

# THE ST HELENA AMBASSADOR



February 2021



## Editorial

Hi, welcome to the St Helena Ambassador! In this edition we find out about Solomon & Company's 'Get Fit' Campaign, the Makaton Parents Workshop, and how the (Bone) Whale Shark Festival and World Thinking Day was celebrated.

If you'd like to contribute a story to the St Helena Ambassador, please feel free to contact me on tel: 22470 or via email: [jodie.s-constantine@sainthelena.gov.sh](mailto:jodie.s-constantine@sainthelena.gov.sh). Happy Reading!

**Jodie Scipio-Constantine (SHG Press Officer)**

## Get Fit February

**S**olomon & Company (St Helena) Plc recently launched a campaign called 'Get Fit February'.

As part of the Campaign, Solomon's hosted local businesses and service providers at the DIY showroom, Jamestown, every Thursday during February to showcase their fitness classes and activities, in the hope of encouraging a wider community participation and raise awareness of the options open to each customer to become empowered to make choices which suit them.

Marketing & Communications Officer, Kylie Peters, explained:

*"We are conscious that health problems can be influenced by lifestyle choices and therefore we wanted to put together something that could get people thinking about their lifestyles and the options they have so that they can make the changes that they want to see."*

In addition, Solomon's compiled meal plans, consisting of ingredients that can be bought on-Island, and designed to increase nutrition. These meal plans, along with weight-loss tips and sports equipment, were displayed at the showroom.

Kylie concluded:

*"We hope that people took advantage of what we put together and that they find it thought provoking as sometimes by just making small changes we can grow to become a healthier community."*





## World Thinking Day

**W**orld Thinking Day (WTD) is celebrated annually on 22 February by Girl Guides and Girl Scouts worldwide. This year's theme was 'Stand Strong, Stand up and Stand Together for peacebuilding'.

On St Helena, WTD was celebrated at the Harford Community Centre. The all-day event brought Girl Guides, Brownies, and Rainbows, along with their Leaders, from units across the Island together to not only celebrate WTD, but to also commemorate 100 years of Girlguiding on St Helena.

Ranger Guide Leader, Winnie Thomas, delivered the welcome speech during the Opening Ceremony.

Winnie said:

*"The year is not only a celebration of peace through our coming together for WTD, it is also an important year of celebration, commemoration and opportunity to highlight the grand achievement of 100 years of Girlguiding on St Helena. This is indeed a great feat for our small Island and we owe gratitude and thanks to our Founders – Canon and Mrs Ida Walcott who started the Scout and Guide Movement in the 1900s. In particular for us we celebrate all those leaders and members who have kept the Girl Guide Movement going throughout the 100 years of fun and friendship, from the year 1921 to reach our big Girlguiding birthday in 2021. What a fantastic achievement this has been!"*

WTD was this year hosted by the Girl Guiding section of Longwood who planned activities related to the theme of 'peacebuilding'. Activities throughout the day were designed to help participants understand what peace-building meant, explore the issues and actions that could lead to conflict and those that lead to peace, as well as taking actions towards creating a more peaceful society.

The event concluded with a Closing Ceremony. During the Closing Ceremony, Guiding promises were read from five different countries and compared with the St Helena Guiding promise. Rainbows, Brownies and Guides were also enrolled and some girls also moved up into the different sections. A Rainbow, Brownie and Guide was also presented with the Guide of the Year 2021 award and certificates. Sylvia (Ivy) Ellick gave the closing speech. In her speech, Ivy thanked outgoing Commissioner, Heather Cowdry, for her support and dedication to the Girl Guiding Movement, and welcomed County Commissioner, Rosemary Mittens, and Division Commissioner, Pamela Ward-Pearce to their new roles.



Ranger Guide Leader, Winnie Thomas, delivering the welcome speech



L-R: Rainbows during their activities



Collage of photos of Girlguiding on St Helena throughout the 100 years



Brownies and Girl Guides during their activities

Jilneal George, Winner of Guide of the Year award



Girl Guides, Brownies, Rainbows and Leaders



## Successful Bone Shark Festival

The St Helena National Trust (SHNT) Marine team hosted their third annual Bone (Whale) Shark Festival at the Mule Yard on Saturday, 27 February 2021.

The event, themed 'celebrating our underwater world', was held to raise awareness and promote the Whale Sharks (known locally as the Bone Sharks) that visit our waters each year.

The event, which started at 2pm, had a buzzing atmosphere and saw around 240 people in attendance within the first hour.

The Mule Yard was crammed with entertainment, including a life-sized inflatable whale shark, stalls selling locally produced marine themed merchandise, hot food and sweet treats as well as fresh local sushi and sashimi. Other entertainment included a virtual reality and tech corner showing videos and pictures of whale sharks, ocean fancy dress competition, face painting, bouncy castles and a photo booth. Music throughout the day and evening was provided by live bands and a DJ. Benny the Bone Shark also made his appearance in the afternoon, much to the amusement of the crowd.

The SHNT Marine team concluded:

*"Thanks are extended to the Mule Yard, to the staff that helped us with the event, to all the food and merchandise stalls, to the bands and DJ, to St Helena Tourism for live streaming the event, to Enterprise St Helena for enabling our technology and app development and to the Blue Marine Foundation for making this all possible!"*



## Makaton Training for Parents and Carers

The Speech & Language Therapy Service of the Children & Adults Social Care Directorate held Makaton Training Workshops for parents and carers during the month of February 2021.

Speech & Language Therapist, Johanna Barclay, explained:

*"Makaton is a key word signing system - the main words in a sentence are signed and spoken at the same time, providing an instant visual alongside the word. This has been found to support children's understanding of language. Some children may go on to use the signs to express themselves, or just because it's fun!"*

Each workshop lasted for one hour and were held at the three Island Primary Schools – Pilling, St Paul's and Harford – and covered the basic signs.

Johanna concluded:

*"It was great to see the enthusiasm for signing, not just from parents wanting to help their child's communication, but also from people in the community who wanted to be able to communicate using signs to make sure more people can be included in interactions."*

