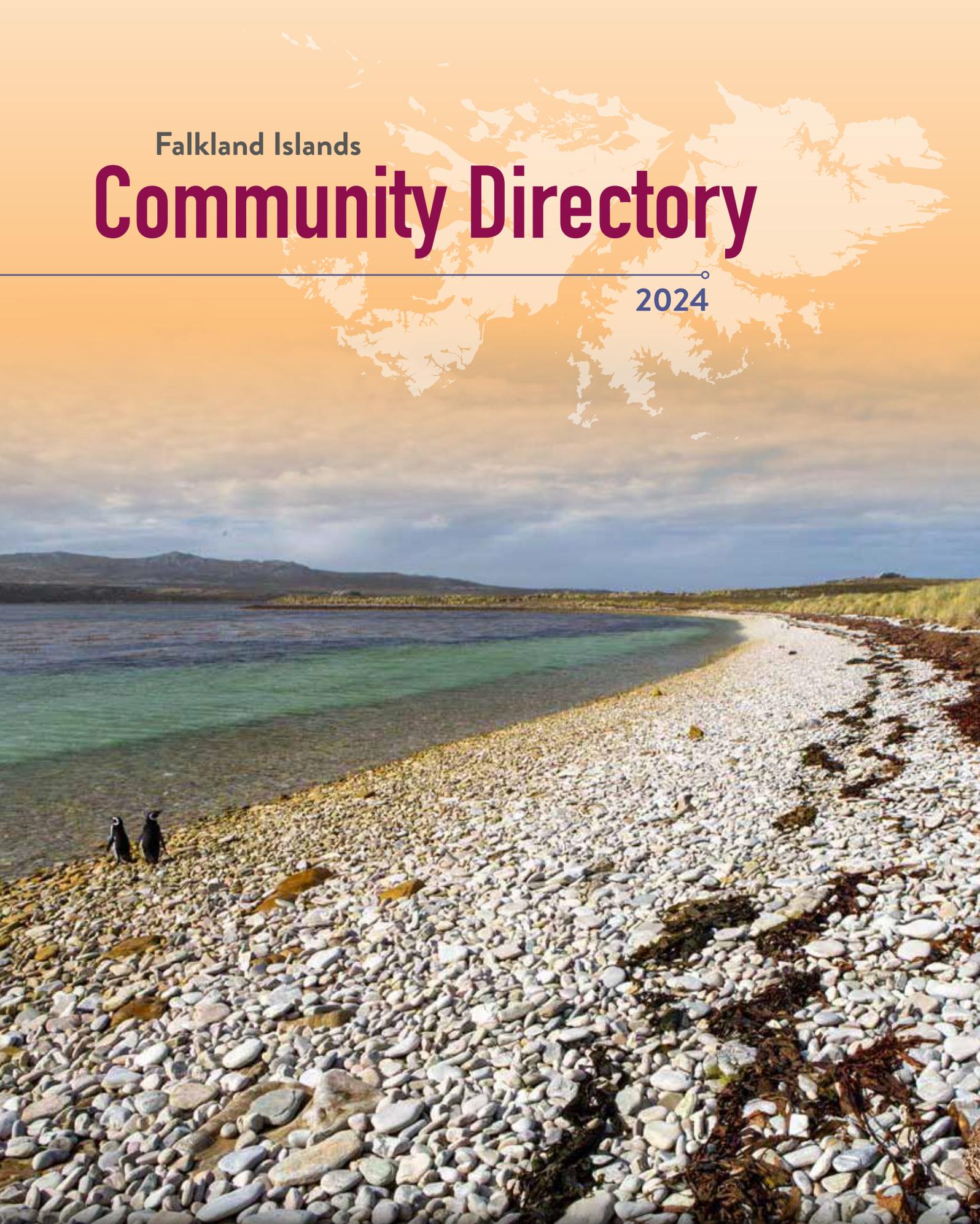


Falkland Islands

Community Directory

2024



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
Government

Julie Halliday Studio 52

Falkland Islands Community Directory

2024

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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.

Aim for

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
- Non-diet Approach Model Referral Scheme to support you with nutrition and movement utilising a weight neutral approach

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

Contact cmorrison@kemh.gov.fk Tel - 28095
Social media <https://www.facebook.com/FIGPublicHealthUnit>
Website <https://www.falklands.gov.fk/publichealth/>

Carol Morrison
 Head of Public Health
 Public Health Unit



Published January, 2024



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 Diana Aldridge (secretary)
 17 James Street Stanley
Email mrmg@horizon.co.fk (Tex Alazia Chairman)
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;
 Tara Hewitt - Tel 51151 or Email taramarie@hotmail.co.uk; Kevin Ormond - Tel 22814/52814
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 [Falklands Food Bank](#)
Description The Food Bank is available for anyone who finds themselves with a gap in their finances at any given time. This will be a one off basic food parcel plus some electricity to get you through.
Contacts foodbankfi@horizon.co.fk Tel – 51779
 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.

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 - Tel 22290 or out of hours - Tel 53957



Name [Falkland Islands Nappy Library](#)
Description This cloth Nappy Library is a free service to parents and carers. We offer nappies to try as well as longer term kits to bridge the gap until yours arrive. For parents and carers of children aged birth to potty trained and their children.
Fee Hires subject to a £50 fully refundable deposit.
Email finappylibrary@gmail.com
Facebook Falkland Islands Nappy Library



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 [Mark Lewis Legal Practice](#)

Description Legal support and services for the community and for businesses including, land and property, landlord and tenant issues, employment, disputes, family matters, separation and divorce, wills and probate, criminal, business formation, contracts and other legal issues.

Fee Legal aid is available for representation at the police station and may be available for representation at court, divorce and family work, employment, and wills depending on income, capital and qualifying criteria.
Where legal aid is not available fee rates are competitive and will be discussed with you in advance.

Where Appointments can be made to visit you at home or office or another venue at your convenience.

When Appointments can be arranged at times to suit you including evenings and weekends.

Email markdl1@live.co.uk

Contact Mark Lewis - Tel 55513

Name [Penguin News Aloud \(audio newspaper\)](#)

Description

- Our service provides the weekly Penguin News in audio format for those who find reading the local paper difficult for any reason.
- The service is free and open to all ages.
- The audio file PNews-Aloud on memory stick can be 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.
- PNews-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 [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 [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

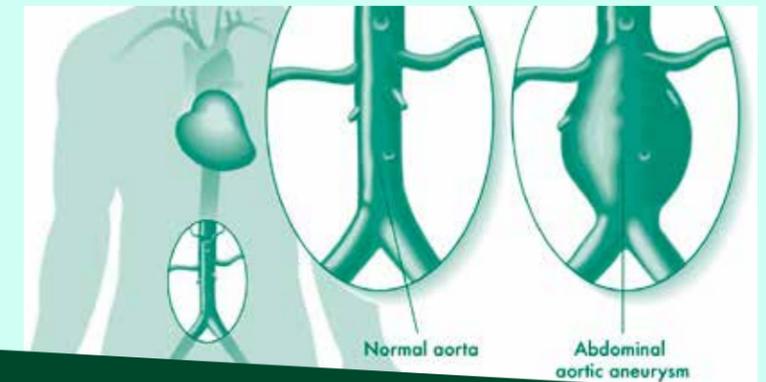
Contact Tel 22690



Abdominal Aortic Aneurysm (AAA) Screening

The abdominal aorta supplies oxygen-rich blood that travels to the organs and tissues of your abdomen and lower extremities. It's the largest artery in the body and is typically 2 cm wide, about the width of a garden hose.

- There are several risk factors for AAA, including:
- ⇒ older age
 - ⇒ being assigned male at birth
 - ⇒ white race
 - ⇒ smoking
 - ⇒ having one or more of the following:
 - ♦ a family history of AAA
 - ♦ atherosclerosis
 - ♦ high blood pressure
 - ♦ high cholesterol
 - ♦ certain genetic conditions such as Ehlers-Danlos Syndrome and Marfan Syndrome



An AAA is when part of the wall of your abdominal aorta weakens and bulges out. It's diagnosed when the width of your abdominal aorta becomes at least **50% larger than normal**, generally 3 cm or larger.

An AAA is diagnosed using imaging tests. Typically, the first test used is ultrasound. Other imaging tests that may be used during diagnosis include CT scans, MRI scans, and echocardiograms.

Abdominal aortic aneurysm screening is offered to all people assigned male at birth in the year they turn 65.

If you're due to have an abdominal aortic aneurysm screen, you'll receive an invite letter in the post, it's important you don't ignore it.

If you missed your previous appointment or are unsure if you are due a screening, please contact 28000 and we will book you an appointment if you're due.



Contact the King Edward VII Memorial Hospital on **28000**.



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) Visitors welcome at £3/visit + materials to spin or weave - includes instruction.
Where Portakabin on Villiers Street
When Monday 19:30 - 21.30 and Thursday 13:30 -17:00 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
Facebook Guild of Spinners and Weavers Falkland Islands



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



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 Shop open Thursdays 16:00-18:00 and Saturdays 10:00-12:00 and 14:00 -16:00 unless otherwise advertised on Facebook. Donations can be dropped off during shop opening times or between 13:00-16:00 weekdays, or other times by arrangement with the Trustees.

Contact Anya Smith (Chair) anya@horizon.co.fk and Bernie Goodwin (Treasurer) bernie@horizon.co.fk

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](mailto:Jodie.r.mcghie@horizon.co.fk)
[Nuala nualaemckay@yahoo.co.uk](mailto:Nuala.nualaemckay@yahoo.co.uk)
[Martha martha.b.22@hotmail.com](mailto:Martha.martha.b.22@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: Sukey Cameron OBE, John Smith MBE, Janet Robertson, Natalie Smith, Ross Chaloner.
Consultant: Joan Spruce MBE

Contact Sukey Cameron

Email sukeyfi@live.co.uk



Name **Multicultural Falklands**

Description A registered charity that works to promote the rich, cultural diversity of the Falkland Islands. If you are interested in getting involved in our activities then do please get in touch.

Email multiculturalfalklands@gmail.com

Contact Stacy Bragger – Tel: 54391

Facebook Multicultural Falklands



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.
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 phylrendell@horizon.co.fk
Treasurer, Barbara Bates barbara.james@horizon.co.fk

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, Fr Ambrose – stmarys@horizon.co.fk	Mrs Fran Biggs- Tel: 21068 (home), Mobile 51068
Secretary, Mrs Jane Cotter - Tel: 21792(home)	biggsfran@hotmail.com
gaved@horizon.co.fk	Revd. Hayley Argles-Grant – Tel: 51051 (office)
Treasurer, Mrs Emma Brooks -Tel: 22895 (home)	christchurch@horizon.co.fk
emma.brook@horizon.co.fk	

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

Into nature for well-being

FOLLOW THE SELF-GUIDED WALKING ROUTES



Download from

<https://www.falklandislands.com/things-to-do/walking-and-hiking>

Clubs, Activities & Associations

Name **Community Choir**
Description Community Choir is for those who enjoy singing, no previous experience necessary. No auditions and no requirement to read music, just a desire to sing and meet new friends.
Age Range Age 11 (Yr6) - no upper limit!
Fee Free
Where Infant Junior School Music Room (behind St Mary's Church)
When Wednesday evenings (during term time) 6pm - 7pm
Email salnjl@horizon.co.fk
Contact Shirley Adams-Leach Tel 22948

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 **Falklands Open Water**
Description For those wanting to enjoy activities in open water such as swimming, paddle boarding, kayaking, snorkelling and surfing. An informal group of mixed gender people who just like to be in the sea!
Age Range 18+ (see group page for further guidance re under 18s).
Fee Free
Where Yorke Bay (and other locations as advertised)
When Open water dip/swim every Sunday at 11:00am
Contacts Kirsty Bailey: bailey_kirsty@hotmail.com Tel 53863
Rhys Clifford: rhys.clifford@horizon.co.fk Tel 51712
Facebook Falklands Open Water



Name Falklands Ukulele Club
Description A twice monthly, social ukulele jam for players of all levels.
Age range 16+
Fee Free
Where The Stanley Arms
When 2nd and 4th Monday of every month
Email fkukeclub@gmail.com
Contact Kris Ball
Facebook <https://www.facebook.com/groups/falklandsukeclub/>



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). Volunteers and marshals always welcome.
Fee Free
Where Various locations
When Two half-marathons, one in October/ November, another in February. Ad-hoc shorter events advertised on Facebook and Penguin News.
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 20:00 – 21:00 and Sunday 16:00 to 18:00
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 Basketball Club
Description FIBC organises trainings, local basketball league and participate in international tournaments. All abilities welcome.
Fee £10 per month / £120 per year or £2/h for members a 3/h for non-members
Where Stanley Leisure Centre
When Monday 18:00-20:00 and Saturday 16:00-18:00
Contacts Serg Deloso – Tel 64206, Kieran Roberts – Tel 54510, Toni Trevizan - Tel 53176
Facebook Falkland Islands Basketball Club



Name Falkland Islands Bowls Association
Description The bowls association offers short mat bowls as well as indoor and outdoor lawn bowls. Equipment provided. All abilities welcome. Ages 15+
Fee First session is free. Further costs are available on request.
Where Stanley Leisure Centre
When Please enquire at Stanley Leisure Centre or bowls@falklandsnsc.org.fk
Email bowls@falklandsnsc.org.fk
Contact Chris Locke – Tel 51123



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



Water Wise: Facts

Annual Rainfall



Stanley, FK: 645* mm
*Average over 30 years, 1992 - 2021
Stanley 2022: 408mm

A water-efficient dishwasher uses only 15 litres per cycle



Older models can use up to 50 litres per cycle



A family of four can save 48 litres a day by showering for 9 minutes or less

Use a washing up bowl or fill the sink



Keeping the tap off can reduce water use by up to 50%!



You can then use this water to water your plants too!

Be Water Wise

Visit the Water Wise Page

Report mains leaks to PWD - 55446



Water Wise: Garden

A garden hose or sprinkler can use as much water in an hour as a family of four uses in one day!

Changes you can make



Water lawns and plants in the early morning or in the evening

Install wind breaks in your garden to reduce the drying effect of wind



Collect rainwater to water your plants

Be Water Wise

Visit the Water Wise Page

Report mains leaks to PWD - 55446



Water Wise: Home

Over a quarter of drinkable water used in the home is used to flush the toilet!

Changes you can make



Install your toilet with a dual flush



Use water-saving cycles on your washing machine and dishwasher



Use water-saving shower heads

Check the water-efficiency of your appliances

Be Water Wise

Visit the Water Wise Page

Report mains leaks to PWD - 55446



Water Wise: You

The average person uses 142 litres of water a day - that's enough water to make 450 cups of tea!

Changes you can make



Turn off taps when brushing your teeth and washing things in the sink



Fix leaky taps and pipes promptly

Take a shower instead of a bath



Be Water Wise

Visit the Water Wise Page

Report mains leaks to PWD - 55446



Name
Description
Fee

Falkland Islands Hockey Association

Sports club for inline, ice and dek hockey, inclusive of all ages and abilities.

Full adult season subscription approx. £50 which includes pre-season training (Jan and Feb) - Youth subscriptions are typically much cheaper.

Where
When

Stanley Leisure Centre

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
Description

Falkland Islands Motorcycle Association (FIMA)

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
Description

Falkland Islands National Sports Council

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

Contact

Chair - Mike Summers - chair@falklandsnsc.org.fk

Facebook

Falkland Islands National Sport Council



Name [Falkland Islands Rugby 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
Contact 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 [Falkland Islands Volleyball Club](#)
Description FIVC organises training games, practices and tournaments for everyone interested in volleyball. Occasionally grass and beach volleyball sessions are organized as well. All abilities welcome
Fee £10 per month or £4 per session
Where Stanley Leisure Centre
When Sunday 13:00-15:00 Wednesday 19:00-21:00
Contact Kelly Moffatt - Tel 55833
Facebook Falkland Islands - Volleyball



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 capepembrokeLighthousehelpers@parkrun.com
 parkrun.org.uk/capepembrokeLighthouse
Contact Roddy Cordeiro – Tel 54494
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 Tuesday 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 £120. 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, Gary Clement (Secretary)– Tel 52910
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



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 DMorrison.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 afternoons, pick up from 13:30
Email DMorrison.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, Thursday 09:30-11:30, Friday 14:00-15:30 and the every other Saturday 09:30-11:30
Email DMorrison.cst@kemh.gov.fk

Name Whist Club
Description A social group that meet every other week to play Whist. Open to all ages.
Fee Free
Where Community Hub, 8 Thatcher Drive
When Every other Friday 16:00 – 18:00
Email Dmorrison.cst@kemh.gov.fk



Bowel Cancer Screening



Bowel cancer is the 4th most common type of cancer. Regular screening can help prevent bowel cancer or find it at an early stage, when it's easier to treat.

A home test kit, called a faecal immunochemical test (FIT), will be mailed out to you, to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood.

Blood can be a sign of polyps or bowel cancer. Polyps are growths in the bowel. They are not cancer, but may turn into cancer over time.

If the test finds anything unusual, you might be asked to go to hospital to have further tests to confirm or rule out cancer.

Symptoms of bowel cancer may include:

- ⇒ changes in your poo, such as having softer poo, diarrhoea or constipation that is not usual for you
- ⇒ needing to poo more or less often than usual for you
- ⇒ blood in your poo, which may look red or black
- ⇒ bleeding from your bottom
- ⇒ often feeling like you need to poo, even if you've just been to the toilet
- ⇒ tummy pain
- ⇒ bloating
- ⇒ losing weight without trying
- ⇒ feeling very tired for no reason

Bowel cancer screening test kits are sent to everyone between the age of 50 to 74 and repeated every 2 years.

If you're due bowel screening, you'll receive an invite letter and kit in the post, it's important you don't ignore it.

If you missed your previous appointment or are unsure if you are due a screening, please **contact 28000** and we will book you an appointment if you're due.

Always see a GP if you have symptoms of bowel cancer at any age, even if you have recently completed a bowel cancer screening test kit – **do not wait until the next round of screening.**



Contact the King Edward VII Memorial Hospital on **28000**.

Museums and Archives

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.fk
Contacts	Andrea Barlow
Website	www.falklands-museum.co.fk
Facebook	FIMNT
Twitter	@FIMuseum
Instagram	@FIMuseum



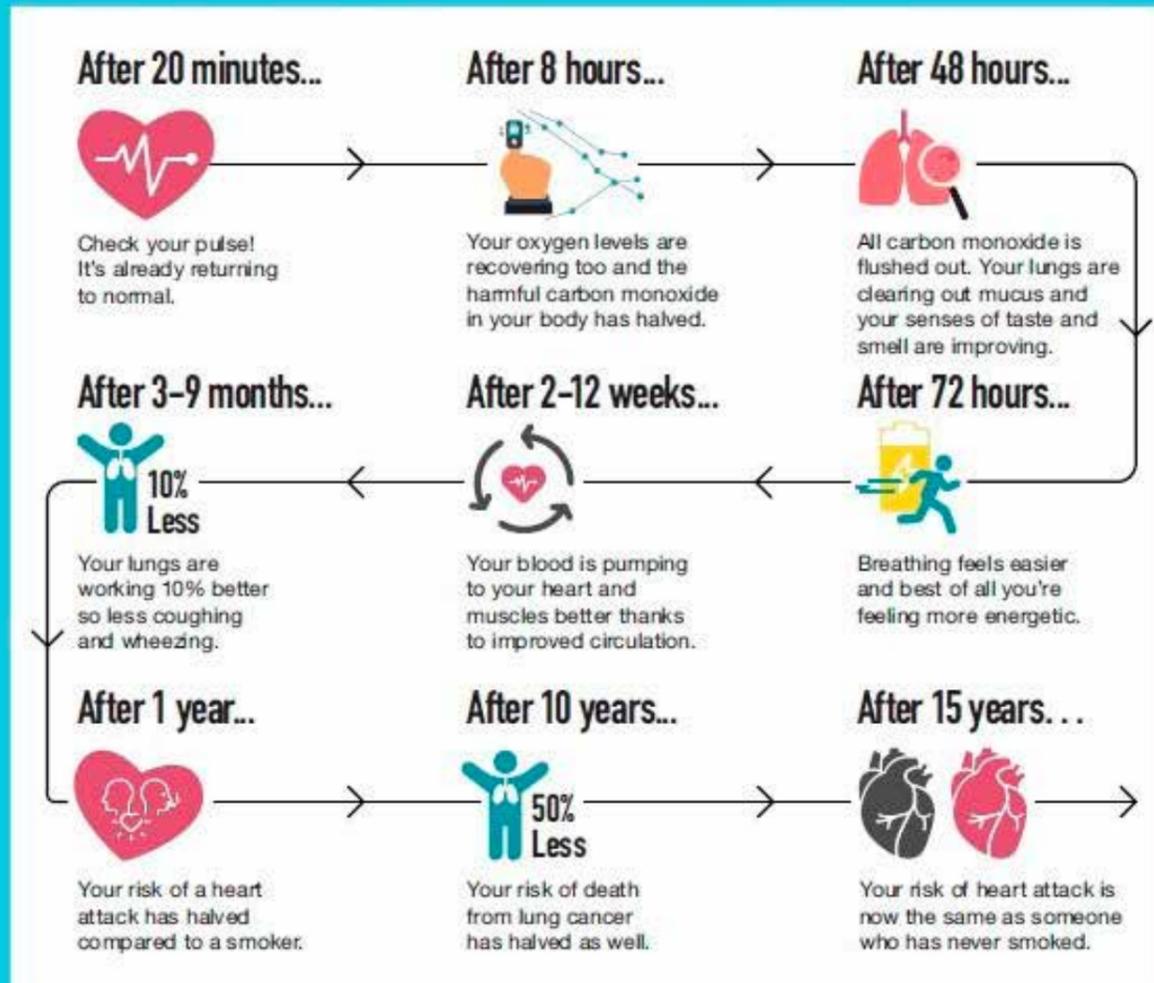
Name	Jane Cameron National Archives
Description	The Jane Cameron National Archives is a purpose-built facility which ensures the long-term survival and easy accessibility of all those records most important to the history and administration of the Falklands. It contains the records of British administration, Falkland Islands Company Ltd Stanley Office records and a wide range of other documents of family and academic interest. The service facilitates research appointments for anyone to view or access archival material and can answer queries about the collection.
Where	Jeremy Moore Avenue, adjacent to the old Museum site (Britannia House).
When	Monday, Tuesday, Thursday & Friday 09:00 – 16:00 (lunch hour on request) Wednesday – CLOSED Saturday 13:00 – 16:00 (on request) The Archives is available to answer queries and emails during normal government hours
Email	national.archives@sec.gov.fk
Tel	27249
Contacts	Chloe Anderson-Wheatley
Website	https://www.nationalarchives.gov.fk/
Facebook	@Jane Cameron National Archives





What happens when you quit smoking?

It's never too late to quit smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...



It's never too late to stop smoking. With the right support you're up to three times as likely to quit for good.

Search smoke free online for support. Or call the KEMH to book an appointment with a Healthcare professional



Stanley Leisure Centre

Name	Stanley Leisure Centre
Description	Large sports hall 25m pool Sauna One squash court Fitness Suite with a range of strength and cardio vascular equipment One full size outdoor football pitch
Fee	We offer 1, 3, 6 or 12 month memberships as well as Premium memberships and pay as you go.
Where	Stanley Leisure Centre, Reservoir Road
When	Weekly advertised opening times
Email	manager.leisure@sec.gov.fk
Contacts	Marcus Morrison (Leisure Centre Manager) – Tel 27285 manager.leisure@sec.gov.fk Holly Berntsen (Receptionist) – Tel 27291 reception.leisure@sec.gov.fk

OPENING HOURS

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.



Breast Screening



Mammograms are offered to all people assigned female at birth between the ages of 47 to 74 and repeated every 3 years.

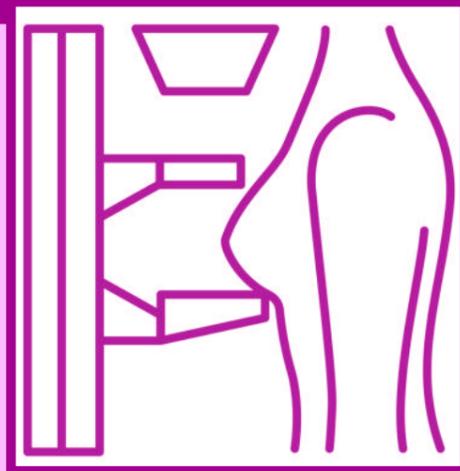
If you're due to have a mammogram, you'll receive an invite letter in the post, it's important you don't ignore it.

Signs and symptoms of breast cancer may include:

- ⇒ A breast lump or thickening that feels different from the surrounding tissue
- ⇒ Change in the size, shape or appearance of a breast
- ⇒ Changes to the skin over the breast, such as dimpling, redness or pitting that looks like orange peel
- ⇒ A newly inverted nipple
- ⇒ Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin

If you missed your previous appointment or are unsure if you are due a screening, please contact **28000** and we will book you an appointment if you're due.

If you notice any changes to your breasts, tell your GP. Finding it early makes it more treatable and could save your life.



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 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 alison.inglis@horizon.co.fk
Contacts Alison Inglis (Treasurer) - Tel 21817



Contact the King Edward VII Memorial Hospital on **28000**.



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

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 interdchristianfellow@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 services around joyful movement, non-diet nutrition and mind/body approaches such as yoga, meditation and mindfulness.
Fee Prices vary depending on services.
Where Private sessions at home or workplace. Regular classes at the Infant and Junior School
When See website page for the most recent class, workshop or retreat schedules or get in contact to book an appointment
Private sessions by prior appointment.
Email info@muditafi.com
Contact Carol Morrison - Tel 51773
Facebook @muditaFI
Website www.muditafi.com



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



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



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 09:00 – 12 and 13:00 – 15:30
Email rberntsen@college.ac.fk
Contacts Tel 27133 or 54654
Facebook @ShieldProgramme



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 stmarys@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-7NKY07nPBhaAqR5C2CvDg>

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 Stacy Bragger – sbragger@hotmail.com , Wendy Luxton – lucky@horizon.co.fk
Contacts Stacy Bragger (Chair) – Tel: 54391, 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	DMorrison.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, £20 for Camp children. Discounts for siblings.
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
 Rangers: Tuesdays 18.00 – 19.30
 Guides: Wednesdays 18.00-19.30
 Rainbows: Thursdays 17.00 – 18.00
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 Every Thursday 9:30 – 11:30am and occasional Saturdays (as advertised on Facebook)
Email ailiebiggs@hotmail.com
Contacts Ailie McIntyre - Tel 56170, Anna Milston- Tel 51392, Denise Blake - Tel 55868
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 Contact for session time information
Contact Vicky Chater – Tel 54319

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>

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.



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.

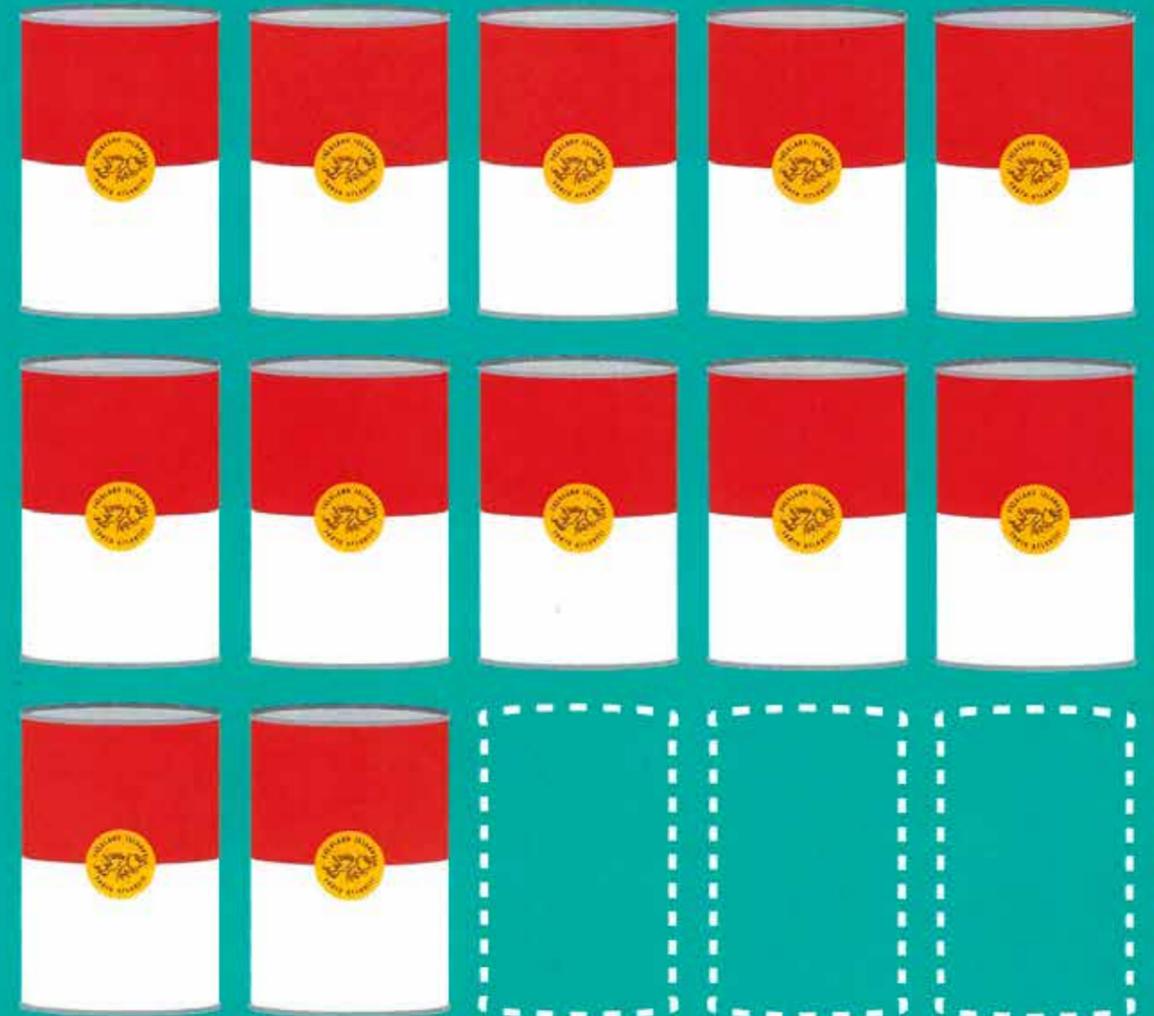
Information required:

- 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@kemh.gov.fk

Or Post to Public Health Unit, KEMH, Stanley



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



Battery Recycling Is HERE!



WHERE?

**CHANDLERY
CHANDLERY EXPRESS
KELPER STORES
WEST STORE**

HOW?

JUST DROP IT IN THE CONTAINER PROVIDED IN STORE... SIMPLE!

Why is battery recycling
important?

Avoids pollution

Prevents uncontrolled fires

Precious materials can be
recycled



FALKLANDS
Because it's our Future

FOR ANY QUESTIONS PLEASE CONTACT:
ENVIRONMENT@SEC.GOV.FK

