

# St Helena Activities Directory



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St Helena  
Government

## **DISCLAIMER**

**The Health Directorate strongly recommends that all persons with a medical condition consult with a doctor or community nurse before taking part in any activities listed in the Activities Directory. There is a possibility of physical injury participating in some of the activities listed in this directory. All persons, with or without a known or unknown medical condition, who engage in the activities listed do so at their own risk. The Health Directorate accepts no liability for any physical injury and all claims or causes of action, known or unknown, arising out of participation in the activities listed in the Activities Directory.**

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## SPORTS & PHYSICAL ACTIVITY

### CHAMPION FOR ST HELENA

*“A little exercise each day goes a long, long way”*

Councillor C .Buckley



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## Archery



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Archery Club	Jamestown Rifle Club – The Moat	Thursdays 4.30 pm	£2.00	Pat Henry 64385 Mobile 63241 <a href="mailto:patpamsk@helanta.co.sh">patpamsk@helanta.co.sh</a>

## Core Stability

<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Back to Back Physiotherapy Dept 	Jamestown Community Centre	Tuesdays 2.15 -3pm	Free	Cecil Thomas 23222 <a href="mailto:physio@helanta.co.sh">physio@helanta.co.sh</a>

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<b>In Your Hands (With Meditation)</b> 	Jamestown Community Centre	Monday 4.30-5.30pm	£2.50	Nigel Mcmichael 22637 <a href="mailto:inyourhands.mcmichael@gmail.com">inyourhands.mcmichael@gmail.com</a>
<b>In Your Hands (With Meditation)</b> 	Sandy Bay Community Centre	Tuesdays 6- 6.30pm	£2.50	Nigel Mcmichael 22637 <a href="mailto:inyourhands.mcmichael@gmail.com">inyourhands.mcmichael@gmail.com</a>
<b>In Your Hands (With Meditation)</b> 	Kingshurst Community Centre	Wednesdays 5.15-6.15pm	£2.50	Nigel Mcmichael 22637 <a href="mailto:inyourhands.mcmichael@gmail.com">inyourhands.mcmichael@gmail.com</a>
<b>In Your Hands (With Meditation)</b> 	Longwood Community Centre	Thursdays 5-6pm	£2.50	Nigel Mcmichael 22637 <a href="mailto:inyourhands.mcmichael@gmail.com">inyourhands.mcmichael@gmail.com</a>



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## Dancing



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>Grapevine Dance</b>	Jamestown Community Centre	Mondays 5.45-6.45pm	Donation (under review)	Nicola Essex <a href="mailto:grapevinedance@gmail.com">grapevinedance@gmail.com</a>

## Diving




<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>Into the Blue</b>	The Wharf	Wednesdays, Saturdays & Sundays	£15.00 per dive	Craig Yon 23459 <a href="mailto:craigyon@helanta.co.sh">craigyon@helanta.co.sh</a>
<b>Sub tropic Adventures</b>	The Wharf	Thursdays 4.30 pm, Saturdays 8.30am, Sundays 10am	£15.00 & equipment hire	Anthony Thomas 22758 <a href="mailto:Sub-Tropic.Scuba@helanta.co.sh">Sub-Tropic.Scuba@helanta.co.sh</a>
<b>The Dive Club</b>	Wharf Club Rooms	Please see link <a href="https://sthelenadiveclub.wordpress.com/">https://sthelenadiveclub.wordpress.com/</a>	Club Membership	<a href="mailto:shdiveclub@gmail.com">shdiveclub@gmail.com</a>

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## Festivals of Walking/Running



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>Tourist Information Office</b> 	Island of St Helena	Once a year  Contact Tourist Information re dates.	Free	Tourist Information Office  22158



## Golf

<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>St Helena Golf Club</b> 	Longwood (The remotest golf club in the world)	Need to book	£15.00 per 18 holes round	Dorothy Thomas  24312 or 24421 during club opening hours

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## Jacob's Ladder Challenge



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>Museum</b> <b>(Ladder always open to climb )</b> 	Foot of Jacobs Ladder, Jamestown	Museum Mondays to Fridays 10am – 4pm	Free to climb £2.50 for a certificate	Museum 22845 <a href="mailto:museum@helanta.co.sh">museum@helanta.co.sh</a>

## Post Box Walks



<u>What</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>St Helena Nature Conservation Group Walks</b> 	All over Island	Last Sunday of each month	Free	Face book - St Helena Conservation Group Local Papers Tourist Information Office



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## Prince Andrew School

## Francis Plain

<u>What</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>Badminton</b>	PAS Hall	Wednesdays 6.30- 8pm	50p Per person	Nigel Benjamin PAS 24290
<b>Circuit training</b>	PAS Hall	Wednesdays 4.30-5.30pm	50p Per person	Barbara Osborne PAS 24290
<b>Cricket</b>	Francis Plain	Weekends Jan- May	Contact New Horizons	Cricket Association
<b>Football</b>	Francis Plain	Weekends May - Nov	Contact New Horizons	Football association
<b>Gym</b>	PAS Gym	Mondays 5.30 – 6.30 pm	50p Per person	Damien Stevens PAS 24290
<b>Indoor cricket</b>	PAS Hall	Thursdays 4-7 pm	Free	Cricket Association
<b>Squash</b>	Squash Court PAS	Book with PAS	50p Per person	PAS 24290
<b>Volleyball</b>	PAS Hall	Mondays 6.30 -9pm	Contact Clare Harris	Women's Sports Association

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## SKITTLES



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>Skittles League</b>	Jamestown Community Centre	Mondays & Wednesdays 8pm	£40.00 per team per season	Mr or Mrs Lawrence 22519

## Yoga



<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
Charlotte Thurston	Mule Yard	Tuesday 4.45pm – 6pm Friday 7.00 a. m	Donation	Charlotte Thurston 23360 fb “St Helena Yoga” <a href="mailto:charlotte.thurston@publichealth.gov.sh">charlotte.thurston@publichealth.gov.sh</a>

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## **ZUMBA**

<u>Who</u>	<u>Where</u>	<u>When</u>	<u>Fee</u>	<u>Contact</u>
<b>Zumba Dance</b>	Kinghurst Community Centre	Tuesdays 6-7 pm	50p	Tracey Williams <a href="mailto:cgp@helanta.co.sh">cgp@helanta.co.sh</a>



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**Produced by the Health Promotion Team**

**Cover photographs courtesy of the St Helena Tourist office**



While efforts have been made to ensure the information contained in the Activities Directory is correct on the date of publication, changes in circumstances after the date of publication may impact on the accuracy of the information. The Health Directorate cannot guarantee that the information contained in the activities directory is accurate and/or up-to-date. The Activities Directory should be treated as a guide only. The Health Directorate accepts no liability for any inconvenience, loss or damage caused by and/or all or any claims or causes of action, known or unknown, arising out of, the use of or reliance on the information contained in the Activities Directory.

**Updated February 2017**

**If you run an activity, and would like to have it included in further editions, please contact the Health Promotion Team.**



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[marian.yon@publichealth.gov.sh](mailto:marian.yon@publichealth.gov.sh)

 **22500 ext 2046**

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