

THE ST HELENA AMBASSADOR



March 2021



Editorial

Hi, welcome to the St Helena Ambassador! In this edition we find out about an event that involved stargazing, the Festival of Running, a Healthy Habits Programme and Marine Awareness Week!

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

Jodie Scipio-Constantine (SHG Press Officer)

Saint Helena National Trust Hosts First Ever Night-Time Event to Coincide With Earth Hour

Earth Hour is held every year on the last Saturday of March, and encourages millions of people worldwide to switch off their lights for one hour to show their support for our planet.

On St Helena and to recognise Earth Hour, the Saint Helena National Trust (Trust) hosted a 'dining in the dark and stargazing' event at the Millennium Forest on Saturday, 27 March 2021.

For the first half of the event, which started at 7pm, participants enjoyed a three-course meal, prepared by Bertrand's Cottage, at picnic tables which were placed outside, under the stars, next to the thriving endemic Gumwood trees. Candles were used to line the pathway and placed on the tables.

Between 8.30pm and 9.30pm, all electric lights were switched off to show support for Earth Hour and, during this time, Mark Westmoquette led the stargazing portion of the evening.

SHNT's Head of Conservation (Terrestrial) and lead organiser of the event, Martina Peters, concluded:

"This is the first night-time event hosted by the Trust at the Millennium Forest, and we are all so delighted at how

it turned out. The atmosphere was perfect and the food was delicious! Thanks to Keanan and his staff at Bertrand's Cottage for putting together the delicious three-course meal. Loads of positive compliments were given by participants, including the Millennium Forest staff. Huge thanks to Mark Westmoquette for leading the stargazing portion of the evening. All participants were absolutely captivated. Also thanks to St Helena Tourism for letting us borrow the telescope. There's nothing quite like seeing the night sky up close, beyond what the naked eye is capable of. Finally, thanks to everyone who attended, helped out, or supported us during the planning process. The night was such a success and we look to hosting another one."

Photos: Mark Westmoquette



Healthy Habits Programme

The School Nurse Service held a six-week 'Healthy Habits' Programme for parents and their children during February and March.

The School Nurse Service explained:

"The aim of the Programme was to give families a better understanding of what a healthy lifestyle looks like and how they can incorporate small activities into their everyday lives, without taking up too much time. We also wanted to show the families that by making small changes to their diets, it can have a lasting impact on their overall physical/mental and emotional well-being, and to make healthy eating and physical activities a part of their daily habits."

The Programme consisted of an introductory workshop held at Prince Andrew School which included interactive activities focusing on the importance of good eating habits, including fussy eating, portion sizes, lunchboxes and exercise. A cooking session for parents and children using a healthy recipe and ingredients as well as a Dance Fit Zumba session was held at Prince Andrew School. A fun swimming session, including a water volleyball session, was held at Jamestown Swimming Pool. Participants also learned the basic football skills and share them in a friendly match at Francis Plain. The Programme concluded with a celebration event, held at Rosie's Taste 4 Life, where participants were thanked and awarded their certificates.

The School Nurse Service concluded:

"The sooner a child/young person develops healthy habit, the more likely they are to see the importance of a well-balanced diet/ exercise and carry these values through to adulthood."

"By working together as a community, we can ensure that the young people of St Helena reach their full potential in life, both in physical health and overall emotional and mental wellbeing."

"We would like to thank all of the children, young people and their families who took part in the very first 'Healthy Habits' Programme and a huge thank you to all of the facilitators who gave up their time and resources, enabling the programme to run so efficiently."

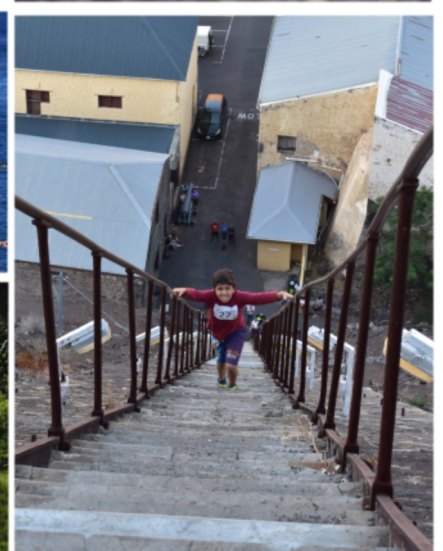
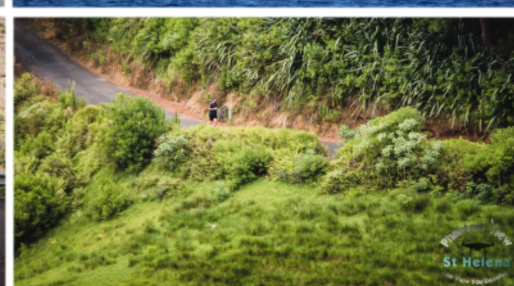
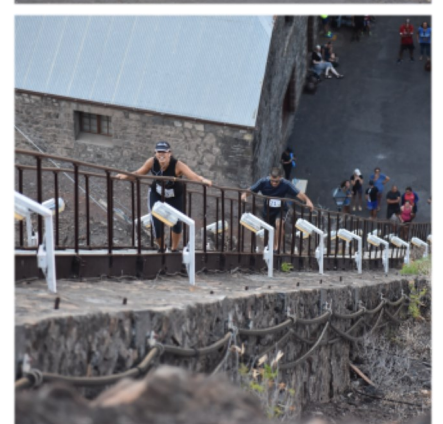
If you're interested in becoming a facilitator to support the School Nurses in delivering the 'Healthy Habits' Programme to the children and young people on the Island, please email: Nikesha.Price@sainthelena.gov.sh.



Successful Festival of Running



The Festival of Running took place on St Helena during February and March 2021. The events included: a Triathlon, which saw participants swim from the Middle Steps, Jamestown, towards the SS Papanui and back, then cycle up Side Path Road and down Constitution Hill, back to the Swimming Pool, and finally run up Side Path Road and back through Jamestown via Constitution Hill, finishing outside of the Swimming Pool. There was also a Ladder Challenge where persons were timed for their ascent up the 699 steps of Jacobs Ladder, as well as a Trail Run which started at the seafront and ended at the highest point of the Island – Diana's Peak (standing 823m above sea level). Finally, participants took part in the 3km and 10km fun runs which started and ended at Francis Plain. Congratulations are extended to participants and all involved in the Festival!



Successful Marine Awareness Week

The annual Marine Awareness Week (MAW), organised by the SHG Marine team and members of the FCDO Governor's Office, was celebrated on St Helena between 15 and 20 March 2021. This year's theme was *'Blue Belt – Tomorrow's Ocean Today'*, celebrating the work done by the UK Governments Blue Belt Programme (BBP) on St Helena.

To kick start MAW, an opening ceremony was held at Ann's Place on the morning of Monday, 15 March 2021. During the ceremony, St Helena Blue Belt Manager, Elizabeth Clingham, gave an overview of the BBP and members of the SHG Marine team spoke about their work and achievements throughout the BBP thus far. HE Governor Dr Philip Rushbrook also gave a speech about the programme and the importance of UK Overseas Territories in protecting the world's oceans.

Throughout MAW week, displays and exhibitions were set up at Ann's Place and were open to the public between 9am and 7.30pm each day, with visits during the day from every school class on-Island. The displays included information on St Helena's Marine Protected Area, sustainable fisheries, marine compliance, and fisheries science, as well as the new laboratory being constructed on the Wharf.

A presentations night was held at Ann's Place on Monday, 15 March, and included an introduction to the BBP, the role of the Saint Helena National Trust (SHNT) as an NGO in local marine research and conservation, St Helena Fisheries Science (assessing inshore species), St Helena shallow inshore habitat monitoring and biodiversity surveys, and site fidelity of Yellowfin Tuna.

A marine themed quiz night was also held at Ann's Place on Wednesday, 17 March 2021, and a movie night, showcasing the 'Mission Blue' documentary, was held at the Mule Yard on Thursday, 18 March 2021.

The final event was the community clean-up, organised by the SHNT, which took place at the Jamestown Wharf on Saturday, 20 March 2021. Around 65 volunteers supported the clean-up and collected a quarter tonne of rubbish, including container locks, parcel strapping, cigarette butts, beer bottles and plastic cups.

The SHG Marine team and FCDO Governor's Office would like to thank everyone who attended during the week and hope that you found it both enjoyable and informative about why our oceans are important and what we can do to protect them.

