

JUNE 2023

ST HELENA AMBASSADOR



Editorial

Ella LABIOD (SHG Press Officer)

Hi, welcome to the latest edition of the St Helena Ambassador!

In this issue we find out more about the paediatric first aid training, we look at the monthly Wednesday evening events run by the adult social care team and finally we highlight the work of the building maintenance team in the New Horizon building.

If you'd like to contribute a story to the St Helena Ambassador or have any suggestions on what you'd like to see included, please feel free to contact us on tel: 22470 or via email: ella.labiod@sainthelena.gov.sh.

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Paediatric First Aid Course

A paediatric first aid course was recently held at the Sea Rescue Base in Ruperts, run by Thomas Attewell, a qualified paramedic.

The term 'Paediatric First Aid' is used to refer to the skills and knowledge required to provide effective first aid to children, which is anyone under the age of 16.

The course was free and was not only open to parents, with grandparents and carers also encouraged to attend, so they could better respond to a child in distress if needed.

A total of 15 people attended the course, which covered areas such as how to respond if a child needs cardiopulmonary resuscitation (CPR), if a child is choking, how to recognise the signs of both concussion and burns and the use of an AED.

What is CPR?

It's a life-saving emergency procedure. It's given when someone's breathing or heartbeat has stopped. This can happen after a medical emergency such as an electric shock, a heart attack or a drowning accident. CPR combines rescue breathing and chest compressions

According to the Red Cross, only 5% of adults in the UK are trained and confident to administer first aid in an emergency.

The purpose of first aid is to provide immediate care until an ambulance arrives.





Anel O'Bey, Deputy Emergency Planning Manager, thanked everyone who took part in the day. Anel is looking forward to organising similar courses in the near future, which will further increase the island's response capacity.

Happy Hearts - Happy Wednesday

Happy Hearts is a group created to help people get together and enjoy an evening in good company, with good home-cooked food and music mixed by Colin Peters, who has been volunteering for this event for over 7 years.

The adult social care team started this social event in 2016, with six clients initially taking part.

Today there are more than 40 participants who meet one Wednesday a month.

Everyone involved looks forward to it, with people regularly calling the adult social care team a week before the next date to make sure it's going to happen.



Happy Hearts is run under the umbrella of the Disabled Society for the sole purpose of raising funds for food. All transport is provided by the Adult social care team who collects clients to the event and then takes them back home afterwards.

The St Helena community is also encouraged to help by making financial donations to contribute to the cost of the monthly meals. This also helps at occasions such as Easter and Christmas when the teams offer Easter eggs and boxes of chocolates to their clients.

If interested you can also get involved by coming along to Happy Heart's social event. They'll be delighted to welcome new volunteers and guests for an evening of dancing and good cheer.

If you would like to donate or find out more about the next event, please contact Anna Crowie or any of the Adults team by emailing anna.crowie@sainthelena.gov.sh or telephone number 22920.



New Horizons - Wall progress

At the end of June, we were fortunate enough to see the progress of the building maintenance team's repairs to the stone wall in the New Horizons building.

What's happened?

A section of the wall in the New Horizons room had become unstable due to water drainage, causing the wall inside the room to bulge.

This situation was reported as a major safety risk to users of the New Horizons facility.

Following the closure of the recreation hall inside the facility and a section of the walkway from the top of the Arch to the Museum to pedestrians on 31 May 2023, repair work began.

A new drainage pipe was installed on the terrace to channel all roof run-off to an outfall in the Jamestown run.

The roof was shored up and supported inside, and the affected wall was removed in layers. The masons continued to remove the wall until the affected area of bulging was eliminated. The wall was then rebuilt using the stones that had been removed, with additional stones added where necessary.

The building maintenance team, advised by Chris Peters (Civil Engineer), removed a wall measuring approximately 8 x 2 metres and rebuilt it using traditional materials. Most of the stones in this wall were reused.

Jason Thomas, Darren Williams, Kristen Coleman, Eric Henry and Weston Clingham began work on the wall on 8 June under the supervision of Gilbert Young.





This wall illustrates the talent and skill of our building maintenance team for a job well done.



A slipper drain is being constructed on the terrace and should be completed within the next week, weather permitting. This new drain will take all roof run-off and discharge the water into the inlet structure of the newly installed drainage pipe. Once this work is complete, the existing roofing material will be inspected and any roofing sheets that need replacing will be replaced.

Once this work has been completed, the surface of the terrace and the bitumen surface of the affected area will be resurfaced.

If all goes to plan and the elements play along work is expected to be completed by early July.

The work done, and the manner in which it has been completed, is a credit to the team, and will allow New Horizons users to enjoy their hall for many more years to come.

SHG Press Office | 1st Floor, The Castle | Jamestown |
Tele: +290 22470

kimberley.peters@sainthelena.gov.sh |
ella.labiod@sainthelena.gov.sh |
alasdair.bain@sainthelena.gov.sh |
www.sainthelena.gov.sh