

The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity

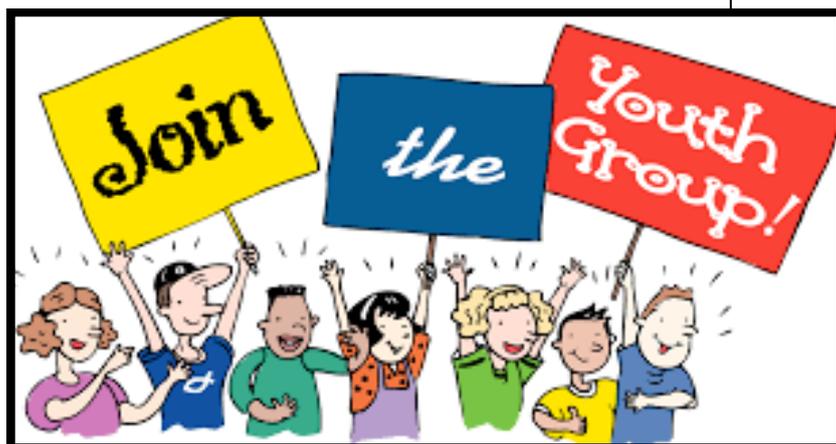
Issue 40 February 2016

New Youth Club to Open

A new Youth Club will be opening its doors for the first time to 11-18 year olds on Thursday 3 March 2016 from 10am to 3pm at the Baptist School Room, opposite Pilling School in Jamestown.

So far, exciting activities include:

**drama, tap-dancing ,
salsa, film making, rock
music choir, arts &
crafts,
music jam sessions,
drama & dance,
and ukulele**



Sessions will be run from 6-10pm on Friday and Saturday evenings during school term time, with at least two 10am-3pm sessions per week during school holidays.

The club, 'In+ventive', will be free to join and run by Creative St Helena, with Teeny Lucy as the club leader. Other staff and volunteers will also be on hand for support.

Human Rights Officer, Catherine Turner, said:

"We aim to set up a Youth Members Committee who will be responsible for forward planning and deciding what new activities they would like the club to offer."

All Volunteers will be trained to a minimum of Level 2 Safeguarding.

There will also be a qualified first aider present at all times.

For more information, please contact the Human Rights Office on tel: 22133. Further details will also be published in next week's newspapers and on the local radio.





St Helena Government

YOUR FUTURE

Come and attend our Community Events to give us your thoughts and vision for your St Helena

For more information e-mail: tenyear.plan@calnthelema.gov.sh

TEN YEAR PLAN

Altogether Better for Young People

Altogether Healthier

Altogether Greener

Altogether Safer

Altogether Wealthier

Altogether Better for Children

YOUR VISION

St Helena has sometimes suffered from a short term approach to planning, which can occasionally lead to the direction of travel changing or to possible missed opportunities from potential funders.

St Helena Government has therefore decided that a Ten Year Strategic Plan, underpinned by three year Directorate Plans, will be developed using a 'Participation Model' and covering these themes:

ALTOGETHER:

- Healthier*
- Greener*
- Safer*
- Wealthier*
- Better for Children & Young People*

Various community events are currently being held, so that members of the public can openly discuss their thoughts and their vision for St Helena with Councillors and SHG officials.

Developing this plan will rely heavily on partnership with the Island's community - using a blank-page approach.

Following this month's participation events, a draft plan will be released for public consultation.

The success of the Ten Year Plan will be largely dependent on community engagement and how it reflects the community's vision for St Helena.



'Get Fit St Helena'

New Horizons has recently started a new fitness initiative, 'Get Fit St Helena'. The idea of the club came from Andrew Lawrence ('Markie'), who wanted to encourage all on St Helena to embrace fitness.

Sessions are held at New Horizons on Tuesdays and Thursdays from 1 to 1.30pm, Wednesdays from 6.30 to 7.30pm and Saturdays from 8 to 9am.

The fees are 50p a session or £3 monthly, and already 48 people are attending with the numbers rising.

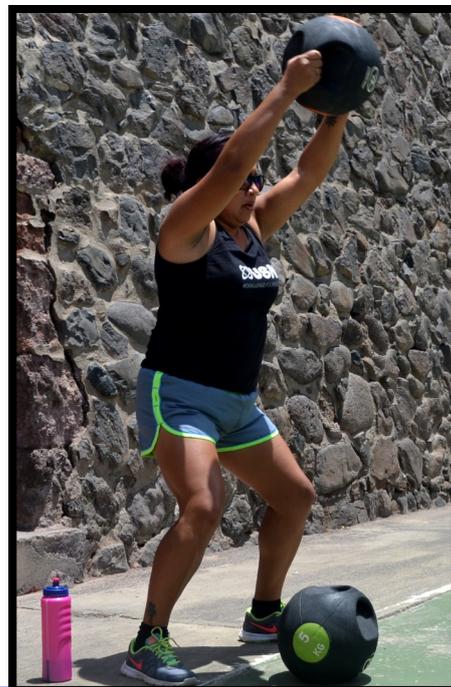


New Horizons Co-Manager, Tina Yon-Stevens, said:

"Everyone attends for different reasons, but you can certainly see people's fitness has improved, with weight loss and strength improvements noted. We see progress in all the participants."

Get Fit St Helena employs a variety of exercises, varying from cardiovascular to strength and endurance tests.

So it's good for individuals as well as contributing valuable funds to New Horizons for its various community activities.



Cooking Classes for St Helena

Mike Harper of Enterprise St Helena is to introduce seven cookery courses for those who have a passion for food or for those who simply want to improve their skills. Courses include 'Cooking for Your Partner', 'Cooking with Kids', and 'Cooking Healthy Dishes'. Beginning on 3 February 2016, the Wednesday courses focus on practical demonstrations and dishes by Mike - with the candidates completing the demonstrated tasks and dishes.

cooking, and based on their responses, I was able to plan and deliver."

Mike arrived on St Helena in March 2014

to run a Hospitality Upskilling project with a remit of delivering and assessing NVQ Diploma qualifications in Hospitality & Catering for local students - as well as supporting local businesses. Originally studying Hospitality & Catering at the International Hotel School on the Isle of Man, Mike worked at the City of Bath College as a Learning Co-ordinator in hospitality and catering, including curriculum design for each Academic Year. Mike has also worked as a chef in a UK 'Gastro-pub'.

Mike concluded:

"I have always had a interest in catering, and both my parents were very good in the kitchen. I began work at a local hotel at a very young age and enjoyed the buzz around the kitchen and restaurant."

"There will not be any prizes for best cook in these classes - but coming soon will be a 'St Helena Chef' competition for all age groups with excellent prizes on offer."

Mike said:

"During the Careers Fair last year, we had a stand promoting hospitality and catering with junior chef students demonstrating their skills. During that time we were able to ask people what they would like to learn in



Ship Visits

MV Queen Elizabeth



The MS Queen Elizabeth passed James Bay on Thursday 21 January 2016. She did not stop for a visit, but came in close enough for the people of St Helena to have a clear view of the ship.

She is a Vista-class cruise ship operated by the Cunard Line, and is the second largest ship constructed for the company, exceeded only by the Queen Mary 2. The MS Queen Elizabeth is capable of carrying up to 2,092 passengers.

The Gulden Leeuw - or 'Golden Lion' (pictured below) - reached James Bay Tuesday 9 February 2016 with 54 students and 7 crew on-board.

The Gulden Leeuw was restored in 2010 as a big, sturdy sailing ship with the deck layout of a classic yacht. This, coupled with her rigging means that she is a strong and fast ocean sailing ship.

The yacht departed St Helena on Saturday 13 February, continuing her travels to Ascension Island.

Gulden Leeuw



MV Boudicca



On Saturday 23 January 2016, the MV Boudicca moored in James Bay, and approximately x passengers had the opportunity to go on tours around St Helena and to see Jamestown's attractions.

The ship is named after *Boudicca*, the heroic Warrior Queen of the British Iceni tribe. Up to 880 people can enjoy a cruise on board *Boudicca* - not the thousands to be found on some ships, but Boudicca is small enough to reach shores that many rival liners simply cannot access - so guests can get closer to hidden and unique sights.

Making March Marine

Marine Awareness Month will be held on St Helena in March 2016 to raise awareness of our marine environment and the importance of marine life to all of us.

Marine Conservation Officer, Elizabeth Clingham, said: *"Traditionally, St Helena Government's Environmental Management Division (EMD) hosts an annual marine awareness week, which normally entails an action filled week of manned information displays, plus co-ordinated activities with the Tourism Office and other local marine operators."*

This year, partnering with the Tourism Office and Marine Science teacher, Mrs Bev Tyson - and recognising the vital importance of St Helena's marine waters - we have opted to dedicate a whole month and are aiming to fill most days with marine activities - 'Making March Marine'.

This marine awareness month is not just for those who take to the sea for work or leisure,

but also to highlight the value of St Helena's marine environment in supporting our health and wellbeing, our economy, our tourism industry - and the very culture and identity of the Island.

Activities in March will include a film on local TV, school presentations, craft sessions, a marine quiz show, Post Box Walks, an underwater clean-up, water sports and a Fun Day. Further details about the specific activities on offer during Marine Awareness Month will be advertised in local newspapers and on the radio.



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