

THE ST HELENA



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The Marathon Swim That Open Water Swimming Didn't Know It Was Missing



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My Body Says



Why are You Treating Me Like This?

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What a Woman!

The Swim Around St Helena Stretched Jasmine's Endurance Beyond Anything She Had Done Before

Jasmine Harrison at the Yacht Club on Sunday afternoon



Jasmine Harrison's longest continuous swim was 13 hours. On Saturday she went way beyond that. Starting at 2:10am and finishing at the Landing Steps at around 20:30pm Jasmine added 5 and a half hours, or 42% to her endurance limit.

Chatting to people at the Yacht Club on Sunday afternoon, Jasmine was asked what her body is telling her now. The prompt reply was, "It's saying, why are you doing this to me?"

The original plan was to leave St Helena later on Sunday but the departure was postponed 24 hours, maybe longer. A further good night's sleep was needed and her yacht had not yet been prepared to continue to Recife in the Mini-Globe solo round-the world race.

What makes Jasmine Harrison's endurance incredibly spectacular is the marathon round the island swim was decided at the eleventh hour. Some may say at the last minute. St Helena was scheduled as a 7-day pit stop for entrants in the Mini Globe Race 2025. The eleven entrants left in the race (four had retired) are on the last section which ends in Antigua in March. So far, they have spent more than 330 days racing around the world in mini-yachts that look like big bath tubs. Jasmine arrived on Tuesday last week after 14 days sailing from Cape Town. The following day she is thinking about swimming around St Helena. Two days later the Ocean Queen was to be the support boat complete with crew and a support kayaker was also aboard, on standby.



Jasmine (circled) passes Turk's Cap



Information on inshore currents was conflicting and confusing. There was even a difference of opinion on whether Jasmine should go east or west when starting from the Papanui.

And above and beyond all that, Jasmine had not prepared for this extraordinary first-time attempt to swim round the island.

Even more than that: she had just spent fourteen days single-handedly navigating an over-sized bath tub from Cape Town to St Helena.

Why had she decided to do it? It seemed there were several reasons, some major, others

What a Woman!

The Swim Around St Helena Stretched Jasmine's Endurance Beyond Anything She Had Done Before

minor. The first reason Jasmine gave was she's doing it because it hasn't been done before. Also, it is expected that some people will arrive soon from the United States, the intention is that at least one of their group will attempt to swim around the island. They are preparing now and will be here for two weeks so there is time to choose a day when the sea conditions are more favourable. Jasmine preferred a different scenario. She said the Brits often are the first to do something and Jasmine, from Thirsk in North Yorkshire hoped to be first to swim right around St Helena. Jasmine seems to take patriotic pride in the fact that Brits are credited with several world "firsts" throughout history, ranging from prehistoric innovations to industrial and technological breakthroughs. Don't forget Roger Bannister (born in London of Lancashire parents) ran the first mile in less than four minutes. Closer to home, Jasmine pointed out that James Appleton who holds the record for the Jacobs Ladder Challenge (4mins 40.75 secs) is a Scot. The message was that Jasmine would do her damndest to make sure the Round St Helena swim is added to the 'Brits First' list.

Another insight was when Jasmine said when she arrives at Antigua in March it will be the fourth time she's been there. When she was there on her first visit, it was at a time when a race across the North Atlantic in rowing boats crossed the finishing line at Antigua. Jasmine said she saw some of the crews finish and decided then she was going to do that. She said it as if it was the most natural thing in the world for anyone to say or do. And do it, she did. In 2021, aged 21, she became the youngest solo female to row the Atlantic Ocean. The following year she was the first female to swim the full length of the British Isles, from Lands' End to John o' Groats. The distance is 800 plus miles and it took 112 days. The longest continuous swimming sessions were around twelve hours. Even that endurance test was less intense than swimming continuously around the entire St Helena coast.

Prominent in the package that makes Jasmine extraordinary is that she is a Yorkshire woman. This species of female has a reputation for making decisions quickly with no fuss. Usually giving a decision with one-word, Yes or No. They will keep to their word and will not be diverted. Whatever life throws at them just seems to bounce off them.

All kinds of things bounced off Jasmine Harrison as she swam along the St Helena coastline. She was cut by a pipe fish when it bounced off her face. Jelly fish made contact and left their sting. Later, birds were attracted to her, thinking she was food; some pecked her. Onboard the support vessel the lively sea conditions were causing seasickness among the crew. In the ocean, Jasmine was tossed around by the swell and waves pounding in from every direction. The prevailing current was ever changeable, coming from ahead or behind as well as from land. As the day wore on Jasmine had sunburn, chafing and salt tongue (the tongue and mouth lining become raw, swollen, and dehydrated from prolonged salt exposure, leading to shedding of tissue.) The sea temperature ranged from a chilly 15 degrees to 20 degrees.

She said the water was very clear and saw hardly any plastic floating in the ocean. But when, after finishing this historic swim and more than ready for a deep long sleep, she found that very small particles of plastic had collected inside her swimming costume.

The total distance was estimated to be 24 - 26 miles and take 12-15 hours to complete. The adverse sea conditions and no preparation meant Jasmine swam 24 miles before reaching Long Range Point - and the worst sea conditions were yet to come. By the time Jasmine finished, she had swum 30 miles or more. Jasmine has swum further, in very difficult conditions, than marathon runners.

At the Landing steps Jasmine was amazed that around 300 people had arrived to cheer her ashore after such an amazing achievement. Andy Cant was there with his bagpipes, adding to the atmosphere of wonder and appreciation among the crowd. The Governor presented Jasmine with a medal. The Mantis Hotel offered her a bed. As Jasmine slept, a party was in full swing at the Yacht Club.

Coming Soon.And Time and Time Again. . .

Jasmine Harrison was the first person to swim around St Helena. There has been talk of another attempt to swim a 'Saint Helena Island Marathon', probably organised by people in the United States.

Not much of that is correct. Swim a

'Saint Helena Island Marathon'? Yes. Organised by people in the United States? No. Another one-off individual attempt? No. A series of attempts are planned, starting next month

What Howard James, founder of Open Water Africa, has planned is in a different league. He has in place a Saint Helena Island Ultra Marathon Swim series for this year and already has open water endurance swimmers lined up for another series next year.

The first event is scheduled to start in 21st February. Each Ultra Marathon is either a solo event or a relay team may do it. Each swimmer, or relay team, has two weeks in St Helena. This gives time to experience local conditions and possibly choose a day when seas conditions are more favourable. They will all, in turn, attempt to swim around the island. Three swimmers on three different days, one at a time.

For 2026, the schedule is: -

Ultra Marathon 1 - 21st Feb to 7th March

Ultra Marathon 2 - 28th March to 14th March

Ultra Marathon 3 - 14th March to 28th March.

The first three swimmers arriving in February are all very experienced open water swimmers; one is an Ocean's Seven swimmer and inducted to International Marathon Swimming Hall of Fame. An Ocean's Seven swimmer is an extreme marathon swimmer who has completed seven of the world's most difficult channel crossings, including the English Channel, Molokai Channel, North Channel, Catalina Channel, Tsugaru Strait, Cook Strait, and Strait of Gibraltar. Howard James told the Independent there will be more big names coming.

One female swimmer is coming this year; two are already scheduled for 2027.



Howard James greases up before a 1am start

Who are the Organisers?

Howard James is UK born, now living in South Africa. He has over 15 years of experience in open water swimming. He has swum the English Channel five times and the Irish Sea. On November 3, 2016, Howard James crossed the English Channel in 11h 38m. It was a new record for the latest English Channel swim, breaking a record last set in 1979.

Included in the Open Water Africa team is Walter Muggleton. He has more than two decades of experience in managing sports, social and charity events in Malawi; including a 20-year tenure as chairman and head of rescue and safety operations

for the prestigious Lake Malawi International Sailing Marathon. He has also co-ordinated several high-profile swims across Lake Malawi. As Director of Jambo Africa Travel, he works closely with Open Water Africa to provide planning, safety, and organisation for all travel arrangements.

Included in the team shown on the Open Water Africa website as pilots are Johnny Hearn, Jamie Essex and Jamie Yon. For the 2026 St Helena Ultra Marathon series, the Enchanted Isle and Seahawk Odyssey will be on hand as support boats.

Fewer people have swum the English Channel than have climbed Mount Everest. In 2016, Howard James completed the swim not once but twice, and both times in nearly freezing water.

Liberated African Heritage Gets a Boost

Visiting St Helena last week was a team of specialists in heritage buildings. Peregrine Bryant, a trustee of the Commonwealth Heritage Forum arrived with Brent Fortenbury, a Dean at Louisiana State University with expertise in historic preservation, architectural conservation and digital documentation. Both have visited St Helena on previous occasions to inspect the condition of St Helena's built heritage and possibilities for preservation. With them was Clive and Alison Dawson. Clive is a structural engineer who inspected the condition of Bank's Battery, High Knoll Fort, the No.1 Building in Rupert's and historic structures on Munden's.

The No.1 Building at Rupert's has been a focus of attention on previous visits. On this visit, some outstanding details were inspected further and discussed. As a result, the methods to be used to preserve the building were finalised sufficiently for a specification to be completed as the basis for a contract to restore the building. The No.1 Building, is the only surviving structure of the Liberated African Establishment. It was built in 1865, but never used as intended – an accommodation block for the Africans 'liberated' from slaver ships. The restoration will make it possible to give the building a further use. An Interpretation Centre is planned, partly as a museum, displaying reproductions of artefacts which were reburied. Also, as a place to convey historical information and interpretation both about St Helena's role in the trans-Atlantic slave trade abolition and also its enslavement legacy when it was originally colonised. The Commonwealth Heritage Forum has allocated substantial funding to make this project possible.

Clive Dawson inspected heritage structures as the start of a process to establish what can be saved and preserved.



From left - Clive Dawson, Peregrine Bryant, Mario Green and Alison Dawson

The 'Heritage Team' discuss preservation priorities against a backdrop of High Knoll Fort

The High Seas Treaty Came into Force Last Saturday

The world's first legally binding agreement to protect marine life in international waters took effect on Saturday 17th January, marking a historic moment for ocean conservation after nearly two decades of negotiations.

The High Seas Treaty will govern nearly half the planet's surface – the vast ocean areas beyond any country's control. These waters face mounting threats from destructive fishing practices, shipping, plastic pollution, overfishing and potential deep-sea mining.

The treaty creates the first framework for establishing Marine Protected Areas on the high seas, which make up about two-thirds of the world's ocean. Currently, only around 1% of these international waters are protected.

Immediate obligations for countries

Ratifying countries must begin working together on ocean science and technology as well as help developing nations build capacity to participate in ocean governance. Companies planning activities that could harm marine life must conduct environmental impact assessments that meet the treaty's standards. Those conducting research on ocean organisms that could be used commercially, such as for new medicines, must notify other countries and share their findings.

Significantly, countries must now promote the treaty's conservation goals when they participate in other international bodies that regulate ocean activities, such as regional fisheries organizations, the International Maritime Organization and the International Seabed Authority. Key institutions like the treaty's secretariat and scientific body are still being developed, countries can begin preparing proposals for Marine Protected Areas immediately. Potential sites include the Emperor Seamounts in the North Pacific, the Sargasso Sea in the Atlantic and the Salas y Gomez and Nazca Ridges off South America.

Pressure to act quickly

governments must act quickly to achieve the global goal of protecting 30% of the world's oceans by 2030 – a target scientists say is critical for ocean health. Because the high seas make up such a vast portion of the oceans, their protection is essential to reaching that goal.

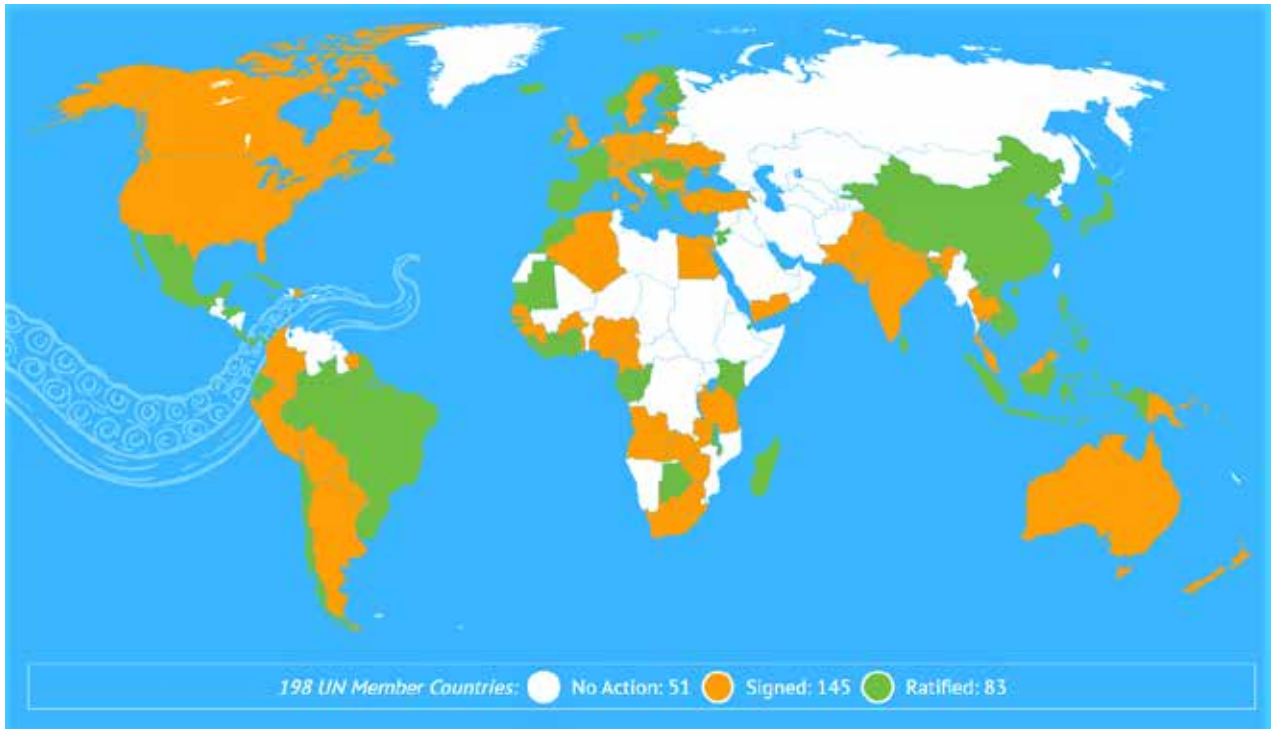
"The marine protected areas under the treaty will only be as strong as the governments make them," said Megan Randles, global political lead for Greenpeace's Ocean Campaign. "We can't trust big fishing industry players to simply stop fishing in these critical ecosystems. We need governments to use the treaty to force their hands."

How those protected areas will actually be monitored and enforced is undecided. Countries are exploring various options, from satellite technology to coordinating patrols between multiple nations to using other UN agencies to help with oversight, said Rebecca Hubbard, director of the High Seas Alliance. Those details will be worked out as the first protected areas take shape.

Within a year, the treaty's first Conference of Parties will meet to decide key operational details, from budgets to the makeup of various committees. Countries have been working through many of those questions at preparatory meetings, with a final session scheduled for late March. The earliest any Marine Protected Areas could actually win approval would be at the second COP, since the scientific body that will review proposals hasn't yet been established. The United States has signed but not ratified the treaty, meaning it can participate as an observer but won't have voting rights.

The High Seas Treaty Came into Force Last Saturday

Under international law, signatory countries are expected to comply with treaty objectives even before ratification.



- 145 countries have signed the High Seas Treaty
- 83 countries have ratified it
- 51 Countries have taken no action

A government signing the United Nations treaty means it agrees and supports it. Governments then need to ratify through their own legislative process to be legally bound by any requirements of an international treaty.

The United States has not ratified many United Nations treaties. This includes the Treaty of Versailles (1919) which formally ended the First World War.



A fish that uses its fins like hands to “walk” on the sea floor. Found on the Salas y Gómez and Nazca seamount in the Pacific Ocean – 2.000 miles from Chile

Short Bits

Airlink eyes Paris, Frankfurt and London with new codeshare agreement

Investment in new aircraft bolster airline's growth plans

Airlink has applied for its air service licence to be amended to include routes to France, Germany and the UK via a codeshare agreement with an unidentified partner as the airline takes its brand to the European market.

The application was lodged in 2025 with the department of transport's International Air Services Council and is pending approval.

Codeshare agreements, which allow an airline to sell seats on a flight operated by another while marketing it under its own flight number, are the norm in the aviation industry.

The agreements enables both partners to expand networks, offer more options and provide better connections for passengers without having to operate flights on the route themselves. Airlink has also been investing in its fleet, with its new Embraer E195-E2 aircraft entering service in December.

Airlink is the first carrier in Southern Africa to operate the latest E195-E2s, which are powered by super-fuel-efficient engines and can seat up to 136 passengers.

Argentinian president relaunches bid to take control Falkland Islands

Argentina has launched a fresh bid to take over the 'illegally occupied' Falkland Islands. The announcement came during President Javier Milei's recent speech to the United Nations General Assembly in New York.

In a fiery speech, Milei called on the UK to open 'bilateral' talks over the 'sensitive and crucially important issue' of the so-called 'Islas Malvinas'.

'I wish to reiterate our legitimate claim in terms of sovereignty over the Malvinas and the surrounding maritime areas that continue to be illegally occupied,' he said.

Tristan Administrator's Nine-Hour Visit to Cape Town

Report from Philip Kendall

The late departure of the Edinburgh from Tristan meant that the Admin's proposed three-day programme of meetings in Cape Town was scrapped and that it was highly likely that Louise and I would miss our Wednesday evening flight to London.

However, miracles do happen! Captain Clarence steered a speedy course to the Cape and this, coupled with excellent weather gave us a rare six-day crossing, arriving on the 14th January 2026.

The result was that we had nine hours in Cape Town during which I managed to salvage some of the planned meetings.

Firstly, as soon as the ship arrived, the Edinburgh's berth became my "office" and I met with

Continues on NEXT PAGE...

Short Bits

Continues from PREVIOUS PAGE...

Ovenstone representatives and our excellent BioSecurity officers Larry and Nathan. I also met the acting Tristan House Manager Brigitte for the first time.

Julian Swain whisked us off to the Waterfront for a quick refreshment stop before heading to my next meeting at the British Consulate General. There I caught up with Consul-General Colin Leeman, Deputy C-G Matt Hallsworth and their team and thanked them for their support. A critical lifeline for Tristan.

Italian Consul for St Helena to Visit Island

Next was a meeting with the Italian Consul who is coincidentally the Italian Consul for St Helena and Tristan, Giulio Mignacca. We discussed links between Italy and Tristan through the Lavarello and Repetto families. At the end of the meeting the Consul presented me with the flag of Camogli and a plaque. In return I presented the Consul with a Tristan tie, which I hope he will wear during his upcoming visit to St Helena.

Next stop, Tristan House. Always wonderful to catch up with friends from the island, most of whom are in Cape Town for medical treatment. Julian Swain then whisked us off to the airport in good time for our flight to London. A short but productive visit to Cape Town.

Safer Custody in the South Atlantic Ocean

An inquest into the death of a young man some weeks after release from police custody on St Helena Island, South Atlantic Ocean, has recently concluded.

Instructed by the Chambers of the Attorney General for St Helena, Ascension and Tristan da Cunha, Nick Stanage (Doughty Street Chambers) advised and represented the Royal St Helena Police Service at the ten-day inquest.

Following extensive legal argument, the Chief Coroner agreed that no police officer or employee had caused or contributed to the death. He also declined to make a 'preventing future deaths' report in respect of the police service because of evidence of action taken to deliver training on, and enhance, safer custody procedures for those at risk of suicide or self-harm.

The issues in the case included the interplay between the Constitution of St Helena, English law and the European Convention on Human Rights.

Nick Stanage has been an assistant coroner for 15 years and has been instructed in various countries to advise and train police services on safer custody and suicide prevention procedures. He is enrolled as an advocate of the St Helena Supreme Court.



Judge Named for Judicial Review Decision



Sir Nicholas Blake – retired High Court Judge

In October last year the Independent reported that the St Helena Equality and Human Rights Commission made an application for a legal challenge to the Civil Litigation (Costs) Ordinance. Hugh James Solicitors did the same. Catherine Turner, CEO and Commissioner of EHRC explained why legal challenges were being made, “The new rules make it virtually impossible for ordinary residents to secure adequate legal representation, undermining their ability to pursue or defend their rights in court.”

Movement since then has been slow. The legal challenge is for a judicial review on the legality of the Civil Litigation (Costs) Ordinance. Earlier this month the Independent was told a judge has been appointed to hear the case. This week we got to know who the judge is, but the date of the hearing is still unknown.

The Hon. Mr Justice Blake will hear the case. He was called to the bar at Middle Temple in 1974 and became a bencher (senior member) there in 2002. He was made a QC in 1994, specialising in

immigration, asylum and free movement and human rights law. He was appointed as a special advocate and as a Deputy High Court judge in 2002, and judge of the High Court of Justice (Queen’s Bench Division) since 2007

Doubt cast on discovery of microplastics throughout human body

Some scientists say many detections are most likely error, with one high-profile study called a ‘joke’

High-profile studies reporting the presence of microplastics throughout the human body have been thrown into doubt by scientists who say the discoveries are probably the result of contamination and false positives. One chemist called the concerns “a bombshell”.

Studies claiming to have revealed micro and nanoplastics in the brain, testes, placentas, arteries and elsewhere were reported by media across the world, including the SH Independent. There is no doubt that plastic pollution of the natural world is ubiquitous, and present in the food and drink we consume and the air we breathe. But the health damage potentially caused by microplastics and the chemicals they contain is unclear, and an explosion of research has taken off in this area in recent years.

However, micro and nano-plastic particles are tiny and at the limit of today’s analytical techniques, especially in human tissue. There is no suggestion of malpractice, but researchers told the Guardian of their concern that the race to publish results, in some cases by groups with limited analytical expertise, has led to rushed results and routine scientific checks sometimes being overlooked.

Seven studies identified are challenged by researchers publishing criticism in the respective journals, while a recent analysis listed 18 studies that it said had not considered that some human tissue can produce measurements easily confused with the signal given by common plastics.

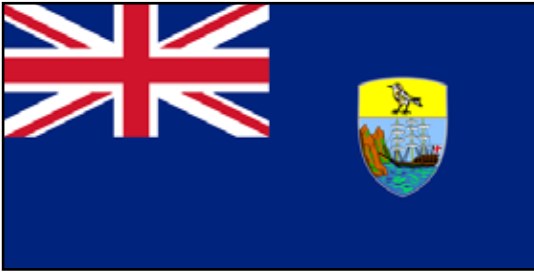
There is an increasing international focus on the need to control plastic pollution but faulty evidence on the level of microplastics in humans could lead to misguided regulations and policies, which is dangerous, researchers say.

It could also help lobbyists for the plastics industry to dismiss real concerns by claiming they are unfounded. While researchers say analytical techniques are improving rapidly, the doubts over recent high-profile studies also raise the questions of what is really known today and how concerned people should be about microplastics in their bodies.

Originally reported in

TheGuardian

St Helena's International Diplomatic Relations

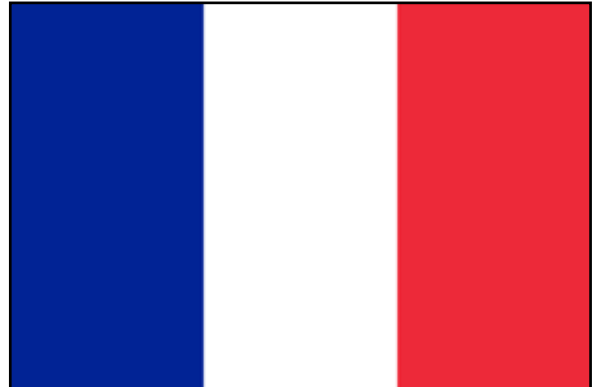


Tristan's Administrator made an unexpectedly short visit to Cape Town recently. Part of his hectic nine-hour schedule was a courtesy call to Signore Giulio Mignacca, Tristan's non-resident Consul General of Italy. Signore Mignacca is also St Helena's non-resident Consul General of Italy, he will be visiting St Helena from tomorrow until Tuesday 24th January. This is a familiarisation visit. He will be accompanied by his wife. Signore Mignacca has been accredited to St Helena in January 2024.



Frau Tanja Werheit Consul General of Germany to St Helena is also planning to visit St Helena, from 31st January to 3 February.

There are currently six non-resident Consul Generals accredited to St Helena. The representatives of Belgium, France, Germany and Italy are based in Cape



The Consul Generals accredited to St Helena for Argentina and Poland are based in London



SHAPE celebrates 20th Anniversary



Brit mum living on world's most remote inhabited island does 3 things when hungry

Kelly Green lives with her husband, Shane, and their two children on the remote island of Tristan Da Cunha in the South Atlantic Ocean - where the only shop shuts down for winter

A British mum who lives on the world's most remote inhabited island has offered a glimpse into her daily life, including what she does to combat her hunger. Kelly Green, who is originally from East Sussex, now documents her life on Tristan da Cunha on social media.

The 35-year-old moved to the volcanic island in the South Atlantic more than 10 years ago and despite its lack of amenities, she hasn't looked back. The island, which is only accessible via a boat from Cape Town, South Africa, boasts just one shop - which closes during winter - making food supply something she has to take into her own hands quite literally.

Kelly moved to the island after visiting her parents there, who had made the move themselves due to her dad's job. {Sean Burns – three times Tristan Administrator}

And it was there she soon met her now husband, Shane, with the pair going on to have two children who attend the island's only school.

"So living on the world's most uninhabited island, means that if you woke up one morning and fancied fish for supper, you can't just go to the local shop and buy it," Kelly began in a TikTok video.

Her clip continued, showing the family casting their reels into the Atlantic. "You have to physically go out and catch it," she said. "They do sell chicken and pork - we do have chickens on Tristan, but they are normally reared for their eggs."

Kelly went on to explain that the island's shop's closure coincides with the government shutting down too. "It closes on December 19th and will reopen on January 12th," she said.

"So you need to make sure you have everything like your toilet roll," Kelly added. "But if you get hungry and don't have any fish in your freezer, you spend the day out and catch it, dig up some fresh potatoes... it's a fantastic day out."

The family's diet also includes beef, mutton, lobster along with fresh vegetables and fruit. Meanwhile, two ships visit the island on nine occasions every year in order to export produce and bring fuel to residents.

Kelly also said of island life: "On Tristan da Cunha, sheep dogs are more than pets they're part of how the island works. Since residents don't breed dogs locally, many companion breeds and working dogs are carefully imported from Cape Town with health certificates and licences before they arrive.

"These hardy animals now help herd sheep across the rugged landscape, round up calves and livestock, and give loyal company to families in the Settlement. From the Potato Patches to the shoreline, dogs play a practical and lasting role in daily life out here in the South Atlantic."



Ratting Day on Tristan

Kelly runs the island's tourism office, which according to its website, states that Tristan was ignored by early explorers as a possible home due to its rugged mountain landscape, absence of natural harbour, lack of land for agriculture, and a harsh climate with heavy rain and high winds at all seasons.

"It took an extra-ordinary breed of people, ready to live at the margins of life, to settle and eventually thrive in the world's most isolated community," it said.

The site continues: "Tristan da Cunha is a British Overseas Territory: one of the remaining former colonies which have

not yet asked for independence, and wish specifically to retain their link with the United Kingdom. For Tristan, the link dates back to 1816, when the island was garrisoned by Britain."

As of October 2018, the island has 250 permanent inhabitants, who all carry British Overseas Territories citizenship.



Diocese of St Helena

The Parish of St Paul's

Sunday 25th January 2026 – 4th 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.	Patronal Festival	Cathedral

The Parish of St James

Sunday 25th January 2026 – 4th Sunday of the Year

9.30 a.m.	Eucharist/Church Parade	St James
	Thursday 29th January 2026	
7.00 p.m.	Eucharist with Healing	St John

Sunday 25th January 2026 – 4th Sunday of the Year

11.15 a.m.	Eucharist	St Matthew
	Tuesday 27th January 2026	
7.00 p.m.	Mission Worship and Praise	St Mark

Hey Kids!



Come and join Adventure Kids for some Fun & Games, Arts and Craft, Songs & loads of stories to be told.

WHERE: Baptist School Hall/James Town

WHO: Age 4-11yrs old

WHEN: 24/01/26

TIME: 10:00-11:30am

Refreshments will be served.

Festival of Walking Walk of the Week



Date: Saturday, 24 January 2026

Start Time: 09:00

Meeting Point: Airport Road, Prosperous Bay Parking Bay

Google Maps location: -15.954927, -5.657040

Duration: approx 4 hrs

Walk grade: Strenuous | 9 - 10



Prosperous Bay is a challenging but stunning coastal walk that leads through the valley towards the sea, offering picturesque views, towering rock formations and is the site of old military ruins.

This walk is suitable for fit and experienced walkers. Remember to wear sensible walking shoes, sunscreen and bring at least 2L of water (swimming gear is optional if sea conditions are favourable). A very challenging walk suitable only for fit, experienced walkers.

The walk will be led by local walking guide, Tom Wortley from Rockmount Walking Tours.

Date	Upcoming Walks
31 Jan 2026	The Barn

Receive email updates of the 'Walk of the Week' email dianne.venning@sainthelena.gov.sh or the Tourist Office T: 22158

Vacancy

Part-Time Passenger Services Agent



Rate of pay will commence at £6.20 per hour, increased to £7.20 per hour upon completion of relevant training.

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

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

Interested Persons Should:

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

For further information contact:

Jason Thomas, General Manager (Agencies) via  22523  gm-agencies@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **05 February 2026**.

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

Vacancy

Sales Assistant / Cargo Clearer



Salary for the post will commence at £11,040 per annum (£920 per month)



Solomon & Company (St Helena) Plc has a vacancy within the DIY Store for a Sales Assistant / Cargo Clearer.

The Sales Assistant / Cargo Clearer will assist with the day to day running of the store, carry out cargo clearing operations from the Wharf and assist with the delivery service, whilst ensuring an excellent standard of customer service is always provided.

Interested Persons Should:

- Possess knowledge of DIY and Hardware products and ideally have experience with carrying out light DIY projects
- Be customer focused with excellent frontline customer service skills and demonstrable experience of working in a customer facing environment
- Possess experience in carrying out cash handling duties
- Be target driven with excellent interpersonal and communication skills
- Be competent in Maths, English & IT
- Be self-motivated and able to work well as part of a team
- Be knowledgeable of, and able to carry out Manual Handling duties, including Heavy Lifting
- Demonstrate accuracy and have a good understanding of stock management
- Essentially have a clean and valid driver's licences in classes H3 & D.
- Be available to work weekends.

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

William Smith, DIY Manager  22104  William.smith@solomons.co.sh

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

- Pension Contributions
- Staff Discounts

VACANCY



Bank of St. Helena Ltd.

Bank Teller

Commencing at £10,908 per annum

Bank of St Helena Limited is seeking to recruit a suitable person to fill the vacant position of a Bank Teller on a full-time basis.

This position will incur significant contact with the public and other Bank staff. The successful candidate must be flexible, demonstrate courtesy and provide excellent customer service at all times. Must have a keen eye for detail, exhibit high accuracy levels and have the ability to work under pressure and meet deadlines, whilst working well with others as part of the wider Bank team.

The main duties of the post include:

- Undertaking counter transactions for customers and posting these to the Bank's computer system;
- Cash handling and assisting customers in meeting their banking needs and queries;
- Providing assistance in the delivery of Remote Banking services;
- Any other duties.

Interested persons can contact the Teller Services Manager on + 290 22390 or email tellerservicesmanager@sainthelenabank.com 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, 06 February 2026.

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



Bank of St. Helena Ltd.

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



info@sainthelenabank.com



www.sainthelenabank.com



[@sainthelenabank](https://www.facebook.com/sainthelenabank)



+290 22390



Market Street, Jamestown



Bank of St Helena Ltd

VACANCY



Bank of St. Helena Ltd.

Insurance Manager Commencing at £19,260 per annum

Bank of St Helena Limited is seeking to recruit a suitable person to fill the new and exciting position of an Insurance Manager.

Reporting to the Deputy Managing Director, the Insurance Manager will monitor and be responsible for the management of Insurance Policy sales, Underwriting and Claims.

The role includes:

- Overseeing the Insurance team and provide customer support on a daily basis.
- Ensure the section is operational, efficient and compliance at all times.
- Deliver first-class service to customers, whilst adhering to processes and procedures.

Working closely with the Deputy Managing Director and in collaboration with Caribbean Alliance, the successful candidate will also:

- Develop and implement risk management strategies.
- Oversee the life cycle of Insurance Policies, monitor sales, manage underwriting and Claims.
- Train and manage the Insurance team.
- Ensure adherence to Regulations in collaboration with Caribbean Alliance.

About You

The ideal candidate must be:

- Highly motivated, self-reliant, and able to work to their own initiative.
- Flexible and adaptable to meet work demands.
- Accurate and detail-orientated, with both a practical and strategic approach to tasks.
- A strong communicator with excellent interpersonal and influencing skills.

Essential Requirements

- A background in financial and/or business management.
- Proven organisational skills with the ability to build effective working relationships at all levels.
- Must have good interpersonal skills and deal with people in a professional manner, with strong sales and negotiation skills.
- Some knowledge of the delivery of insurance products is desirable.

Training and Development

- Training for the position will be provided, which will include international training resources.
- Candidates will be expected to study towards a relevant professional qualification if one is not already held.

How to Apply

- For more information, please contact the Deputy Managing Director on + 290 22390 ext 222 or email deputy.managingdirector@sainthelenabank.com 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.



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+290 22390



Market Street, Jamestown



Bank of St Helena Ltd

ENVIRONMENT, NATURAL RESOURCES AND PLANNING PORTFOLIO

PRESS RELEASE

First Stage of Public Consultation towards a new Land Development Control Plan for St Helena

The current Land Development Control Plan (LDCP) was adopted in 2012 (before the airport was constructed) and is now beyond its original time frame. The LDCP remains in use but some of it is out of date. We need to update the LDCP so that it guides development for the next 10-15 years.

This public consultation exercise is the first stage of consultation to find out from you what you like about the current LDCP and what you think should be covered in the next, new LDCP. We would appreciate you taking the time to participate in this important initial consultation exercise so that your views can be taken into account as early as possible to bring forward a new LDCP for the Island.

The new LDCP will cover a period of 10-15 years and will set out land development policies. Once the new LDCP is adopted these policies will be used by the Land Development Control Authority (LDCA) to make planning decisions on Development Applications. The public consultation period is from Friday **23 January 2026** and ends on **6 February 2026**.

We have prepared a Questionnaire and recommend that you use this to make your submission. There is a section to add anything else you think should be included in the new development plan. The Questionnaire is available on line at: <https://www.sainthelena.gov.sh/st-helena/government/portfolios/environment-natural-resources-planning/land-planning-and-building-control-division/> (with the online LDCP available via a link in the Questionnaire) with paper copies of both documents available at the Planning Office, Essex House.

All completed Questionnaires should be emailed to the following address: Planning.mailbox@sainthelena.gov.sh . Paper copies can be handed in to the Receptionist at Essex House Reception.

To assist you, the Planning Office will have two **Open Sessions** at Essex House, Jamestown, **Thursday 29 January 1-3pm** and **Monday 2 February 5-7pm**. You are welcome to attend either session. The paper copy Questionnaire will be available at these sessions as well as copies of the LDCP.

If you have any queries relating to this stage of the consultation, please attend one of the open sessions, email the planning.mailbox@sainthelena.gov.sh or contact the Planning Office on Tel: (+290) 22270.

Questionnaires submitted at this stage will be assessed and will feed into the next stage of preparing the new LDCP. We will not be sending acknowledgements for the questionnaires; responses will be collated and reported to the LDCA and ENRP & ED Minister.

Other stages of public consultation will come later on. The next stages of public consultation will be notified on the SGH website and notices in the local press when you will be asked to provide further input into the next stages, including commenting on draft land use policies. We are unable to undertake notification by post however, where possible we will look to use emails for future consultations and you can provide your details at the back of the Questionnaire.

Thank you for taking part in this first important stage in bringing forward a new Land Development Control Plan.

WE'RE HIRING

Ferry boat operator

Salary £12,000 pa

Days of work - 6 days a week
(flexible shifts)

Requirements:

- 18 + years old
- Experience in boat handling
- Vetting certificate required
- Good customer service
- Have a good understanding of safety precautions

Contact - Kyle Yon
kyle.yon@helanta.co.sh
Telephone - 61207 or 25457



Councillor Robert Midwinter will be hosting a drop in Constituency Surgery for all residents living within the St Paul's electoral area.

This will be held at Kingshurst Community Centre on Thursday 29th January, starting at 3pm, and 30 minute slots will be allocated on a first come first served basis.

If you would like to meet with him on this occasion, please call 51500 to make an appointment, or send him an email via:
robert.midwinter@parliament.sh

Request to Tender



Tenders are invited from suitably qualified and experienced contractors for one or more of the following projects:

1. Painting of the Church Lane Arch, Jamestown
2. Light Installation in Church Lane, Jamestown
3. Signage Installation around the island
4. Fabrication of wooden post boxes, and installation
5. Repair of the Tennis Court, Ladder Hill
6. Landscaping of the Dolphin Stone area, Jamestown
7. repair of steps and development of access to viewpoints and picnic areas

Bidders may apply for as many projects that suits there capabilities.

Each tender submission must include a detailed quotation, clearly outlining costs, timelines, and any relevant experience, by no later than **30 January 2026**.

For further information or clarification, please contact:

Marcella Mittens
Economic Development Officer
Email: marcella.mittens@sainthelena.gov.sh
Address: The Castle, Jamestown
Telephone: 22470

sthelenatourism.com

EXPRESSION OF INTEREST

Maritime Workers

The Maritime Authority is looking for Expressions of Interest from individuals who would like to work on a part-time basis in any of the following areas, as and when required:

- Administration & Office Support
- Policy & Procedure Development
- Vessel Maintenance & Repair
- Other Vessel Related Works
- Training Delivery – Theory & Practical (using local knowledge & skills)
- Professional Expertise

If this sounds like you, contact the Maritime Authority today.

Mia Henry – Head of Maritime
Terri Clingham – Deputy Head of Maritime

Email: mia.henry@sainthelena.gov.sh
terri.clingham@sainthelena.gov.sh
Call: +290 25970

SHG
20 January 2026

PUBLIC ANNOUNCEMENT

Road Maintenance Programme: Longwood Gate to Hutts Gate

The Roads Section will continue with the ongoing Road Maintenance Programme and will commence Phase 5 of the project, covering the stretch from Longwood Gate to Hutts Gate, on Monday, 26 January 2026.

Please be advised that day-time road closures will be in effect from 09:00 to 15:00 daily, starting from 26 January 2026 until 07 March 2026 along this section of road.

Residents living along this section of road should contact the Roads Supervisory Staff on telephone numbers 23765 or 23640 to inform them of any planned travel during closure times, so that arrangements can be coordinated.

Appropriate signage will be installed, and the cooperation of the public is kindly requested to support the timely completion of these important works.

The Roads Section thanks the public for their understanding and apologises for any inconvenience this may cause.

SHG
20 January 2026

Vacancy

Labourer/Driver

Salary for the post will commence at £10,869 per annum (£209 per week)



Solomon & Company (St Helena) Plc has a vacancy within Warrens Wholesale for a Labourer/Driver.

As the Labourer/Driver you will provide an efficient service preparing and distributing goods to customers and company outlets.

Interested Persons Should:

- Have basic skills in English & Maths
- Be customer focused and committed to providing excellent customer service
- Be highly motivated with a can-do attitude
- Be able to work effectively in a team environment with the ability to use own initiative
- Be knowledgeable of, and able to carry out manual handling duties as well as undertake physically demanding tasks
- Be able to perform maintenance and minor repair works
- Ideally have cash handling experience
- Have a valid drivers' license, including Class D and ideally Class H3 (Forklift)

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

Jeremy Thomas, Senior Supervisor, via ☎ 22422 📧 jeremy.thomas@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 **Thursday, 05 February 2026**.

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

★ Pension Contributions

★ Staff Discounts

FROM THE COUCH

Contributed by Leigh & Louis



Premier League Results

Saturday 17th	Man United	2	0	Man City
Saturday 17th	Chelsea	2	0	Brentford
Saturday 17th	Leeds	1	0	Fulham
Saturday 17th	Liverpool	1	1	Burnley
Saturday 17th	Sunderland	2	1	Crystal Palace
Saturday 17th	Tottenham	1	2	West Ham
Saturday 17th	Nott'm Forest	0	0	Arsenal
Sunday 18th	Wolves	0	0	Newcastle
Sunday 18th	Aston Villa	0	1	Everton
Monday 19th	Brighton	1	1	Bournemouth



Match Report

Michael Carrick's second stint in charge of Manchester United got off to a dream start as they clinched a deserved 2-0 victory over rivals Manchester City.

Carrick – who was previously Man Utd's caretaker manager for three games in 2021 – oversaw an impressive first-half display that went unrewarded, with Harry Maguire hitting the crossbar, while Amad and Bruno Fernandes had goals disallowed for offside.

But the Red Devils did not let their intensity drop after the interval, and Bryan Mbeumo's calm finish sent Old Trafford into raptures shortly after the hour mark.



Man of the Match

Things got even better when Patrick Dorgu applied a close-range finish in the 76th minute, with Mason Mount later becoming the third Man Utd player to have a goal chalked off for offside.

While the win lifts Man Utd into the Premier League's top four ahead of Saturday's other fixtures, Man City remain six points behind leaders Arsenal, having played an additional game.



Premier League Fixtures

Saturday 24th	12:30	West Ham	vs	Sunderland
Saturday 24h	15:00	Burnley	vs	Tottenham
Saturday 24h	15:00	Fulham	vs	Brighton
Saturday 24h	15:00	Man City	vs	Wolves
Saturday 24h	17:30	Bournemouth	vs	Liverpool
Sunday 25th	14:00	Brentford	vs	Nott'm Forest
Sunday 25th	14:00	Crystal Palace	vs	Chelsea
Sunday 25th	14:00	Newcastle	vs	Aston Villa
Sunday 25th	16:30	Arsenal	vs	Man United
Monday 26th	20:00	Everton	vs	Leeds



CRICKET REPORT

Contributed by the St Helena Cricket Association

WEEK 3

Levelwood Allstars - 242/10 (30.4 overs)

Delroy Leo - 84(56)

Weston Clingham - 39 (21)

Jerry Thomas - 3/20 (3 overs)

Brett Isaac - 2/8 (1.4 overs)

Sandy Bay Pirates - 133/10 (22.1 overs)

David Young - 37 (19)

Rhys Francis - 37 (37)

Weston Clingham - 3/18 (4 overs)

Brendan Leo - 3/30 (5.1 overs)

Player of the Match - Weston Clingham (Levelwood Allstars)

Challengers - 436/9 (34.4 overs)

Cliff Richards - 147(74)

Andrew Yon - 100 (46)

Michael Bedwell - 2/21 (2 overs)

Brian Faas - 2/70 (6 overs)

Cobras - 193/9(35 overs)

Jamie Peters - 67(42)

Andrew George - 19 (28)

Sean-Lee Thomas - 3/40 (7 overs)

Andrew Yon - 2/11 (3 overs)

Player of the Match - Cliff Richards (Challengers)

Jamestown Heat - 392/4 (35 overs)

Scott Crowie - 148 (88)

Dax Richards - 115 (93)

Jamie Ellick - 2/96 (7 overs)

Gareth Johnson - 1/26 (5 overs)

Western A Mustangs - 197/10 (28 overs)

Kyle Bennett - 43 (37)

Robert George - 36 (24)

Scott Crowie - 3/14 (4 overs)

Joel Peters - 3/18 (5 overs)

Player of the Match - Scott Crowie (Jamestown Heat)

Sat 24th Jan @ 13:30 - Western A Mustangs v Sandy Bay Pirates (Umpires: Damien O'Bey and Gavin Ellick)

Sun 25th Jan @ 08:30 - Levelwood Allstars v Cobras (Umpires: David Young and Rhys Francis)

Sun 25th Jan @ 13:30 - Jamestown Heat v Challengers (Umpires: Barry Stroud and Gareth Johnson)

UPCOMING FIXTURES



ST HELENA GOLF REPORT

Contributed by St Helena Golf Club

The Presidents Challenge Cup welcomed seventeen dedicated golfers to the course on Sunday, 18 January 2026.

Although the wind swept across the fairways with real intent, it did nothing to dampen the enthusiasm of the players. From the first tee shot to the final putt, the atmosphere was filled with friendly competition and laughter.

Two players, Peter Bagley and Freddy Thomas both carded impressive net scores of 70. After a count back, Peter was awarded first place, with Freddy taking a well-deserved second.

Close behind them, Arthur Francis produced a net score of 71, placing him firmly among the top performers of the day.

Three players followed with an impressive net 72s: Neil Joshua, Paddo Johnson and Larry Legg.

Only one two-ball was recorded on the day, and in true club tradition, Arthur Francis walked away with all 17 balls - a moment that bought plenty of cheers.

The individual prizes added extra excitement:

Longest Drive 6th (Furrows) - Rodney Braaf

Nearest to the Pin (5th) - Tony Green

Best Final Six Holes - Lawson Henry

Best Dressed Golfer - Gerald George

Special Recognition - Lukas Robbertse

Random Draw - Dr Nigel Leaver

Heartfelt thanks are extended to every participant for contributing to such a successful and enjoyable day. Sincere thanks to the sponsor, Christine Scipio, for her generosity.

Congratulations to all winners.



1st Place: Peter Bagley



2nd Place: Freddy Thomas



25 January - Monthly Medal Stroke Play

1 February - 18 Hole Stableford

8 February - Leon Crowie Memorial Challenge (3 Club)

**Happy Swinging
SHGC**





Home For Sale

**OFFERS INVITED IN THE
REGION OF £97,500**



For Sale by Owner

A lovely, almost complete home set in peaceful, green surroundings. This property offers a solid foundation and modern layout.

Visualised impressions below show the home's full potential as a bright, welcoming residence blending comfort with natural beauty.

For inquiries, contact: shpropertysales@gmail.com

YouTube Channel (Video, Slideshow, Virtual Viewing): <http://shorturl.at/itKuc>

Online Viewing

360° Self-Directed Walkaround: <http://shorturl.at/YtMh8>

Property Highlights



Impressions of How the
Finished Property Could Look ;



- Freehold Title, Fast Closing
- A Quality Investment
- Quiet, Private Location
- Near Bus Stop In Alarm Forest Area
- Fiber Internet Available on Island
- Close to the Capital Jamestown
- Potential for Open-Plan Living/Dining Area & Two Spacious Bedrooms (Including Ensuite Master) & a 3rd Bedroom / Office
- Large Windows and Sliding Doors
- Outdoor Space & Garden
- Sunset Views of Castle



<https://www.propertyfinder.sh/properties/hunts-bank-property-for-sale/>



shpropertysales@gmail.com

MACS SHIPPING SCHEDULE UPDATE



**WHATEVER
YOU NEED
TO SHIP**

	BLUE MASTER II 261202	GOLDEN KAROO 261203	GREY FOX 261206
Immingham	20-Dec	17-Jan	21-Feb
	KAROLINE 261701	KAROLINE 261702	KAROLINE 261703
Cape Town	31-Jan	02-Mar	02-Apr
Rupert's Bay	08-Feb	10-Mar	10-Apr
Ascension Island		15-Mar	
	KAROLINE 261801	KAROLINE 261802	KAROLINE 261803
Cape Town	21-Feb	31-Mar	23-Apr

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



Moving your cargo globally with flexibility and care.

Get in touch with us: macship.com

CPT +27 21 405 3400 | sthelena.cpt@macship.com

