

THE ST HELENA

INDEPENDENT

Est. 2005



PRICE: £1

VOLUME XX, ISSUE 35, 15th AUGUST 2025

Campaign Warms Up



Who Will You Vote For?

See Pages 23 - 32

SURE to Cease Operations on Ascension “Unless a New, Sustainable Agreement can be Reached”...

Faces from the Past

See Page 9



Ladder Hill Nearly There...

See Page 10



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The Other Hospitality Trade

When confined to a South African hospital bed for almost all day noticing everything that is going on is the only amusement available. Among this low-grade entertainment is when the nurses change shifts. Many nurses work a 12-hour shift, so there are major change-overs at 7am and 7pm. It's not reasonable to expect nurses starting a 12-hour night shift to come flouncing in, beaming smiles at every patient they pass. But the reality is, if a patient does get a look from a nurse the facial expression is more likely to say 'don't give me any grief, you hear?' rather than 'Hello, great to see you'. This kind of nurse/patient relationship seemed widespread and persistent. So often nurses avoided eye contact with patients as they walked past the beds.

As I started to recover, I concluded this was not good enough. I started giving nurses the beaming smile they carefully avoided giving me. This did break the ice. With the ice thawing some nurses started chatting with me while they were giving me a bed bath or whatever. This led to a joke or two and. . . breakthrough! A smile and a little chuckle. It just kept getting better. Instead of nurses avoiding eye contact as they passed, they would stop to chat and expect to have a joke about something. They did have a sense of humour, and then some.

It was not long before a lovely, bouncy little nurse made a point of coming to me at the start of a shift with a special hello. One time, after a week of 12-hour nights followed by a long weekend off she came up, apologised for her absence and asked how is my new husband?

Let's Party!

After coming out of intensive care and placed in a medical ward, I was scrolling through Whatsapp with a nurse looking over my shoulder. Suddenly she expressed dismay and took my phone from me. 'Look at all these messages you have not answered! They all want to know how you are. They are concerned.' I tried to explain, I could not type on the silly little keyboard – fingers not yet nimble enough. She was not listening. 'Who is this person, she has sent lots of messages.' I told her that was my big sister in Canada. Immediately the nurse clicked the screen to reply. When my sister connected, the nurse apologised for my bad manners in not replying earlier. The two of them had a good chat. In response to something my sister said the nurse replied 'I'm Vince's new wife'. I thought 'Oh s*~t', but Big Sis took it with good humour.



Don't get carried away with all this husband / wife stuff. First, remember hospital wards do not have mirrors on the walls. Remember also I was in the ICU for a little over three weeks. Even if I wanted to, for most of that time I could not shave, brush my teeth cut my nails, wash my face or hair or clean my ears. And no one else did it for me. I was filthy and knew it. When I eventually did get in front of a mirror in a toilet, Boy! I had a shock. I had a full-grown

The Other Hospitality Trade

beard, my nails were half an inch too long, my teeth were brown and there was enough wax in my ears to grow potatoes. In the weak state I was in, it took me a week to make any improvement. It also made me wonder how the nurses could bring themselves to be so friendly with me. Me husband? Nurses my new wife? Big joke literally. Despite my complete lack of personal hygiene, getting on well with the nurses saved my sanity.

Towards the end of my stay, a friend who was not a nurse had an all-girls-together chat about me with some nurses. The non-nurse friend told me about their chat later. The nurses, I'm told, said I was a gentleman. We all know that's going too far. I did treat them with respect, the kind of respect any human being should expect from another. On this island most of us do this without a second thought. Alas, not always so elsewhere. I can recall comments from nurses like 'there are not many men like you'. I just took this as part of the banter we were now having with each other. But it seems there was more to it. And it helps to explain the inhospitable attitude nurses in that hospital had for patients until they get to know they are OK.

After coming out of the ICU and into a normal ward, I became aware of three patients with a tendency to become aggressive. One of them was in the bed next to me. More on that later.

UK Driving Laws Labelled the 'Laxest in Europe'

St Helena driving law has only recently been amended to make the drink-drive limit the same as in English law. Now, plans are being made to toughen-up English law to bring it into line with Scottish law. The drink-drive limit is expected to be tightened from 35 micrograms of alcohol per 100 millilitres of breath to 22 micrograms. This is just one of a raft of measures which the UK justice minister described as the biggest shake-up of UK driving laws for decades.



Also under review is compulsory eye sight tests for over 70s and giving people points on their licence for not wearing a seatbelt.

The president of the UK Automobile Association said "When you look at road deaths the big peaks are with young, new drivers and then older drivers - although older drivers it does tend to be those over 80 and 85,"

Also under consideration by the government are potential medical tests for conditions like dementia

None of Us Feel Safe

Royal College of Nursing Report Shows Violence Against UK Nurses Doubles in Six Years

Attacks on A&E nurses have almost doubled over the last six years, with incidents often involving patients frustrated at waiting so long for care. NHS figures show a rise in violence against nurses to 4,054 incidents last year.

Nurses have been punched, spat at, pinned up against a wall, had a gun pointed at them and been threatened with having acid thrown at them, according to the Royal College of Nursing (RCN). The RCN general secretary said ““Behind these shocking figures lies an ugly truth. Dedicated and hard-working nursing staff face rising violent attacks because of systemic failures that are no fault of their own. Every incident is unacceptable.” Another comment was, “even patients you would expect to be placid are becoming irate because of just how long they have to wait”. Another senior sister said, “The violence is awful. And it’s just constant. Nurses, Doctors, Receptionists, none of us feel safe,”

The chief executive of one NHS hospitals group said, “Delays for treatment are frustrating for patients and staff. Every effort is being made to keep these to a minimum.” This is after years of waiting times and the violence getting worse.

The Royal College of Nursing is the largest nursing union and professional body in the UK, representing over half a million nurses, midwives, nursing support workers, and students. They demanded immediate government action to curb the “rising tide of violence”. It wants a reduction in the long waits for patients in A&E, an end to overcrowded hospitals having to use “corridor care” and a solution to the shortages of nurses that are common across the NHS.



Corridor Care

The RCN sent a freedom of information request to the

129 NHS trusts in England that have at least one emergency department. Of those 89 (69%) replied. However, the true figures will be higher as the union only asked for data relating to the biggest A&Es.

The UK health minister commented, “I am appalled by these findings. Nurses dedicate their lives to helping others and deserve to go about their jobs free from violence or intimidation. Anyone who violates this core principle will feel the full force of the law.” Bringing in the police instead of facing up to the causes of significant shortcomings suggests things can only get worse.

Until 2016 the NHS routinely published annual statistics on violence against staff. The most recent figures were only released to the RCN after using the freedom of information law. The health minister appears to feign surprise at these ‘findings’ when he should have been completely aware of the seriousness of the situation.

The St Helena Independent
April Cottage
Putty Hill
Alarm Forest
Tel: 00 290 23836
Email:
independent@helanta.co.sh

**To ensure inclusion, please
submit adverts and copy
by 1pm on Wednesdays.
Later requests subject to
available space.**

RISE: Standing Together for Survivors

Contributed by Nicole Hercules

A few years ago, I was told people on St Helena wouldn't speak out about abuse. The fear of judgement in such a small community was too strong. But when I began raising awareness on social media, something unexpected happened, people came forward. Quietly, privately and courageously, they shared their stories and ideas for what was really needed here.

Those conversations lit the spark that became RISE. RISE was founded by Nicole Hercules, a survivor, advocate and qualified professional who previously led the Safe Haven Domestic Abuse Service on the island. This work is done entirely in her own time, independent from St Helena Government, driven by the belief that every survivor deserves a safe place to turn, free from judgement. Even during her time at Safe Haven and her involvement of the local White Ribbon Committee,

Nicole felt that more could and should be done. While past assumptions suggested silence was the norm, recent community engagement proven otherwise, there is a hunger for support, understanding and change.

The name RISE stands for:

Resilience - finding strength through experience and healing

Integrity - building trust through honesty and survivor-led action

Solidarity - standing together, breaking stigma

Empowerment - helping survivors reclaim their lives and futures

Purpose:

To provide a safe, survivor-led space where those affected by abuse can access confidential support, find community and rebuild their lives without fear of judgement.

Objectives:

Offer confidential emotional support and information for survivors, including through a dedicated WhatsApp support line.

Raise public awareness to break the stigma and silence surrounding abuse.

Deliver training and educational programs to promote prevention and early intervention.

Build a network of trustees, members and community allies to strengthen RISE's reach and sustainability

Collaborate with local organizations, services and community groups to ensure survivors get the help they need.

Nicole is currently conducting research to determine which form of registration will work best for RISE on St Helena, a step that will help it grow and secure resources to support more people.

She is actively seeking trustees and members who share her vision and want to help shape the charity's future. Alongside this, she is setting up a confidential WhatsApp support line, giving survivors an easy, private way to reach out for help.

Looking ahead, RISE aims to expand its network of support services, launch educational programs, and work closely with the community to ensure no one ever feels alone in their journey.

"This isn't just about surviving," Nicole explains. "It's about thriving and making sure every survivor knows they have the right to a safe and hopeful future."



CONTACT DETAILS FOR RISE

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Email: risesthelena@gmail.com

Whatsapp: +29066833



Understanding the Many Types of Abuse

What it is and How it shows up
For Adults & Children

Why This Matters

The first step in our RISE journey is to truly understand what abuse is and what it looks like for both adults and children. Abuse is not always easy to spot. Sometimes it hides behind kind words, family ties, or normal routines. Only when we understand the different types of abuse can we recognise the warning signs, know what to look out for, and honestly analyse our own situations. Understanding is power, it's what helps us protect ourselves, protect others, and break the cycle of harm.

1. Physical Abuse

Hurting someone's body on purpose.

Adult example: A partner hits, kicks, pushes, or throws things at you during an argument.

Child example: A parent or caregiver smacks, shakes, or burns a child as punishment.

2. Emotional / Psychological Abuse

Using words, actions, or silence to make someone feel scared, worthless, or controlled.

Adult example: Your partner calls you "useless" every day and stops you from seeing your friends.

Child example: A parent always tells a child they are "bad" or "stupid" until the child believes it.

3. Sexual Abuse

Any sexual contact, behavior, or touch without consent. This includes forcing, pressuring, or tricking someone into sexual acts.

Adult example: Your partner forces you to have sex when you don't want to, saying you "owe" them.

Child example: An adult touches a child's private parts, shows them sexual pictures, or makes them keep "secrets" about touching.

4. Financial / Economic Abuse

Controlling someone's money or resources so they can't be independent.

Adult example: Your partner takes your wages and won't let you spend any money without permission.

Child example: A caregiver spends the money meant for your school supplies or food on themselves.

5. Neglect

Not giving someone the care they need to stay safe, healthy, and well.

Adult example: A caregiver doesn't give an elderly person enough food, clean clothes, or medical help.

Child example: A child is often left alone at home without food, clean clothes, or anyone to help with homework.

6. Digital / Online Abuse

Using technology to harm, control, or harass someone.

Adult example: A partner demands your phone passwords and reads all your messages to control you.

Child example: Someone online sends threatening messages or spreads rumours about you on social media.

7. Stalking / Harassment

Repeatedly following, contacting, or watching someone in ways that make them feel unsafe.

Adult example: An ex-partner waits outside your workplace every day and sends you constant messages.

Child example: A classmate follows you home after school, taking photos and posting them online without your consent.

8. Cultural / Spiritual Abuse

Using culture, religion, or beliefs to control or harm someone.

Adult example: A partner says you can't practise your religion unless you obey them in every way.

Child example: A child is told they are "evil" because they don't follow certain traditions exactly.

9. Human Trafficking

When people are tricked, forced, or pressured into working, performing sexual acts, or moving to another place against their will — often for someone else's profit.

Adult example: Someone offers you a "job" overseas but takes your passport and forces you to work without pay.

Child example: A child is taken from their home to another town or district. They are told they will be cared for, but instead, an adult forces them to do sexual things.

10. Coercive Control

A pattern of behavior that keeps someone trapped, scared, and dependent.

Adult example: Your partner controls where you go, who you see, and constantly threatens to hurt you if you leave.

Child example: A caregiver uses fear and strict rules to make sure you never question them or speak up.

You Are Not Alone

If you recognise any of these signs in your life or the life of someone you care about, please remember abuse is never your fault. You deserve safety, respect, and peace. RISE is here to stand with you, believe you, and walk with you on your journey to healing. Together, we can break the cycle.

A Celebration of Island Life: Agricultural Show Returns This November

Contributed - Giselle Richards

Yes, you might have heard! Excitement is growing as plans take shape for a full-day Agricultural Show Day this November — bringing back tradition with a celebration of our community, culture, and talents.

This year's show promises to be a vibrant mix of tradition and fun, bringing together families, friends, growers, makers, and animal lovers for a day of connection, creativity, and pride. Organisers are working hard behind the scenes to create an event that reflects the best of our island life, with something for everyone to enjoy.

Livestock Competition & Petting Zoo

At the heart of the show will be the livestock competition and petting zoo, featuring a variety of animals including sheep, goats, pigs, ducks, rabbits, hens, and even guinea pigs. While the livestock competition gives farmers and animal keepers a chance to show their best animals, the petting zoo will offer children and visitors the chance to get up close to friendly farm favourites in a safe, family-friendly space.

The district stall competition is another much-loved traditional feature. Each district will decorate and display a themed stall showcasing locally grown produce, handmade crafts, and the unique spirit of their area. These colourful displays are expected to spark friendly competition while celebrating the talents and resources of every corner of the island.

Homegrown fruits and vegetables, as well as delicious cakes, breads, and preserves, will take centre stage in the horticulture and home baking section. Alongside them, a showcase of artistic talent will be on display in the Arts and crafts competition, where islanders can enter everything from seedwork, flax & aloework, handmade jewellery and paintings to woodwork, textiles, and sculpture. Of course, no show day would be complete without entertainment, and this year aims to deliver plenty. A football match organised by the local Football Association will kick off the day's energy, while light-hearted fun races — for children & adults will keep the crowd smiling. Charities will also be out with stalls offering tombolas, teas, and bakes, and food vans & stall will be on hand to keep everyone well-fed throughout the day. Live music will round off the atmosphere, adding to the celebratory mood.

Volunteers needed

Behind the scenes, volunteers are being sought to help bring the event to life — from setting up pens and collecting materials, to judging competitions and coordinating sections. It's a true community effort, and organisers are hopeful that islanders of all ages will step forward to be part of the team.

Keeping our Saint Traditions Alive

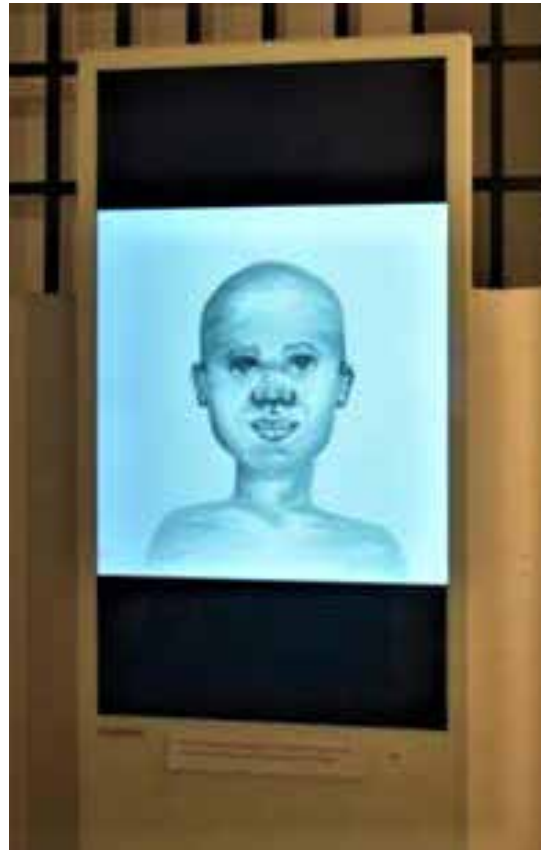
For many decades, Agricultural Show Days have been a proud tradition on St Helena — a time when each district comes alive with colour, pride, and community spirit. These events have long showcased the heart of our island: the farmers, bakers, artists, and everyday people whose talents often go unseen. It's a time to remember the joy of friendly rivalry, homegrown produce, and stalls bursting with creativity. By taking part this year, we not only celebrate who we are today but help keep this beloved tradition alive for the next generation. And with prizes to be won across the competitions, there's even more reason to get involved and show what you can do!

Faces From the Past

An unusual and remarkable exhibition is now open at the Museum of St Helena and runs until 30th August. It is an important contribution to our history of thousands of enslaved Africans released from slave ships and brought to St Helena.

A couple of years ago, Andreana Cunningham, now an assistant professor at Boston University spent time in St Helena making precise visual records, with the aid of impressive computer software, of the measurements and characteristics of skulls from the 325 liberated Africans whose remains were, at the time, being transferred to caskets in preparation for burial. It was hoped the skull characteristics would help to identify any correlation between the human remains in St Helena and those in similar burial grounds, notably in the Caribbean.

These records have now helped with another hi-tec technique which is to build up the flesh and facial features onto the skull. The result is a very good indication of what a person actually looked like who perished at Ruperts' after enduring the barbarism of capture and imprisonment on a slave ship.



The museum exhibition displays three examples where the skull has been developed to show what the face of the person would have looked like when alive.

Helena Bennett, Director of the St Helena National Trust and Chairperson of the LAAC, commented:



Visitors to the exhibition

“This exhibition is a testament to the collaborative spirit of St Helena and our shared commitment to preserving our history. By blending art and science, we are able to connect with these individuals on a deeply human level by giving them an identity and ensuring their stories are told.”

The exhibition is a collaboration involving the Liberated African Advisory Committee, Assistant Professor Andreana Cunningham, the Museum of St Helena, and the St Helena National Trust and marks the 3rd

anniversary of the reburial of Liberated Africans at Rupert's Valley. The exhibition serves as a powerful reminder of the history of the Liberated Africans on St Helena and the significance of their final resting place. It is an essential part of the ongoing efforts to honour the history and legacy of the Liberated Africans of St Helena.

Other people participating in the project include Craig Peters, Sophia Joshua, Sophie Gresswell and Anna Henry

The End of the Road



Early this week the slurry machine had finished work on Ladder Hill and had been taken off-site.

The remaining work is hand finishing parts of the road surfacing. This mainly involves the edges of the road where the machine cannot get to.

Hand finishing was well underway by Monday of this week. The scheduled finishing date is next Friday 22nd August. As things stood at the time this report was written, there is a good chance Ladder Hill might be opened a day or two early.



**Baptist Church
Gospel Outreach**

MAKE A JOYFUL NOISE TO THE LORD

When: Sunday: 17th August 2025

Where: Kingshurst Community Centre

Time: 3.00 pm

sing!

Gospel in Song

Refreshments

Preached Word

sing!



Diocese of St Helena

The Parish of St Paul's

Sunday 17th August 2025 – 20th Sunday of the Year

8.00 a.m.	Eucharist	Cathedral
9.30 a.m.	Family Eucharist/Church Parade	Cathedral
3.30 p.m.	Eucharist	St Peter
	Thursday 21st August	
7.00 p.m.	Praise and Worship	Blue Hill Community Centre

The Parish of St James

Sunday 17th August 2025 – 20th Sunday of the Year

9.30 a.m.	Eucharist	St James
	Thursday 21st August	
7.00 p.m.	Eucharist with Healing	St John

Sunday 17th August 2025 – 20th Sunday of the Year

11.15 a.m.	Eucharist	St Mark
3.30 p.m.	Eucharist	Barnabas, Levelwood
	Tuesday 19th August	
7.00 p.m.	70x7 Forgiveness	St Mark



Through the Lens

FROM DREAM TO DEGREE: YOUR PATH TO RENEWABLE ENERGY ENGINEERING—A Young Saint's Journey to University and Beyond

Written By *Ed Oyewo*

"I want to design solar farms and wind turbines that could power our entire island," says Jamie, a Year 11 student at St. Helena Secondary School. "But I'm not sure what subjects I need or if my grades will be good enough for university" Sound familiar? After our recent article about where your favourite subjects could take you, we've been flooded with questions from aspiring engineers. So, let's break it down – what does it really take to turn that engineering dream into reality?

The GCSE Foundation: Your Building Blocks

The Non-Negotiables:

Mathematics – You'll need at least a Grade 6 (preferably 7+). This isn't just about passing; maths is the language of engineering. Every calculation, every design, every solution starts with solid mathematical foundations.

Physics – Grade 6 minimum, ideally 7+. This is where you'll learn about energy, forces, and the fundamental principles that make renewable technology work.

English Language – Grade 5+. Engineers must communicate complex ideas clearly, write reports, and present solutions to non-technical audiences.

Highly Recommended:

Chemistry – Grade 6+. Understanding materials, chemical processes, and energy storage is crucial for renewable energy systems.

Design & Technology – Shows practical problem-solving skills and creativity.

Geography – Demonstrates understanding of environmental systems and climate science.

"But what if my predicted grades aren't quite there yet?" asks another student. Here's the encouraging truth: universities look at your overall profile, not just individual grades. A strong personal statement explaining your passion for renewable energy, combined with good grades in core subjects, can open doors.

University Options: Where Dreams Take Flight

UK Universities (Popular with Saints):

Imperial College London – Requires A*AA including Maths and Physics

University of Edinburgh – AAA-ABB, more flexible with international students

Heriot-Watt University – ABB-BBB, excellent for renewable energy engineering

University of Exeter – AAB-ABB, strong environmental focus

South African Options:

University of Cape Town – More accessible for Saints, excellent engineering programs

Stellenbosch University – Strong renewable energy research, familiar with island students

The A-Level Bridge: Essential Subjects

To get into these universities, you'll typically need:

- **Mathematics** (absolutely essential)

- **Physics** (required by all engineering courses)

Plus, one from: Chemistry, Further Mathematics, Design Technology, or Geography

"What if St. Helena Secondary doesn't offer the A-levels I need?"

Great question! Many Saints complete their A-levels through:

- **Online providers** like Cambridge International or Pearson Edexcel

- **UK colleges** offering foundation years specifically for international students

- **South African institutions** with bridging programs

Making It Happen: Practical Steps

Year 11 Action Plan:

1. **Focus on your core subjects** – every mark matters in Maths and Physics

2. **Start researching universities now** – each has different requirements and application deadlines

3. **Consider work experience** – even observing maintenance work at the power station or airport shows initiative

Financial Reality Check: "University sounds expensive," admits one student. True, but there's help available:

- **UK Student Finance** covers tuition and living costs (you pay back after graduation)

- **Commonwealth Scholarships** for exceptional students

Your Engineering Future Starts Now

Remember, renewable energy engineering isn't just about technical skills – it's about creativity, problem-solving, and making a real difference. St. Helena's unique challenges with energy supply, wind patterns, and environmental protection make you incredibly valuable to this field. "Every time I see the wind turbines at Deadwood, I imagine designing better ones," says Jamie. "I know it won't be easy, but I can already picture coming back to St. Helena with the skills to help our island become completely energy independent."

The Bottom Line

Don't let perfect be the enemy of good. If you're passionate about renewable energy engineering:

- **Aim high** in Maths and Physics, but don't panic if you're not getting A*s yet
- **Apply broadly** – different universities have different strengths and requirements
- **Tell your story** – your unique St. Helena perspective is an asset, not a limitation
- **Start planning now** – university applications open in September for the following year

Your engineering journey begins with that next Maths homework, that Physics experiment, that moment you decide your island background is your superpower, not your limitation. *Dreams don't work unless you do – but with the right subjects, grades, and determination, there's no reason why the next generation of renewable energy solutions can't be designed by a Saint. Till Next Time, Keep Well.*



ST. PAULS PARISH FUNDRAISING EVENTS FOR 2025

Past event:

July Cake stall—Takings £336.65—Winner of Boiled Pudding—
Mrs Alison Beard

Present event:

**Friday 29 August 2025—Curry & Quiz Nite at Kingshurst
Community Centre—starting 7pm.**

Menu:

Beef Curry, Fish Curry, Chicken Curry, Breyani, Rice, Mixed
vegetable & Dessert. Tickets £10 per person. For tickets
please call the contact numbers at the bottom. Bar facilities
will be available. We will also be having a quiz on the night
and if you wish to enter a team please call Penny on 24471,
Noleen on 24333 or Joy on 24717.

Future events:

Friday 26th September 2025

Fish Fry at Kingshurst Community Centre—starting 7pm

Friday 14th November 2025

King's Birthday Holiday Fun Day at Kingshurst Community Centre—
starting 12noon

Friday 5th December 2025 St. Nicholas Ball at Kingshurst
Community Centre—starting 7pm

For tickets or more information on these events please call Rosalie on
24658, Noleen on 24333, Joy on 24717, Gilbert on 24666, Jerry on
23451, Beatrice on 24691 or Karen on 23401.

FOR SALE:

Ford Fiesta ST-LINE 2016 black in colour with
83k on the clock.

Just arrived from the UK.

Immaculate condition inside and outside.
12 months MOT

Interested persons please contact **Jeff's
Autos** in Half Tree Hollow on **23573** for further
information or to arrange a viewing.



Sample Image

Vacancy

Senior Accounts Clerk (General)

Salary for the post will commence at £10,200 per annum (£850 per month)



Solomon & Company (St Helena) Plc has a vacancy within the Finance Department for a Senior Accounts Clerk (General).

As Senior Accounts Clerk (General) you will be responsible for ensuring a reliable and efficient service is provided for the daily processing of Accounts data in the Finance Department.

Interested Persons Should:

- Possess grades C or above in GCSE Maths & English or equivalent and desirably an Accounting qualification
- Be experienced in the use of Microsoft Office applications and desirably Access Dimensions
- Have the ability to multitask, organise workload and meet tight deadlines in a fast-paced environment
- Be analytical, with a high degree of accuracy and attention to detail
- Have excellent communication skills and an ability to liaise effectively with staff on all levels
- Be able to work independently and to use own initiative

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

Claire Williams, Accountant (General) via ☎ 22380 ✉ accounts@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **Thursday, 28 August 2025**.

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

◆ Pension Contributions

◆ Staff Discounts

Vacancy

Grocery Sales Assistant



Salary for the post will be £9,804 per annum (£817 per month)

Solomon & Company (St Helena) Plc has a vacancy within The Star for a Grocery Sales Assistant.

As the Grocery Sales Assistant you will assist with the day-to-day running of The Star, including in the Food to Go area, and ensure a high standard of customer service

Interested Persons Should:

- Possess knowledge and skills of food safety & hygiene
- Be customer focused and target driven
- Possess experience of working in a customer facing environment and have excellent customer service skills
- Be competent in Maths, English and IT
- Possess experience in Cash Handling
- Be self-motivated and able to work well as part of a team
- Be able to undertake physically demanding and manual handling duties
- Have the ability to multi-task in a fast-paced environment
- Be able to perform general cleaning duties
- Be available to work weekends

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

Charlotte Williams, Grocery Manager (The Star & Butchery) via ☎ 22683 ✉ charlotte.williams@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hadmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **21 August 2025**.

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

- ★ Pension Contributions
- ★ Staff Discounts

Are you interested in developing your marketing?



Are you a local tourism business looking to enhance your marketing skills?

We're inviting tourism operators and service providers – including accommodation, tours, transport and hospitality, to take part in a free marketing training session designed to help you promote your business more effectively.

What to expect?

- Marketing Fundamentals
- Collaboration with St Helena Tourism
- Digital Marketing (including social media essentials)
- Creating content
- Next steps and support

Date: Thursday, 4th September 2025

Time: Full day - 9:00 to 15:00

Location: Tourist Office

For more information and to register your interest contact Tyanne Williams via tyanne.williams@sainthelena.gov.sh or +290 22470.gov.sh and by calling 22470

Nominating a Candidate for the 2025 General Election

Who can be nominated?

Anyone can stand for election providing they are:

1. on the Register of Electors effective from 1 July 2025; and
2. they are over the age of 21 years.

Ideally candidates should have a genuine interest in the island's affairs.



How to Nominate Candidates

Use a **Nomination Form** which can be obtained from the Castle Reception, the Customer Services Centre, the Public Library and can be downloaded from the SHG website.



Forms and further information on the election process are also available from:

Returning Officer, Carol Henry,
carol.henry@sainthelena.gov.sh
or tel. 22470,

Assistant Returning Officers,
Anita Legg: anita.legg@sainthelena.gov.sh
or tel. 22590

Connie Johnson: connie.johnson@sainthelena.gov.sh
or tel. 22470

Gillian Francis: gillian.francis@sainthelena.gov.sh
or tel. 22314

Important Information

There are 12 vacant seats on Legislative Council so **you can sponsor or support up to 12 candidates** in the General Election.

Sponsors and supporters **must be** on the Register of Electors effective from 1 July 2025.

Potential candidates can ask people to be their sponsors or supporters. The supporter **cannot** be the same person as a sponsor.

Nomination Form Check Box

Ensure you have included all of the following when submitting the nomination form:

- ☐ Full name and signature of the **candidate**.
- ☐ Full names and signatures of **two sponsors** signed in the presence of the Returning Officer, an Assistant Returning Officer or a Justice of the Peace (JP).
- ☐ Full names and signatures of **five supporters** signed in the presence of witnesses. The witnesses of supporters' signatures do not need to be listed in the Register of Electors.
- ☐ All nominations must be submitted **no later than 12:00 noon on Wednesday, 20 August 2025**.

JP's:

Chief Magistrate Duncan Cooke
Barry Hubbard
Douglas Bennett
Joan Patricia Flagg MBE
Harold Horner
Vincent March
Greta P Musk MBE
Marie-Anne Dennis
Deborah Fantom
Nicholas George
Jody Grant-Lawrence
Desmond Wade
Colin P Yon
Sidney A Youde
Clare D Harris

Deliver your nomination to Returning Officer, Carol Henry or Assistant Returning Officers, Anita Legg, Connie Johnson, or Gillian Francis, at The Castle.

DON'T WAIT UNTIL THE LAST MINUTE - SUBMIT YOUR NOMINATION EARLY!



APPLY FOR A CHEVENING SCHOLARSHIP

Applications for the 2026-2027 intake of Chevening scholarships are now open and will close on **Tuesday, 7th October 2025**.

Chevening Scholarships are aimed at high calibre individuals who are motivated to develop their career to establish a position of leadership and influence, and become positive change makers in their country.

The programme offers a one-year fully funded Masters degree in any subject at a UK university. Those applying must have a clear post-award plan, showing how their course choice will fit with their career aspirations including how it will align with local and UK government priority areas.

There are no age restrictions for Chevening Awards. To be eligible for a Chevening Scholarship, you must:

- Be a citizen of a Chevening eligible country, (in this case - St Helena).
- Have completed all components of an undergraduate degree to gain university entry at postgraduate level.
- Have at least two years' work experience **after** completion of their undergraduate degree.
- Must **not** have studied in the UK previously with funding from a UK government-funded scholarship
- Must return to St Helena after study in the UK for a minimum period of two years.

Before applying, candidates are strongly encouraged to review the resources available at chevening.org/guidance and assess whether they are ready to present a competitive application.

You may also contact Chevening Officer, Kerry Lane, at the Governor's Office on +290 22308 or via email: Kerry.Lane@fcdo.gov.uk who will be able to assist with your queries.

Governor's Office, St Helena, Ascension and Tristan da Cunha
11 August 2025

World Maritime Day 2025

We are planning a week of activities focusing on and promoting all things maritime starting on Sunday 21

September, through to Friday 26 September.

If you would like to join in by hosting a maritime-themed event, then please get in contact with Wendy

Benjamin on Tel: 23043 or by email on wendy.benjamin@sainthelena.gov.sh

We look forward to hearing from you!!



25 September 2025





EMERGENCY SERVICES OPEN DAY

EXPLORE. LEARN. CONNECT.

FRIDAY, 22 AUGUST 2025 | 10:00 - 16:00
SEA RESCUE BASE, RUPERT'S



PROGRAMME SCHEDULE

10:00	Opening Speech
10:10	Individual Services Showcasing their Stalls
11:00	Ambulance Demonstration
11:20	Police Demonstration
11:50	Fire Demonstration
12:20	Sea Rescue Demonstration
12:50	Multi Agency Demonstration
12:50	30 Minute Break
13:50	Novelty Race
14:30	Rope-tying Competition
14:30	Firetruck Pull
15:30	Hit the Target



**NOT ALL HEROES WEAR
CAPES, DONATE BLOOD
BETWEEN 10:00 AND 15:00**

Also Featuring:

- GIS, JESCC & Prison
- Food, Tea & Cakes
provided by Dan's
Bakery
- DJ Colin Peters
- Ice Cream Van



MEDIA RELEASE

8 August 2025

Sure Issues Notice to Cease Telecommunications Operations on Ascension Island in February 2026

Sure SA Ltd today announces that it will no longer provide telecommunications services on Ascension Island from the end of February 2026, unless a new, sustainable agreement can be reached with the Ascension Island Government (AIG).

For over a century Sure has proudly served the Ascension Island community with a comprehensive range of public communications services – including fixed line, mobile and broadband – that underpin essential everyday communications. These essential services enable local and international connectivity through voice, SMS and data, and are vital to the society and economy of a remote island.

This difficult decision is the result of ongoing economic challenges faced by Sure on Ascension Island, which have been significantly exacerbated by the introduction and licensing of a second public telecommunications provider by AIG. Sure has consistently expressed concerns that the island's small market cannot viably support multiple operators, and unfortunately these concerns have proven to be well founded. Despite government subsidies, the current commercial model is unsustainable.

Sure has therefore notified AIG that it will withdraw from its public telecommunications licence in February 2026.

Speaking on the announcement, Alistair Beak, Sure Group CEO, said:

“This is a deeply regrettable decision and marks the end of more than 100 years of Sure’s service to the Ascension Island community. I would like to thank our dedicated local team and all of our customers – past and present – for their trust and support. Our team has worked tirelessly to provide a reliable and essential telecommunications service in the island and I’m grateful to them for their hard work, expertise and commitment.

“We firmly believe that the community requires a resilient and high-quality public telecommunications service. Sure remains open to constructive dialogue with AIG to explore how to continue to provide these critical services in a sustainable manner. In the meantime, we are committed to supporting our customers and providing regular updates as we work through the transition period.”

ENDS

A General Election will be held on Wednesday 3 September 2025, if more than 12 valid nominations are received by no later than 12 noon on Nomination Day, Wednesday, 20 August 2025. This year's Election will be the second under a ministerial system of Government. Leading up to the General Election we will provide regular information articles on how the Ministerial Government works. This week's focus is on the role of Ministers and Portfolio Directorates.

How many Ministers are there?

There is a Chief Minister and four other Ministers.

How will Ministers be selected?

The Ministers are selected by the Chief Minister from the Elected Members of Legislative Council. The Chief Minister recommends to the Governor which Elected Members should be appointed and the Governor must follow the recommendation. The Elected Member must have accepted the nomination.

Who decides what departments and functions of Government Ministers will be responsible for?

The Chief Minister decides which portfolios each Minister shall have. The portfolios are made up of departments and functions of government. The Chief Minister recommends to the Governor which portfolios are to be allocated to which Ministers and the Governor formally allocates them. The Governor must follow the recommendations of the Chief Minister.

Can a Minister's portfolio change?

The Chief Minister decides what portfolios Ministers have and can recommend to the Governor that new ones are assigned or reassigned after the initial assignment. The Governor must follow the recommendation. A Minister could therefore start a term of office with one portfolio and end with another one.

What is the main role of a Minister?

Ministers exercise general direction and policy control over Portfolios assigned to them subject to the policies of Government in place at the time.

Ministers need to report to the Chief Minister on their assigned portfolios and they are accountable to Legislative Council for their portfolios including taking financial responsibility.

Ministers will have direct political responsibility and accountability for all strategic policies and services delivered by their portfolio. This includes strategic allocation of resources within the portfolio, as well as responsibility and accountability for all policies and services delivered. They will also be expected to account to Legislative Council for the effective use of public funds spent in their portfolios to deliver on policy outcomes. Ministers however, are not accounting officers, that is a responsibility that falls to members of the public service - usually the Portfolio Director. The operational delivery of policies and public services is the responsibility of the Portfolio Director and their officers.

Who do Ministers report to?

The four Ministers are accountable to the Chief Minister who has oversight of their performance.

Does anyone in the Public Service report to a Minister?

Not directly. However, Ministers will have political responsibility over officials. The Directors of Portfolios will also act as chief policy advisors to relevant Ministers.

Where do Ministers work from?

Ministers are expected to work from an office in their respective portfolio.

Can Ministers be dismissed?

The Chief Minister can recommend to the Governor the revocation of an appointment of a Minister. The Governor would then revoke the appointment.

If a Minister is dismissed, would there need to be a re-selection of all the Ministers? How would this work?

If a Minister leaves their office the other Ministers do not have to be re-selected. If the Chief Minister leaves their office then all of the Ministers they appointed would need to step down and a new Chief Minister would make their selection of four Ministers. The current Ministers would continue in their roles up until the point a new Chief Minister is elected.

What relationship do Ministers have with Public Service Directors?

The Minister with the allocated portfolio exercises general direction and policy control over that portfolio and works closely with the Director and Senior Management team. The Director acts as chief policy adviser to that Minister on matters within the Portfolio's responsibility. Portfolio Directors and their Senior Management team should develop a productive working relationship with their Minister and advise them on policies, services and legislation being developed.


How are Ministers be held accountable for their decisions?

Ministers are accountable to the Chief Minister for their decisions.

Ultimately the Chief Minister is accountable to Legislative Council for decisions made by their Ministers but Ministers could also be held accountable for their decisions through:

1. Select Committees set up under the Constitution
2. Public Accounts Committee meetings and reports
3. Questions from Elected Members on Legislative Council including those on behalf of the constituents in their geographical district
4. Debates on motions in Legislative Council
5. The Ministerial Code of Conduct.

Our next issue will look at the role of the Public Accounts Committee and Select Committees. These Information Releases are also available online at: <https://www.sainthelena.gov.sh/government/public-information/elections/>



AUGUST OPENING HOURS

Main Branch*

Monday - Friday	08:45 - 15:00
Saturday	09:00 - 12:00


Airport Kiosk

Flight days only	10:30 - 14:30
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Remote Banking



HTH Supermarket	Tuesday, 26 August	09:30 - 13:00
Longwood Enterprise Park	Wednesday, 27 August	09:30 - 14:00



*The Business Banking Station is open Monday to Friday, 09:30 - 13:30.



Bank of St. Helena Ltd.

info@sainthelenabank.com+290 22390

www.sainthelenabank.comMarket Street, Jamestown

@sainthelenabankBank 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

INVITATION TO TENDER

RELOCATION OF RECEPTION AREA AT ST HELENA SECONDARY SCHOOL

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

CS-1956-SHG – Relocation of Reception Area at St Helena Secondary School

A site visit to view the works will take place on Tuesday, 12 August 2025 at 16:00, meeting at the main entrance to the school.

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

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

Completed tenders should be placed in the Tender Box located on the Top Floor, Post Office Building by 12:00 on Wednesday, 20 August 2025, clearly marked with the tender number.

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

SHG
31 July 2025

CALL FOR EXPRESSIONS OF INTEREST TO SERVE ON GOVERNANCE COMMISSION

SHG is inviting expressions of interest from individuals to serve on a Governance Commission. This commission will seek the community's views on the recommendations in the St Helena Governance Review Report.

This report was recently commissioned to evaluate the effectiveness, transparency and accountability of governance structures pertaining to the ministerial form of government that was introduced in 2021, and was laid on the table at the formal meeting of Legislative Council on 26 June 2025. A copy of the report can be found on the SHG Website at <https://www.sainthelena.gov.sh/wp-content/uploads/2025/08/CoE-St-Helena-Governance-Review-Final-Report-June-2025.pdf>. The Terms of Reference for the Governance Commission are also available on the SHG website at <https://www.sainthelena.gov.sh/wp-content/uploads/2025/08/Governance-Commission-2025-ToR.pdf>.

Interested persons should contact Portfolio Assistant for Central Support Services, Crystal Maggott, on telephone 22470 or via email at crystal.maggott@sainthelena.gov.sh by Friday, 29 August 2025.

SHG
12 August 2025

Join us! We are recruiting...



St Helena
Government

Health & Safety Officer (£15,373 per annum)

The Health & Safety Officer contributes to the prosperity of the island by serving as a diligent Safety Officer who implements and ensures adherence to SHG occupational health and safety (OHS) guidelines. The main responsibility involves providing advice on strategies to reduce hazards and uphold a secure working environment throughout SHG, while meeting legal safety requirements and nurturing a culture that prioritizes health and safety.

Health and safety professionals are essential in safeguarding employees within the workplace. You will be instrumental in fostering a safe working environment by offering guidance on safety protocols, performing risk assessments, and enforcing preventive measures. The primary objective is to create a secure workplace in compliance with legal standards and to promote a culture that emphasizes health and safety. Contact us for information and a discussion.

Enquiries: Anel O'Bey on Tel No 25052 or Email
anel.obey@helanta.co.sh

Closing date: 27 August 2025

Shortlisting date: 29 August 2025

Interview date: 11 September 2025

Forest Worker (£9,698 per annum)

The Forestry Section is looking to recruit a Forest Worker to provide support for a labour service under the supervision of the Nursery Chargehand, Silviculture Officer, or Forestry Officer. The role involves primarily all aspects of tree seedling production but does include performing manual forestry tasks, which encompass land clearing, control of invasive and alien plant species, ground preparation, planting, thinning, pruning, fencing, cleaning, and the harvesting of sawlogs, firewood, and fence posts, as specified by the relevant line manager. Contact us for information and a discussion.

Enquiries: Myra Young on Tel No 24724 or Email
myra.young@sainthelena.gov.sh

Closing date: 27 August 2025

Shortlisting date: 29 August 2025

Interview date: 11 September 2025

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

For further information, please contact the recruitment team on telephone number **22470** or via the email address below.

Applications should be submitted through the Director/Line Manager (where applicable) to the Human Resources Officer by email recruitment@sainthelena.gov.sh or paper copies delivered to the Human Resources Officer by the closing date.

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

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

SHG positively accepts applications from all members of the community, regardless of age, gender, disability, age, sexual orientation, religion or belief and will consider all applications on the basis of merit assessed against the role profile and person specification. All appointments are subject to the successful candidate providing satisfactory clearances, which include a medical check, vetting / DBS clearance and references. SHG reserves the right to have information provided on or with the application independently verified. Benefits are subject to change and may vary according to role.

Join us! We are recruiting...



St Helena
Government

Judicial Services Officer (£13,569 per annum)

The Judicial Services Officer will contribute to the prosperity of the island by assisting the Judicial Services Manager with all issues related to the St Helena Judicial System. This role includes serving as the Clerk to the Coroner, Clerk to the Labour Regulating Authority, Clerk to the Land Development Appeals Tribunal and occasionally Clerk of the Peace. You will also maintain the Companies Registry, process wills and probate and maintain the accounts for Judicial Services and the Legal Assistance Fund. Responsibilities also encompass the drafting of legal and court-related documents, such as summonses, letters, and writs. The officer is accountable for covering the Judicial Services Manager during all court hearings and must possess the ability to deliver proficient court clerking services in both public and private courts.

Contact us for information and a discussion.

Enquiries: Amelia Gough on Tel No 22340 or Email
amelia.gough@judicialservices.sh

Closing date: 27 August 2025

Shortlisting date: 29 August 2025

Interview date: 16 September 2025

IDVA/SDVA/CIDVA Domestic Abuse Service Lead

(£13,569 per annum) For local interest only

The Health & Social Care Portfolio is recruiting a Domestic Abuse Service Lead, to manage and facilitate the provision of services, advocacy and support for women and children of all ages residing in the Safe Haven accommodation. The post-holder will also have overall responsibility for managing and facilitating the provision of outreach advocacy and support to survivors of domestic abuse, male and female, and their children, who reside within the local community.

Please contact us for more information and discussion.

Enquiries: Amy Martin on Tel no. 23312 or Email:
amy.martin@sainthelena.gov.sh

Closing date: 22 August 2025

Shortlisting date: 27 August 2025

Interview date: 10 September 2025

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

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Dear Voters,

I have been very touched by the number of persons who have asked me to stand for re-election to Legislative Council. I confirm that it is my intention to do so. I have always done my best to serve constituents by taking forward their concerns and suggestions, and to press for what is best for St Helena while being truthful, fair and frank. The only promise that I make is that I will not cease to do so.

If re-elected, I will continue to take action on key issues including holding St Helena Government to account, particularly through the Select Committees; reducing the impact of rises in cost of living; improving physical and internet access; providing more social housing; supporting our students studying university degrees; establishing

a casual work scheme for unemployed persons fit to work; campaigning for policies and support for private sector development, etc. Overarching all of these is the need for Saints to be given the recognition and opportunities they deserve so they feel valued and appreciated for their contribution to their island. More action needs to be taken to encourage those working overseas to return and to retain those still here.

The next few years will be very challenging so those elected must stand firm and speak out for what is best for St Helena. They must aim to take prompt action and establish far greater unity between all those responsible for trying to take the island forward. Team work is essential, but cannot operate effectively without good communication between all involved; sharing of information; openness and transparency. They must also work to ensure that the rights and safety of all on the island are upheld, and not follow personal agendas.

To achieve the best outcomes, Legislative Council requires both continuity and fresh ideas. The new government should build on progress that has been made, but also address outstanding current issues and be ready to tackle proactively new ones that emerge. To succeed in doing this, those elected will require relevant experience, commitment and determination.

A very big "Thank you" to constituents for your support up to now. On 3rd September, please vote for up to 12 candidates whom you trust and believe will serve St Helena well. I hope you have the confidence to include me, as I will always endeavour not to let you down. If any voters wish me to give specific examples of what I have undertaken over the past four years, I will be happy to do so.

**Yours sincerely,
Corinda Essex**



**SUPPORT ME.
TO SUPPORT YOU**



People are the heart of
the community

Let our past guide us
Our present unite us
Our future inspire us

When I made the decision to stand as a Candidate in the upcoming General Election, I did so for several reasons.

Firstly, I would like to continue serving the people of St Helena as I have strived to do over the past four years and give back to them what was invested in me in my former role as a Member of Legislative Council.

I was given the opportunity to attend several

training seminars and workshops abroad:

The 70th Westminster Seminar, London,
51st CPA British Islands and Mediterranean Regional Conference, Isle of Man,
Public Accounts Committee (PAC) training missions in Westminster and Wales,
Regional Workshop for African Public Accounts Committees, Zambia
Reykjavik Global Forum, Iceland,
Strong and Independent Parliaments in Small Jurisdictions, Isle of Man.

I served as Children's Champion and Older Persons Champion, and as a member on:

Select Committee 1

Public Accounts Committee (PAC)

Highways Authority

St Helena's Representative on the British Islands and Mediterranean Region (BIMR)

Commonwealth Women's Parliament

Safeguarding Board

Police and Crime Panel

Education Review Committee

White Ribbon Day Campaign Group.

I undertook the temporary role of Minister for Safety, Security and Home Affairs, where the transition from Councillor to Minister, enabled me to gain insight 'from the other side', so to speak. This undertaking proved to me my personal strength and willingness to rise to an opportunity that, not only enabled my professional growth, but strengthened the knowledge and understanding I have for the role.

The experience gained from the above, coupled with how much I valued my former role, is why I say "I would like the opportunity to continue giving back to the people of St Helena what was invested in me".

The values I stand by:

- Integrity-I stand for what I believe in and take ownership of my decisions
- Service to the community-I endeavoured to work to the best of my ability for the people of St Helena. I was elected into Legislative Council by you, I have a duty to dedicate myself to achieving the best I can for you
- An inclusive community - where the benefits includes you all
- Empathy-I aim to understand constituent's challenges and concerns; to stand for and

by, the people of St Helena

- Resilience – Challenges and adversity helps to make you a stronger person. Setbacks do not deter me, but make me more determined

Cost of living impacts across our community. I feel real concern for low income earners with families and for our elderly citizens. Better financial opportunities abroad continue to lure away many of our working age people, often with young families. Globally, there is a rise in living costs which unfortunately filters through to our importation costs.

I was elated with the response to my question in the Budget session of Formal Legco, where it was announced that Public Service pensions would see an uplift of 5.5%.

I would champion the need for continued pursuit in uplifts annually to social security payments, Public Service pensions and wages. A small uplift is better than none at all.

Affordable housing is an ongoing concern and whilst initiatives have been put in to assist first-time homeowners, I would continue to support where there may be opportunity to further assist those endeavouring to own a home, which is a huge incentive to keep our working age people on island.

The Private Sector

Our fishing industry, once a thriving commerce and a huge part of our culture, is now a fragmented struggling sector. Fishermen have my full support, it is not an easy life and I repeat what I have said so often, that the challenges faced by fishermen should be addressed to enable the industry to thrive again, which will be a boost to our economy and provide sustainability of a vital food source.

Retailers and private business owners face the dilemma of retaining product and service costs for compatible competition to keep their customer base. Global uncertainties and fluctuating currencies affect importation and end user costs.

Food security is crucial to St Helena's sustainability. Agriculture and poultry farming must be further enhanced by appropriate legislation and investment, again building a thriving industry of home produced products and reducing the reliance on imported foods.

Education and Youth Development

As Children's Champion, I became more involved with our students, made more visits to schools where I could engage in informal discussions and saw firsthand the work that goes into educating our young people. Primary education will undergo a significant change and I would encourage that all affected be taken along on the journey to enable a positive transition.

I encourage youth leadership and engagement forums, where our young people can be more involved in shaping policies and procedures that are relevant to them now, and to their future.

Health and Social Care

Effective health and social care service provision is essential to a resilient community, where all should benefit from past and potential future investment.

I advocate for:

- Continued expansion to preventative health care, enabling a healthier nation
- More availability for connecting patients with overseas professionals for virtual

consultations; optimising on the use of our advanced connectivity

- Further investment in essential medical equipment
- Support, both financial and legislative, for the expansion to services provided by mental health
- Reviews of contracts for external medical services provision, to ensure continued quality of service and value for money
- More facilities to accommodate our elderly and those in need of respite care
- Increased support to informal carers (family and friends), who provide essential care to our elderly and vulnerable
- Facilitating intergenerational programs that connect our youth with our elderly.

Economic growth

Whilst we did not expect our economic growth to happen overnight, we can say that post COVID we are seeing rising numbers in tourists and visiting family and friends; a boost to our economy. Inward investment is being encouraged, promotion of St Helena and advanced digitally connectivity are enabling factors for this. It is important however, that we keep sight of what makes us unique, without stifling our economic growth.

Community-centred priorities for me:

- Value people – where they feel seen, heard and respected
- Cost of living – retain our people by having a financially enabled environment that allows them to live in their homeland
- A developed Private Sector to provide necessary service provision to the community
- Reduce our imports and increase our exports; reverse the flow of our economy
- An inclusive educational structure that enables all to develop and promote future leadership
- An inclusive society, where all abilities matter
- Enable progress to health and social care; it is a service provision that cuts across the community
- Enable and encourage much needed economic growth
- Protect our heritage.

Having been elected as a Legislative Councillor in 2021 and with the implementation of the new Ministerial Form of Government, my tenure has enabled me to see this been embedded in. It was a privilege to serve the community with the knowledge and experience I gained; it would be an honour to continue that service.

I cannot make promises or predictions, but I can give you the utmost assurance that I would do, as I have always done, and that is the best I can for you. For me, you matter.

VOTE GILLIAN BROOKS



Martin Henry Standing for Election

After much personal reflection and, admittedly, some soul-searching, I would like to inform members of our community that I am once again standing in the general election.

My candidacy in this year's election remains deeply rooted in the principles of health and well-being — for both our people and our environment. Over the next few weeks, as we engage in more in-depth debate, I will set out what I believe to be a tangible and achievable direction in these areas, building on what has already been accomplished and what is yet to be nurtured.

I cannot ignore what I see on the horizon. There are tough national decisions already waiting for the next ministerial team — against the backdrop of unsustainable population

figures and the very real threat of significant budget pressures, both locally and in the sphere of international aid.

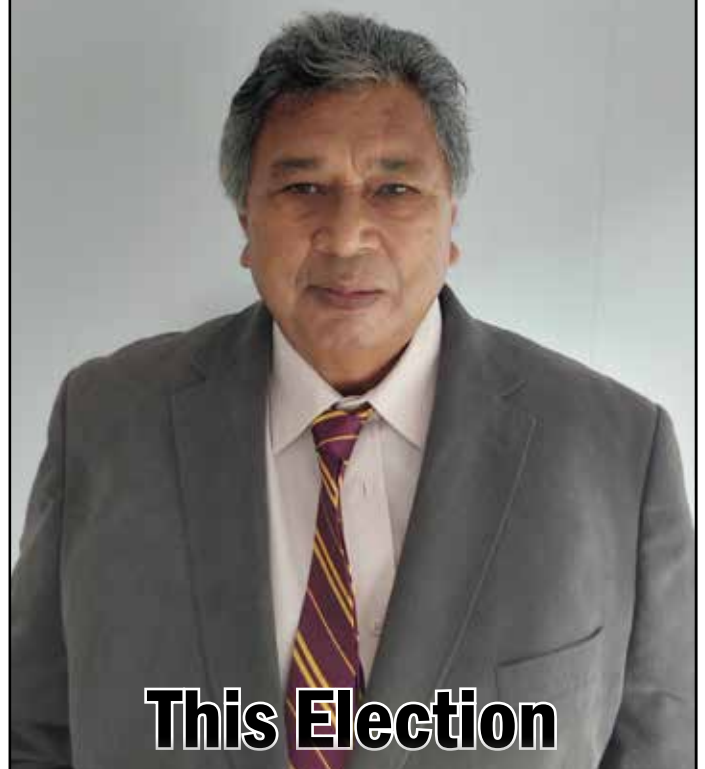
However, from the outset, I want to focus on what I still believe to be the most critical ingredient: The Saint potential — and how we can release it and build upon it.

For me, it begins with engaging the community spirit that has burned brightly in us for generations. But to do this, we must first confront our own perceptions, biases, and our tendency to seek scapegoats — taking the easy path of pointing fingers and offloading all our responsibilities. There are many areas in need of urgent attention, and many issues that have fuelled deep distrust over the years — and still do.

But here's the simple truth, no matter what we tell ourselves: our island's future will be won or lost together. It can no longer be a case of government on one side and community on the other. It must be about each of us having a stake, playing our part, and recognising that when we step up, the whole island rises with us.

Let's try something different this time. We have the Saint potential — now let's use it.

Vote for Pat Williams



This Election



Karl Thrower

For Councillor

Better Telecommunications

Connectivity that delivers real benefits—for everyone

The arrival of the undersea cable was a landmark investment in St Helena's future. But the real test is what happens next. The last Government failed to deliver the "fibre to the home" project—despite spending over £650,000 of public money. Without decisive action, we risk repeating past mistakes: more wasted funds, higher prices, poor service, and limited access.

Choosing the right solution is not simple. There are many technologies—fibre, fixed wireless, 5G, satellite—that can be combined in different ways. Each comes with its own benefits, costs, and challenges. One of the first big decisions we must take is whether our future services should be delivered by a private company, by the government, or through a carefully managed partnership of both. This choice will shape prices, competition, investment, and service quality for years to come.

Telecommunications is not just about the internet; it also includes telephones, television, video conferencing, and emerging digital services that will shape our economy and society in the future.

With over 10 years of experience designing and managing networks for internet service providers, I know both what's at stake and what's possible. We need a solution that:

- Delivers world-class telecommunications at affordable prices for residents and businesses
- Sets enforceable standards for speed, reliability, and customer service
- Is future-proof and adaptable to new technologies
- Drives economic growth, education, healthcare, and social inclusion

This solution must serve our entire community—not just providers or government. Internet access is no longer a luxury; it is essential to modern life.

If elected, I will bring technical expertise and independent scrutiny to ensure this opportunity is not wasted. The cable must benefit everyone—not just in theory, but in practice. That means decisions made with clarity, negotiated with honesty, and delivered with accountability.

Affordable Renewable Energy

Clean power, lower bills, a stronger economy

Electricity is one of the highest costs faced by households and businesses on St Helena. These high prices hurt families, make it harder for local businesses to compete, and hold back our entire economy. I believe we must reduce prices by at least 50%—and with the right approach, this is achievable.

In this years budget government and councillors allocated **£1,654,000 to subsidise Connect St Helena**, yet we still face some of the most expensive electricity prices in the world. This has increase steadily since the **21/22 budget when it was £353K**. If we finally deliver the long-promised affordable, renewable energy, we can cut household bills, make our economy more competitive, and free up most of that subsidy to reinvest in pensions, healthcare, housing, and further measures to reduce the cost of living for everyone.

You only have to look at the wind turbines at Deadwood to realise that we now produce less affordable renewable energy today than we did in previous years.

With over 20 years of experience in renewable energy, energy-saving technologies, and financing, I have already delivered renewable energy solutions on-Island at a fraction of the current utility cost. I know the technology works, I know possible ways to fund it, and I know how to make it sustainable.

We've been promised cheaper, cleaner energy since 2016, but progress has been slow. Targets have been reduced, deadlines missed, and transparency has been lacking. The public deserve clear, honest answers: **How much will electricity cost, what technology will be used, and when will we see real change?**

One of the first steps will be deciding the right energy mix for our Island—whether that's solar, wind, battery storage, or other renewable sources—and ensuring it is resilient, affordable, and reliable. We also need to decide whether generation should remain fully under government control, be operated by the private sector, or be a balanced partnership. These decisions will shape our bills and our environmental future for decades.

Lower electricity costs benefit everyone—from the poorest household struggling to make ends meet, to the largest business trying to expand and create jobs. Cheaper power means more disposable income for families, more competitive prices for goods and services, and a stronger, more resilient economy for all.

Affordable, renewable electricity is not just about saving money—it's about unlocking our economic potential, attracting investment, and improving the quality of daily life for everyone. With **clarity, honesty, and accountability**, we can finally deliver on the promises made and secure a cleaner, brighter future for St Helena.



VOTE FOR DEREK THOMAS

**I WILL ALWAYS DO MY BEST
TO DEVELOP THE ISLAND AND
PROVIDE A BETTER FUTURE
FOR ALL**

**THE PEOPLE'S PERSON
EXPERIENCE COUNTS**



MANIFESTO

DEREK THOMAS

CANDIDATE FOR THE GENERAL ELECTION

BACKGROUND

Served thirty-two years as a Police Officer, including ten years as the local Chief of Police. This role gave me in-depth knowledge and understanding of Government Operations at Managerial level.

I also have twelve years experience as a local Politician, eight of which I Served as a member of Executive Council. For six of those years, I was the lead representative for St.Helena. Representing the island at high-level Joint Ministerial Conferences, where I built and maintained strong relationships with Lords and Ministers. Connections which will be vital to St Helena's development and continued financial support.

With the support of other Elected Members and the British Government, I played a leading role in managing and protecting St Helena's borders during the deadly outbreak of COVID-19, from 2019 -2021.

MY PRIORITIES WILL BE

1. Full involvement of all Elected Members on matters of national importance, enabling meaningful contributions to decision making and helping all to be better informed in representing the public.
 2. Improve the quality of life for all, particularly the elderly who in my view have been overlooked. Many are struggling to cope with rising living costs.
 3. Explore free bus travel for the elderly, similar to the senior citizens benefit in the UK. As part of the British family, our people should enjoy the same support.
 4. Enhance health care services, especially in areas where people struggle to afford essential medical care.
 5. Create meaningful employment opportunities for those on income related benefits, who are capable of working. This will not only empower individuals, but also contribute to the island's economy.
 6. Introduce simple practical Traffic Regulations, instead of waiting for a rewrite of the Road Traffic Ordinance. These should address essential parking needs for quick errands. Elderly drivers over 70, who are medically fit, should be allowed to continue to drive, without the burden of two separate visits to Health Professionals- a needless expense and inconvenience. We also need to create a more professional-looking drivers licence.
 7. As a matter of urgency, get the long awaited revised Land Development Control Plan over the line. The plan should focus on bringing underutilised Crown Waste Land into productive use, such as agriculture and Forestry. Such land should be released to the public for development at reasonable prices. Quicker turnaround on building plans and more flexible building policies should be introduced to allow the construction of more affordable and efficient type housing.
 8. Expand greater opportunities for our youth, particularly through a strengthened apprenticeship programme, in skills vital to the island's future.
 9. In the Education Sector, great efforts are made to ensure our children aspire to higher grades in GSCE, yet there is no opportunities for them to go onto university studies unless they pay themselves, most people cannot afford such high costs. Explore fund raising opportunities which will enable this to happen.
 10. Request a review into the operations of Connect St.Helena, to ensure the island is receiving value for money.
 11. Establish an affordable and reliable telecommunications service to support both personal and businesses needs.
 12. Offer additional incentives and support to farmers, businesses, including small type businesses, many of whom provide essential services, yet struggle to remain viable.
 13. Establish a viable fishing industry to suit the needs of the island.
 14. Continue to develop strategies to increase tourism and support the local Private Sector as a key economic driver.
 15. Negotiate with the British Government to reinstate, as promised in 2018, development funding equivalent to European Development Funds for major infrastructure projects- critical for the island's growth and Private Sector support.
 16. Strengthen the UK Governments understanding of St Helena's reasonable needs, as acknowledged in the UK Governments White Paper.
- If elected I will dedicate myself fully to advancing St Helena's development and help build a wealthier and more sustainable future for all.

VOTE
DEREK THOMAS
THE PEOPLE'S PERSON
EXPERIENCE COUNTS

THE CHANGE WE NEED

Vote

Melissa Kim
Fowler

People of St Helena, let's unite
and stand together
Your voice MATTERS !!!



WEDNESDAY, SEPTEMBER
03rd, 2025

Premier League Back On!

Matches this weekend...

Friday 15th August

20:00

Liverpool vs AFC Bournemouth



Saturday 16th August

12:30

Aston Villa vs Newcastle United

15:00

Sunderland vs West Ham United
Tottenham Hotspurs vs Burnley

17:30

Wolverhampton Wanderers vs
Manchester City

Sunday 17th August

14:00

Chelsea vs Crystal Palace
Nottingham Forest vs Brentford

16:30

Manchester United vs Arsenal

FOLLOW THE JUNIOR LEAGUE SEASON 2025

Every week we will bring you the latest results, table standings and all information relating to the Junior League football season 2025.

FOOTBALL RESULTS

New Horizons FC 0 — Rumlbers 14

Goalscorers Rumlbers — Cruz Williams 4, Conan Sim 3, Luten Yon 3, Alexis Williams 2, Ozel Stevens 2

MOM— Louis Joshua (New Horizons FC)

Luten Yon (Rumlbers)

Black Mumbas 4 — Flix 6

Goalscorers Black Mumbas — Tyler Anthony 3, Dirk Peters—Benjamin

Goalscorers Flix— Lebron George 4, Ryan Stevens 2

POM—Tyler Anthony (Black Mumbas)

Lebron George (Flix)

New Horizons Stars 1 — Dabbing Devils 0

Goalscorers New Horizons Stars — Quinton Osborne

POM— Nathan Newman (New Horizons Stars)

Tommy Yon (Dabbing Devils)

Viking s 4 — Golden Gladiators 8

Goalscorers Vikings— Robson Fabian 3, Whitney Young

Goalscorers Golden Gladiators— Levi Williams 4, Jude Jacobs 3, Talem Francis

POM—Whitney Young (Vikings)

Levi Williams (Golden Gladiators)

TOP 5 GOALSCORERS

NAME	TEAM	GOALS	NAME	TEAM	GOALS
Cruz Williams	Rumlbers	7	Tyler Anthony	Black Mumbas	7
Conan Sim	Rumlbers	3	Lebron George	Flix	6
Luten Yon	Rumlbers	3	Levi Williams	Golden Gladiators	4
Alexis Williams	Rumlbers	2	Lukas Robbertse	Black Mumbas	4
Kian Stroud	Young Gunners	2	Ryan Stevens	Flix	4

FOOTBALL TABLE

TEAM	P	W	D	L	G/F	G/A	G/D	PTS
Rumlbers	2	1	1		18	4	0	4
New Horizons Stars	1	1			1	0	1	3
New Horizons FC	2	1		1	3	15	-12	3
Young Gunners	1		1		4	4	0	1
Dabbing Devils	2			2	1	4	-3	0

TEAM	P	W	D	L	G/F	G/A	G/D	PTS
Flix	2	1	1		11	9	2	4
Black Mumbas	2	1		1	13	7	6	3
Golden Gladiators	1	1			8	4	4	3
Vikings	2		1	1	8	13	-5	1
Monarchs	1			1	1	9	-8	0

UPCOMING FIXTURES

ALL MATCHES ON SUNDAY 17TH AUGUST

NH STARS	VS	DABBING DEVILS	9am
RUMBLERS	VS	NEW HORIZONS FC	9am
VIKINGS	VS	GOLDEN GLADIATORS	9:45am
FLIX	VS	BLACK MUMBAS	9:45am



NEW HORIZONS FC KITS SPONSORED BY ISLAND IMAGES

FOLLOW THE SHFA SEASON 2025

Every week we will bring you the latest results, table standings and all information relating to the SHFA football season 2025.

FOOTBALL RESULTS

Week 4 of the season, only saw one game commence on Saturday between Wirebirds and Le Verde and Sundays games saw the first postponement for this season due to a water logged pitched.

Lets hope this weekend will see better weather conditions on Francis Plain.

See results below..

Saturday 9th August Wirebirds 8 – La Verde 1

Goalscorers Wirebirds— Kyle Shoesmith 3, Trystan Thomas 2, Sean-Lee Thomas, Shane Stroud, Ethan Harris

Goalscorers La Verde — Jorden Johnson

Man of the Match—Shane Stroud (Wirebirds)

Young Player of the Match—Ryan Stevens (La Verde)

FOOTBALL TABLE

<u>TEAM</u>	<u>PLAYED</u>	<u>WIN</u>	<u>DRAW</u>	<u>LOST</u>	<u>G/FOR</u>	<u>G/AGAINST</u>	<u>G/DIFFERENCE</u>	<u>POINTS</u>
Belloys	4	4	0	0	61	2	59	12
Wirebirds	5	3	0	2	40	16	24	9
Rovers	4	3	0	1	19	7	12	9
La Verde	5	2	0	3	23	28	-5	6
Fugees	4	1	0	3	12	25	-13	3
Inter Galactic	4	0	0	4	1	78	-77	0

TOP 5 GOALSCORERS

<u>NAME</u>	<u>TEAM</u>	<u>GOALS</u>
Joey Thomas	Bellboys	24
Jorden Johnson	La Verde	13
Kyle Shoesmith	Wirebirds	11
Scott Henry	Bellboys	9
Tyler Brady	Bellboys	9

UPCOMING FIXTURES

Saturday 16th August @2pm Bellboys vs Intergalactic

Sunday 17th August @ 1:30pm La Verde vs Rovers

Sunday 17th August @ 3:30pm Fugees vs Wirebirds



A portrait of Rebecca Cairns-Wicks, a woman with grey hair, smiling, wearing a dark top and a patterned scarf. The portrait is partially framed by a large yellow and white circular graphic on the left side of the page.

VOTE

**3RD SEPTEMBER
2025**

REBECCA CAIRNS-WICKS

**PUTTING PEOPLE FIRST,
BUILDING OUR FUTURE
TOGETHER**

GENERAL ELECTION 2025 – VOTING BY PROXY



A General Election will be held on Wednesday, 3 September 2025, if more than 12 valid nominations are received on Nomination Day, which is 20 August.

Those on the Register of Electors effective from 1 July 2025 should know that if they are ill, physically incapacitated, or off-Island and cannot make it to the Polling Station on Polling Day, there is provision to vote by Proxy.

Voting by Proxy is a process that allows a registered elector to nominate someone they trust to cast a vote on their behalf in an election. The person casting the vote is known as a "Proxy." This option is available for individuals who are unable to get to their designated polling station on polling day due to reasons such as illness, physical incapacity, or being away from St Helena. This includes Saints working on Ascension or the Falkland Islands whose names are included on this Register.

If you wish to vote by Proxy, your nominated Proxy must be on the Register of Electors effective from 1 July 2025 and they must be registered in the same Electoral District in which you are registered.

An elector can only act as a Proxy for one person and should vote for the candidates requested by the person, which should be no more than 12.

To vote by Proxy you must obtain advance permission from Returning Officer, Carol Henry, at the Castle. To get permission, you must complete and return the relevant application form by no later than 10am GMT on Monday, 1 September 2025 (any applications received after this time will not be accepted).

Application forms are available from The Castle Reception, the Customer Services Centre and the Public Library. Forms can also be obtained from the following:

Carol Henry: carol.henry@sainthelena.gov.sh

Gillian Francis: gillian.francis@sainthelena.gov.sh

Anita Legg: anita.legg@sainthelena.gov.sh

Connie Johnson: connie.johnson@sainthelena.gov.sh

Proxy application forms are also available on the St Helena Government Website at: <https://www.sainthelena.gov.sh/wp-content/uploads/2019/11/Form-Election-Proxy-090101.pdf>

MACS SHIPPING SCHEDULE UPDATE



	GREEN MOUNTAIN 251213	GOLDEN KAROO 251216	BRIGHT SKY 251217
Immingham	14-Jun	12-Jul	09-Aug
	KAROLINE 251707	KAROLINE 251708	KAROLINE 251709
Cape Town	18-Jul	20-Aug	14-Sep
Rupert's Bay	25-Jul	28-Aug	22-Sep
Ascension Island	31-Jul	-	-
	KAROLINE 251807	KAROLINE 251808	KAROLINE 251808
Cape Town	18-Aug	10-Sep	05-Oct

*schedule may change without prior notice. For the latest updates, please visit our website.



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WHATEVER
YOU NEED
TO SHIP

