

The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity

Issue 33 June 2015

Breastfeeding Awareness

World Breastfeeding Week runs from 1 to 7 August 2015. In order to raise awareness of the benefits of breastfeeding, Health Directorate staff - Midwife Rosie Mittens and Health Promotion Trainer Marian Kanes, organised an event at the Jamestown Community Centre on 4 August. Marian said: *"As the baby away-day held in June was so successful we thought we would organise another to highlight breastfeeding week. I delivered a general presentation - accompanied by a display - to raise awareness of the topic."* Over 100 mothers were contacted to come along, which included mothers who are expecting as well as those who have had their children in the last year. Marian continued: *"We invited individuals who are pregnant so we can get them thinking about breastfeeding and alerting them to the support that we offer. Benefits of breastfeeding include protection against illnesses, as well as preventing type 2 diabetes when children get older. There is also evidence that breastfeeding helps with the prevention of cancer in*



mums. It also helps burn calories, contributing towards mums regaining their figures." Marian added that although she believes breastfeeding is best for babies and mothers, those who have decided not to continue breastfeeding are doing what is right for them and the baby.

Work Experience Students



Jodie Constantine and Jordan Stevens have recently completed their GCSEs and are now experiencing the 'world of work', before embarking on their A

Level Studies. Both students are keen writers and enjoy English Literature and Language at school and thought that a July/August placement at South Atlantic Media Services (SAMS) would fit into the areas of study they enjoy. Jordan's ambition is to one day become a journalist and thought that the Sentinel newspaper would be the perfect place to push him forward to achieve his goals. Jodie has previously volunteered at Saint FM Community Radio and is very interested in this medium. Jordan commented on his experiences: *"Whilst at SAMS I have learnt to write for the paper and also how to transform that story into*

a radio piece. I have also developed the ability to take photos using professional cameras and have worked independently - gaining a lot from this experience. Writing is an essential skill that I will take forward into my future career" Both students want to thank the team at SAMS for their continuous support throughout their placement and hope to return to the organisation in the future. Cynthia Bennett, Work Development Coordinator, commented: *"Work Experience placements have been put in place in construction, mechanics, banking, the schools, youth work, power generation and maintenance, the fire service, IT, hospitality and wholesale outlets. These work experiences are extremely important to students, providing an informed transition from school into the world of work. It enables students to gain value experience, knowledge and insight into an industry - which will help them to decide on the area of work they would like to pursue. It also equips them with the information needed in an interview."* These programmes are organised for sixteen year old Year 11 students who have just completed their compulsory school period.



publicrelationsofficer1@sainthelena.gov.sh



+ 290 22470



www.sainthelena.gov.sh

Jersey Games Team Arrives Home



Diamond Jubilee Programme Sponsors Safeguarding Staff



Social Care Officer, Samantha Royles departed the Island on 17 May 2015 for training in the UK, returning to St Helena on 18 July. Samantha was sponsored by the FCO Diamond Jubilee

Fund. At the start of her trip, Samantha accompanied a Safeguarding client to the UK, who needed to attend court proceedings. Samantha said:

"This was a unique experience for me, something which I found challenging, but I learned a lot from the experience."

She then moved on to Birmingham, working in a local authority conducting home visits with the Social Workers team. Samantha recounted the eye-opening experiences of dealing with different cultures and nationalities with a diversity of cases not seen on St Helena. Samantha's training concluded with a three day course in Leeds, covering Parenting and Early Years social work. Mentor Tracey Kayne spoke of having Samantha join the programme: *"I was delighted to have Samantha join us in Yorkshire for the 'Incredible Years' basic parenting programme. It was particularly commendable that she was prepared to travel all this way and will now make this course available on St Helena."* On St Helena, Samantha will work closely with Social Care Officer Donna Harris (who previously undertook overseas training) to deliver

outcomes of the Early Years courses to crèches and child-minders on the Island. Samantha said of the course: *"I think as long as you are a parent or guardian you will find this course very useful. It covers a whole range of things, including discipline and tips for managing the child's environment. I have certainly picked up on a few things for my own child."* During her time in Birmingham, Samantha observed that the efficient filing and administration system is something she would eventually like to see in her own work - to allow a more streamlined way of updating case information. In her role on St Helena, Samantha deals with a variety of issues, from sexual abuse to domestic violence. In local authorities in the UK, she saw that social workers are more specialised, experts in particular areas. Samantha thanks Sandra Sim of the Governor's Office, Sean Burns, Head of the Governors Office, Sam Dunn, her team manager and Greg Hall, the Safeguarding Director, for organising and supporting her placement. The Incredible Years programme was originally developed by Caroline Webster Stratton, in Seattle of the USA. For over 40 years, this highly evidence based programme, drawing on numerous pieces of independent research, demonstrates how to improve behaviour, increase social skills and encourage school success. The programme was originally designed for parents of children with behaviour problems, but is now recognised as being of great value for any parents who want to learn how to be more effective as a parent. This includes how to support their children in succeeding at school, how to increase their confidence, emotional wellbeing and how to develop good social skills.

Returning to the Island on Wednesday 9 July was Resident Manager of Plantation House, Debbie Stroud. Debbie departed St Helena on 27 April 2015 to undertake a Hospitality exposure visit in the UK, funded by Enterprise St Helena (ESH). On seeing an advert in the newspaper by ESH, Debbie thought that this would be a great opportunity to develop her skills and a real experience, helping her to further her future aspiration in the private sector - whether that be in the restaurant or hotel sector, or simply adding to her customer care skills.

Debbie was based in Fleet, Hampshire, at a hotel called 'Lismoyne' and lived fifteen minutes away in Aldershot. Debbie commented, *"This is a four star hotel and my work involved working with all housekeeping staff to check all 62 rooms were up to standard. We made sure the rooms were ready for arrivals, stay-ons and also maintained cleanliness after guests departed."*



"I also worked at the front desk with the Head Receptionist where we took bookings, met and greeted guests and also dealt

with any complaints, making sure they were taken forward promptly. I worked in the restaurant too, serving breakfast and dinner and in the kitchen doing general cleaning. My placement also included working with the Events Manager taking bookings for private functions, such as dinner dances, weddings and christenings."

From this hands-on experience at the hotel, Debbie widened her knowledge of the hospitality sector, enhancing her communication, teamwork, leadership and time management skills. This will help Debbie in her current role and in her future aspirations in the private sector.

Arts & Crafts Calendars 2016

The Art & Crafts Association, in collaboration with GK Crafts, has produced new calendars for 2016, featuring photographs taken by participants in last September's photography competition - entitled 'Saints at Work and Play'.

This competition was organised by the Art & Crafts Association, with the vision that selected entries would be used to promote the Island. Photos entered were exhibited in the Canister, with Porteous House chosen to display the winning submissions. Chairperson of the

Association, Cathy Hopkins, commented: *"It was really interesting to see how Saint culture came through - with the old traditions of both work and leisure. Fishing, collecting animal feed, making fishcakes, events at the Mule Yard, donkey rides at charity fundraisers and Scouts marching back from a church service - all featured in the entries."*

"In a way we've created a piece of social history with the competition and now with the calendar."

Calendar sales are very strong and the Art & Crafts shop will be happy to take orders. Cathy concluded: *"The calendars make perfect gifts for friends or family, including overseas, as they are easy to post."*



Artist 'Lock-In' Jersey

Eira Stevens recently represented St Helena at the 2015 Jersey Artist 'Lock-In' between 22 June and 2 July 2015. Eira was welcomed to Jersey by Alice Bravery, the Island's Arts Trust Assistant and her family - before being transported to Elizabeth Castle. Eira said:

"Seeing Elizabeth Castle for the first time was great, the landscape was beautiful and being near to the sea made me relaxed. I wasn't expecting to sleep in tents, so you can imagine to my surprise when I saw these huge tents set up, two for the girls and two for the men. After a few nights though I got use to sleeping there - but afterwards it was so nice to finally sleep in a soft bed."

At the beginning of the programme the group were given small tasks and worked in pairs collaborating on dance, acting, music, writing, painting and sketching - pushing each group out of its comfort zone. Eira commented:

"We did small acting pieces and had to be creative as there was only a limited supply of materials. We had to be resourceful, which I found fun." One of Eira's most symbolic pieces, was a collage she did for her mum created around 'someone she loved'.

The event - an inter Island Lock-in organised by the Jersey Arts Trust - was timed to coincide with Jersey's hosting of the 2015 NatWest Island Games. It's aim was to mirror the inclusive and cooperative ethos of the Games, with one artist from each Island invited to spend 10 days



at Elizabeth Castle to develop shared work around the theme of 'Islandness.'

The Public Relations Office would like to say



to Eira for her time spent within the office over the last two years in her role as an apprentice. We wish her the best of luck for the future.

Updated Gallery on the SHG Website

The images below were photographed by Paul Tyson

