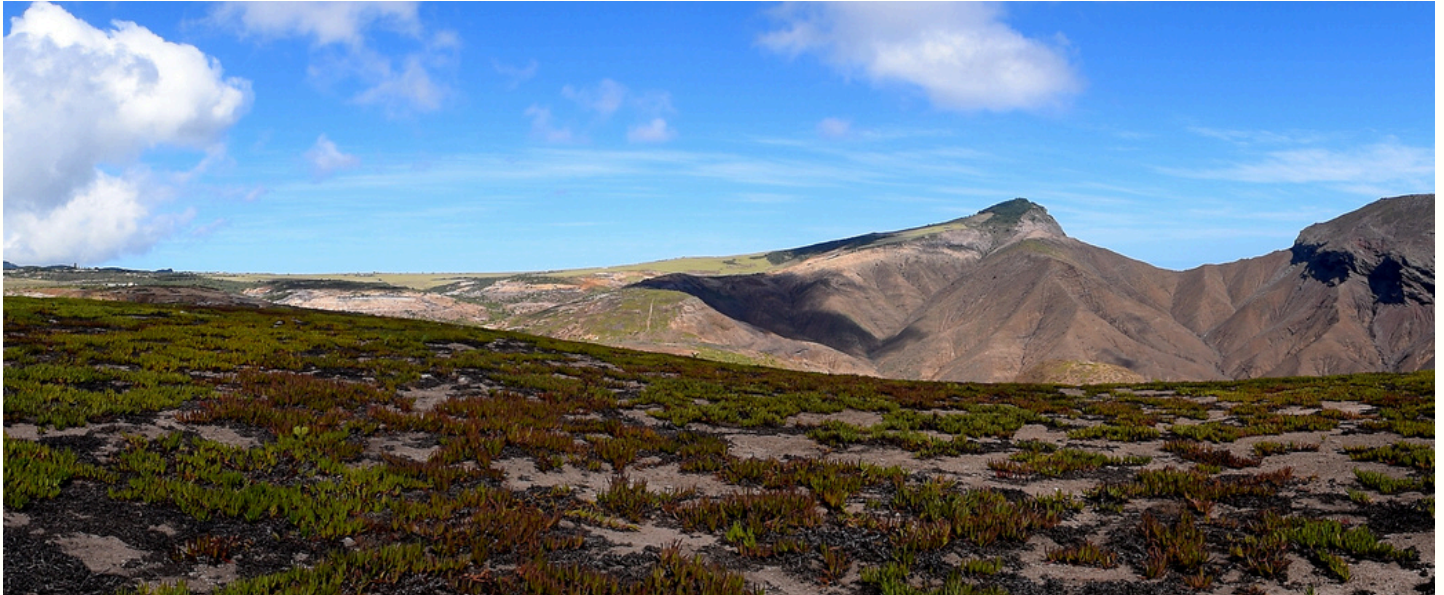


DECEMBER 2024

ST HELENA AMBASSADOR



Editorial

Katelyn Benjamin

Welcome to the December 2024 edition of the St Helena Ambassador!

This issue spotlights the Health Promotion team's impressive work in educating St Helena residents to access a range of free online parenting courses. These courses are designed to support parents and professionals at every stage of a child's development, from pregnancy to adolescence.

In addition, Wavy Sail brings adventure to St Helena! Explore the South Atlantic, learn sailing, and discover the island's beauty. Open Oceans Fund offers local sailing opportunities.

Moreover, HE Governor Phillips hosted a reception to celebrate the retiring staff of the Public Service to give thanks for their dedication and wishes them the best for the future.

Finally, Joan and Robert Scipio celebrated their 60th wedding anniversary with a special surprise: a personalised card from King Charles III and Queen Camilla. The card was presented to the couple at a heart warming tea party at Plantation House, making their golden anniversary truly unforgettable.

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 by telephone on 22470 or via email through

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IN THIS ISSUE

**SOLIHULL
APPROACH**

**SETTING SAIL FOR
ADVENTURE**

**PUBLIC SERVICE
PAYS TRIBUTE TO
RETIRING STAFF**

**A ROYAL TOUCH
FOR A DIAMOND
ANNIVERSARY**

Solihull Approach

In September this year, the Health and Social Care Directorate's, 0-19's Health Service Team was granted a multi-user license, enabling all residents on St Helena Island to access a comprehensive range of online courses on www.inourplace.co.uk at no cost. The courses are designed to support parents/guardians at every stage of their journey, from pregnancy to adolescence, and empower them to better understand their child's brain development, decode their behaviours, and develop nurturing relationships, all aimed at fostering kindness, confidence, and emotional awareness in children to enable them to thrive throughout their lives.

The courses were promoted through schools, work places and media services with the goal to motivate parents/guardians and professionals to use this excellent online opportunity to extend their knowledge and understanding about their children's emotional health and wellbeing.

Following the launch in September 2024 the number of people who have registered for the courses are:

| | |
|----------------|------|
| September 2024 | - 8 |
| October 2024 | - 27 |
| November 2024 | - 36 |

It is hoped that interested persons within our community will take advantage of this opportunity and register and complete the courses.

For details on the Solihull Approach visit: www.solihullapproachparenting.com

For further Information and support accessing the course, or if you have any queries, please contact any of the 0-19 Health Services Team, Cheryl and Sarah on 0to19parenting@gmail.com

Understanding pregnancy, labour, birth and your baby

Free midwifery-led online antenatal course for you to follow in your own time. For everyone in your baby's family.

- Getting to know and bonding with your baby before birth
- Stages of labour
- Preparing to welcome your baby
- Supportive resources and tips for staying calm
- Women couples tailored version

Designed by clinical psychologists in partnership with registered midwives, health visitors and parents

www.inourplace.co.uk

Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents

www.inourplace.co.uk

Setting Sail For Adventure

Wavysail Open Adventures has been a frequent visitor to St Helena for several years and, in collaboration with the St Helena Government (SHG), they launched the St Helena Open Oceans Fund last year. This initiative provides grants to enable a Saint or someone connected to the island to participate in a Wavysail trip from Jamestown to Cape Town, fostering local engagement and exposure to global sailing experiences.

Separate from the Open Oceans Fund, Wavysail also offers exclusive sailing experiences for international participants around the world, including the breathtaking South Atlantic Ocean that St Helena calls home. These voyages begin in Cape Town, South Africa, with a small group of just six people per trip. Guided by some of the world's most skilled skippers, this voyage provides hands-on sailing lessons, breathtaking ocean views, and opportunities to witness dolphins and whales in their natural habitat.

In November, St Helena welcomed a new crew to the island, opening the door for them to explore its stunning landscapes.

This voyage is ideal for those seeking

thrilling experiences while embracing a love for history. Participants will be captivated by spectacular scenery, rich cultural heritage, and the chance to sharpen their sailing skills.

Looking ahead, another Open Oceans Fund is set to launch next year, further enhancing the opportunities available for the St Helena community and strengthening the island's ties to the world of sailing.



Hello friends and family of the crew of the good ship Aurora. After a brilliant stopover in St Helena the crew are heading back onboard to set sail this afternoon on their return trip to Cape Town

PHOTO CREDITS : Heather Deary

Public Service Pays Tribute to Retiring Staff

HE Governor Phillips hosted a special reception at Plantation House on Thursday, 17 October 2024 to honour the retirement of several long-serving public servants. The event was a heartfelt tribute to their invaluable contributions to the island community.

Chief Secretary, Mrs Susan O'Bey delivered a moving speech:

"Distinguished guests, esteemed colleagues, friends, and our honoured retirees," she began, "We gather tonight to commemorate the extraordinary contributions of a group of individuals whose dedication, expertise, and unwavering commitment have been the cornerstone of our organization for many years. As they embark on a well-deserved retirement, it is incumbent upon us to express our profound gratitude and admiration.

"Collectively, our retiring colleagues have contributed an impressive 450 years of service to our organization. This remarkable achievement is a testament to their unwavering dedication and their passion for the work they do. Their collective experience, knowledge, and wisdom have been instrumental in shaping our organisation into the thriving institution it is today."

Mrs O'Bey continued, "It is a well-established truth that an organisation's strength is directly correlated to the quality of its personnel. This adage has never been more applicable than in our case. Our retiring colleagues have been more than just employees; they have been the lifeblood of our organisation. Their tireless efforts, their innovative ideas, and their unwavering support have enabled us to overcome challenges, achieve our goals, and make a positive impact on the world.

As our retirees step away from their daily responsibilities, we want to assure them that their contributions will not be forgotten. Their legacy will serve as an inspiration for future generations of employees, motivating them to strive for excellence and make a difference. On behalf of everyone here today, I would like to express our sincere thanks to our retiring colleagues. We wish you all the best in your retirement and hope that you will continue to be a valued member of our extended family. Thank you."

The reception provided an opportunity for colleagues, friends, and family to celebrate the retirees' achievements and we wish them well in their future endeavors.



A Royal Touch for a Diamond Anniversary

Joan and Robert Scipio, affectionately known as 'Boom', recently celebrated their 60th wedding anniversary, a truly remarkable milestone. Searching for the perfect gift their granddaughter, Jodie, stumbled upon the Royal Family's anniversary website and discovered the unique opportunity to request a personalised card from His Majesty King Charles III and Queen Consort, Camilla.

To ensure timely delivery, Jodie arranged for the card to be sent to a family member in the UK who was visiting the island. They graciously hand-carried the card to Joan and Robert, just a week after their anniversary.

Given the special nature of the card, the family felt it would be fitting for the Governor to present the card to the couple. With the help of the Governor's Office, an intimate tea party at Plantation House was arranged, an experience that was particularly meaningful as it was Joan and Robert's first visit to the historic residence.

The family of Joan and Robert Scipio extend their heartfelt thanks to HE the Governor, Mrs Phillips, the Plantation House staff, and Personal Assistant to the Governor, Linda Glanville, for their kindness and for making this a truly unforgettable occasion.



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