

Falkland Islands

Community Directory

2022



FALKLAND ISLANDS Countryside Code

The Countryside Code is here to protect our environment so it is there for all to enjoy. We ask that those visiting and living on the Islands follow it when they are out and about. It's easy...

In general:

- ▶ Always ask for permission before entering private land. Follow any advice and guidelines you are given by the landowner.
- ▶ Keep to paths wherever possible. Leave gates, open or shut, as you find them.
- ▶ Be aware of the high fire risk throughout the Islands particularly when lighting fires, BBQs or smoking.
- ▶ Do not litter. Take your rubbish home with you or use a bin provided.

Around wildlife:

- ▶ Never feed, touch, handle, injure or kill any wild bird or animal.
- ▶ Always give animals the right of way. Do not block the routes of birds or animals coming home to their colonies. Do not startle or chase wildlife from resting or breeding areas.
- ▶ Prevent disturbance to wild birds and animals. Always stay on the outside of colonies and remain at least 6 m (20 ft) away.
- ▶ When taking photographs or filming stay low to the ground. Move slowly and quietly. Make sure your flash is turned off. Always be aware of the location of your camera and equipment. Do not use selfie-sticks to get closer to wildlife.

In nature:

- ▶ Some plants are protected and should not be picked. Wildflowers are there for all to enjoy.
- ▶ Whalebones, skulls, eggs, etc. may not be exported from the Falkland Islands. These should be left where they are found.
- ▶ Do not disfigure rocks or buildings.

Failure to follow this guidance may constitute an offence in the Falkland Islands and could result in significant fines.



Falkland Islands Community Directory

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ACTIVE BODY HEALTHY MIND

Did you know?

Keeping your body active also helps your mental health?
Finding activities that you enjoy not only benefits your physical health and fitness, but also your overall well-being.

How much should you do?

75 MINUTES PER WEEK OF VIGOROUS INTENSITY
(breathing fast, difficulty talking)

OR

150 MINUTES PER WEEK OF MODERATE INTENSITY
(increased breathing, able to talk)

OR A COMBINATION OF BOTH



Remember!

Any physical activity is better than none.
Start small and build up gradually. We all have to start somewhere!



The Public Health Unit

What we can do to support you with health promotion

The Public Health Unit works with the public, private and voluntary sectors to improve wellbeing of the people who live in the Falkland Islands. We adopt a partnership approach, encouraging positive health behaviours for improved health and wellbeing outcomes.

We provide a range of services including advice for policy development (e.g. nutrition guidelines for schools and nurseries, workplace wellbeing), health promotion projects and workshop development, and creating health information resources, such as this Community Directory. Visit our website to view all the resources currently available.

In addition, we also offer practical support including:

- Workplace wellbeing presentations and workshops
- Bespoke presentations for health promotions e.g. nutrition topics, being active, alcohol awareness, stress reduction, improving sleep
- Yoga and mindfulness sessions for schools, nurseries, workplaces and community groups
- Bespoke small group exercise sessions e.g. chair exercises or GP referral groups from a qualified exercise specialist
- One-one support from a nutritionist for optimising balanced nutrition for health

To see how we can assist you and to access support please get in touch.

Contact cmorrison@sec.gov.fk Tel - 28435
Social media <https://www.facebook.com/FIGPublicHealthUnit>
Website <https://www.falklands.gov.fk/publichealth/>

Carol Morrison
 Head of Public Health
 Public Health Unit



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Advice, Services & Helplines

Name [Cancer Support & Awareness Trust](#)
Description The aim of the trust is to promote awareness and offer financial, practical and emotional help and support to anyone affected by cancer, including family and supporters.
Address Cancer Support & Awareness Trust
 c/o Lynn Brownlee (Secretary)
 PO Box 518, Stanley
Email andrew@lifestyles.co.fk
Contacts Fran Biggs - Tel 51068, Diane Towersey - Tel 42306, Andy Brownlee - Tel 21891/55891,
 Diana Aldridge - Tel 22917/55296, Tex Alazia - Tel 42020/53101, Dave Morris - Tel 21050/54150,
 Sarah Maskell-Bott - Tel UK 02392525727 or 07749843400, Lynn Brownlee - Tel 21891/55892
Facebook Cancer Support & Awareness Trust (Falkland Islands)



Name [Citizens Advice Bureau \(CAB\)](#)
Description CAB is a free independent confidential advice and information service available to everyone. Our volunteers provide information and advice on a range of matters including family, employment, immigration, debt, consumer matters, complaints, education, accountancy, to name a few areas. We can assist with language barriers, currently only in Spanish, but we are looking for volunteers to assist with other languages.
Website www.citizensadvice.org.fk
Email cab@horizon.co.fk
Contact Tel 55355

Name [FI Seventh-Day Adventist Educational](#)
Description Beginner level English course for immigrants (Curso de inglés de nivel principiante para inmigrantes)
Fee Free of charge (gratis)
Address 53 Fitzroy Road
When 2 classes per year, 3 months period (contact us for availability). 2 clases por año, período de 3 meses cada clase (contáctenos para disponibilidad)
Email artesjhp@gmail.com
Contact Jonathan - Tel 63307
Facebook SDA Falkland Islands



Name [Falklands Legal](#)
Description Specialist legal services supporting the community and businesses with practical advice and guidance in all areas of law including criminal, family and employment law, disputes, wills and supporting the elderly. Children must be accompanied by an appropriate adult. Legal Aid is offered where applicable, for all matters that qualify.
Fee Free legal aid is available to be represented in the police station regardless of your financial means. For matters such as family, debt, employment and inheritance claims, legal aid is available for individuals subject to the income and capital within the household. Legal aid can also be available subject to your income and capital for people wanting a will who are over 60 years old or a spouse who is separated and has either commenced or is about to commence matrimonial proceedings.
Where At our offices at 1a Barrack Street but appointments can be arranged at home where necessary. Where representation is required at the police station we will attend at the police station.
When Office hours are 09:00 - 16:30 Monday to Friday but appointments can be offered outside of these hours when required.
Email lawyer@fils.co.fk
Contacts Mark Neves or Laura Bennett - Tel 22290 or out of hours - Tel 53957

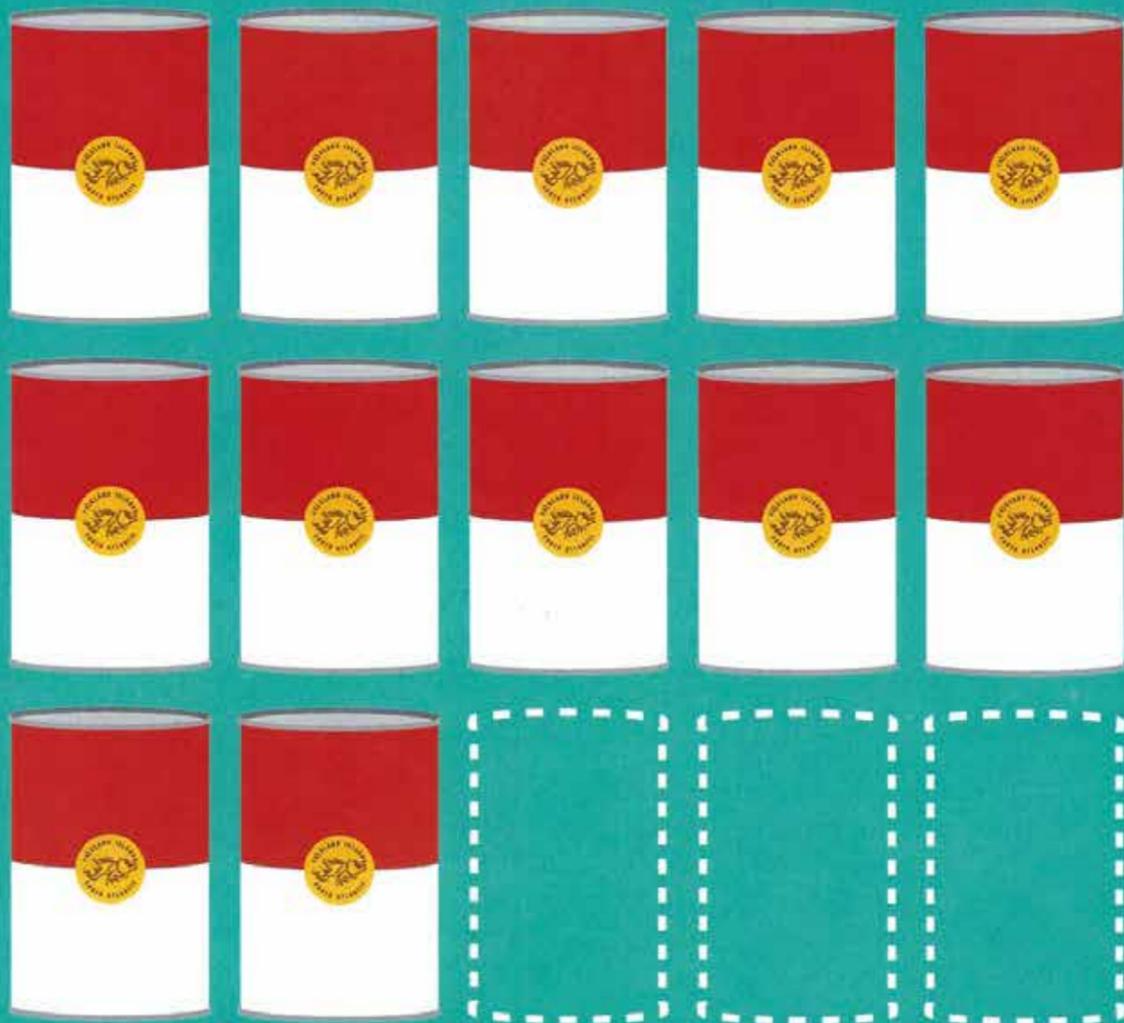


Name [Penguin News Aloud](#)
Description Provides the weekly Penguin News in audio format for those who find reading the local paper difficult for any reason. This service is free and open to all ages. The audio file PNews-Aloud on memory stick is delivered to each client/listener for them to listen to at their convenience. Play-back boxes can be provided if the client does not have their own player. Penguin News Aloud is also available from the Christie Community Library (please bring your own memory stick for a copy).
Email smallwood@horizon.co.fk
Contact Margo Smallwood, Coordinator - Tel 21031



Name [Waverley Law, Legal Practitioners](#)
Description Our services include Wills, Enduring Powers of Attorney for the elderly and infirm, Police Station and Criminal Court representation, and assistance with matrimonial and family problems.
Fee There are usually no legal fees payable for Police Station representation or Child Care Proceedings. Lower income households can get all or part of their legal fees met from the Legal Aid Scheme for Criminal Court representation, matrimonial/family work, Will-writing (for the elderly or terminally ill) and Enduring Powers of Attorney.
Where 45 John Street, Stanley
When 8am to 5pm, Monday to Friday, but appointments available early evenings or weekends by request
Email reception@waverleylaw.co.fk
Contact Tel 22690





**DO YOU HAVE A GAP
IN YOUR FINANCES THIS MONTH?**

**THE FALKLAND ISLANDS FOOD BANK
IS AVAILABLE TO BRIDGE THE GAP**

**JUST TAKE AN ENVELOPE,
COMPLETE THE ENCLOSED FORM
AND DROP IN THE POST BOX**

**ALL REQUESTS ARE TREATED INDIVIDUALLY
AND HANDLED IN CONFIDENCE**



Name [Samaritans UK](#)
Description Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide, through their telephone helpline.
Contact Tel 51515



Name [Falklands Food Bank](#)
Description The food bank is available for anyone who finds themselves with a gap in their finances at any given time.
To obtain help Firstly contact with Early Help (Sarah) on 52281 is the best method.
Contacts Alternatively there are posters in the post office – The police station and social services. Behind these posters are stamped, addressed envelopes. Simply complete the form and seal in the envelope and post. You will receive a response within 24 hrs. Every request will be treated confidentially.

Arts & Crafts

Name [Falkland Islands Operatic & Dramatic Association \(FIODA\)](#)
Description FIODA perform approximately four productions a year, we are happy for anyone to come along. You can be on stage or help behind the scenes. No age limit.
Fee Free
Where See FIODA Facebook page for information
When Production days vary. Rehearsals typically on Tuesdays and Thursdays. Look out for information on local media and Facebook
Email nancy.mundin@talk21.com
Contact Nancy Locke (Chairperson) - Tel 22201
Facebook FIODA

Name [Guild of Spinners, Weavers & Handicrafts](#)
Description Promoting the skill and practice of spinning and related woolcrafts in a convivial atmosphere. All ages welcome.
Fee £50/year + cost of fibre/materials (concessions available for youth, OAP, part-year & Camp residents)
Where Portakabin on Villiers Street
When Monday 19:30 - 21.30 and Thursday 13:30 -16:30
 Occasional get-togethers and workshops notified via an email list.
Email spinnersandweavers@horizon.co.fk
Contacts Margo Smallwood - Tel 21031 or Nancy Locke - Tel 22201



Charities

Name **Bargains Galore charity shop (Falkland Islands Charity Shop Trust)**
Description We accept donations of clothes, toys, household goods, bric a brac, books, etc to sell in the shop at bargain prices and raise money for local charities. We can also assist if there are any emergencies within the community that people may have i.e. a flood, fire or lost luggage or if people are just generally struggling and require some assistance. Volunteers welcome!
Address Beauchene Complex, Stanley (in the car park behind the Cathedral/Parish Hall)
When See our Facebook page for opening times or call 53120 to check
Contact Leeann Harris, Chair – Tel 52131
Facebook Facebook Bargains Galore

Name **Camp Education Development Group**
Description To support the advancement of Camp Education and help ensure it meets the needs of the Camp students and their families. Our work ranges from fundraising for resources, to being a voice that can lobby and work with FIG to improve the equality within Camp Education so that all children from Camp, whether in Camp schools or Stanley House have the same access to equipment and opportunities as those based in Stanley.
Contacts Jodie Mcghie, Port North, West Falklands - Tel 41104
 Nuala McKay, Fox Bay East, West Falklands -Tel 42055
 Martha Molkenbuhr, Johnson's harbour, East Falklands - Tel 31398
Emails Jodie r.mcghie@horizon.co.fk
 Nuala nualaemckay@yahoo.co.uk
 Martha martha.b.22@hotmail.com

Name **The Community Trust**
Description The Community Trust originated in 1999 as a fund which existed to assist those who are in need and are not eligible (for whatever reason) for assistance from Falkland Islands Government (FIG), or other support agencies. Anyone residing in the islands is eligible to apply for assistance The aim of the Trust is not to provide ongoing financial support, but to meet short term needs to enable people to 'get back on their feet' in times of crisis. Support is usually made by one off payments, for example, invoices for food, fuel, childcare, may be paid by the Trust, - but requests are considered on a 'case by case' basis and this is not inclusive. Any request for financial support will be considered. Requests for assistance will be treated confidentially.
Contacts Chairman, Rev. Ian Faulds- Tel: 21100 / 51051
 christchurch@horizon.co.fk
 Secretary, Mrs Jane Cotter - Tel: 21792 (home)
 gaved@horizon.co.fk
 Treasurer, Mrs Emma Brooks -Tel: 22895 (home)
 emma.brook@horizon.co.fk
 Mrs Fran Biggs- Tel: 21068 (home), Mobile 51068
 biggsfran@hotmail.com

Name **Jane and Alastair Cameron Memorial Trust**
Description To promote the history and heritage of the Falkland Islands and initiate and support projects concerned with preserving sites, buildings and artefacts of historical importance.
 Patron: HE the Governor. Trustees: Tansy Bishop, Sukey Cameron, Janet Robertson, John Smith, Joan Spruce
Contact Tansy Bishop, National Archivist, C/- Jane Cameron National Archives, PO Box 687 – Tel 27249
Email tnewman.archives@sec.gov.fk



Name **Royal British Legion Falkland Islands Branch**
Description RBL branch based in the Falklands, membership is open to anyone who is interested in the work of the RBL in supporting veterans, the Armed Forces and their families. You do not have to be former serving personnel to be a member of the branch.
Fee £18 per year
Where Poppy Inn, Hillside Camp
When Normally first Friday of each month. Look out for information on local media and Facebook
Email falklandislands.chairman@rbl.community
Contact Chris Locke (Chairperson) - Tel 22201
Facebook Falkland Islands Branch - Royal British Legion

Name **Stephen Jaffray Memorial Fund Charity**
Description Assisting families with flights or accommodation in times of need of their sick relative, who has been sent on a medical emergency from the Falkland Islands.
Fee Help for all ages but must be requested by an adult.
Contacts Alison Ford - Tel 51794, Gina Tyrrell - Tel 53079, Jock Sutherland – Tel 55445, Andrea Clausen - Tel 53759
Facebook Stephen Jaffray Memorial Fund



Name **Susan Whitley Trust Fund**
Description The Trust was established in memory of Susan Whitley, by her family. She was one of three civilians killed in the 1982 War. She was the Home Economics teacher at Stanley Senior School. The objects of the Trust are to advance the education of children and young persons of school age resident in the Falkland Islands by either the provision of an annual prize or prizes to award endeavour in the field of art, crafts, home economics or domestic science, or the provision of equipment for the use in the teaching of art, crafts, home economics, domestic science or sports.
Trustees Peter Giles, Steve Whitley, Ailsa Heathman, Karen Steen, Barbara Bates and Phyl Rendell.
Where Annual exhibitions held at the Falkland Islands Community School and Infant/Junior School.
Contacts Chair, Phyl Rendell phylrendel@horizon.co.fk
 Treasurer, Barbara Bates barbara.james@horizon.co.fk

Clubs, Activities & Associations

Name **Falklands Archery Association**

Description Archery club open to ages 10+.
Fee £45 for an annual membership, or £2 per session
Where FIDF Hall & archery range (behind FIDF Hall)
When Wednesday 19:00 -21:00 (FIDF Hall), Friday 19:00 -21:00 (FIDF Hall), Sunday 10:00 -12:00 (range)
Email archery@falklandsNSC.org.fk
Contact Bill Chater (via email)
Facebook Falklands Archery Association



Name **Falklands Gun Club**

Description Organises shooting practices with air pistol, full bore pistol, small bore rifle, black powder and shot-gun. No upper age limit. Ages 12-18 with parental permission.
Fee £40/year or £4/day + target fees and ammunition
Where Phillips Point and Rookery Bay Range
When Every Sunday
Email secretary@figunclub.co.fk
Website www.figunclub.co.fk
Facebook Falklands Gun Club



Name **Falkland Islands Athletics & Running Club**

Description We hold two regular races a year: Cape Pembroke 1/2 in February/March and Stone run 1/2 in October/November (please see Cape Pembroke parkrun for a weekly 5 km on Saturday mornings at 9.00).
Fee Free
Where Various locations
When Normally one short race per month and three long ones in the year: Half marathon in October and February and an ultra marathon in May. Weekly runs (17:30 Mondays from the Museum Car Park)
Email running.athletics@falklandsNSC.org.fk
Contact Roddy Cordeiro (via email) and Ros Cheek
Facebook Falkland Islands Running



Name **Falkland Islands Badminton**

Description Badminton club open to all abilities. We offer training sessions to those interested in competing internationally. Ages 15+, exceptions can be made for those identified as being of high enough standard.
Fee £3 per session (includes club membership)
Where Stanley Leisure Centre
When Every Monday and Thursday 19:00 - 21:00
Email badminton@falklandsNSC.org.fk
Contacts Douglas Clark (Chairman) - Tel 21146 and Vicky Chater (Secretary) - Tel 54319
Facebook Falkland Islands Badminton



Name **Falkland Islands Ball Hockey Federation**

Description Develops, supports and promotes the strategic long-term development of all participants (athletes, coaches, officials and volunteers) in the sport of ball hockey, via the efficient and effective delivery of "organised" sport through the provision of local tournaments.
Fee Season membership for Adults £45, Under 8 £15, Under 11 £20 and Under 16 £25
Ages Under 8, Under 11, Under 14, Under 16 and Adults 16+
Where Stanley Leisure Centre
When Season is from August to December. Adult sessions are from 18:00-19:00 on Thursdays and 19:00-21:00 on Tuesdays. Junior sessions are held on weekends.
Email Ballhockey@falklandsNSC.org.fk
Contact Marcus Morrison, President 55676 or 21686
Website www.fibhf.com
Facebook Falkland Islands Ball Hockey Federation
Twitter @FIBHF7



Name **Falkland Islands Bowls Association**

Description The bowls association offers short mat bowls as well as indoor bowls. Equipment provided.
Fee All abilities welcome. Ages 15+
Where First session is free. Further costs are available on request.
When Stanley Leisure Centre
Email Please enquire at Stanley Leisure Centre or bowls@falklandsnsc.org.fk
Contact bowls@falklandsnsc.org.fk
Website Cecil Alexander - Tel 55797



Name **Falkland Islands Cricket Association**

Description Promotes cricket in the Falkland Islands both indoor and outdoor for 16+ (male & female.) Indoor training sessions in Stanley Leisure Centre, outdoor at the practice nets at the west end of the football pitch in Stanley and regular games at MPA against military/contractor teams. Take part in international tournaments, and are an affiliate member of ICC (International Cricket Council).
Fee First session is free. More information available on request.
Where Stanley Leisure Centre
When Please enquire at Stanley Leisure Centre or cricket@falklandsnsc.org.fk
Email cricket@falklandsnsc.org.fk
Contact Cecil Alexander - Tel 55797



Name **Falkland Islands Football League (FIFL)**

Description The Falkland Islands Football League (FIFL) organises and runs football events, including weekly training sessions, games, fundraisers and Island Games preparation.
Fee Free
Where Football pitch
When Adult football (age 14+): weekly training sessions on Tuesdays (17:00 - 19:00)
Contacts Troyd Bowles (Coach) - Tel 53976, Michael Poole (Saturday youth coach) - Tel 53352
Facebook Falkland Islands Football
Website www.fifl.co.fk



Name **Falkland Islands Hockey Association**
Description Sports club for inline, ice and dek hockey, inclusive of all ages and abilities.
Fee Full adult season subscription approx. £50 which includes pre-season training (Jan and Feb) - Youth subscriptions are typically much cheaper.
Where Stanley Leisure Centre
When Playing season (March - August) weekly/twice weekly games for all ages.
 Details of games given nearer the time
 Off-season (September - March) weekly training classes for skating and hockey skills on Tuesdays 19:00-21:00 (combined with inline players also)
Email media@hockey.co.fk or chair@hockey.co.fk
Contacts Grant Budd (Head Coach) - Tel 51620, Sam Cockwell - Tel 55431
Facebook Falkland Islands Hockey
Website www.hockey.co.fk



Name **Falkland Islands Motorcycle Association (FIMA)**
Description Since the early 90s FIMA has provided the opportunity to race in a safe and controlled environment on a variety of tracks around the Islands. Various classes catering for all ages.
Fee Riders under 16 - £20 per season. 16+ £50 per season or £20 per single event
Where We have a number of tracks around East Falklands
When Our racing calendar starts in September with a race each month (usually the last Sunday of each month) for a total of 8 rounds throughout the season. FIMA also often organises events which do not contribute to points for the racing season.
Contacts Andrew Newman (Chairman) - Tel 55667, Becky Ross, (Secretary) - Tel 51985
Facebook Falkland Islands Motorcycle Association



Name **Falkland Islands National Sports Council**
Description Independent body which promotes, supports and develops sport in the Falkland Islands, and is the Commonwealth Games Association and the Island Games Association for the Islands. Falkland Island sports affiliated to the NSC are Archery, Athletics, Badminton, Basketball, Cricket, Cycling, Football, Golf, Ball Hockey, Inline Hockey, Bowls, Rugby, Pistol and Clay Shooting, Fullbore shooting, Squash, Swimming and Table Tennis. Age ranges determined by clubs. We urge that all age ranges are catered for and promote gender equality.
Fee Clubs pay an annual affiliation fee (nominal).
Email chair@falklandsnsc.org.fk
Contacts Chair - Mike Summers – chair@falklandsnsc.org.fk
Facebook Falkland Islands National Sport Council



Name **Falkland Islands Rugby Football Club (FIRC)**
Description The FIRC was re-established in 2019 and currently has a men's (age 18+) team and with the support of IJS-CE and FICS, runs touch rugby events for children (age 8+). The FIRC is looking to expand and is happy to help develop a women's team if enough interest arises. The FIRC is open to all levels of experience. Please do contact us if you are interested in learning more about the game. There is no requirement to actually play in a game and we are happy for people just to join in practices.
Fee £12 per year for supporters or £32 per year for players
Where Football pitch
When Practices – Sundays 17:00 - 19:00 (Summer) or 14:00 - 16:00 (Winter)
Email rugby@falklandsnsc.org.fk
Contacts Colin Summers (Club Chair) - Tel 54667
Facebook Falkland Islands Rugby

Name **Falkland Islands Rifle Association (FIRA). Full Bore Shooting**
Description The FIRA is open to individuals of all abilities. Coaching is provided to novices and club equipment (i.e. gun, shooting jacket etc) is available if required. Ages 15+ due to the physical demands for prone shooting. Ultimate goal is to achieve a level of expertise to participate in overseas competitions (NRA Bisley, Island & Commonwealth Games).
Fee Charges vary per range and the amount of ammunition required for the local competition being shot for. A subsidy is provided by the club as bullets are expensive (approx 75 pence per round). Local competitions are typically shot for using 7, 10 or 15 bullets per range (£5.20, £6.90 or £9.90 respectively).
Where Rookery Bay Rifle Range
When Usually Sundays - weather permitting - between November and April
Email fullbore@falklandsNSC.org.fk
Contact Mark Dodd – Tel 51611
Facebook Falkland Islands Rifle Association



Name **Falkland Islands Table Tennis Association**
Description Falkland Islands Table Tennis Association. All abilities welcome at club nights. Equipment provided. Ages 15+ welcome.
Fee £2 a session, first session is free
Where Stanley Leisure Centre squash court
When Please enquire at Stanley Leisure Centre or tabletennis@falklandsnsc.org.fk
Email tabletennis@falklandsnsc.org.fk
Contact Cecil Alexander - Tel 55797



Name [Get your Skates on](#)
Description Weekend skating club
Fee £1 per session (1hr)
Where Stanley Leisure Centre main hall
When 15:00-16:00 Sunday during term time (and sometimes Saturdays too)
Contact Pam Budd - Tel 52192
Facebook Look out for notices on Falkland Islands Community Board

Name [parkrun - Cape Pembroke Lighthouse parkrun](#)
Description parkrun is the global 5 km running phenomenon. Debuting in the Falklands in October 2019, it is a free, weekly, timed 5 km run or walk. It is open to everyone from the age of 4 upwards and is organised by a team of volunteers. Doesn't matter how fast or slow you are, all are welcome. Children 4-11 need to run within arms length of an adult and need their own barcode. Dogs on a lead are very welcome and should not be registered.
Fee Free of charge. You just need to print out your barcode to be scanned at the finish.
Where The course is an 'out and back' on the road to the Cape Pembroke Lighthouse
When It operates every Saturday at 09:00. A pre-run briefing is held a few minutes before starting with more information
Email capepembrokeighthousehelpers@parkrun.com
parkrun.org.uk/capepembrokeighthouse
Contact Richard Bullivant - Tel 51505 - happy to sort out lifts for newcomers and those who don't know where it is
Facebook Cape Pembroke Lighthouse parkrun

Name [Stanley Brazilian Jiu Jitsu Club](#)
Description Grappling for sport, self-defence and fitness
 Age range 16 +
Fee £5 per session or £25 monthly
Where Stanley Leisure Centre
When Thursday 18:00 - 19:00, Sunday 10:00 - 11:00
Email olykd80@gmail.com
Contacts Oly - Tel 63069, Louise - Tel 63071
Facebook Stanley-Brazilian-Jiu-Jitsu



Name [Stanley Bridge Club](#)
Description A social group of bridge players, all welcome, teaching for beginners provided. A good way to meet, chat and socialise. Age 16+.
Fee Free
When Every Wednesday evening 19:30 - 21:30
Email epinkney@secondary.ac.fk
Contact Emma Pinkney -Tel 53171

Name [Stanley Golf Club](#)
Description Golf club for formal and informal golf. Open for membership or daily fees. Open to all ages.
Fee Annual fee £100. Daily fee £5
Where Stanley Golf Club which is in west Stanley near to Mink Park
When The course is open all the time (subject to weather and maintenance activities). Formal competitions are on Sunday mornings
Email golf@falklandsNSC.org.fk
Contacts Gareth Goodwin (Captain) - Tel 52604, Declan Bonner (Secretary) - Tel 55497
Facebook Stanley Golf Club Falkland Islands

Name [Stanley Netball Club](#)
Description Recreational netball club. Ages 14+.
Fee Annual membership £80 (£50 for students) or £3 per session
Where Stanley Leisure Centre
When Every Tuesday 18:00 - 19:00
Email aluxton@hotmail.com
Contact Anna Cockwell - Tel 55124
Facebook Stanley Netball Club





Eat a rainbow of colours!

Why is it important to have at least 5-A-Day?

Vegetables and fruit provide a wide range of vitamins, minerals and phytochemicals needed for good health, as well as fibre which is important for the digestive system and can help reduce the risk of developing heart disease, stroke, type 2 diabetes and bowel cancer.

It is important to eat a wide variety of vegetables and fruit, as each type provides different amounts and combinations of nutrients.

Remember potatoes, while being a good source of fibre, vitamin C and potassium does not count towards your 5-A-Day - but do count as a starchy carbohydrate the same as bread, pasta or rice of which we require 3-4 portions daily.

What counts as one portion?

Fresh, frozen or canned (in water or juice) vegetables or fruit	80g	An 80g portion is approx. One medium sized piece of fruit such as a banana, pear, apple or orange; Two small fruits such as plums, satsumas, kiwi or apricots; One dessert bowl of salad; Three heaped teaspoons of vegetables such as peas, carrots or swede.
Dried fruit	30g	A 30g portion counts as one portion of your 5-a-day. This can be three dates, three apricots or one heaped teaspoon of raisins, sultanas or cherries.
100% vegetable/fruit juices or smoothies	150ml (counts only once)	150ml counts as a maximum of one portion per day, even if more than one portion is eaten.
Beans and pulses	80g (counts only once)	Beans and pulses such as lentils, kidney beans, baked beans or chick peas count as a maximum of one portion per day even if more than one portion is eaten.

We need 30g of fibre per day for digestive health, vegetables and fruits are great contributors!
Fibre per portion (80g).

Peas	Brussel Sprouts	Carrots	Spinach	Sweetcorn	Raspberries	Prunes	Pear, with skin	Apple, with skin	Blueberries
4.1g	3.4g	2.0g	1.9g	1.8g	2.0g	4.6g	3.3g	1.8g	2.0g



Health Care & Community Support Services

Name **Bingo**
Description A social group that meet twice a week to play Bingo and win prizes. Open to all ages.
Fee Free
Where Community Hub, 8 Thatcher Drive
When Tuesday 14:00 - 15:00, Thursday 14:00 - 15:00
Email enquires.cst@kemh.gov.fk



Name **Red Bus Shopping**
Description The Red Bus Shopping runs weekly, picking you up from your home and goes to whatever shops you need in Stanley, where you can shop at your own leisure.
Fee Free
When Wednesday - alternates weekly - morning 09:30 and afternoon 13:00 pick up
Email enquires.cst@kemh.gov.fk



Name **Social Club**
Description A social club which welcomes everyone for fun activities. Open to all ages.
Fee Free
Where Community Hub, 8 Thatcher Drive
When Tuesday 09:30 - 11:30 and Friday 13:30 - 15:30
Email enquires.cst@kemh.gov.fk



Name **The Men's Group**
Description A tailor-made social group for the elderly male generation that want to socialise and as an alternative to mainly female occupied groups. All ages welcome however group is primarily aimed at ages 65+.
Fee Free
Where Red bus collection from client's homes
When Thursday 13:30 - 15:30
Email NEdwards.social@kemh.gov.fk
Contacts Nick Edwards - Tel 27296



Recycle your glass!



DO:

- ✓ Wash out your glass
- ✓ Take the lid off all bottles and jars
- ✓ Throw items into the glass bin one by one

DON'T:

- ✗ Leave food or drink in bottles or jars
- ✗ Put anything other than glass into the glass bin
- ✗ Leave items outside or in front of the glass bin



#OurFalklandsFuture

FALKLANDS
Because it's our Future

Museum

Name

[Historic Dockyard Museum](#)

Description

The Historic Dockyard Museum in Stanley contains many exhibits of social and maritime interest as well as displays of natural history and links with the Antarctic. Temporary exhibitions celebrate anniversaries and events happening in the Islands. The museum is a must-see for all visitors, providing an insight into Falklands' life, past and present.

Fee

Admission to museum and talks typically £5
Admission to some events are free

Where

Historic Dockyard Site

When

Summer opening times (October through March)

Monday - closed

Tuesday - Friday 10:00 - 16:00

Weekend opening hours of Museum in summer (other than on cruise ship days) are 9:00 - 11:00 and 13:00 - 16:00 on Saturday, 13:00 - 16:00 on Sunday

On cruise ship days, the Museum is open for extended hours

Email

director@falklands-museum.co.uk

Contacts

Andrea Barlow

Website

www.falklands-museum.co.uk

Facebook

FIMNT

Twitter

@FIMuseum

Instagram

@FIMuseum



How to...

Reduce your waste

- ✓ Bring your own **bag**
- ✓ Print **only** what you need
- ✓ Buy **bigger** packaging
- ✓ Say no to the **straw**
- ✓ Bring your own **mug** or **bottle**

Save your wallet, save our islands



#OurFalklandsFuture

FALKLANDS
Because it's our Future

Stanley Leisure Centre

Name	Stanley Leisure Centre
Description	Large sports hall. 25m pool. One squash court. Fitness Suite with a range of strength and cardio vascular equipment. One full size outdoor football pitch.
Fee	3, 6 or 12 month memberships and pay as you go options
Where	Stanley Leisure Centre, Reservoir Road
When	Weekly advertised opening times
Email	manager.leisure@sec.gov.fk
Contacts	Mark Cook (Leisure Centre Manager) - Tel 27291 or 27285

OPENING HOURS AS OF APRIL 2021

MONDAY	06:00-21:00
TUESDAY	06:00-21:00
WEDNESDAY	06:00-21:00
THURSDAY	06:00-21:00
FRIDAY	06:00-21:00
SATURDAY	08:00-18:00
SUNDAY	08:00-18:00

Please note: LAST ENTRY IS 30 MINUTES BEFORE CLOSING TIME EACH DAY

Contact the team on 27291 to enquire about booking of the sports hall and squash court. For any further information including pool schedule, swim school, fitness classes, holiday activities or any other service available please visit www.facebook.com/stanleyleisurecentre or just come and see us.



5 Ways to wellbeing

Research has shown that there are five simple ways in which we can improve our wellbeing: **connect**, **be active**, **take notice**, **keep learning** and **give**. Doing these five actions day-to-day can help us to cope with stress and to live happier and healthier lives in ways which are good for us and others!

These simple actions can be undertaken by anyone or any age and everyone can benefit from giving the **5 Ways to Wellbeing** a try, at home, at school, at work. Here are just a few ideas to get you started:

Connect Connect with people around you; with family, friends, neighbours or people you meet at work, school or at the shops. Social connections are important in your life so invest in developing them. Building connections will support and strengthen you every day.

Be active Keep your mind and body active. Step outside your house, garden, walk, dance, go for a bike ride. Moving your body makes you feel good and improves your physical health too. Find something that you enjoy, that suits your ability and do it regularly.

Take notice Be curious, be aware of the world around you and what you are feeling. Notice the changing seasons and the beautiful sights, smells and sounds. Remember the simple things that can bring you joy; listening to the ocean waves come to shore, bird song, colours in the sky at sunset or sunrise. Being aware of what is happening in the moment can help you feel calm and reduce stress.

Keep learning Try something new or rediscover a past interest. Sign up for that course, read a book, take on a new role at work, learn to play a musical instrument, take a language course.

Give Do something kind for a friend, or a stranger. Thank someone, smile or say hello. Volunteer or join a community group, help a neighbour. Seeing yourself and your happiness linked to your wider community gives you a sense of purpose and belonging. Building connections and community.

Go to www.fig.gov.fk/publichealth to download the *My 5 Ways to Wellbeing Plan* and make the

5 Ways a part of your way to wellbeing



Spirituality & Well-Being

Name Adventurer Club - FI Seventh-Day Adventist Educational
Description The Adventurer Club is a ministry, in which the church, home and school join together to help children grow joyfully in wisdom and stature and in favour with God and man. Ages 5 to 9 years old.
Fee Free of charge
Address 53 Fitzroy Road
When Every Sunday 15:00
Email artesjhp@gmail.com
Contacts Jonathan - Tel 63307
Facebook SDAF Falkland Islands



Name Bahá'í Faith
Description Religious organisation, all ages welcome
Fee None
Where Private homes
When Regular meetings every 19 days, plus Holy Days and occasional devotionals
Email secretary@bahai.fk
Contacts Vilma Short - Tel 55076
Facebook Falkland Island Bahá'í Community
Website www.bahai.fk



Name Beauty by Sam
Description Offers beauty and aesthetics treatments to both female and male clients. Ages 16+ (under 16 requires parental consent).
Fee Treatments are individually priced
Where Pink Shop building, (Access from the bottom side door between the Pink Shop and Goodwin's building), John Street
When Call for appointment times
Email sam_mmu@yahoo.co.uk
Contacts Samantha Miller - Tel 55114
Facebook Beauty by Sam



Name **Christchurch Cathedral Sunday School**
Description A fun session for children. The activities generally mirror the gospel or theme of that particular Sunday and are an excellent way to encourage children to develop Christian ethics and values. Children are generally of primary age but if there is sufficient interest from older children sessions will be developed to meet their particular needs.
Fee Free of charge
Where Christchurch Cathedral
When Every Sunday - 10:00, with the exception of the first Sunday of the month, which is an all age service
Email christchurch@horizon.co.fk
Contact Rev'd Ian Faulds

Name **Falklands Pilates**
Description Community Pilates classes. Open to adults, or younger participants welcome if previously discussed with instructor.
Fee £5 per session
Where Infant & Junior School
When Wednesdays 17:30 – 18:30
Email aluxton@hotmail.com
Contact Anna Cockwell - Tel 55124
Facebook Falkland Islands Pilates

Name **Falkland Women's Association**
Description The object of the association is to promote social interaction amongst the women of the Falkland Islands through a programme of monthly social events. Open to all ages.
Fee £2 contribution to room fee. £1 raffle for charity.
Where Generally the Chamber of Commerce or members' homes
When Last Monday of the month at 19:30
Email myramay@horizon.co.fk / alison.inglis@horizon.co.fk
Contacts Myra Pitt (Secretary) - Tel 21154, Alison Inglis (Treasurer) - Tel 21817

Name **Interdenominational Christian Fellowship**
Description Interdenominational Christian Fellowship is a group of Christians with different church backgrounds who believe that man's only access to God is through Jesus Christ and faith in His deity, His death as full payment for man's sins, and His resurrection. We also believe in the baptism of the Holy Spirit as commanded by our Lord Jesus Christ.
Fee Free of charge
Age Every age group is welcome.
Where Townhall
When Every Sunday 11- 1pm & in homes from 7:15pm to 8pm
Email interchristianfellow@gmail.com
Contacts Pastor Sithole - Tel 65581/ Johannes (secretary) - Tel 52594
Facebook Interdenominational Christian Fellowship Falkland Islands



Name **Messy Church**
Description Non-denominational bible-based fun for the whole family. Crafts and activity resources.
Fee Free
Where Parish Hall
When Occasional sessions in the Parish Hall, as advertised.
Email messychurchfi@gmail.com
Contact Kathy Biles - Tel 52212
Facebook Messy Church Stanley



Name **Mudita - Yoga, Pilates, Fitness and Nutrition**
Description Working with you to support health and well-being. Offering a range of programmes around getting active, utilising nutrition with a mindful approach and incorporating yoga and meditation to support health and well-being.
Fee Prices vary depending on services.
Where Private sessions at home or workplace. Regular classes at the Infant and Junior School
When See the Facebook page for the most recent class, workshop or retreat schedules or get in contact to book an appointment
Private sessions by prior appointment.
Email c-m-morrison@hotmail.com
Contact Carol Morrison - Tel 51773
Facebook @muditaFI



Name **The Pathfinder Club - FI Seventh-Day Adventist Educational**
Description The Pathfinder Club is a church-centered spiritual-recreational-activity program designed for young people 10 to 15 years of age.
Fee Free of charge
Address 53 Fitzroy Road
When Every Sunday 15:00
Email artesjhp@gmail.com
Contact Jonathan - Tel 63307



Name **Reflexology**
Description Reflexology is the application of pressure to areas on the feet. It is generally relaxing and may help to alleviate stress.
Fee Please contact for further information
Where 4 Racecourse Road
When By appointment
Email suehowatt2@gmail.com
Contact Sue Howatt - Tel 21385

Name **Reiki**
Description Reiki uses relaxing, light touch for stress reduction, relief from pain, depression, anxiety, low energy etc; leading to improved sleep and a much greater sense of well-being. Reiki provides relief for all health concerns and is especially effective in treating long-term conditions.
Fee Fee £35 per session of 1 - 1.5 hrs
Where 24 Goss Road, Stanley
When Monday to Saturday by appointment
Email carolwilkinson@horizon.co.fk
Contacts Carol Wilkinson - Tel 2157



Name **SHIELD Programme**
Description Educational service for individuals with Special Educational Needs and Disabilities (SEND) from school leavers to mature students. The programme focuses on developing life skills and independence; including an enterprise scheme. Contact required prior to joining the programme
Fee None (paid a weekly wage at the rate of the Enablement Programme, based on attendance).
Where Falkland College
When Mon - Fri 08:00 -12:00 and 13:00 - 16:30
Email Please email any enquires to clerk@college.ac.fk
Contacts Tel 27133 or 54654



Name **Southern Heartbeat**
Description Southern Heartbeat aim to provide 24-hour access to Automated External Defibrillators (AEDs) throughout Stanley and Camp. In addition to this, we provide basic CPR training to the public free of charge in a range of Stanley and Camp locations. These machines, complete with cabinets, will be positioned at strategically based locations meaning that in the event of an emergency, no-one in Stanley will be more than 3-4 minutes from a device at any one time. As well as placing them in specific locations, there are AEDs available to hire for a donation.
Email southern_heartbeat@hotmail.com
Contacts Vicky Collier (chair)
Facebook @southernheartbeatfi



Name **St Mary's Roman Catholic Church**
Description Catholic parish church for the Falkland Islands, providing Holy Mass, sacraments, instruction, and pastoral care. Recorded sermons on YouTube channel.
Fee N/A
Where 12 Ross Road
When Sunday Masses held at 10:00 and 18:00
 Saturday Evening Vigil at 18:00 on all Saturdays except the first of the month.
 1st Saturday of the month Mass at St Cuthbert's, Mt Pleasant Complex at 16:30
Email stmays@horizon.co.fk
Contact Fr Ambrose Bennett, OSB
Website <https://prefecturemission.org/island-parishes/falkland-islands/>
Social media YouTube Channel for St Mary's Roman Catholic Church, Stanley: <https://www.youtube.com/channel/UC-7NKYO7nPBhAqR5C2CvDg>

Name **Support Matters Group**
Description Here to support those with long term conditions. Here to listen to the difficulties you face and the help make a difference. Here to listen to your ideas and experiences with others in the same position.
Fee Free of charge
Where 8 Thatcher Drive
When Alternate Mondays, 18:00 - 19:00
Email margaret1951@horizon.co.fk, ppe@horizon.co.fk
Contacts Margaret - Tel 22493, Paula - Tel 51316



Name **Team Tranquil**
Description Team Tranquil aims to raise awareness of mental health issues in the community, provide support for carers, run projects to promote good mental health and reduce the stigma of mental health problems.
Email Ruth Taylor - graham.taylor@horizon.co.fk, Wendy Luxton - lucky@horizon.co.fk
Contacts Ruth Taylor (Treasurer) - Tel 22169, Wendy Luxton (Secretary) - Tel 52882
Facebook Team Tranquil



Recycle Tins and Cans!

Information:

- i** You have two wheelie bins: A **green bin** and a **black bin**
- i** The **green bin** is for your tins and cans
- i** Following a quick **inspection at collection**, if your bin contains other waste, such as a bin bag or box, it cannot be collected
- i** Only recycle **tins and cans** which contained **food and drink**
- i** Green bins will be emptied **on the last Sunday of the month!**

Recycle:

- ✓ **Wash out** all your tins and cans
- ✓ **Take off any labels** and wrapping.
- ✓ Put your tins and cans **directly** into the **green bin**.
- ✓ **Don't** put your tins and cans into a **box or a bag** inside your bin.



#OurFalklandsFuture

FALKLANDS
Because it's our Future

Volunteering

Name	Falklands Conservation
Description	Falklands Conservation is the largest membership based conservation charity in the Islands, since 1979. We work on behalf of our members and in partnership with the local and international community to conserve the Falklands natural environment through community outreach, practical conservation, research and delivery.
Fee	Whilst there is no fee, we expect volunteers to cover their own costs in terms of travel, subsistence and personal equipment
Where	At various indoor and outdoor settings
When	Falklands Conservation does not have a standard annual volunteer programme of activities, but we will call on volunteers to assist with projects and tasks as and when they arise. We send most of our volunteer information by email.
Email	outreach@conservation.org.fk
Contacts	Glenn Welch - Tel 22247
Website	www.falklandsconservation.com
Facebook	Falklands Conservation
Twitter	@FI_Conservation
Instagram	@falklandsconservation



Other Volunteering Opportunities:

Name	Community Support Services
Email	enquires.cst@kemh.gov.fk
Contact	Tel 28048
Name	Falkland Islands Museum & National Trust
Email	director@falklands-museum.co.fk
Contact	Andrea Barlow - Tel 27428
Name	parkrun
Email	capepembrokeighthousehelpers@parkrun.com
Facebook	Cape Pembroke Lighthouse parkrun
Name	Penguin News Aloud (newspaper audio service)
Email	smallwood@horizon.co.fk
Contact	Margo Smallwood - Tel 21031



Youth Clubs & Activities

Name [1st Falkland Islands Admiral Sturdee's Own Scout Group](#)
Description Uniformed youth group enabling skills for life.
Fee £1/session
Where Scout Hut
When Squirrels age 4-5 Mondays 17:00 – 18:00
 Beavers age 6-7 Tuesdays 17:15 -18:15
 Cubs age 8-11 Tuesdays 18:30 – 20:00
 Scouts age 11 - 14 weekends
Email jantim2007miller@yahoo.co.uk
Contact Jan Miller (Group Scout Leader) - Tel 21498
Facebook (Closed group for child safeguarding)



Name [Falklands Conservation - Watch Group](#)
Description The Watch Group was set up in July 1999 to involve children in aspects of conservation and environmental education, with regular month meetings and a programme of activities. Ages 8+.
Fee £25 per annual membership
Where Various venues and outdoor meeting places
When The Watch Group aims to meet once a month during a weekday evening as well as once a month on the weekend for conservation action projects.
Email watchgroup@conservation.org.fk
Contact Glenn Welch (Watch Group Coordinator) - Tel 22247
Website www.falklandsconservation.com
Facebook Falklands Conservation
Twitter @FI_Conservation
Instagram @falklandsconservation



Name [Falkland Islands Football League \(FIFL\)](#)
Description The Falkland Islands Football League (FIFL) organises and runs football events, including weekly training sessions, games, fundraisers and Island Games preparation.
Fee Free
Where Football pitch
When Youth football (age 5-16): Weekly sessions (term time only) Saturday 09:00 -11:00 (1 hour each for different age groups), Monday/Wednesday evening (11-16 age groups, time TBC)
Contacts Troyd Bowles (Coach) - Tel 53976, Michael Poole (Saturday youth coach) - Tel 53352
Facebook Falkland Islands Football
Website www.fifl.co.fk



Name [Falkland Islands Guide Association](#)
Description Falkland Islands Guide Association is a branch of UK Girlguiding enabling girls and young women to develop emotionally, mentally, physically and spiritually, so they can make a positive contribution to their community and the wider world.
Fee £1.50/week plus £5/term UK insurance (this amount is based on the fees set by UK Girlguiding and therefore will change)
Where Girlguide Headquarters, Beauchene Complex, John Street, Stanley
When Brownies - Mondays 17:00 - 18:30
 Rainbows - Tuesdays 16:45 - 18.15
 Guides - Tuesdays 18:45 - 20:15
 Guides - Wednesday 18:00 - 19.30
Email cherie.clifford@horizon.co.fk
Contacts Cherie Clifford (Commissioner, Falkland Islands Girlguiding Branch) - Tel 52402
Facebook Falkland Islands Girl Guides, Brownies & Rainbows



Name [Jelly Tots Playgroup](#)
Description Playgroup for parents/carers and their children providing toys, crafts and healthy snacks for children and gives parents a place to meet other parents. Ages 5 and under (siblings also welcome).
Fee £2 per family per session
Where Parish Hall
When Thursday 9:30 – 11:30 and 1st and 3rd Saturday in the month 10:00 – 12:00
Email Kirsty-Johnston@hotmail.com
Contacts Kirsty Johnston - Tel 54046, Anna Cockwell - Tel 55124
Facebook Jelly Tots Playgroup



Name [Junior Badminton](#)
Description Badminton coaching and playing sessions for IJS and FICS students.
Fee Free
Where Stanley Leisure Centre
When Saturday 12:00 -13:00 term time IJS students
 Monday 16:00 -17:00 term time FICS students
Email jolovescalico@hotmail.co.uk
Contacts Jo Turner - Tel 55161

Name [Kenpo and Kickboxing Academy](#)
Description The academy provides martial arts and self-defence training as an enjoyable hobby for a range of ages, whilst promoting focus, self-discipline, and improving physical, emotional and mental well-being.
Fee £25 per calendar month for each discipline (Kenpo Karate and/or Kickboxing). First session is free.
Where Stanley Leisure Centre, squash court
When Kenpo Karate Monday 17:00 - 18:00 (4-7 years), and Thursday 18:00 - 19:00 (8 years+)
 Kickboxing (all ages) including point fight training Thursday 17:00 - 21:00
Email Brayanromero1995@hotmail.cl (address is case-sensitive)
Contacts Brayan Romero Varela - Tel 64480
Facebook Kenpo & Kickboxing Academy



Name [Past Finders](#)
Description Past Finders is for young historians aged 8 to 16 (or Y4 to Y11). We recognise that young adults in Y10 and Y11 may not wish to join the group so we are encouraging them to join as volunteers.
Fee The cost is £20 per child per annum with additional small contributions for camp outs
Where Dockyard Site
When Monthly (except August). Usually second Saturday of each month.
Email outreach@falklands-museum.co.fk
Contacts Sandra Alazia
Facebook FIMuseum



Name [Stanley Swimming Club](#)
Description The club has approximately 40 members. Club made up of 7 groups varying in ability. We coach swimming covering ages 8+.
Fee £50/year
Where Stanley Leisure Centre Pool
When Tuesday and Friday 16:00-17:00 for junior groups
 Sunday 16:00 - 17:30 for elite and junior elite
 Tuesday and Thursday is 19:00 - 20:45 for elite swimmers
Email swim@falklandsNSC.org.fk
Contacts Sarah Clement - Tel 52201, Debbi Ford - Tel 51755
Facebook Stanley Swimming Club



Name [The Shack](#)
Description The Shack provides a safe place where youth can meet and enjoy the clubs facilities, completely run by volunteers.
Fee £1 per child
Where Victory Green, Stanley
When During Term Time only
 Thursday School year 3&4 – 17:15 - 18:30
 Thursday School year 5&6 – 19:00 – 20:30
 Friday School years 7-11 – 19:00 – 21:00
Email sharon.sgaccounts@horizon.co.fk
Contact Sharon Gilbert – Tel 52809
Facebook The Shack! <https://www.facebook.com/groups/185772164795777>

Facebook Pages or Groups

Christie Community Library
 Falkland College
 Falkland Islands Gardening
 Falkland Islands Horticultural Society

Harbour Lights Cinema
 Skipfit Stanley
 Wild Falklands

Community Directory applications for new entries

We envisage reviewing and updating the information contained in the directory at regular intervals. If you would like to submit details of your service, organisation, group or club please provide the information as outlined and submit to the address below.

Your entry will then appear in the next edition. Please notify us if there are subsequent changes as soon as possible.

Information required:

- Organisation
- Contact name
- Address
- Email
- Website
- Other social media details (Facebook, Twitter, Instagram)
- Location of service
- When sessions are held if appropriate (days and times)
- Fees
- Age ranges
- Short description of service (max 25 words)
- If you have a logo please send in jpeg format with your submission

Please return your information to:

cmorrison@sec.gov.fk

Or post to: Public Health Unit, Policy and Economic Development Unit, Secretariat, Stanley





Be Sun Safe

Skin cancer is the most common type of cancer in the Falkland Islands.

UV radiation from the sun is both a major cause of skin cancer and the best source of vitamin D. We need to strike a balance between enough exposure to vitamin D and lowering the risks for skin cancer. Most people can get enough vitamin D from incidental exposure to the sun's rays, but you can also get it from foods or supplements. Speak to your GP or Health Professional if you are concerned about risk of deficiency. Sensible sun protection does not put you at risk of vitamin D



Sunscreen is recommended when the UV index is 3 or above. During spring and summer slop on broad spectrum sunscreen daily, SPF30+. Apply 20 minutes before going out, every 2 hours and after being in water or sweating.



If you aren't able to avoid the mid-day sun, especially when working outdoors or for long periods of time protect your skin by covering up as much as possible.



You are more likely to get sunburnt on the face, neck and ears than any other part of the body. Protect your skin by wearing a cap with flaps or wide brimmed hat.



Protect your eyes by wearing sunglasses. The best ones to wear are close fitting and wrap around. Not all sunglasses protect against UV radiation, so check the label for the sun protection rating.



Children up to 12 months have very delicate skin and can burn very easily. Make sure to protect their skin at all times.



Never let your skin burn!

Remember that not everyone's skin offers the same level of protection. If you are pale skinned and burn easily you are at a greater risk of sunburn so take extra precautions.

