



# The Eastern *Vibes*

**Monthly Newsletter 2022**

**September 2022, Issue #98**



Staff and members of the public at Mayaro District Health Facility Community Consultation

## **The Eastern Regional Health Authority Hosts Community Consultations**

The ERHA recognises that feedback is one of the most effective tools in a manager's tool kit and has resumed Community Consultations with effect from September 14, 2022 to November 28, 2022 in our seventeen health facilities.

The meetings provide an additional avenue for members of staff and the

community to meet the management team to receive updates on the achievements and other developments within the Authority. They are also encouraged to share their views and discuss ways to improve the health services being offered.

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# The Eastern Regional Health Authority Hosts Community Consultations (cont'd)

To date residents from Valencia, Cumuto, Sans Souci, Rio Claro, Sangre Grande, Mayaro, Toco, Matura and Cumana have come forward and stated their concerns and offered their suggestions and praises especially for the dedication and commitment of staff responding to the COVID-19 pandemic.

Common concerns raised centered around shortage of parking at heavily utilised health facilities in Sangre Grande, reintroduction of the Wellness Centres and accessing medication when it is not available on site.

Members of the management team led by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer responded to the questions and informed that additional parking will become available with the opening of the New Sangre Grande Hospital in 2023. It was also stated that the Wellness Centres were reopened and Wellness Fairs are

being hosted in each community. Persons were also informed that inter facility arrangements will be made to deliver medications from one facility to another to provide easy access to clients. Members of the public were also updated on a new process to reengineer the client referral system for additional health services. This involves the facility staff liaising with the relevant departments within the Authority to get the confirmed appointments for the required service on behalf of the clients.

Mr. Ronald Tsoi-a-Fatt thanked the clients for providing information to clarify what is required to meet their needs and for their interests in partnering with the ERHA to improve the delivery of healthcare in the community. He further stated that from discussions such as these ideas are generated to change weaknesses into strengths and threats into opportunities.



# Your Views Matter - Staff Consultations



Members of staff at the ERHA were invited to participate in Staff Consultations to provide their views and suggestions to ensure that we continue to improve the quality of life of our clients and our work environment.

The Consultations were scheduled during the period September 14, 2022 to November 28, 2022 at each health facility and preceded the Community Consultation.

Staff engaged members of the Management

Team as they highlighted issues affecting them in their facilities. Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer was present at the meetings and participated in the discussions which generated several solutions.

Members of staff were informed that their views matter and were encouraged to continue to focus on new ways to improve the services we offer.

## Wellness Walk and Health Fair

Over 100 persons participated in a Walk-a-thon and Community Health Fair which was held at the Mayaro District Health Facility Car Park on September 2, 2022. The event was hosted in collaboration with USAID and UNICEF to encourage persons to take control of their health.



Highlights of Wellness Walk and Health Fair

During the brief opening programme, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer in his remarks informed persons about the importance of maintaining a healthy lifestyle and encouraged them to make choices that will reduce the common risk factors of Non-communicable diseases. He urged persons to stop viewing their health as illness, to think about their health before they get ill and to also adopt a lifestyle where they eat more fruits, drink water and exercise.

Also featured on the programme was the

Medical Social Work Department, Baby Friendly Hospital Initiative, Dental, Food and Nutrition Department, Family Planning, Men's Health, Mayaro Police Service, True Response Services Limited and Agostini Agri Division.

At the end of the programme, guests were invited to visit the health booths to access services such as Blood Pressure Testing, Glucose Testing, HIV Testing, Vaccination, Pap Smears among others. Counseling services were also provided by the Pharmacy, Food and Nutrition and Medical Social Work Departments.

## Neonatal Intensive Care Unit Awareness Month



During the month of September staff at the Sangre Grande Hospital, Neonatal Intensive Care Unit (NICU) conducted sensitisation sessions with members of staff and the public to raise awareness and honour patients, family and staff in the NICU unit.

Internationally NICU awareness month is celebrated in the month of September every year culminating with NICU day on September 30.

# Our Neighbourhood, Our Health



Kezia Philip, Health Education Officer,  
St. Andrew/St. David

**"Our Neighbourhood, Our Health,"** was the main theme of this years' Caribbean Wellness Day which is observed on the second Saturday of September each year.

This years' theme focused on neighbourhoods as drivers and promoters of health. The neighbourhoods in which we live, play an important role in fostering healthy lives and creating social cohesion. With this in mind, the Health Education Department St. Andrew/St. David hosted a Neighbourhood Health and Wellness Outreach on Thursday 29th September from 9:00 a.m. to 2:00 p.m. in Sangre Grande in the vicinity Miguel Moses and Zrada.

The main aim of this outreach was to promote community health and wellness. Members of the Sangre Grande community were provided with information to assist them to reduce the risk of developing non-communicable chronic diseases and their risk factors.

The Health Education and Nutrition Departments facilitated two interactive and informational booths where they promoted healthy eating and regular exercise. At the booths, educational pamphlets and handouts were also distributed and the travelling public were engaged in conversation regarding their health.

Persons participated in fun games such as skipping, jumping jacks and using the hula hoop to win tokens. There was also a health trivia booth which tested participant's knowledge on a range of health topics and healthy lifestyle practices.

Persons were encouraged to eat healthy, engage in regular physical activity, manage stress, stay hydrated and be their neighbour's keeper. They were also advised to invest in their health and wellbeing and encourage others to do the same. Staff interacted with approximately 75 persons during the outreach.

## Baby Friendly Hospital Initiative

The Baby Friendly Hospital Initiative (BFHI) Unit and Organisational and Employee Development Department conducted a meeting to update members of the Management Team and chart the way forward to achieve accreditation of the Sangre Grande Hospital as a Baby Friendly Hospital.

The Baby Friendly Hospital was first introduced by the World Health Organization and the United Nations Emergency Fund. When this initiative was established to promote and support breastfeeding and it is guided by the Ten Steps to Successful Breastfeeding.

At the meeting the trainers highlighted their achievements thus far which included the reintroduction of the twenty one hour sensitisation for maternal and infant staff and the three hour sensitization for non clinical staff. These sessions will ensure that clinical and non clinical staff have sufficient knowledge, competence and skills to promote and support breastfeeding.

Those in attendance included members of staff from Nursing, Quality, Health Education, Corporate Communications and the Senior Dietitian.

# Physical Activities for all ages

## Physical activities are beneficial to people of all ages.

It is proven to provide significant benefits to one's health, as well as prevent and manage diseases.

To educate clients on the benefits of physical activities the Health Education Department of County St. Andrew/St. David, conducted a series of lectures for persons of all ages during the month of September.

**715** clients of the Chronic Disease, Child Health, Ante Natal, Post Natal and Health Office clinics at Valencia Outreach Centre, Toco, Sangre Grande Enhanced and Manzanilla Health Centre were provided with significant information on the benefits of exercise during the lectures. The amount of physical activities required for persons during all stages of life including, childhood, adolescence, adulthood

and late adulthood was outlined.

Some benefits of engaging in regular physical activities include improving brain function and mental health, weight control, strengthening of bones and muscles. Physical activity can also improve persons ability to cope with labour pain, aid in postpartum recovery and significantly reduce the risk of developing non-communicable chronic diseases (NCDs). For older adults and those living with NCDs exercise reduces the risk of falling, improves balance as well as control blood pressure and blood sugar levels.

The World Health Organization recommend that preschool-aged children should be active throughout the day, while children ages 5 to 17 require 60 minutes of physical activity every day. Pregnant women and adults should aim to exercise at least 150 minutes per week.

## World Suicide Prevention Day 2022

### According to the World Health Organization (WHO) 703,000 people commit suicide annually.

The International Association for Suicide Prevention in conjunction with the WHO established World Suicide Prevention Day in 2003 to bring attention to suicide and reduce the stigma around suicide.

It is celebrated on the 10th September annually. The theme for this year celebration is "***Creating hope through action***". It is believed that we can reduce the suicide rate by educating the public on suicide, encouraging them to take action and by supporting persons struggling with suicidal thoughts.

### MYTHS AND FACTS ABOUT SUICIDE

**MYTH:** Someone who is suicidal is determined to die.

**FACT:** While people with previous suicidal attempts are at increased risk of future suicidal behaviour, the vast majority of those who survive go on to live and thrive.

**MYTH:** Only people with mental disorders are suicidal.

**FACT:** People with mental disorders are not affected by suicidal thoughts and not all people who are suicidal have a mental health disorder. It is possible to have good mental health and feel unable to cope with life.

## Wellness Walk Continues



The Eastern Regional Health Authority Wellness Coordinating Unit in collaboration with the Mayaro Wellness Centre Committee continued its Wellness Moves Health Walk on September 18, 2022 in the Mayaro Community.

The purpose of the event is to raise awareness on healthy eating, encourage members of the community to engage in physical activities and to adopt a healthy lifestyle.

It is also envisioned that the wellness walk will be a catalyst to revitalise the ERHA wellness programmes and promote the wellness centre in the communities.

During the programme, which was hosted at the

Mayaro Civic Centre health screening was conducted by nursing staff from the Mayaro District Health Facility.

Tricia Bramble, District Health Visitor engaged the participants on the importance of exercise followed by Sydell Gibson-Mahabir, Public Health Nutritionist who discussed healthy eating habits. Participants then engaged in an aerobic and zumba workout session to end the program.

The Wellness Coordinating Unit continue to partner with Wellness Committees and organisations within the communities to promote the initiative and to invite new members to join the team.

## Pressure Ulcer Training at Homes in the Eastern Region



Pressure ulcers indicate the quality of care a patient experiences and can cause conditions such as sepsis which can be fatal, and cause cellulitis, bone and joint infection.

Recognising the need for proper training and as part of the Dynamic Ward Initiative, the Head Nurse and staff of Ward 5 continued their project on Prevention and Management of Pressure Ulcers. They visited the Edghills and Bridge of Hope Homes in Sangre Grande on September 27, 2022 to conduct training sessions.

Staff at the homes were taught how to identify at-risk persons for ulcers, the signs, cause, stages and prevention of pressure ulcers.

# Developing a solution oriented culture



After 32 months the ERHA's Management Team met face-to-face on September 07, 2022 at the North Eastern Community Centre for their Management Team Meeting which was moved to a virtual platform to adhere to the social distancing and assembly guidelines during the height of the COVID-19 pandemic.

The Management Team Meeting, as it is commonly known is an integral tool in the management-process of the Authority. The managers were happy to come together in the same space to discuss issues, monitor progress and explore services to solve problems to enhance delivery and fulfil the mission and vision of the Authority.

The Managers were welcomed by Mr. Ronald

Tsoi-a-Fatt, Chief Executive Officer who chaired the meeting and guided the team through the agenda. Following the delivery of the progress reports by the respective heads, the Chief Executive Officer outlined a number of case studies relevant to key areas of operation in the Authority and engaged the team in meaningful discussion during the organisational development exercise.

The CEO was ably assisted by the General Manager-Operations and General Manager-Human Resources who conducted two table top exercises. The discussions generated several alternative approaches that Managers and their teams can utilise to bring about positive outcomes.

## Guayaguayare Outreach Centre Wellness Day



The Guayaguayare Outreach Centre held a Wellness Day on September 21, 2022 at the Centre. During the event over 200 clients visited the health booths for basic screening such as Blood Pressure Testing; Body Mass Index (BMI) Pap Smears; Breast Examinations; HIV Testing; Vaccination and Dental Examinations.

Persons were also encouraged to engage in a healthy lifestyle by

eating healthy, planting their own foods and to engage in physical activities. An aerobic session was conducted to demonstrate some easy exercises that can be done daily. They also learnt how to prepare some simple healthy dishes from the food and nutrition demonstrations and were provided with health information on various topics during the health education lectures to empower them to make informed decisions.

# Happy Republic Day



The Board, Management and Staff of the ERHA wish you a

## Happy Republic Day

We are proud to demonstrate our patriotism and serve the people of Trinidad and Tobago with dignity and pride.



Over 60 persons were informed on the benefits of breastfeeding for baby and mother at an Eastern Regional Health Authority pop-up booth in front of Maharaj Supermarket in Sangre Grande on August 30, 2022.

The booth was facilitated by members of the Breastfeeding Coordinating Unit and the Health Education Department. Information leaflets were also distributed to nearby businesses.

# Safety Warden Programme

The Eastern Regional Health Authority (ERHA) strives to preserve life and property by recognising that a prompt, efficient response to emergencies is reached through proper emergency planning, procedures and training.

A system of Safety Wardens has been established throughout the ERHA to assist in the orderly evacuation of any building during an emergency situation (e.g. Natural disasters, chemical spill, fire etc).

The ERHA Safety Warden Programme is carefully designed to train persons so that they will be able to respond to emergencies and provide a process for evacuating people from danger, protect assets and property and restore operations to normal as quickly as possible.

All safety wardens receive training on an annual basis. Training is done by internal and external parties. Upon completion, a certificate is awarded to the participants and they are provided with specialised gear to assist with their identification as a Safety Warden.

If you are interested in becoming a Safety Warden, kindly contact your OSH department at your respective unit or email the OSH Department at **OSHDept@erha.co.tt**.

Here's how you can identify the Safety Warden/s in your building please look for the Occupational Safety Wardens sign.

## Safety Warden Sign



## Activity Safety Word Scramble

**EOSROAL**

**REIF IENSIURTHGER**

**EClIACTND**

**LEPSPIRY EHWN ETW**

**MMFLEABLA**

***Submit your answers to [OSHDept@erha.co.tt](mailto:OSHDept@erha.co.tt) for the Word Scramble for a chance to win prizes. The first 5 correct submissions will be awarded.***



## Sangre Grande Hospital Physiotherapy Department

# World PT Day 2022

## *"Osteoarthritis"*

World Physiotherapy (PT) Day is observed during the month of September every year.

Osteoarthritis is a very common disease that affects any moving joint, most popularly the knees, hips and hands. Osteoarthritis is abbreviated OA. It may begin as a result of a minor or major injury to a joint. In the early stages, joints have the capability to repair any changes, but as it progresses, the rate of repair cannot compensate for degeneration of joint tissues. This results in cartilage being thinned, bones reshaped which can form protrusions and joints having inflammation. However, joints can still function normally without any pain or stiffness despite these changes.

OA is one of the leading causes of disability around the world.

There are an estimated 520 million people living with OA. The most common form is knee OA accounting for approximately 60% of all cases.

Globally, of 291 conditions, hip and knee OA were ranked as the 11th greatest contributor to disability.

Between 1990 and 2019 there has been a 48% increase in persons living with OA around the globe.



It is still unclear what exactly causes OA.

The following are risk factors for developing OA:

- Overweight or obesity
- Previous joint injury, joint surgery and/or history of overuse of the joint
- Genetics (eg. a family history of OA)
- Age
- Being a woman (OA in women > men)

OA is characterized by:

- Pain
- Functional impairments
- Muscle weakness
- Joint stiffness
- Reduced health related quality of life

OA can make it difficult to remain active and do the things that you need and want to do. A Physiotherapist can help you to develop an individualised treatment program to manage the symptoms associated with OA. This may include using thermal modalities- hot or cold packs, education, advice on living with OA and EXERCISE!

# Regular Exercise

- Lowers the risk of developing Osteoarthritis, Hip fractures, Falls in older adults, prevents or delays the need for surgery
- Reduces pain in joints with OA
- Increases physical function and capacity for meaningful activities
- Increases muscle strength which supports and protects joints
- Reduces stiffness in joints
- Improves balance
- Improves energy levels and boosts your mood
- Assists in maintaining healthy body weight
- Improves cardiovascular health
- Improves sleep quality



Compared to doing no exercise, research has shown that doing exercise reduces hip and knee OA pain significantly more than using medication.



Research shows that running is safe for joint cartilage. Cartilage repairs well after one session of running and after repeated exposure.

Compared to non-runners and sedentary individuals, runners show a lower incidence of knee and hip OA. Running may also prevent the need for knee surgery.

## Running Tips:

- Start slowly- gradually build from 2 minutes a day if you have not been running.
- Do squats and lunges to build your muscle strength.
- Modify your routine if you have knee pain lasting more than 1 hour after running or the morning after exercising. Do sessions frequently eg: run 2 x 10 mins instead of doing 20 mins straight.
- Running on firm, flat, grassy surfaces or running tracks can reduce impact on your legs
- Wear comfortable, good quality running shoes if running on asphalt or concrete,

A Physiotherapist can help you to develop an individualised exercise program, which may include running to help prevent or manage OA.

Contact the Physiotherapy Department, Sangre Grande Hospital  
Tel: 226-9774/ 9775

This document is for information purposes only and does not substitute individualized assessment and advice from a Physiotherapist.



SEPTEMBER, 2022

# Well NEWS

NEWSLETTER

## PACKING A HEALTHY LUNCH KIT

by Health Education Department



### INSIDE THIS MONTH'S ISSUE:

- Importance of a healthy lunch kit
- What is in a balanced lunch kit?
- Healthy lunch ideas
- Nutritious Snacks
- Hydrating Drinks
- Tips for packing a healthy lunch kit

### Why is packing a healthy lunchkit important?

Making a decision about what to include in your child's lunch kit can occasionally be difficult, stressful and time-consuming. Your child's lunch kit should consist of foods that are both enjoyable and nourishing. This means that while foods should be tasty and enticing to kids, they should also be nutritious and healthful. The meals and snacks we choose to include in their lunch kit can really make up around one-third of their daily intake of nutrients and calories.

Therefore, it's very important to pack a nutritious lunch kit for your children so they obtain the nutrients they require to grow, develop and perform well in school. Getting enough nutrients also helps in preventing nutrient deficiencies and promotes optimal body function.



## What is in a balanced lunch kit?

A healthy lunch kit is one which is **balanced** and includes a combination of different foods from the Caribbean Six Food Groups. A lunch kit filled with healthy foods will help your child get the right balance of **vitamins, minerals** and other nutrients needed by the body for adequate **energy, growth and proper functioning**. As such, when planning and preparing meals for kids, be sure to incorporate a wide variety of foods from these food groups:



### Staples

①

Provides carbohydrates which give the body energy to work and play. Include more high fibre foods like ground provision, breadfruit, sweet potato, green fig, corn, oats, whole wheat bread, brown rice etc.

②



### Legumes

Excellent source of protein for vegetarians and they are also high in dietary fibre. Include these daily: Peas, beans and nuts such as lentils, red beans, dhal, pigeon peas, peanuts.

③



### Food from Animals

Main nutrient provided is protein which is needed to build strong bones, teeth and muscles as well as healthy hair, skin and nails. Choose leaner cuts of meats such as chicken, lean beef, turkey, fatty fish (sardine, tuna), milk and yogurt.

④



### Fruits

Excellent source of vitamins and minerals which help keep our bodies healthy. Fruits are great snack options, be sure to include at least 2 servings of fruits daily. Choose a variety of different coloured local fruits such as: Mangoes, pineapples, bananas, paw-paws and citrus fruits such as oranges & portugal.

⑤



### Vegetables

This group provides the body with vitamins, minerals and dietary fiber. Fibre helps to improve healthy gut bacteria and regulate bowel movement. Aim to provide 3 servings daily! Include both cooked and fresh vegetables such as: Carrot, patchoi, dasheen leaves/callaloo, lettuce, pumpkin, eggplant and bodhi.

⑥



### Fats & Oils

This group provides essential fatty acids which protects your organs and helps absorb fat soluble vitamins; A,D,E & K. Include healthy fats in foods such as olive oil, nuts, avocado, fatty fish e.g., tuna, salmon and sardine. AVOID frequent use of unhealthy fats found in pastries, fast foods and processed meat like sausages or bacon.

## Building the lunchkit: In Three Simple Steps!

### 1. Pack Main Lunch Item

Lunch provides kids with the energy and nutrients needed to fuel them for the rest of the afternoon. It also helps them to focus and concentrate.

#### Healthy Lunch ideas

- Mashed sweet potato, baked chicken and red beans with cucumber
- Homemade pizza with chicken or turkey bits, cheese and veggies
- Turkey sandwich (whole wheat bread with butter, slices of baked turkey breast, lettuce and tomato)
- Noodles with vegetables and chicken bits
- Spaghetti and meatballs with veggies (mushroom and carrots)
- Mini Chicken wrap rolls with veggies (whole wheat wrap, chicken tenders, tomatoes, lettuce)

To create a healthy and balanced Lunch, always ensure you include a **Staples Food item + Food from Animals and/or Peas and Beans + Vegetables**

### 2. Pack Hydrating Drinks

To keep your kids hydrated throughout the day, **ensure you include water**. Plain water is the best drink choice for kids because it has zero calories and no added sugar. The benefits of water include: joint lubrication, aids digestion and carries nutrients and oxygen to body cells. Being well hydrated also improves mood, memory and attention in children.

Good options you can include in moderation:



**100% fruit juice**  
*(Rich in vitamins and minerals)*



**Coconut water**  
*(Provides electrolytes)*



**Milk**  
*(Contains calcium which helps develop strong bones and teeth)*

Avoid packing unhealthy drinks such as sugar-sweetened beverages. These include; flavoured milk, juices, soft drinks and energy drinks. These drinks provide little nutritional value but contain high amounts of added sugars which can lead to excess weight gain and dental cavities.

### 3. Choose Nutritious Snacks

#### What is a snack?

A snack is a small amount of food that is eaten between main meals; breakfast, lunch and dinner. Including **two to three healthy snacks** daily can provide additional nutrients that your child needs to keep them fueled, alert and focused throughout the day.

#### How to create a satisfying and nutritious snack?

You can pair a **protein-rich food** with a **high-fibre carbohydrate food item**. For an added boost, you can also include healthy fats found in foods such as nut butters or avocado.

High-fibre Carbohydrate food items	+	Protein Rich food items
		
		
		
		
		
		

#### Healthy snacks ideas

- Apple slices or banana with peanut butter
- Wholegrain crackers with tuna paste or peanut butter
- Trail mix with nuts, seeds or popcorn with dried fruit
- Yogurt with granola and/ or nuts
- Fruits or vegetables with dip ( e.g. yogurt dip)



 Unhealthy snacks such as potato chips, cakes, lollipops, chocolates are high in calories, fat, sugar and sodium. If eaten frequently, these can lead to unwanted weight gain, cavities and increased risk of chronic diseases such as hypertension and diabetes. Avoid routinely packing these snacks in your children's lunch kits. These should only be eaten occasionally and in small amounts.

## Putting it all Together



Main Lunch Item



Hydrating Drinks



Nutritious Snacks



Healthy  
Lunch  
Kit

### Tips for Packing a Healthy Lunch Kit

When planning meals, there are many factors to consider. The following are some preparation and budget friendly meal tips you can incorporate to make this process easier.



**Meal prep for the upcoming week** by preparing meals or dishes ahead of time. Firstly, set a menu for the week, ensure you obtain the ingredients needed and schedule time for preparing and cooking food items. Meal prepping is convenient and benefits the entire family. This can help save time, money and it allows you to make healthier food choices.



**Shop for produce that's in season.** Always include fresh fruit and vegetables. Buying local fruits and vegetables in season tends to be less expensive than out-of-season options. You can purchase more and freeze the rest for future use. If the fruits are overripe, it can be used in smoothies or in baking items such as banana bread or muffin instead of throwing away.



**Get kids involved in meal preparation.** Carry kids to the market or grocery and teach them about different types of foods. Involve kids in planning, preparing and cooking meals. This creates an opportunity to get kids interested in the food they eat and helps to develop healthy eating behaviours at an early age.



**Create and maintain a healthy eating environment.** Children will be more likely to choose nutritious foods, snacks, and drinks if they are more familiar, readily available and visible than unhealthy options. Therefore, when grocery shopping, aim to purchase less unhealthy food items and more nutritious options to include in the lunch kit.



**SEPTEMBER 2022**

**Sangre Grande Hospital**

Ojoe Road, Sangre Grande  
Tel: 226-4744/668-2273  
Fax: 668-4368

**Brothers Road Outreach Centre**

Brothers Road  
Tabaquite  
Tel: 656-2547

**Cumuto Outreach Centre**

Main Road  
Cumuto  
Tel: 226-1106/643-9075

**Manzanilla Outreach Centre**

Eastern Main Road  
Manzanilla  
Tel: 226-1111/668-2063

**Rio Claro Health Centre**

De Verteuil and Dougdeen Street,  
Rio Claro  
Tel: 226-1104/644-2236/644-0181

**Toco Health Centre**

Paria Main Road, Toco  
Tel: 226-1576/670-8277

**Mayaro District Health Facility**

Pierreville, Mayaro  
Tel: 226-1575/630-1258/9  
Tel/Fax: 630-1257

**Coryal Outreach Centre**

Balata Hill Road and Cumuto Main Road  
Coryal  
Tel: 484-1368/668-8066

**Grande Riviere Outreach Centre**

Hosang Street  
Grand Riviere  
Tel: 670-8264

**Matelot Outreach Centre**

Main Road  
Matelot  
Tel: 670-2428

**Sangre Grande Enhanced Health Centre**

Ojoe Road  
Sangre Grande  
Tel: 226-1102/668-2509

**Valencia Outreach Centre**

Alexander Street  
Valencia  
Tel: 226-1260/667-8197

**Biche Outreach Centre**

Canque Village  
Biche  
Tel: 668-9053

**Cumana Outreach Centre**

Toco Main Road  
Cumana Village, Cumana  
Tel: 226-1134/670-8250

**Guayaguayare Outreach Centre**

Guayaguayare Road,  
Guayaguayare  
Tel: 226-4090/630-8777

**Matura Outreach Centre**

Toco Main Road  
Matura  
Tel: 226-1261/668-6276

**Sans Souci Outreach Centre**

Main Road  
San Souci  
Tel: 670-2382

**Satellite Dialysis Unit,**  
Narine Ramrattan Building  
Naparima/Mayaro Road,  
Rio Claro  
Tel: 226-9000

**Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to**  
**[corpcomm@erha.co.tt](mailto:corpcomm@erha.co.tt)**

Website : [www.erha.co.tt](http://www.erha.co.tt)



ERHA Trinidad & Tobago



@ erhatrinidad