I very much appreciate it. But now I'll have to extend those kind words to the rest of the volunteers who are making the effort to help establish a junior church program, you know who you are. I do believe that junior church will be very valuable to the youngsters in the church community, making it a fun and easier way to enjoy and understand your faith.

For me, volunteering is very important. There are too many times I've heard people talk about how the youth is the future of the island, but when it comes to volunteering to help the younger community, there is no interest. So, in light of that, this is a big shout out to all those who are volunteering in our community. From the Girl guides, Rainbows and Brownies to the Scouts, Cubs and Beavers, the Church Lads and Girls Brigade, the Salvation Army, New Horizons, the Seventh Day Adventist, the Swim Clubs and other sports clubs, to the volunteers who I've seen helping out with the Junior Football, and so many more. Thanks to all of you for putting in the effort; I know it isn't easy because we all have a lot of things going on and there aren't enough hours in the day.

Not because we're not getting paid doesn't mean that you can't put a positive impact in a young person's life, it just takes effort and commitment. I know volunteers who show up straight from work then have to go take care of their elderly parents and then go to their own family. It's not easy, but this is what we do to give back, and help give the youth a brighter future.

So, what do we get out of it? It doesn't matter! It is about giving and helping where you can, you hope to give the same guidance and joy you had when you were inspired by a volunteer. So once again, a big thank you to all the volunteers out there keep it going.

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YOUR LETTERS

Dear Editor

On the 3rd Sunday of each month, a special service is held at St Pauls Cathedral at 9.30am; the format of the worship is mainly tailored towards the Christian teaching of our children.

On Sunday morning, during the service, leader Luke Bennett and the three children had a short group meeting in relation to the Christian faith. Thank you, Luke, for kindly supporting our young people as they develop in body, mind, and spirit; and we hope more of our young people will be inspired and encouraged to attend Junior Church on the 3rd Sunday of each month. There is a lot a child can learn from community worship, not least the power of congregational prayers in addition to private prayers.

Let us briefly remind ourselves of the spiritual pillars of our Christian faith: Our Heavenly Father is the Creator of the Universe and all things therein. The Lord Jesus Christ is our Saviour and Teacher. The Holy Spirit is our Helper. The Holy Scripture, the Holy Bible, is provided for our information – all 66 books. And the divine gift of Prayer is for our direct communication with the Father, the Son and the Holy Spirit. The foundation of our Christian faith is reinforced by Romans 8:31: 'If God is for us, who can be against us.'

Have a pleasant journey,

Cyril Leo

Addendum to Girlguiding article in The Sentinel, 13th August

Girlguiding
St Helena and Dependencies Branch

Sincere apologies to Deborah Knipe for inadvertently omitting her name from the list of awards presented at Plantation Awards Tea. Deborah is a valuable member of the Girlguiding Association and was recognised with an award for serving 12 years as a Brownie Leader, she also serves as the Brownie Advisor and will be Leading Team St Helena for the Phoenix 2027 camp.

Expression of Interest

St Helena Island



Sample Image

The St Helena Marathon will be held on the 28th February 2027. St Helena Tourism are inviting expressions of interest for the **erection of scaffolding (simple squared-arch walkthrough system)** to be wrapped and used as a finish-line arch located at the seafront.

For further information please contact Katie-Raye Williams at the Tourist Office.

E: Katie-raye.williams@sainthelena.gov.sh T: 22158.

sthelenatourism.com

"This has been a traumatic experience for them both"

Bank of St Helena "stands firmly behind exonerated colleagues" after Police clear wrongful arrests made last week



The Royal St Helena Police Service has offered no official comment or response regarding the wrongful arrests and subsequent exonerations



The Bank of St Helena Customer Service Centre, where the arrests took place on Thursday, 13 August



Kevin van Wyk and his wife, who were fully eliminated from suspicion after evidence confirmed they were not involved in any offence

Liam Yon, SAMS

Two Bank of St Helena employees have been fully cleared of any wrongdoing by the Royal Saint Helena Police following their wrongful arrest on bank premises on Thursday, 13 August. The individuals—identified as staff members Kevin van Wyk and his wife—were released unconditionally without charge after police inquiries conclusively established that they had no involvement whatsoever in any offence.

Following days of intense public speculation, the Bank of St Helena issued a detailed official statement to address community rumours, set the record straight, and confirm that police have fully eliminated both employees from suspicion.

In its statement, the bank addressed the incident directly, confirming that two team members were taken into custody on the premises, before being completely exonerated by law enforcement.

"The Bank of St Helena wishes to address an incident that occurred on our premises on Thursday 13th August 2026 where two members of staff were arrested by the Royal Saint Helena Police on suspicion of having committed an offence," the bank stated. "We can now officially confirm that the St Helena Police have fully eliminated both individuals from any suspicion of wrong doing and they were released unconditionally and without any charges against them."

The bank was clear in noting "that the evidence obtained as a result of the police inquiry has conclusively established that both individuals were not involved whatsoever in any offence."

Highlighting the emotional toll of the public event, management affirmed that both employees retain the full backing of the institution, with their professional records remaining completely intact.

"The Bank stands firmly behind our exonerated colleagues, and they remain employed by Bank of St Helena, with their employment records remaining unblemished by this unfortunate incident," the statement read. "This has been a traumatic experience for them both and we are grateful that the facts have been quickly and clearly established."

The bank acknowledged the potential damage such a visible police action can cause to public perception, particularly given its role as the island's primary financial institution.

"As a trusted financial institution, the Bank of St Helena's reputation is fundamentally anchored upon public trust, integrity, professionalism, confidentiality, and complete confidence in the people entrusted with key responsibilities," the bank explained. "We recognise that events of this nature, particularly when occurring within a highly visible customer environment, have the potential to create unfortunate speculation and misunderstanding among our valued customers and the wider community."

Management further noted that reputational fallout can linger even after individuals are formally cleared. "We are acutely aware that such perceptions can be damaging and may persist even when, as in this case, the individuals concerned are subsequently and unequivocally cleared of any wrongdoing," they noted.

Concluding its statement, the bank reaffirmed its ongoing commitment to the community. "We remain entirely committed to upholding the highest standards of integrity and transparency, and we deeply appreciate the continued trust and support of our customers and the St Helena community," they said.

While the Bank of St Helena moved quickly to clarify the facts and publicly defend its staff, authorities have remained silent on the circumstances surrounding the wrongful arrests. Formal enquiries submitted to the Royal St Helena Police Service by The Sentinel, requesting details on the police action and the subsequent exoneration, have received no response or acknowledgement prior to publication.

Editor's Note: A personal letter from Kevin van Wyk, detailing the full story of his family's traumatic experience with the Royal St Helena Police, can be read on Pages 4–5.

YOUR LETTERS

Dear Editor,

On Saturday, 2 November 2024, Airlink flight 4Z131 touched down at St Helena Airport in the early afternoon. I disembarked and took in a 'breath of fresh air' just as promised by St Helena Tourism. But I wasn't here as a tourist. I came here to live.

My family and I took the decision to move to St Helena after initially visiting on holiday a few months prior. Our home city of Johannesburg has for years been wrecked by high rates of crime, unemployment, poor service delivery and a corrupt and incompetent police force. St Helena seemed to be precisely the opposite of all those things.

Nearly two years into our residency on the island, things seemed to be going particularly well. Tasneen, my wife, worked for Bank of St Helena as the Money Laundering Reporting Officer after an earlier stint as a bank teller. I, too, worked at the Bank, helping it to set up its newly-established insurance department.

But just like any other place on Earth, the island is not perfect; the cost of living is high, the sea breeze can get a bit stiff sometimes and many of the roads are far too narrow to allow two vehicles to pass alongside each other. If anything, it's these narrow roads that exemplify the way Saints treat each other. One driver will find a little crevice to squeeze into, or reverse to a wider section of road and they'll pass one another with minimum fuss, always ending with a smile and a wave.

The other reason that has endeared me to St Helena is my very own story. I had always been told about my distant Saint ancestors by my great grandparents who have since taken those stories to their graves. Through the magic of DNA testing, I have finally confirmed those links and discovered that I have many distant cousins on St Helena. There is not a Saint on the island whom I have met and not proudly boasted about my own ancestors who traversed these hills and valleys back in the 1800s.

My wife and I had one caveat to our stay on the island; if our children did not like it, or had difficulty settling in, then we'd go back home. It turned out that our fear was unfounded. Our two daughters are having the time of their lives and have more friends than they can manage. As if that wasn't enough, on the evening of Tuesday 11 August 2026, we sat proudly in the school hall of Saint Helena Secondary School at the prizegiving ceremony for KS2, watching as both our daughters received awards for their exceptional academic performance. We could not have been prouder.

Our virtual fairy tale existence on St Helena came to a shuddering halt on Thursday 13 August 2026. Shortly after midday, we had learnt that the Royal Saint Helena Police Services phoned our home phone number in Half Tree Hollow, speaking to both our daughters. Our eldest daughter relayed this message to us by phoning my wife at work. As any parent would be, we were naturally concerned. The message from our daughters was that the police wanted to know who used the phone and why messages were being sent from it. When our youngest daughter informed the officer that he had probably called the wrong number, he disagreed. They subsequently quizzed our daughters about their parents, then hung up the call.

Upon hearing this, my wife immediately called the RSHPS to enquire about the unusual phone call to our home. The police representative on the other end of the call listened to my wife and undertook to revert to her later after gathering more information. After concluding the call, my wife informed me about her brief discussion with the police. My wife suggested that she would leave work immediately to be with the children and I agreed. I said that I'd walk up to the police station later on, after a work meeting, to find out once and for all why the police had contacted our house. My wife collected her things in preparation for her trip home and I went to my office to attend my meeting.

At roughly 13h20 I was called by the Bank's reception desk to report to the Customer Services Centre, just adjacent to our main office. I rushed downstairs, making the reasonable presumption that me being called had something to do with the earlier strange phone call to our home. I entered the Customer Services reception area to find three uniformed police service members standing inside. I immediately heard my wife crying, her distinctive voice sobbing in pain from a corner office. I could not see her. I naturally tried to go and see what was causing her distress but was prevented by a burly policeman. This marked the most fearful moment of my life. Listening to my wife's cries, being faced by three police officers, just after having received a strange message from our daughters about an hour before, only one thing seemed possible at that moment: one or both of my daughters must have been dead. The blood rushed from my face and I simply asked 'What's going on?' I was not sure if I actually wanted to know the answer.

And then I was told that I was under arrest. For a millisecond, I was relieved, knowing that my children were likely still ok. But now my fear was replaced with confusion, even more so when I was told that the arrest was for blackmail. The charge was that I had threatened someone to release images of her unless I was paid money.

Confusion is an odd emotion. You furrow your brow, and think about what's just been said, as if you're trying to solve a cryptic crossword. And then I thought this was perhaps a candid camera skit. However, the blunt, deadpan expressions on the faces of the police officers standing before me made me realise that this was no joke. I was indeed under arrest. My two cellphones were immediately taken from me. I was handcuffed in front of a colleague, given a few cursory instructions by the arresting officers and told that I was going to be taken to the police station. When I asked whether the handcuffs were necessary, one of the officers said yes. I was not resisting arrest and gave no indication that I was a threat. We exited the building into the teeming Thursday afternoon foot traffic of Jamestown. The gaze of the public was naturally fixed on me being placed into the back of the police 4x4. Hopping in with your hands tied behind your back is no easy feat. The managing director of the Bank and another colleague were both just in time to witness me being bundled into the back seat of a police vehicle, with my hands firmly cuffed behind my back. I looked at them, shook my head and shrugged my shoulders, indicating that I didn't know what was going on – because I didn't.

The short drive up to Coleman House was uneventful. My confusion morphed into every synonym you could think of; I was dumbfounded, bewildered, flabbergasted and stupefied, to name a few.

At Coleman House I was met by a custody officer, a policeman whose job it is to look after your wellbeing whilst you are in detention. The prescribed questionnaires were filled in, I was informed of my rights and told that I'd be given an opportunity to respond to the charges during my interview with the detective. I answered the questions, listened attentively and signed the completed questionnaire. During my discussion with the custody officer, I learnt that my wife had also been placed under arrest. I previously assumed that her cries were caused upon being informed of *my* imminent arrest. It was clear to me now that it was likely due to being informed of her very own arrest and detention.

Shortly before 14h00 I was placed into a jail cell and the door was locked behind me. The cell was bare, with white painted walls, a basin built inside one wall and a metal toilet pro-

truding crudely from the corner of the room. The bed was a hard platform base built into the wall with a mattress and pillow composed of a thick, blue plastic material. The décor was, shall we say, minimalist.

Within a few minutes of my incarceration, I could faintly hear my wife's voice coming from the reception area. It was her turn to be booked in. I could hear her going through the same protocol and, before long, she was locked up in a cell down the passage from me.

Being alone in a jail cell it gives you time to think. That's exactly what I did. I was trying to fathom exactly how I could have been identified as a suspect. Obviously, I thought, the police would only take such drastic action if they had compelling evidence to link me to the crime in question. The only plausible explanation I could contrive, was that someone had hacked my phone and used my identity to try to blackmail the victim. That seemed to be the only possible explanation I could think of.

Sometime during my incarceration, the custody officer came to check up on me, after seeing me pacing up and down my tiny 2m by 3m jail cell through the surveillance camera. I told him that I was concerned for my children and then he informed me that they were being taken to a place of safety in Longwood. Now my thoughts focused on my daughters, wondering what they must have been going through, being whisked away by police officers not knowing where their parents were, or if they'd ever see us again.

Shortly before 5pm my cell door was unlocked and a police officer entered, introducing himself and advising me that he'd be interviewing me shortly. I presumed that he was the detective managing my case. He asked me for the pin codes to my two cellphones and I gave it to him. He left and relocked the cell. I was a little relieved knowing that my interview was imminent. I would finally have an opportunity to examine the evidence that convinced the police that I was their man.

A few minutes later, probably around 5pm, the detective came back into my cell and asked me to please follow him. I was asked to wait at the reception area whilst my wife was also retrieved from her cell. The custody officer collected my wife and she stood next to me. It was the first time we had seen each other since this whole ordeal began. We looked at each other with a mixture of relief and confusion.

The detective then advised us that there was no need for an interview because this whole matter was a case of mistaken identity. There was barely an apology, although the custody officer did use the word 'embarrassing' when describing what had just happened. I presume he meant on the part of the police, although that's exactly how we also felt from the very outset – embarrassed and utterly humiliated.

The only explanation we received at that moment, was that our (home) telephone number was similar to the number being used by the actual perpetrator. We were told that the perpetrator's 11-digit phone number, included our 5-digit home phone number. Unfortunately, that explanation does not give me much confidence and raises far more questions than answers, not least of all that the alleged tool used to commit the offence was a landline.

I must pause to mention that the police are yet to give me a full explanation of their investigation and have not fully revealed to me the nuggets of evidence they used to justify their decision to arrest me and my wife, keep us in custody for over three hours, and take our two daughters into protective custody. I have arranged a meeting with the police and I am eager to learn the collective evidence which apparently firmly pointed in our direction.

After that brief explanation and a tepid apology from the detective, we were free to go. We waited outside the police station whilst our daughters were collected from Longwood and brought to us. I have not been more relieved to see my two daughters since the days on which they were each born.

The detective then handed back to me my three laptops, various hard drives and memory sticks which were seized earlier that afternoon. Yes, my home was searched and my personal electronic equipment was confiscated, for good measure.

There are probably only two 'good' things that have emerged from this. If I was destined to be arrested at some point in my life, I'd rather have it done on St Helena than in Johannesburg. In my home city of Joburg, I would have shared a filthy, flea-infested, pee-stained holding cell with dozens of other inmates, some of whom may have taken a liking to me in a way that I would prefer not to be liked.

The second beneficial outcome is that I can now boast that I have something in common with Napoleon, both of us having been incarcerated on St Helena. Longwood House will forever be associated with Napoleon. Coleman House, on the other hand, should not be associated with me. Coleman House is rightfully named after Police Constable Leonard John Coleman. Police Constable Coleman was an honest, hardworking young police officer who died in the line of duty back in 1982.

The danger and value of police work is not lost on us. But for my sake, for my wife's sake, for my children's sake, and for the sake of *all* who live on this beautiful little island, that is all I ask for – honest, hardworking police officers who are able to put two and two together when they conduct their investigations. If they do, there'll be no unnecessary arrests, only more smiling and waving when our cars pass each other along Ladder Hill Road.

Sincerely
Kevin van Wyk
LLB (Wits) / LLM (Unisa)
Attorney of the High Court of the Republic of South Africa

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

ENVIRONMENT NATURAL RESOURCES AND PLANNING PORTFOLIO

PUBLIC ANNOUNCEMENT

Provision and Sale of Chicks

The Environment, Natural Resources and Planning (ENRP) Portfolio wishes to advise that a small consignment of Dekalb Amberlink chicks will be available for sale from September 2026.

Persons interested in purchasing chicks are required to complete an application form, which will be available from the ENRP Reception at Scotland.
The closing date for applications is 16:00 on 26 August 2026.

For further information, please contact the Livestock Services Officer, Ken Henry, on telephone 24724 or via email at ken.henry@sainthelena.gov.sh.

SHG
17 August 2026

Local Charges Remain Unchanged

Higher import and shipping costs drove recent fuel price increases say SHG



The MT Talisker brought a new supply of fuel to the Island at the end of July

Liam Yon, SAMS

Following the recent rise in fuel prices at local pumps, St Helena Government (SHG) has issued a statement detailing the exact breakdown behind the increases.

The price changes—which came into effect on Saturday, 8 August—saw diesel rise by 16 pence to £2.23 per litre, while petrol experienced a minor 2p increase to £2.04 per litre. SHG noted that these mark the first adjustments to local fuel prices since March 2024.

According to government figures, the adjustments are entirely driven by higher landed fuel and shipping costs from overseas suppliers following the tanker delivery at the end of July.

SHG confirmed that local charges remain completely unchanged. The government's fixed customs duty remains at 39 pence per litre, while the Bulk Fuel Installation wholesale mark-up and the on-island retail mark-up have seen zero increase.

Import costs were also impacted by currency fluctuations, with fuel purchased in Namibian dollars and freight paid for in US dollars.

SHG also informed that on-Island retailer, Solomon & Company, applied a lower mark-up than contractually entitled to, helping keep pump prices lower than they otherwise would have been.

Furthermore, they advised that recent refurbishments to three large diesel storage tanks in Rupert's allowed for a larger delivery parcel, helping to spread shipping costs.

To conclude, government says it will continue working with suppliers to secure future shipments at the best possible rates while managing local costs within its control.

Diesel price breakdown

Diesel	Before July 2026 Shipment	After July 2026 Shipment	Cost Change (£)	Percentage Change (%)
Landed cost	1.15	1.31	0.16	13.9%
SHG fixed customs duty	0.39	0.39	-	-
BFI wholesale mark-up	0.21	0.21	-	-
On-island retail mark-up	0.32	0.32	-	-
Pump price per litre	**2.07**	**2.23**	**0.16**	**7.7%**

Petrol price breakdown

Petrol	Before July 2026 Shipment	After July 2026 Shipment	Cost Change (£)	Percentage Change (%)
Landed cost	1.13	1.15	0.02	1.8%
SHG fixed customs duty	0.39	0.39	-	-
BFI wholesale mark-up	0.18	0.18	-	-
On-island retail mark-up	0.32	0.32	-	-
Pump price per litre	**2.02**	**2.04**	**0.02**	**1.0%**

"Look After On-Island Saints First"

SHG Saints Overseas Survey Ignites Public Debate and Sparks SHG Criticism



Liam Yon, SAMS

In an effort to combat severe population decline and growing workforce shortages, the St Helena Government (SHG) launched its "Saints Overseas Survey" on Thursday, 13 August 2026. The initiative forms part of SHG's broader Vision and Strategy 2026–2029, seeking to explore how the administration can better support Saints living abroad who may consider returning to work within the Public Service.

However, what was intended as a consultation on repatriating local talent quickly sparked a wave of public backlash, with Saints both on-island and overseas questioning SHG's priorities.

The online survey—open until 4pm on 11 September 2026—invites Saints living abroad to share their personal, professional, and practical perspectives on returning. SHG noted that returning is a "significant decision" and stated that feedback will help shape future policies to make Public Service roles "viable, attractive, and practical" for Saints abroad.

With key sectors across the island struggling to retain qualified staff, the government hopes the data will highlight actionable incentives to bring experienced Saints back into the local economy.

The public reaction was swift after Elected Member, Councillor Clint Beard, shared the survey on social media asking residents to "comment your thoughts." The comment section quickly filled with critical feedback from Saints on St Helena and across the diaspora.

A recurring theme was the treatment of returning Saints who have already tried to make the transition back. Dr Cilla McDaniel, who returned to St Helena in 2023 to establish a much-needed local service, and who recently departed the Island again, described the survey as an "utterly meaningless paper exercise."

"The reality is SHG is not ready to support returning Saints," McDaniel wrote, alleging that overseas contract workers were arranged for similar roles while qualified returnees, like herself, received little support.

Commenter, Malcolm Williams, echoed these concerns, questioning career development for existing staff. "If this is true, why is there little or no progression pathways for Saints already working in the public service or up-skilling them for long-term contribution?"

For many, the fundamental issue isn't a lack of desire to return, but the stark financial reality of living on St Helena. Commenters highlighted the sharp divide between low local wages and the soaring cost of housing, goods, and transport.

Local resident, Alex Osborne, questioned the feasibility of setting up a life on current wages. "Do you think a Saint living on the island right now in a government job can afford to build their own house? ... How many months do you think we have to save just to buy something basic for the house like a fridge or a stove?" – this comment in particular received large support from many in agreement.

Nick Stevens, a Saint now living in the UK, pointed out that flight costs alone act as a massive barrier. "Travel to St Helena would cost us £4,000... Unfortunately, everything is too expensive on St Helena," he noted.

Another commenter, Sophia Bowers, who is a young Saint working on the Falklands, stressed that local living conditions must take priority. "How can we compete with high costs if the wages are ridiculously low? Realistically, look after the people who are there right now. Give them what they need to survive the outrageous increases of bills, food, fuel, rent etc." Again, this sentiment of looking after those residents already on the Island came through strong in the comments on the survey.

Latisha Fowler, another young Saint who works on Ascension Island, summarised the widespread opinion, noting that on-island residents and Saints abroad share the same fundamental concerns. "In my opinion, life on St Helena should be looked at as a whole, with the focus being on creating a better future for everyone, not simply on encouraging Saints who live and work abroad to return home... Ultimately, the goal should be to make St Helena a better place for everyone, regardless of where they currently live," she wrote.

Responding directly to the flood of feedback, Councillor Clint Beard acknowledged the community's frustration. "I, for one, currently feel locals on Island are not getting the best deal and I voice my concerns on this topic," Cllr Beard wrote, promising to raise the issues in government. "The discussion is needed... honesty will be appreciated... we all want to allow everyone to have their comments noted and another comment put out there, just not another paper exercise."

The Saints Overseas Survey remains open for submissions until 11 September. Community members have called for SHG to publish a transparent, public report detailing the survey's findings and any resulting action plans.

Con-graduations!

Celebrating the Achievements of Saint Graduates in the UK



Brooke Yon

Bachelor of Science (First Class Honours) in Forensic Science, Nottingham Trent University

Liam Yon, SAMS

Our featured graduate this week is St Helena's Brooke Yon, who has recently graduated with First Class Honours in Forensic Science from Nottingham Trent University (NTU)—an institution ranked 1st in the UK for Forensic Science, student employability, and career-focused teaching.

Brooke's outstanding academic journey ended on an exceptionally high note, as she was awarded the Outstanding Academic Achievement Prize alongside receiving her degree and qualifying for the Placement Certificate in Professional Practice (PCiPP).

Reflecting on her decision to attend NTU, Brooke shared that the university's top rankings and strong career focus were major factors. Across her three-year degree, she explored fascinating subject areas—including Forensic Ecology & Anthropology, Drugs of Abuse, Ethics & Law, and Forensic Casework Examination. However, two final-year modules stood out as particular highlights; Forensic Microbiology and her Research Project.

In Forensic Microbiology, Brooke investigated foodborne outbreaks across various pathogen species, utilising molecular identification techniques such as DNA fingerprinting to trace causative agents, origins, and transmission pathways—a vital skillset in bioterrorism investigations.

For her main research project, Brooke focused on a crucial area of forensic casework. She investigated the cation influence of ionic liquids (IL) on the stability of double-stranded DNA (dsDNA). Ultimately, her work developed a novel preservation medium for DNA that offers significant improvements over current methods for enhancing DNA stability and protection, directly enabling the generation of reliable DNA profiles from crime scene samples. "My research project was one of the highlights of my degree, as it gave me the creative freedom to design experiments and test hypothesis independently," she shared.

Praising the university's learning environment, Brooke spoke highly of the academic team. "The academic support was exceptional. The lecturers and laboratory technicians were consistently approachable, always willing to answer questions and provide guidance whenever needed," she noted. She added that her lecturers inspired her through their depth of knowledge, confidence, and belief in their students. In particular, her project supervisor





provided invaluable encouragement, offering opportunities to present at conferences and enter competitions to sharpen her research skills.

Transitioning from island life to university in the UK was a journey Brooke embraced whole-heartedly. Excited by the prospect of growing both academically and personally alongside like-minded peers in STEM, she adjusted quickly. "Honestly, I took it in my stride and leaned fully into the experience, focusing on embracing the new challenges and independence," she reflected, adding that whenever small hurdles arose, guidance was always close at hand.

A strong support network played a key role in her student life. Brooke formed a close friendship with a first-year coursemate and her flatmate, and the trio went on to live together for the next two years, supporting each other through every step of university life.

Throughout her degree, Brooke actively sought out opportunities to expand her scientific horizons. Most notably, she secured a competitive summer research placement at the prestigious Francis Crick Institute in London—one of Europe's largest biomedical research institutes. Working within the Single Molecule Imaging of Genome Duplication Laboratory, Brooke led a research project titled Generation and Characterisation of Human CMG Mutants, focusing on the mechanisms of DNA replication. "Contributing to world-class research aimed at understanding fundamental biological processes and human health was a transformative experience that has largely shaped my commitment to a career in Biomedicine," she recalled.

Alongside her studies, Brooke worked as a course ambassador, representing NTU at open day weekends to welcome and guide prospective students. During her free time, she also enjoyed traveling abroad to experience new cultures, taking part in local sports, and spending quality time with family and friends.

Looking back on her achievements, Brooke expressed deep appreciation for those who guided her path. "I am deeply grateful to the academic team at NTU for their guidance throughout my degree, to the industry professionals whose mentorship has been invaluable in helping me reach this stage, and finally to my family and friends for being a part of this journey," she said fondly.

Brooke also had some advice for students at St Helena Secondary School aspiring to study overseas, where she encouraged them to step into new challenges. "University opens doors you did not even know existed," she said. "It gives you a platform to showcase your potential alongside people who share your passion. You will discover a completely new version of yourself that you can be beyond proud of. Never fear the unknown but instead embrace a little discomfort as it is often the very thing that pushes you forward!"

The next chapter of Brooke's journey will take her to the University of Birmingham, where she will pursue a Master's degree in molecular biotechnology. Bridging molecular biology and forensic science, the program will allow her to explore novel approaches to forensic techniques and contribute to the expanding fields of forensic and biomedical research.

The Sentinel extends its warmest congratulations to Brooke on her First Class Honours degree, her Outstanding Academic Achievement Prize, and her incredible research contributions. We wish her the absolute best of luck as she begins her Master's studies at the University of Birmingham and continues to excel in the scientific world!

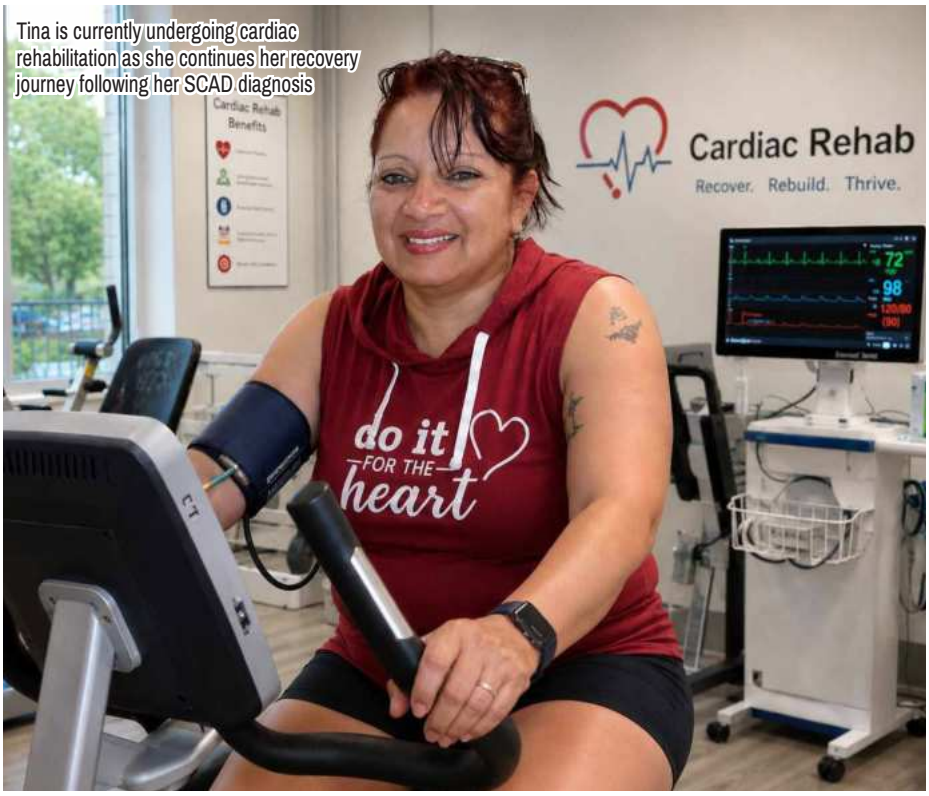




LIFESTYLE & CULTURE

When a Heart Attack strikes without warning

Tina Yon-Stevens' shares her experience with SCAD – a rare and unfamiliar heart condition that everyone should know about



Tina is currently undergoing cardiac rehabilitation as she continues her recovery journey following her SCAD diagnosis

Liam Yon, SAMS

Life can change in an instant. For Saint, Prunella Yon-Stevens – known to all as Tina – living in Worcester, UK, the 25 June 2026 is a day she will never forget, when a sudden medical crisis turned her world upside down.

As someone with a background in sports and fitness who regularly alternates running and strength training, a heart issue was the furthest thing from Tina's mind. Yet, at age 49, despite being fit and active, she suffered a heart attack caused by Spontaneous Coronary Artery Dissection (SCAD).

Now undergoing rehabilitation, Tina is sharing her story with The Sentinel to raise awareness across the St Helena community about a condition that remains widely misunderstood.

On the morning of 25 June, Tina completed her regular workout, though she recalled feeling unusually tired. An hour later, while on the phone with a friend, she felt a strange discomfort in her chest.

"I sort of brushed it off as reflux," Tina recalled. "The pain was getting worse... I called my husband who was working nearby. I remained calm and told him I needed him to come home as I had chest pain. When he arrived about a minute later, I was rolling around on the floor trying to stretch the pain out."

After recognising that Tina was experiencing jaw pain alongside chest discomfort, Nick gave her an aspirin and urged her to call emergency services – even though she didn't want to.

"The reason I didn't want to call was because I honestly thought he was overreacting and I didn't want to waste people's time," said Tina. "I knew the emergency services are busy without having to check on my 'reflux'."

Paramedics arrived within 15 minutes, by which time Tina's pain had subsided from a severe 10/10 to a more manageable 2/10. Though her vital signs appeared normal, paramedics advised her to go to the hospital for blood tests. Hours later, a doctor delivered the shocking news; blood markers confirmed she had suffered a heart attack. An angiogram later revealed a tear in her coronary artery.

According to medical research from the British Heart Foundation and the Mayo Clinic, SCAD occurs when an inner layer of a coronary artery suddenly tears. Blood passes through the tear and pools between the artery walls, creating a blockage or blood clot that starves the heart muscle of oxygen.

Unlike traditional heart attacks caused by plaque build-up (atherosclerosis) or lifestyle factors like smoking and high cholesterol, SCAD strikes without warning in healthy


Tina alongside her husband Nick, whose quick action in calling emergency services proved crucial on 25 June

individuals who have no traditional cardiac risk factors.

Over 80% of SCAD cases occur in women, predominantly under the age of 50. While exact causes remain under investigation, events can be triggered by sudden physical strain such as heavy lifting, intense exercise, or even severe coughing/sneezing, as well as acute emotional stress.

Because SCAD is rare and patients often appear perfectly healthy, it is frequently misdiagnosed initially as indigestion or anxiety. Specialised care in the UK is centred at dedicated clinics such as Glenfield Hospital in Leicester, where waiting lists for referrals can span several months.

SCAD symptoms closely mirror traditional heart attack warning signs like chest discomfort including pain, pressure, heaviness, or a burning sensation (often, like in Tina's case, mistaken for reflux); discomfort spreading into the jaw, neck, back, shoulders, or arms; and also shortness of breath, cold sweats, dizziness, unusual fatigue, or nausea.

Reflecting on the event, Tina's husband Nick noted that "life can change in an instant... lucky for us, things were in line that day and we are confident of a complete recovery."



Strong family and friendship ties have and will continue to support Tina's ongoing recovery

For Tina, connecting with support groups like SCAD Research Inc. in Australia has provided valuable community backing while awaiting specialist follow-up – though there are many questions that she feels are yet to be answered. The psychological toll of the experience is something that also will require time to recover from, as Tina admits "it's always at the back of my mind, hoping that it doesn't happen again."

However, Tina is facing her recovery with positivity and determination, supported by her family and reports that she is "getting there" and "returning to some sense of normality".

Her key message to readers on St Helena is simple; never dismiss unexplained chest discomfort or body warning signs out of fear of "causing a fuss" - early action and emergency care saves lives. SCAD can strike without warning, and hopefully Tina's experience and raising awareness of the rare condition will help those on St Helena and beyond be better prepared if ever faced with a SCAD attack.

Tina, thank you for sharing your story and sending you all our well wishes for a full and speedy recovery!

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

PRESS RELEASE

Published Summary of Fishery Industry Situational Analysis

In response to public comments about the length of the *Situational Analysis of the St Helena Fishing Industry*, SHG has published a public summary, available at https://www.sainthelena.gov.sh/app/uploads/2026/08/FRSA-Public-Summary-260813.pdf

The document setting out options for the future of the fishing industry will be published for public consultation on 11 September. This public summary highlights the key policy issues identified in the Situational Analysis at https://www.sainthelena.gov.sh/documents/situational-analysis-of-the-st-helena-fishing-industry/.

Neither document makes recommendations. The role of these documents is to inform discussion and decision-making.

Ministers will consider the available options and make recommendations for policy to Cabinet, which will then be considered by Executive Council.

#StHelena #FishingIndustry #PublicConsultation

SHG, 19 August 2026

Appeal Launched as Tristan Rallies after Devastating Storm

Sister Island calls for support following 124mph hurricane-force winds in July that left a trail of destruction across the settlement



Islanders work together to repair roof damage following the hurricane-force winds that swept across Tristan da Cunha in July

Liam Yon, SAMS

St Helena's sister island, Tristan da Cunha, is reaching out to its South Atlantic neighbours and the wider world for support following a severe storm in early July that brought destructive, hurricane-force winds and caused widespread damage across the settlement.

The devastating weather comes during what has already been an extraordinarily difficult year for the island's 233 residents, following the recent hantavirus outbreak.

According to an official update published by Tristan da Cunha Post & Tourism on 11 July, hurricane-force winds lashed the island on Tuesday, 7 July, with wind gusts recorded at an extraordinary 124mph (200km/h).

The extreme winds left significant infrastructure damage in its wake. Key public and government facilities—including The Residency, the Biosecurity Building, Communications Offices, the BFBS TV receiver, the Albatross Bar, the RIB boathouse, and the Public Works Department (PWD) sheds—all suffered severe structural damage or loss of roofs. Heavy longboats, securely tied down prior to the storm, were also lifted and thrown across the settlement.

Most devastatingly, one young family's home was completely destroyed in the storm. Miraculously, despite the scale of the destruction, no serious injuries were reported across the community.

"It must have been an incredibly frightening experience for them as the storm unfolded, but thankfully they all escaped safely and are now staying in temporary accommodation," the Tristan Post & Tourism team shared back in July. "In true Tristan fashion, the community rallied around them immediately; Islanders donated clothing and other essentials, cooked meals, and offered whatever help they could to support the family through such a difficult time."

Despite facing a recovery effort that will take many months to complete, officials praised the enduring resilience of the island community.

"While the damage will take many months to repair, one thing the storm could never take away is the spirit of Tristan," the statement read. "Neighbours have helped neighbours, families have supported one another, and people have come together to begin the enormous task of cleaning up and rebuilding... We may be one of the world's most re-

mote communities, but we never face challenges alone."

To assist Tristan da Cunha in its long-term rebuilding and recovery effort, a local appeal has been opened on St Helena.

Donations can be made directly to the David Wilson Charity Fund, an officially registered charity organisation with the Charities Commission for Saint Helena, governed by the Saint Helena Charities Ordinance, 2005. The fund's primary objectives focus on advancing the social welfare, health, and well-being of the Tristan community. The David Wilson Charity Fund holds a Bank of St Helena account via Account Name: David Wilson Charity Fund Tristan Da Cunha, and Account Number: 02227002. Further details have been published in a flyer accompanying this article.

For further information and guidance on the appeal or how to offer additional support, members of the public on St Helena can contact local resident, Maria Yon—a direct descendant of the Swain family on Tristan—via telephone: 24134, mobile: 61324, or email to keith.yon@helanta.co.sh.

Let's show our support to our Sister Island – make a donation to help their recovery efforts today!

Bank details and charity information for supporting the Tristan da Cunha storm relief appeal



David Wilson Charity Fund

is an officially registered charity organisation with the Charities Commission for Saint Helena and it is governed by Saint Helena Charities Ordinance 2005.

The David Wilson Charity Fund is based in Tristan Da Cunha Island (The Remotest Island in the World) a pristine home to a population of 233 people.

Objects of David Wilson Charity Fund

The David Wilson Charity Fund's objects are to ensure the advancement of the social welfare & well-being of the people of Tristan Da Cunha, prevention or relief of poverty; advancement of health; advancement of citizenship or community development; advancement of the arts, heritage or science; advancement of human rights, conflict resolution or reconciliation; advancement of environmental protection or improvement; advancement of elderly/pensioners welfare and any other cause that may reasonably be regarded as analogous to or enshrined within charity's constitution.

Please kindly make your DONATION and stand out to make a difference to the sustainability of the Remotest Island in the World

For remittance to Bank of St Helena by Swift the following details will be required		
Ordering Customer (Remitter)		Full Name & Address
Beneficiary Bank	Swift Code	BHELSHJJ
	Currency	GBP
	Address	Bank of St Helena Ltd, Market Street, Jamestown, St Helena, STHL 1ZZ
Beneficiary (Bank of St Helena Account Holder)		**David Wilson Charity Fund Tristan Da Cunha Bank Account Number: 02227002**
Ordering Institution		[Insert]Swift Code of Remitter's Bank
Intermediary Institution (GBP Correspondent)	Swift Code	LOYDGB2L
	Bank Address	Lloyds Bank PLC (UK International Services), London, United Kingdom

Email: cfo@tdc-gov.com Phone: +44 203 014 5110

Book of the Week

Public Library Service



The Best Sleepover in the World by Jacqueline Wilson

Daisy's worst ever enemy Chloe is desperate to win back her friends so she announces she's going to have THE BEST SLEEPOVER IN THE WORLD. There's going to be a swim in a luxury pool, a special makeover for every guest, and a real live meeting with a social media superstar.

All Chloe's old friends are invited, even Daisy's best friend Emily. But Daisy is left out. Daisy's sister Lily is non-verbal but she's learned Makaton at her new special school. She signs to Daisy that she wants a sleepover. Will family and friends somehow make Lily's party THE BEST SLEEPOVER IN THE WORLD? A moving look at friendship, sleepovers and siblings from the much loved, bestselling Jacqueline Wilson.

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

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. Aug 21
- 7am - 10am: Sunrise Show with Luke Bennett
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. Aug 22
- 9am-11: Indie Waves with Sue (Repeat)
- 1:00pm: Northward Sounds (Repeat)
- 3pm: Country Chart Show(Repeat)
- 5pm: In the know
- 6pm: Artists through the Decades with Deon & Anita
- 8:30pm: OUT! OUT! with Liam (Repeat)

SUN. Aug 23
- 7am-noon: Sunday Show with Donna
- 1pm:Interveiw hour
- 3:30-5pm: UK Chart Show with Liam Yon
- 7pm: Baptist Church Service
- 20:30: Classical Compilations with Anita

MON. Aug 24
- 7am-10am: Sunrise with Luke Bennett
- 1pm-3pm: Indie Waves with Sue
- 3-5pm: DNA with Deon & Anita
- 5:30pm: Country Classics with Donna

TUE. Aug 25
- 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. Aug 26
- 7am: Morning show with Deon
- 11am: Northward Sounds with Tony Leo
- 4-7pm: Afternoon Drive with Luke Bennett

THU. Aug 27
- 7am - 10am: Sunrise with Liam & Luke
- 3-5pm: Vibes with Anita (Repeat)
- 5-7pm: Modern Country Chart with Donna
- 7:30pm: The Island Pulse

sure

Bringing you the

BBC World Service

100.7 (Briars)

88.1 (High Knoll)

102.7 (Blue Hill)

Featured this Week



Nothing beats some good toe tapping country music on a Monday afternoon.

While you are chasing the pots and pans, or taking a drive home or even feeding the animals - the Country Classics Show is filled with nothing but country music from back then to the modern tunes.

So make sure to tune in with Donna from 5:30pm on Monday's or listen to the repeat while you relax after a hard week at work on Friday evenings at 7:30pm.

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

Superhero Word Search



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Z	H	S	J	E	E	N	N	A	M	A	U	Q	A	A	J	L	S	D	N	U
L	M	F	L	A	N	O	I	T	C	I	F	H	I	K	L	A	I	S	Y	X
E	M	I	R	C	T	V	B	C	K	C	P	O	R	E	H	R	E	P	U	S
K	X	R	X	T	Y	S	I	A	U	Z	A	S	U	K	Y	U	K	E	O	U
A	F	D	X	Z	P	G	T	O	T	E	T	X	S	U	H	G	N	S	V	S
V	A	C	E	N	A	X	M	R	U	M	S	O	F	V	B	S	G	J	P	Y
B	G	D	W	R	K	C	E	K	O	M	A	F	H	K	N	U	H	I	N	W
R	O	H	T	D	A	E	W	F	O	N	F	N	K	H	R	P	D	Q	A	F
R	D	Z	P	S	A	M	H	S	M	X	G	T	E	R	C	E	S	T	M	K
R	Q	T	T	N	Y	O	W	I	L	Q	P	C	W	G	R	R	D	E	U	V
E	C	K	V	I	L	L	A	I	N	L	M	O	Y	M	B	M	F	M	H	S
T	Q	K	Z	S	T	W	U	Z	E	P	J	Z	A	V	V	A	B	L	R	W
C	X	F	T	R	B	B	V	W	Z	L	S	N	B	E	T	N	V	E	E	U
A	E	X	O	V	F	I	Y	H	T	A	P	E	L	E	T	A	M	H	P	I
R	C	K	M	O	N	H	O	T	P	K	E	O	T	A	K	M	A	O	U	U
A	P	N	A	V	F	F	P	Q	E	Q	L	W	C	R	Y	N	S	U	S	R
H	S	U	O	E	G	A	R	U	O	C	B	K	G	T	R	O	K	L	U	H
C	E	O	U	J	N	G	Z	B	P	P	O	A	U	K	U	R	L	Q	Y	D
T	D	J	M	B	C	A	P	T	A	I	N	A	M	E	R	I	C	A	Y	F
L	L	Q	Y	F	N	T	H	E	T	H	I	N	G	L	P	O	W	E	R	S
T	G	X	N	A	M	O	W	R	E	D	N	O	W	E	L	T	Y	X	W	E

AQUAMAN	HELMET	SUPERHERO
BATMAN	HULK	SUPERHUMAN
CAPTAIN AMERICA	IRON MAN	SUPERMAN
CHARACTER	MASK	TELEPATHY
COURAGEOUS	NOBLE	THE THING
CRIME	POWERS	THOR
ELEKTRA	SECRET	TRAGIC
FAST	SPIDER-MAN	VILLAIN
FICTIONAL	STRONG	WONDER WOMAN

Rebus Puzzles for kids





Can you use the clues to figure out the hidden words?

Recipes for Kids

The Sentinel continues to share some recipes for the kids to try out during the holidays.

Milo Balls



Ingredients

- 250g sweet biscuits (marie/digestive)
- 250g sweetened condensed milk
- 50g Milo

Method

1. Crush biscuits into fine crumbs.
2. Warm sweetened condensed milk in the microwave for 1 minute.
3. Mix the crumbs with Milo and the warm condensed milk.
4. Roll into small balls, dust with extra Milo, and chill for 1 to 2 hours.

Or are you a fan of peanut butter and chocolate why not give these a try:

Milo Energy Bites

Ingredients

- 12 tablespoons milo
- 2 tablespoons milk
- 1 cup oats
- 2 tablespoon peanut butter
- ¼ cup mini choc chips

Method

1. Mix Milo and milk to form a paste.
2. Stir in oats, peanut butter, and quarter cup mini chocolate chips.
3. Chill in the fridge for 30 minutes, then roll into bite-sized balls.

LIFESTYLE & CULTURE

Making Waves in Cape Town

Swimmers and Judoka from St Helena clock impressive personal bests and gain valuable international experience during second Aqua Tech Sport Training Camp in South Africa



Anita Robbertse, SAMS

On Monday, 10 August, five members of the Aqua Tech Swim Club, and one judoka of the St Helena Judo Club, left the island to attend the second Aqua Tech sport training camp in Cape Town, South Africa.

In 2025, Aqua Tech organised the first sport camp with four members of the club attending this camp and gaining a lot of experience and exposure while also making the best of the opportunity to improve their swimming and athletics skills.

This year's training squad included swimmers Jaymie Lawrence, Georgia and Bethany Bennett, Louie Yon as well as swim teacher Nola Henry. Jasmine Adams joined the group as part of the St Helena Judo Club. The group was accompanied by swim and judo coaches, Soné and Theo Meij. These training camps are designed to provide members of the clubs with valuable opportunities to develop their skills, experience international sporting events and training, as well as build lifelong friendships.

The swimmers have been training with a local club and also took part in a Swim South Africa approved Cape



Gala

Town Aquatics gala this past weekend in Somerset-West. Events they participated in included the 50m backstroke, freestyle, breaststroke and butterfly as well as the 100m breaststroke, freestyle and Individual Medley. Some great swims and brilliant personal best times were recorded by the swimmers with the highlight being Louie's astounding 13 seconds improvement of his PB in the 100m freestyle. In addition to their excellent performances, the experience of participating in an internationally accredited event will add to their skill set as swimmers.

Nola has trained with local South African Masters swimmers while also honing her skills as swim teacher by undergoing training from various South African swim coaches as well as working with different 'Learn-to-swim' schools during her time abroad. According to Soné, this will further enable the club to maintain their commitment to high quality training for swimmers of all levels.

Jasmine trained with two highly acclaimed judo clubs in South Africa and also underwent some cross-training in Brazilian Jiu- Jitsu (BJJ) to improve grappling skills and techniques. The structured training environment provided her with the opportunity to practice and improve her judo skills while she also received guidance from judo coaches whose club members rank among African and Olympian athletes.

Although the athletes had a full schedule of training, they were also able to visit local attractions like the Cheetah Sanctuary where they met face to face with these amazing animals. In addition, the group participated in some fun activities including surf-training where their swim training came in very handy.

Sponsors for this training camp include St Helena Tourism, Bank of St Helena, St Helena Brewery, Aqua Tech Swim Club and INOV8. As always, the very able Simon Henry from Atlantic Outpost jumped in to have the group's kit printed in time. Initiatives like these can only be made possible through sponsorships and the group expressed their gratitude to all sponsors as well as for the support of the community of St Helena as a whole. Credit also has to go to the hosting clubs in South Africa for welcoming these athletes from St Helena with open arms.

With the group scheduled to return to the island on Saturday, they will undoubtedly be eager to share their experiences and insights with other members of the clubs once training starts again.


The swim team


Cheetah Sanctuary


Judo club- on the mats


Spending time on the beach


Supporters at the gala


Surf training


Families say their goodbyes

Run (in the) Forest, Run!

Adding the World's Most Remote Parkrun to my repertoire



Anita Robbertse, SAMS

I was really excited to learn that St Helena had joined the more than 23 countries and over 2000 locations worldwide in registering our very own (most remote) Parkrun! So, on Saturday morning, my son Lukas and I headed over to Plantation Forest to experience first-hand what the island's Parkrun is like.

At 8am, 36 participants congregated at the big rock picnic spot and viewpoint, ready to participate in the 5km walk/run. Several volunteers in high-visibility vests were getting ready to facilitate the run and act as marshals along the route to ensure that the event would run according to plan.

All participants were welcomed with many indicating that this was their first-time taking part in the St Helena Parkrun. There were visitors from South Africa, as well as from the UK, with a number of them returning to their home country later in the day via Saturday's Airlink flight. The route was explained and all safety information shared with the participants, while the marshals set off to their stations.

At a little past eight, we each set off at our own pace, with some clearly looking to improve the course record, while others were content to walk along and take in the scenery. Uncharacteristically for this time of the year on island, it was a dry morning with very little wind, which made for ideal conditions. I settled into a comfortable pace and proceeded to enjoy my surroundings and the exercise.

The route (as all Parkrun routes) wind along the forest paths, staying off main roads, requiring me to concentrate on my steps to avoid tree roots and other obstructions. With that said, the route was well-marked and easy to follow. I found the course to be a very enjoyable mix of fairly even gradients, with not too many long uphill sections, while still challenging abilities.

Although Lukas started off running with me, he soon left me in his dust (or in this case mud...) as his youth and fitness proved superior. He ended up in the fifth position having completed his first Parkrun. I have participated in Parkrun's before in South Africa and was quite pleased with the official feedback and time I received via email in the afternoon, after not having done a Parkrun in quite a while.

Afterwards, most of us stayed behind for a bit to chat and socialise, during which time I learned that one participant had indeed broken the course record, finishing in just over 21 minutes!

I just want to take the opportunity to thank the organisers and volunteers for their time and effort in making this event possible every week; you do a splendid job! We will definitely be back this coming Saturday and I encourage everyone (irrespective of your ability) to come around and take part in this fun event and great initiative to get fit!





Solomon & Company (St Helena) Plc

has a Vacancy for a

Financial Services Manager

This is a high profile, leadership position as a member of the Company's Corporate Management Team.

The **Financial Services Manager** will be responsible for the Management of the Finance Department and to oversee the accurate provision of financial services and financial advice to all levels of the company, whilst upholding the Company's Purpose & Values.

Interested Persons should have:

- The following knowledge and experience:
    - 5 years professional experience in a financial field
    - 3-5 years' experience in financial management, accounting and budgetary control, including financial planning, and project management experience
    - Practical knowledge of maintenance of accounting systems internal controls and relevant accounting procedures. Experience with Access Dimensions will be an advantage.
    - Direct experience of preparation, analysis and reporting on monthly, quarterly and annual financial information
    - Preparation of Annual Financial Statements in readiness for audit.
- CCAB qualification or recent equivalent level of experience
- Financial Leadership/Management certification/accreditation.
- Strong financial and strategic planning skills including technical budgeting, forecasting and analytical skills
- Comprehensive knowledge of financial regulations and compliance requirements.
- Financial Risk assessment and risk mitigation skills and abilities
- Financial technical skills and abilities and able to train and develop accounting technicians and the wider finance team
- Delegation, planning and organisational skills
- Excellent interpersonal and communication skills
- A high degree of integrity, maturity and professionalism with the ability to lead effectively in a demanding, fast paced team environment

For further information, including the Company's attractive benefits package, please contact Paul Gasteen, Chief Executive Officer, on telephone number 22380, or via email: paul.gasteen@solomons.co.sh

Application forms can be collected from the Main Office Building, Jamestown, or alternatively, an electronic copy can be requested via email address: hradmin@solomons.co.sh. Completed application forms should be submitted to Madonna Henry, Human Resources Manager, or via email address hrm@solomons.co.sh by **1600hrs, Thursday, 27 August 2026.**

NOTICE BOARD

VACANCY

Bank of St.Helena Ltd.

Compliance Analyst

Commencing at £12,336 pa

Do you have an eye for detail, enjoy analysing information and want to help ensure the Bank operates to the highest regulatory standard?

Bank of St Helena is seeking a motivated and professional Compliance Analyst to join our Risk & Compliance team.

Working as part of the Bank's independent Second Line of Defence, you will support the delivery of the Bank's Compliance Management Framework by undertaking compliance monitoring, maintaining compliance records, supporting regulatory reporting and helping to strengthen governance and regulatory compliance across the Bank.

What you'll be doing.

As a Compliance Analyst, you will responsible to the Assistant Compliance Manager to help ensure the Bank continues to meet its legal and regulatory obligations. You will support the delivery of the Bank's Compliance Monitoring Programme by carrying out compliance reviews, analysing information, maintaining compliance records and registers, and assisting with regulatory reporting. You will also work with colleagues across the Bank to promote good governance and a strong culture of compliance.

We are looking for someone who has:

- A qualification in Compliance, Governance or a related field, or willing to work towards one.
- A good understanding of compliance, governance or regulatory requirements within a financial services environment.
- Strong analytical, communication and organisation skills, with excellent attention to detail.
- The ability to maintain confidentiality and build positive working relationships across the Bank.

Interested persons can contact Risk and Compliance Manager, on risk.compliancemanager@sainthelenabank.com or (+290) 22390 for more information.

An Application form and a job profile is available upon request from the Bank.

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, 04 September 2026.

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

Bank of St.Helena Ltd.

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

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

The Equality and Human Rights Commission commences two important new workstreams.

At a meeting on 10 August 2026 the Commission decided to begin work on two new projects. This first will aim to achieve pay equality between St Helenians and those on Technical Cooperation contracts doing substantially similar work. The second will promote reforms to create a comprehensive equalities framework that will provide a comparable level of protection in St Helena as is provided by the Equality Act 2010 in England.

The Commission's role includes encouraging and supporting the development of a society where everyone has their rights respected, protected and fulfilled without experiencing prejudice or discrimination. We are concerned to ensure that St Helenians are not disadvantaged because of their national status in employment opportunities and the benefits and employment conditions they receive. The Commission is also concerned to ensure that anti-discrimination law is adequate to protect everyone, particularly when accessing facilities, goods and services.

We have already started engaging with Government on these issues and we will continue to give consideration as to whether to utilise our statutory powers. Over the next few months, we will be conducting a public consultation on how to address these issues within our strategic plan. As part of this listening exercise, we will engage extensively with the community, businesses, legislators, and Government. We encourage everyone to get involved and let us know what you think about our priorities.

If you would like to find out more or take part in the consultation, please contact

The EHRC on 22133 or email catherine.turner@ehrcsthelena.org

NOTICE BOARD



Church Notices

Prayer Meeting -Online

Saturday 22nd August 2026 at 8.30am

Contact Mercy for details-65880 or 24212

Praise and Worship Service

Sunday 23rd August 11.00am

@ The Rock Christian Fellowship Centre, Longwood Avenue.

Cell Meetings

Tuesday 25th August 2026

Jamestown @ 7.00pm, (Contact: Bramwell 62117)

Wednesday 26th August 2026

Half Tree Hollow @ 7.00pm, (Contact: Mercy 53227)

The Rock Christian Fellowship, Longwood Avenue at 5.30pm

(Contact: Mercy for details-65880 or 24212

BAPTIST CHURCH

Gospel Outreach Services
Sunday, 23 August:
Sandy Bay Community Centre, 3.00 pm

Bible Studies
In recess.

SPECIAL EVENTS

Adventure Kids – Age 6-10 yrs old
Saturday, 22 August: Baptist School Hall, 10.00 am to 11.30 am

ALL ARE WELCOME

For further information contact:
Tel No 22388

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 23rd August 2026 - 21st Sunday of the Year		
8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Eucharist	St Andrew
11.15 a.m.	Eucharist	St Helena & The Cross
5.00 p.m.	Choral Evensong	Cathedral
The Parish of St James		
Sunday 23rd August 2026 – 21st Sunday of the Year		
9.30 a.m.	Eucharist	St James
	Thursday 27th August	
7.00 p.m.	Eucharist with Healing	St John
The Parish of St Matthew		
Sunday 23rd August 2026 – 21st Sunday of the Year		
11.15 a.m.	Eucharist	St Mark
	Tuesday 25th August	
7.00 p.m.	**Mission Worship and Praise**	**St Mark**

THE SALVATION ARMY

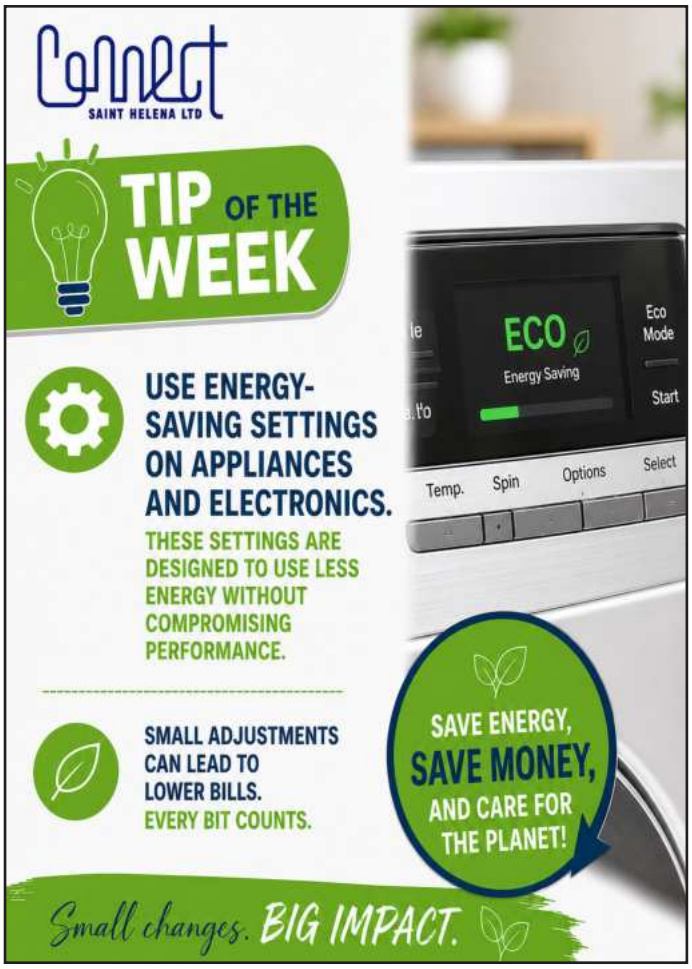
Praise and Worship Musical Evening

Join The Salvation Army on
Friday, 28th August, at 7:30 pm
for a Praise and Worship Musical Evening at the
Half Tree Hollow Salvation Army Hall.

Come and join us as we worship God through music and song.
Bring the whole family.

Everyone is welcome!

NOTICE BOARD





The Kingshurst Community Centre Association Annual General Meeting (AGM) will be held at 7:30pm on Monday, 29 August 2026, at the Kingshurst Community Centre.

We look forward to seeing you there to keep the centre operational.





NOTICE BOARD

PRESS RELEASE

INCREASE IN ELECTRICITY TARIFF – EFFECTIVE 1 SEPTEMBER 2026

Connect Saint Helena Ltd would like to inform customers of an upcoming adjustment to electricity tariffs. This adjustment is necessary in response to the recent rise in fuel prices; however, the St Helena Government (SHG) has anticipated this pressure and will absorb an additional 2p per unit through providing extra subsidy to Connect, meaning that overall increase passed onto customers is limited to just 1p per unit.

Therefore, effective 1 September 2026, the electricity tariff will increase by 1p per unit. This change applies to both domestic and commercial customers.

We recognise that tariff changes can impact households and businesses, and we remain committed to delivering reliable services while ensuring financial sustainability.

The table below shows your current and new rates at a glance.

Customer Type	Current Tariff (per kWh)	New Tariff (per kWh)	Increase (per kWh)
Domestic (up to 1,000 kWh)	£0.46	£0.47	**+1p**
Domestic (above 1,000kWh) / Commercial	£0.57	£0.58	**+1p**

For full transparency, the detailed tariff breakdown is provided below:

Component (per kWh)	Current	New	Applies to
Fuel Component	£0.33	£0.37	All customers
Other Overheads	£0.24	£0.24	All customers
Total Overheads	**£0.57**	**£0.61**	**All customers**
Less: Initial Subsidy	£0.06	£0.07	All customers
Less: Additional Subsidy	—	£0.02	All customers
Less: Discount	£0.05	£0.05	Domestic only
Add: Uplift	£0.06	£0.06	Commercial / Above 1,000 kWh
Final Tariff	**£0.46**	**£0.47**	**Domestic**
Final Tariff	**£0.57**	**£0.58**	**Commercial / Above 1,000 kWh**

For any queries regarding these upcoming changes, please get in touch with the Connect Saint Helena Ltd Billing Team, who will be happy to assist. The Billing team can be reached by telephone at 22341 or by email at enquiries@connectonline.co.sh.

19 August 2026

NOTICE BOARD

Part-Time Airport Vacancies

Junior Ramp Handlers & Junior Security Officers

Since 1790

Rate of pay commence at £5.00 per hour

Solomon & Company (St Helena) Plc has an exciting opportunity for young individuals aged **16 – 17 years old** to join our Part Time airport operations teams as **Junior Ramp Handlers** or **Junior Security Officers**.

These roles will give you the opportunity to learn and develop and gain practical experience within airport operations, while working towards a future career as a fully trained Part Time Security Officer or Part Time Ramp Handler.

What does this Junior role involve?
As a Junior Security Officer or Junior Ramp Handler, you will undertake a structured programme of training, learning and on-the-job development. You will gain an understanding of airport operations and develop valuable skills and experience while working alongside experienced members of the team.

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

Interested Applicants Should:

- Be reliable, responsible, enthusiastic and committed to learning and undertaking the required training
- Be interested in working in an airport environment, keen to develop their skills
- Be able to work effectively as part of a team
- Have a calm approach and the ability to work accurately
- Be adaptable to changing environments and able to multitask effectively
- Enjoy engaging with all types of individuals
- Possess a good standard of English and ICT

Interested in finding out more?
An **Open Day will be held at the Airport on Wednesday, 26 August 2026 from 9am to 2pm.**
This will be an opportunity to find out more about the Junior roles, meet members of the team & management, and learn more about the training programmes for the above positions.

If you are interested in attending the Open Day please contact the HR Department on 22380, or via email address hradmin@solomons.co.sh. Attendees will be required to submit copies of ID by no later than 1pm on Monday, 24 August 2026. Please contact the HR Department should you not have a form of ID so arrangements can be made.

How to Apply:
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 **Friday, 04 September 2026**

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

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

INVITATION TO TENDER

Rupert's Cargo Handling Facility – Reefer Gantry Design and Installation

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

CS-2060-SHG – Rupert's Cargo Handling Facility – Reefer Gantry Design and Installation

A site visit to view the works will take place on Wednesday, 12 August 2026, at 09:00, meeting at the PCB Yard, Rupert's Cargo Handling Facility.

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 Friday, 28 August 2026, clearly marked **"Tender CS-2060-SHG"**.

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

SHG, 27 July 2026

NOTICE BOARD

Richard James International

BIFA BRITISH INTERNATIONAL FREIGHT ASSOCIATION

The updated RJI Schedule for the remaining voyages of this year and the beginning of 2027 has now been released. Please make every effort to have your goods, whether you are ordering or shipping through RJ UK, delivered to the RJI depot in Bristol, UK to arrive here on Island at your preferred date.

Voyage Number	Cargo Closing Date RJI Depot, UK	Arrival Date St. Helena	Vessel Name
V261708	07/08/2026	04/10/2026	MV KAROLINE
V261709	04/09/2026	30/10/2026	MV KAROLINE
V261710 (Christmas Voyage)	02/10/2026	05/12/2026	MV KAROLINE
V271701	11/12/2026	08/02/2027	MV KAROLINE

VACANCY

Connect SAINT HELENA LTD

TRAINEE LINESWORKER

Connect Saint Helena Ltd has a vacancy within the Electrical Distribution Team for a Trainee Lines worker to assist with the works carried out on the on the 11kV High Voltage and 400 Volt Low Voltage Electricity Distribution Network.

The duties of the position include: Learn and assist with the installation and servicing of transformers and HV switchgear, specialist cable jointing operations, Low Voltage component installation; performing data acquisition, logging and recording activities as required. Liaising with consumers for access to properties for domestic and commercial installations. On the job training will be provided.

EXPERIENCE & QUALITIES

- Have a mature attitude to work within a safety critical environment
- Able to Communicate well within a team
- Physically fit
- Have a good team working skills
- Driving Licence, A or C
- GCSE's in English & Maths or equivalent

BENEFITS

- A competitive salary commensurate with qualifications and experience.
- 15% pension contributions of the base salary and 30 days annual leave.

For further information contact Jayamangala Wijesuriya on +290 22255 or email Jayamangala.Wijesuriya@connectonline.co.sh. Completed application forms can be handed into the Connect Saint Helena Ltd main office at Seales Corner, Jamestown or via email: Claire.B.Duncan@connectonline.co.sh by **9:00am on Tuesday 1st September 2026.** To be considered for this role please complete our application form, CV's will not be accepted.

This vacancy is open to applicant's resident on St Helena Island only.

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

NOTIFICATION

MEETING OF THE LAND DEVELOPMENT CONTROL AUTHORITY

"The Land Development Control Authority will hold its monthly meeting on **Thursday, 03rd September 2026, at 10 am in the St Helena Community College Main Hall, Jamestown**.

Meetings of the Authority are open to members of the public, applicants and objectors.

The Agenda and redacted version of the Handling Reports will be available on the LDCA Web Page of the SHG Web Site. Should you require assistance, please contact the Secretary of the Land Development Control Authority on telephone number 24724.

Applicants and objectors may speak at the meeting providing that a summary of the points to be raised has been submitted to the Secretary at least 24 hours before the meeting".

St Helena Government

APPLICATIONS FOR DEVELOPMENT PERMISSION

NOTICE IS HEREBY GIVEN that an Application has been received in respect of the following proposals:

1. **Application 2026/92:** FULL Planning Application for **Proposed Siting of 2x 20ft Containers with Covered Area,** Harpers on Parcel FP0433. **Applicant:** Martin Joshua.
2. **Application 2026/93:** FULL Planning Application for **Proposed Construction of a Two Bedroom Dwelling,** Millfield, Longwood on Parcels LWN0412 & LWN0537. **Applicant:** Paul George.

Copies of the Applications and Plans may be inspected by prior appointment with the Planning Section, Essex House, Main Street, Jamestown, Monday to Friday, from 08.30am to 4pm. Appointments can be made with the Administration Assistant on Telephone 24724 or email rea.williams@sainthelena.gov.sh stating the Application Reference Number they wish to inspect.

Any person who wishes to make Representations on any of the above Applications should make them in writing to the Planning Office, Essex House, Main Street, Jamestown or Email planning.mailbox@sainthelena.gov.sh

Public Representation Closing Date: 4pm – 3 September 2026

Patricia Coyle, Head of Planning & Building Control

NOTICE BOARD

Children & Young People's Social Media Use

Primary School

Key findings from questionnaire | St Helena | 2026

Part 1

76 respondents

Ages 8 - 11

9% have experienced cyberbullying

33% contacted or possibly approached by a stranger

37% spend 16+ hours per week on social media

INTERNET ACCESS AND CONNECTIVITY

HOW DO YOU CONNECT?

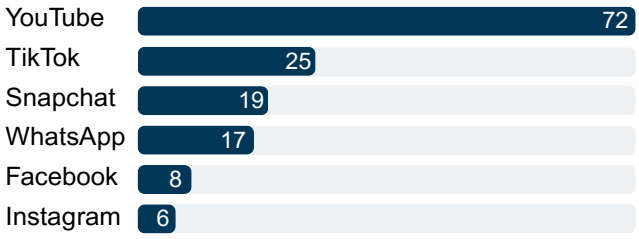
95 internet at home	**95%** connect via WiFi at home	**14%** use mobile data at home	**33%** use mobile outside home

TOP DEVICES USED TO CONNECT TO THE INTERNET

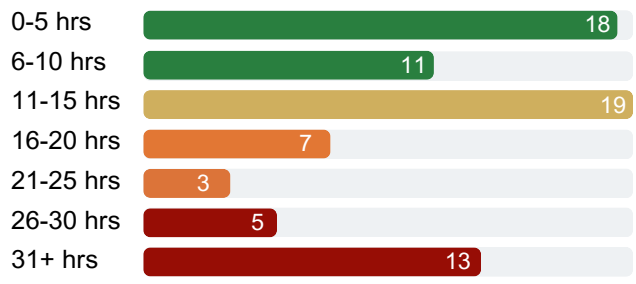
72% smartphone (56)	**28%** laptop/netbook (21)	**33%** tablet (26)	**21%** playstation (16)

SOCIAL MEDIA

TOP PLATFORMS AND APPS USED



HOURS ON SOCIAL MEDIA PER WEEK



⚠ 37% spend 16+ hours per week on social media

ONLINE SAFETY & WELLBEING

CYBERBULLYING

9% Have been cyberbullied	**7%** Cyberbullied someone

⚠ 7 reported being a victim of cyberbullying. 5 admitted to cyberbullying others.

CONTACT FROM STRANGERS ONLINE

- No - 51 (67%)
- Yes - 12 (16%)
- Not sure - 13 (17%)

⚠ 33% have been or may have been approached by a stranger

UNCOMFORTABLE CONTENT ONLINE

- No - 52 (68%)
- Yes - 10 (13%)
- Maybe - 14 (18%)

⚠ Only 42% who saw upsetting content told someone

IF WORRIED OR UNCOMFORTABLE ONLINE - WHO WOULD THEY TURN TO?



70% would speak to a parent

NOTICE BOARD

Children & Young People's Social Media Use

Primary School

Key findings from questionnaire | St Helena | 2026

Part 2

76 respondents

Ages 8 - 11

ONLINE SAFETY & WELLBEING

HOURS SPENT GAMING PER WEEK



⚠ 25% game 16+ hours per week

MOST POPULAR GAMING DAYS

MON	TUE	WED	THU	FRI	SAT	SUN
35	33	32	29	40	55	45

TOP GAMES PLAYED

Minecraft (40) | Roblox (38) | Among Us (21) | Fortnite (20) | Call of Duty (17) | GTA (10)

43% play with strangers

18% chat with strangers via games

AWARENESS OF NEGATIVE EFFECTS & TOP CONCERNS IDENTIFIED

38% aware of negative effects

22% not aware of risks

TOP NEGATIVE EFFECTS IDENTIFIED BY RESPONDENTS

Tiredness	Sleeplessness	Lower Attention Span	Lower Grades at School	Anxiety	Moodiness
24	**28**	**22**	**24**	**11**	**24**

Key Takeaways

- Nearly 1 in 11 primary pupils have experienced cyberbullying
- 33% connect to the internet outside the home using mobile data
- 70% would speak to a parent if worried about something online
- 33% have been or may have been approached by strangers online
- Only 42% spoke to someone after seeing upsetting content
- 38% are not yet aware of the negative effects of social media

NOTICE BOARD

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

PRESS RELEASE

Growing up Online: New Survey Explores How St Helena's Young People are Navigating the Online World

The Education, Skills and Employment Portfolio has today published the findings of the island's first comprehensive survey into young people's internet and social media use, drawing on responses from 225 pupils between the ages of 8–18 across primary and secondary schools.

The first publication focuses specifically on children aged 8–11, providing insight into how they use technology, social media and the internet, while highlighting the importance of helping children develop positive and safe digital habits.

Further findings will be published over the coming weeks, with the second publication focusing on young people aged 11–18, followed by a final publication bringing together the findings from across the full 8–18 age range.

The use of technology and the internet is now a routine part of childhood, providing opportunities for learning, creativity, entertainment, communication and staying connected with friends and family.

In response to the growing role of the digital world in the lives of children and young people on St Helena, the multi-agency Digital Literacy and Boundaries Group has spent the past six months working to better understand how children and young people use the internet and social media.

The Digital Literacy and Boundaries Group brings together representatives from education, safeguarding, health, policing, Youth Parliament and other community partners. Its aim is to better understand children's digital lives, consider the evidence, and identify both the opportunities and challenges they encounter online. This work will help ensure that children, young people and families have the knowledge, confidence and support they need to use technology positively and safely.

The survey found that **95% of children have access to the internet at home**, while almost three quarters already use a smartphone to access the internet. YouTube is by far the most popular online platform, followed by TikTok, Snapchat and WhatsApp.

The survey also provides an important opportunity to understand some of the experiences children are having online. Around one in three children said they had either been contacted by someone they did not know online or were unsure whether someone approaching them was a stranger. A further 9% reported experiencing cyberbullying.

While these findings are significant, they should be considered alongside the positive aspects of children's online experiences. They also provide valuable information about where children may benefit from further guidance and support as they become increasingly confident users of technology.

Encouragingly, **seven in ten children said they would speak to a parent if something online worried them.** This suggests that many children already see their parents and carers as s trusted source of support. Keeping these conversations open can help children feel confident to ask questions, seek support and talk through experiences they may encounter online.

Cybersecurity Awareness and Training Officer and member of the Digital Literacy and Boundaries Group, Gareth Drabble, commented:

"Social media use and online gaming in and of themselves are not the enemy, but they must be used in a way that ensures our children's safety and is in balance with the rest of their lives. Digital safety is no longer just a school issue or a home issue; it is a community responsibility and one that we all have a part to play in."

Next Steps and Community Action

These findings provide valuable insight into the online experiences of children on the island. They also reinforce the importance of helping children develop the skills and confidence to navigate the online world safely and responsibly. The focus is not on removing children from the digital world, but on supporting them to become confident, responsible and informed users of it.

Over the coming academic year, the Digital Literacy and Boundaries Group will deliver practical workshops for parents focusing on privacy settings, gaming safety, and parental controls. These will run alongside school assemblies, Youth Parliament debates, and community events.

Parents seeking immediate advice can access free resources via Internet Matters, NSPCC Online Safety, Childnet, and the UK Safer Internet Centre.

Children can often adapt quickly to new technology. However, digital confidence is not the same as digital understanding. By continuing to learn alongside children, asking questions, setting age-appropriate boundaries and keeping conversations open, parents and carers can help children make positive and informed choices online.

Digital safety is not about reducing the opportunities that technology provides. It is about working together to ensure children are equipped to benefit from those opportunities confidently, positively and safely.

To view the results of the survey, please click the link at https://www.sainthelena.gov.sh/app/uploads/2026/08/Children-Young-Peoples-Social-Media-Use-Findings-Primary-Schools.pdf

#StHelena #OnlineSafety #AltogetherBetterfortheSafetyofChildrenandYoungPeople

www.facebook.com/StHelenaGovt

SHG
20 August 2026

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.

Waste Management Services Operator
(£10,088 per annum)

Waste Management Services is seeking to employ a highly motivated individual to join their dedicated team. Successful candidates will be responsible for delivering high standards of cleaning in public areas and toilets, waste collection from homes and businesses and other waste management tasks in line with Standard Operating Procedures. Normal working hours are 0600 hrs to 1330 hrs Monday to Friday, with weekends and Public Holidays working on a rota system. If you are physically fit and an effective team player, then we would be interested in hearing from you. Waste Management Services, working towards a cleaner and greener St Helena.

Contact us for more information and a discussion

Enquiries: Shane Williams on Tel No. 24724 or Email: shane.williams@sainthelena.gov.sh
Closing date: 27 August 2026
Shortlisting date: 01 September 2026
Interview date: 08 September 2026

Cook – Local interests only
5 months fixed term
(£11,604 per annum)

We are seeking a Temporary cook to work at Plantation House, the cook is tasked with reporting to the Plantation House Residence Manager on all matters related to food supply and preparation at Plantation House. They will communicate with the Residence Manager to craft creative and health-conscious menus for all occasions e.g. daily & official functions. This post requires cooking, baking & presentation skills. The cook will also suggest alternative menu items to the Residence Manager when particular food items or ingredients are not in stock. The role will also involve hygiene and cleaning of the Kitchen areas and will be working alongside the Assistant cook.

Contact us for more information and a discussion.

Enquiries: Deborah Yon on Tel No. 24453 or Email: ph.resmanager@helanta.co.sh
Closing date: 26 August 2026
Shortlisting date: 31 August 2026
Interview date: 08 September 2026

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

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

JOIN US! WE ARE RECRUITING…

BENEFITS

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To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

Planning Assistant – 1 year fixed term

(£11,604 per annum)

We are seeking a Planning Assistant to work in the Planning Section to help deliver sustainable land uses needed while protecting/conserving the outstanding natural and built environment on St Helena as part of the land development service.

We welcome applications from those with at least 5 GCSEs, although A levels would be a benefit, with a genuine interest in Geography, Economics and/or Technical Drawing or those with experience who may find that this suits them. We would look to provide training for the right candidate.

You will have good communication skills and be able to scan, sort and log information, undertake validations and prepare applications consultations with little supervision. You should be able to gather relevant statistics. As you progress you may be asked to prepare draft planning reports for Chief Planning Officer (delegated) decision. Again, training if needed, can be provided.

You will play a key role, with the Planning Officer, Senior Planning Officer and Chief Planning Officer as well as support staff, in meeting targets identified.

You will work in the Essex House office with other officers, business operators and with members of the community. You will support planning officers in Applications, Appeals and Enforcement Work and in bringing forward Planning Policy, including public consultations. Contact us for more information and a discussion

Enquiries: Darren Duncan on Tel No. 24724 or Email: darren.duncan@sainthelena.gov.sh
Closing date: 26 August 2026
Shortlisting date: 31 August 2026
Interview date: 08 September 2026

Electrician x 2

(£11,604 - £12,267 per annum)

We are seeking a skilled and dedicated Electrician to join our Building Maintenance team. The ideal candidate will have a solid background in electrical systems, with experience in installing, maintaining, and repairing electrical wiring and equipment across various settings, to a British Standard (BS7671, the IET Wiring Regulations). This role offers an excellent opportunity for professionals committed to safety, precision, and quality workmanship. The Electrician will be responsible for carrying out wiring and maintenance of electrical installations and associated equipment and assisting with testing and inspections of electrical installation along with ensuring that the generation of uninterrupted power supplies to critical emergency equipment/buildings and special locations such as Community Care Centre, the Hospital, St Helena Secondary School, Rupert's Jetty and the main server hob at Carnarvon Court and fibre optic system. Contact us for more information and a discussion.

Enquiries: Anders Bowers on Tel No. 22054 or Email: anders.bowers@sainthelena.gov.sh
Closing date: 26 August 2026
Shortlisting date: 31 August 2026
Interview date: 08 September 2026

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

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**

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To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

Domiciliary Care Manager
(£16,248 per annum)

Are you an experienced, compassionate care professional ready to take the next step in your career? If so, Social Care is looking to appoint a dedicated and motivated Domiciliary Care Manager to lead and oversee the day-to-day operation of our domiciliary care service. In this rewarding role, you will be responsible for ensuring the safe, effective, and efficient delivery of high-quality homecare services in line with all relevant legislation, policies, and procedures. You will oversee service delivery, maintain accurate records and reporting systems, and ensure compliance with legal and regulatory requirements while supporting the smooth and effective running of the service. You will also use your excellent communication and leadership skills to build positive relationships with clients, their families and representatives, staff, and health and social care professionals, ensuring person-centred care of the highest standard. If you are passionate about making a positive difference and have the experience and leadership skills to drive excellence in domiciliary care, we would love to hear from you.

For more information or to arrange an informal discussion about the role, please contact us.

Enquiries:	**Rosalie Brown on Tel No. 22920 or Email: rosalie.brown@sainthelena.gov.sh**
Closing date:	**04 September 2026**
Shortlisting date:	**09 September 2026**
Interview date:	**17 September 2026**

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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.

Higher Level Teaching Assistant (Key Stage 1)

(£11,604 - £12,101 per annum)

Would you like to make a positive difference in the lives of our future generation by supporting their learning and development? If so, the Education, Skills & Employment Portfolio is looking for a dedicated and enthusiastic Higher Level Teaching Assistant (HLTA) to join our Key Stage 1 team. As a Higher Level Teaching Assistant, you will play a key role in supporting pupils' learning by planning, preparing, and delivering lessons for up to 25% of the school's teaching timetable. This includes leading small group interventions and providing classroom cover when the Class Teacher is absent. You will also help create a safe, positive, and supportive school environment by supervising pupils during playground duties and encouraging their wellbeing throughout the school day. If you're ready to inspire young learners and make a lasting impact, we'd love to hear from you. Contact us for more information or to discuss this exciting opportunity.

Education Skills and Employment is committed to safeguarding and promoting the welfare of children and young people. We expect all staff and volunteers to share this commitment. The successful candidate will be required to provide proof of identity and qualifications, and will be subject to reference checks, an enhanced police background check, and any other safeguarding checks relevant to the role. We promote equality of opportunity and welcome applications from all sections of the community

Enquiries: Carlean Crowie on Tel No. 24737 or Email: carlean.crowie@sainthelena.gov.sh
Closing date: 21 August 2026
Shortlisting date: 26 August 2026
Interview date: 10 September 2026

Small Machinery Operator/Tractor Driver

(£10,464 per annum)

We are seeking a small machinery operator/tractor driver to contribute to the island's prosperity by assisting the Forestry Section with dependable and effective small machinery, herbicide, and tree surgery application services. In instances where the Small Machinery Operator's tasks are not needed, the individual will offer safe tractor driving and operational services to ensure that all necessary forestry operations are conducted safely and efficiently.

Contact us for more information and a discussion.

Enquiries: Myra Young on Tel No.22470 or Email: myra.young@sainthelena.gov.sh
Closing date: 03 September 2026
Shortlisting date: 09 September 2026
Interview date: 17 September 2026

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

BANK OF ST HELENA: CUSTOMER NOTICE

At the Bank of St Helena we would like to ensure your request is handled as quickly as possible, some of the services we provide to customers are listed below, including where you can find them.

Visit the Main Branch building for:

- **Teller Transactions.** Cash deposits, withdrawals, and general account transactions.
- **International Payments.** Foreign exchange and offshore transfers.
- **Lending Services:** Personal loans, mortgages, and commercial lending.

Visit the Customer Services Building (Next Door to the Main Branch)

- **Security & Access:** Unlocking debit cards, resetting PINs, and restoring Online Banking access.
- **Applications:** New account openings, card applications, amendment to customer details and savings application forms.
- **Digital Support:** Online Banking and troubleshooting.

Important Wednesday Closure Notice

The Customer Services building next door is closed every Wednesday. On Wednesdays, for online banking unlocks or card assistance please call the customer services team on +(290) 22390.

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

Food Parcel Appeal October 2026

Following the success of our 2024 campaign, we are once again asking for your support to help provide food parcels for older members of our community.

Your donation can make a real difference.

At a time when many people are facing financial hardship, rising costs, and limited pensions, the Equality & Human Rights Commission hopes to support as many older members of our community as possible.

Recognising International Day for Older Persons on **1 October** and World Food Day on **16** October.

What you can donate

- **A box of cereal, such as Weetabix, Cornflakes or oats**
- **A litre of milk**
- **A small non- perishable food parcel — any contribution, no matter the size, will be gratefully received**

Donations can be dropped off at the Equality & Human Rights Commission office by 16 October.

Thank you for your kindness, generosity, and continued support. Your contribution will help make a meaningful difference in the lives of older members of our community.

Know someone who would appreciate **receiving** this gift**?**
Contact us on 22133 or email info@humanrightssthelena.org with their name and address.
All names will be treated in the strictest confidence.

Scout Jackpot Draw

The winners of the July
Scout Jackpot were as follows:

1st Prize - £100 – Crystal Maggott
Ticket No. 173

2nd Prize - £50 – Martin Peters
Ticket No. 486

3rd Prize - £25 – Marilyn Crowie
Ticket No. 105

4th Prize - £25 – Jolene Anthony
Ticket No. 467

The August draw will take place
live at the Standard Bar on 4 September.

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

St Helena Government

FAIRNESS INTEGRITY TEAMWORK

INVITATION TO TENDER

Provision of Swimming Pool Management Services

St Helena Government would like to invite suitably qualified businesses to submit tenders for the following contract:

Ref: CS-1934-SHG Provision of Swimming Pool Management Services

A site visit will take place on Wednesday 26 August 2026 at 10:00, at the Jamestown Swimming Pool.

Copies of the tender document and further details can be obtained from the Deputy Head of Procurement, on telephone no: 25931 or via email nicola.young@sainthelena.gov.sh.

Completed tenders should be placed in the Tender Box located on the Top Floor, Post Office Building by 12:00 on Friday, 18 September 2026, clearly marked **"Tender CS-1934-SHG"**.

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

SHG
18 August 2026

Golf Report

Texas Scramble Produces a Cracking Finish



SHGC, Contributed

There was plenty of good golf and some impressive scoring at St Helena Golf Club on Sunday as nine teams took to the course for the Texas Scramble Strokeplay competition. With good weather conditions providing an excellent backdrop, the teams battled it out over 18 holes, with the competition eventually decided by some very low scores.

The winning partnership of Jason Hopkins and Ashton Benjamin produced an outstanding round of 66 gross, which after their combined handicap allowance of 8 strokes gave them a superb net 58 and the overall title.

Hot on their heels were Anthony Green and Gerald George, who carded 71 gross and returned a net 59 to claim second place. Just one stroke separated the top two teams, making for a very competitive finish.

Martin Joshua and Martin Buckley secured third place with a net 61, following a gross score of 68 and an 8-stroke handicap allowance.

The remaining teams finished as follows:

- 4th: Keith Joshua & Peter Bagley – net 62
- 5th: Freddy Thomas & Arthur Francis – net 64
- 6th: Jeffrey Stevens & Neil Joshua – net 65
- 7th: Patrick Johnson & Hensil Beard – net 67
- 8th: Rodney Braaf & Edward Henry – net 67
- 9th: Eddy Bowers & Annette Delacourt – net 71

The two-ball pool also produced a couple of winners, with Jason Hopkins & Ashton Benjamin scoring a birdie on the 1st, while Freddy Thomas & Arthur Francis birdied the 16th.

Prizes were awarded for first and second place, congratulations go to Jason and Ashton on their excellent winning score, and to Anthony and Gerald for their runner-up finish.

The club's next competition is the August Monthly Medal on Sunday, 23 August, with tee-off at 12noon. Registration closes on Saturday, 22 August, at 3pm.

Members are encouraged to get their names in early and come out for another enjoyable Sunday of golf at St Helena Golf Club.

Happy golfing!







well, but Rovers quickly stamped out any revival as Ronan Legg's effort from outside the area five minutes before the break deflected up off Harts Captain, Shane Stroud, and over the keeper into the back of the net, to send the leaders into half-time 5-1 up.

Any lingering hope of a second-half Harts comeback was put to bed seconds after the restart when Rico Benjamin latched onto a diagonal run and lashed a half-volley into the far corner. Sean-Lee Thomas secured his own double around the hour mark to stretch the advantage to 7-1. With the result beyond doubt, gaps began to open up, allowing Harts to claim more possession. Young Player of the Match Ryan Stevens drove Harts forward from midfield, while Ethan Harris surged out from the back. Harts managed a late consolation when ex-Rover Nico Benjamin poached a goal from a corner, but it was purely symbolic as Rovers comfortably sealed a statement 7-2 victory.

Earlier on Saturday, reigning champions Bellboys kicked off the weekend in ruthless fashion with a 12-0 thrashing of La Verde. Joey Thomas delivered a masterclass up front, scoring six goals to earn Man of the Match, while Weston Clingham bagged a hat-trick, alongside singles from Jacob Duncan, Tyler Brady, and Sidonio Benjamin. La Verde's Riley Yon was named Young Player of the Match.

On Sunday, Fugees powered past STH Young Boys with a convincing 9-2 victory. Korben Minto led the scoring with a hat-trick, supported by doubles from Kenin Yon, Lars Williams, and Man of the Match Alistair Buckley. STH Young Boys initially took the lead through an own goal, with Aaron Peters adding a late strike to mark the debutants' first two-goal game of the season.

The results preserve Rovers' unbeaten run at the top of the SHFA League table, maintaining their edge over Bellboys, who stay hot on their heels just one point behind in second. With only two weeks left in the 2026 season, the race for the championship remains on a knife-edge.

FOOTBALL RESULTS

Saturday 15 August 2026

Bellboys 12	**La Verde 0**
J Thomas (6), W Clingham (3), T Brady, J Duncan, S Benjamin,	
MoM: Joey Thomas	*YPoM: Riley Yon*

Sunday 16 August 2026

Rovers 7	**Harts 2**
T Benjamin (2), S Thomas (2) R Benjamin (2), R Legg	L Williams, N Benjamin
MoM: Rico Benjamin	*YPoM: Ryan Stevens*
Fugees 9	**STH Young Boys 2**
K Minto (3) K Yon (2) A Buckley (2) L Williams (2)	OG, A Peters
MoM: Alistair Buckley	

FOOTBALL FIXTURES

Saturday 22 August 2026

2pm **Rovers vs La Verde**

Sunday 23 August 2026

1.30pm **Harts vs Fugees**

3.30pm **Bellboys vs STH Young Boys**

**Fixtures subject to weather conditions*





SPORTS ARENA



Seven-Goal Statement

Unbeaten Rovers demolish rivals Harts to stay top

Liam Yon, SAMS

Gameweek 8 of the St Helena Football Association League 2026 delivered a sensational weekend of goal-heavy action at Francis Plain, headlined by a ruthless statement performance from the league leaders. With 33 goals scored across three fixtures, title contenders laid down serious markers as the campaign enters its final fortnight.

With just a single point separating the rivals prior to kick-off, Sunday afternoon's showdown carried huge stakes. Adding fuel to the fire was their controversial 2-2 draw in the first round, leaving Rovers determined to right previous wrongs. From the opening whistle, the league leaders came flying out of the blocks, attacking with a speed and cutting edge that Harts struggled to contain.

The breakthrough came after just eight minutes when Clayton Benjamin whipped a dangerous cross from the right wing to midfield partner Tyler Benjamin making a late run into the box. Although Harts defender Ethan Harris made a brilliant line clearance off Tyler's initial low strike, the midfielder pounced on the rebound to fire Rovers ahead. Only three minutes later, Rovers captain and Man of the Match Rico Benjamin doubled the lead, constantly tormenting the Harts defence with his relentless running, physical battle, and sharp link-up play.



Rovers continued to press, making it 3-0 in the 18th minute when new signee Sean-Lee Thomas brought down a high ball on his chest, cut inside on his right foot, and smashed a precise strike into the keeper's near post. Five minutes later, Clayton Benjamin again turned provider from wide right, picking out Tyler Benjamin, who executed a spectacular acrobatic scissors volley to extend the lead to four.

Despite brief spells where Shane Stroud and Gregory Phillips attempted to steady Harts in midfield, Rovers' pressure proved overwhelming. Harts found a lifeline past the half-hour mark when a break down the left allowed young Levi Williams to finish

Continued inside...