



The Eastern *Vibes*

Monthly Newsletter 2023

June 2023, Issue #107

Commemoration of World Blood Donor Day



Mr. David Elcock, donates blood in commemoration of World Blood Donor Day

In this Issue

- Commemoration of World Blood Donor Day
- Get Active and Stay Active with the ERHA
- ERHA Observes National Nutrition Awareness Week
- All Fours Team Building Get Together
- Dr. Adesh Sirjusingh, Director of Women's Health at the Ministry of Health receive a prestigious award
- Community Lectures on Venomous Envenomation
- Changing the Norm of Tobacco Use "We Need Food Not Tobacco"
- Educating Clients on the Dangers of Smoking Tobacco Products
- Healthy Eating Workshop for Smoking Cessation Clients
- ERHA Participates in SDA's Career Day
- Good News - June
- World Environment Day
- Hurricane Season 2023
- Tropical Cyclone 2023 Word Search Men's
- Health Fair
- Well NEWS NEWSLETTER- The Food-Brain Connection

30 persons became Ambassadors for Non-Remunerated Voluntary Donation at the Sangre Grande Hospital Blood Donation Centre at the Sangre Grande Hospital on World Blood Donation Day on June 14, 2023.

Commemoration of World Blood Donor Day (continued)

The Blood Drive was conducted in commemoration of World Blood Donor Day. Some of the persons who donated were repeat donors and they all made the decision to donate blood for the greater good without expecting anything in return.

One client shared with us her reason for making the decision to become a voluntary blood donor: *"A few years ago I found out that my blood type is O positive which falls under the blood group*

that is universal and can donate blood to anyone. Because of this, anytime I am able to donate I do so to help others in need."

An additional, five units of blood were collected under the existing chit system which brought the total number of units collected to 35 on that day.

Persons are encouraged to share the gift of life by becoming repeat voluntary donors.

World Blood Donor Day 2023



Get Active and Stay Active with the ERHA



“Get Active and Stay Active” was the call issued to members of staff by the Wellness Coordinating Unit to participate in a Wellness Aerobic Competition held on June 23, 2023 at the Sangre Grande Enhanced Health Centre.

Over 40 persons between the ages of 20 and 65 years participated in the burnout including some of the members of the Chronic Disease Exercise Group of Sangre Grande Enhanced Health Centre. The event was mainly held to encourage persons to exercise daily, drink water and to

increase their intake of fresh fruits and vegetables.

The participants were encouraged to relax and to enjoy the exercise routines as they mirrored the steps of the team of energetic Physical Training Instructors (PTI) from the Trinidad and Tobago Defence Force. The competition was full of fun moments and persons were cheered on by their colleagues.

Winners Lane:

1st Place - Corissa Bournes

2nd Place - Ryan Lee King

3rd Place - Hannah King

4th Place - Shanice Torres

5th Place - Shizelle Scipio

Best Dressed - Ryan Lee King

Most Enjoyed - Nadine Debisette

Most Energetic - Shizelle Scipio

Most Determined - Artee Bridgelal-Gonzales

Biggest Participating Unit - Head Office

Most Mature Male - Harold Guy

Most Mature Female - Coreen Barker

Youngest Participant - Elisabeth Campbell

Most sustained Chronic Disease Participant - Cheryl Samaroo-Tardieu

ERHA Observes National Nutrition Awareness Week

National Nutrition Awareness Week (NNAW) is more than just a campaign, it's a movement that ensures good health and well-being for all. This annual event, held in the first week of June by the Trinidad and Tobago Association of Nutritionists and Dietitians (TTANDi), aims to promote the importance of proper nutrition. This year's theme was titled, "**Let's Nourish to Flourish...Your Mental Health Matters,**" and it focused on the role of nutrition in improving brain health and mental well-being.

In observance of NNAW 2023, the Nutrition Departments of the Eastern Regional Health Authority in collaboration with the Health Education Departments conducted activities throughout the region. Over 430 clients benefited from the outreach activities which were designed to educate and highlight the importance of good nutrition for one's well-being and mental health.

The programme of activities commenced at the Sangre Grande Hospital on June 7, 2023 with a nutritional outreach session. Clients and visitors learnt new methods to prepare stewed chicken

breast and stewed soya using lime juice and tomato paste instead of sugar, a healthier option especially for diabetics. A smoothie recipe was also demonstrated and an educational video was shown on the role nutrition plays on well-being and mental health.

A number of creative methods were implemented by the team of officers from St. Andrew/St. David and Nariva/Mayaro to increase awareness in the communities centered on the topic "**Snacking on Your Mind**". A skit and lecture on nutrition for mental health were conducted for members of the Chronic Disease Clinics in Brother's Road, Cumana, Cumuto, Guayaguayare, Mayaro, Rio Claro and Sangre Grande Health Centres.

Participants at all activities had the opportunity to view food displays and received recipe cards and samples of healthy food items. Everyone was encouraged to adopt a healthy lifestyle to improve their mental health.



Highlights of Nutrition Awareness Week

All Fours Team Building Get Together

Bullseye could be heard echoing from the Staff Lounge of the Sangre Grande Hospital as teams representing Head Office, Sangre Grande Hospital, Nariva/Mayaro and St. Andrew/St. David shouted in excitement after winning their All Fours game.

The team building activity was hosted on June 2, 2023 by the Corporate Communications Department and the Healthy Hospital Initiative Team as one of the staff initiatives to strengthen camaraderie and team spirit.

Participating teams were cheered on by their colleagues who were equally excited and came to lend their support.

NAMA emerged as the winning team and also captured the prize for the most Bullseye. Sangre Grande Hospital won the prize for the first hang jack and the most games with a 14-0 score. While the Head Office team won the most hang jack.

Look out for other team building exercises.

See highlights below



Dr. Adesh Sirjusingh, Director of Women's Health at the Ministry of Health receive a prestigious award

The Board of Directors, Chief Executive Officer and Staff of the Eastern Regional Health Authority offer sincere congratulations to Dr. Adesh Sirjusingh, Director, Women's Health, Ministry of Health, on receiving the Anthony N. Sabga Awards in recognition of his contribution for Public and Civic Contribution.

The Anthony N. Sabga Award ceremony was held on June 3, 2023 at the Hilton Trinidad and Conference Centre. It is one of the regions most prestigious awards and is administered by the Ansa McAl Foundation. Recipients are presented with a cheque for 500,000.00, a N. Sabga Awards commemorative medal and a citation.

Dr. Adesh Sirjusingh former Medical Director at the Sangre Grande Hospital included video footage showcasing the Sangre Grande Hospital.



Dr. Adesh Sirjusingh receives N. Sabga Award

Community Lectures on Venomous Envenomation



Mr. Kerwin Stephens, Pharmacist III address the community on Venomous Envenomation at the Brothers Road Community Centre

Trinidad and Tobago is known for its diverse range of flora and fauna, with numerous poisonous and endangered species. The communities within the County Nariva/Mayaro are surrounded by rich forested areas, as such poisonings and envenomation are of concern, as they cause toxic effects in the body.

From April to June this year, 92 persons were reached through an educational series for the staff of Community Development, Ministry of Agriculture as well as Village Council representatives, participants of the Geriatric

Adolescent Programme and members of the Brother's Road and Guayaguayare communities. Mr. Kerwin Stephens - Pharmacist III, Nariva/Mayaro facilitated the lectures and provided information to guide participants to identify poisonous plants and venomous animals encountered in Trinidad and Tobago, acute signs of envenomation and critical resource/support agencies. Mr. Stephens also discussed chronic or long-term consequences of envenomation and first-aid management of stings and bites.

Changing the Norm of Tobacco Use

"We Need Food Not Tobacco"



Highlights of World No Tobacco Health Fair

Tobacco products cause approximately 2.4 million deaths globally and is linked to at least 20 cancer types.

In an effort to raise awareness of the effects of tobacco use and address the factors that contribute to smoking, the staff at the Mayaro District Health Facility collaborated with key stakeholders to host a week of activities in observance of World No Tobacco Day. The objective of the activities was to empower members of their community specifically the youth to make informed decisions to take preventative steps to cease the use of tobacco.

The activities commenced with daily health education sessions during the period May 29 to June 2, 2023 at the Mayaro District Health Facility (MDHF) clinic conducted by District Health Visitors (DHV) Pamela Hemenes-Bristol and Namdai Samaroo-Seekumar.

Dr. Chidiebere Ezeanya, Primary Care Physician II and Ms. Nirmatee Mohammed, Senior District Health Visitor took the message directly to the youth at their school. They delivered an educational lecture to approximately 300 students at the Mayaro Secondary School on May 31, 2023 in the presence of several teachers. The lecture was designed to empower the youth through education to make healthy lifestyle choices.

Recognising that people learn through different mediums, a poster and spoken word competition were held for students to display/communicate their knowledge on the harmful effects of tobacco use keeping with the theme, ***"Grow Food Not Tobacco"***.

The week of activities culminated on June 2, 2023 with a Health Fair at the MDHF carpark. Members of staff and representatives from Trinidad and Tobago Police Service (TTPS) and The National Alcohol and Drug Abuse Prevention Programme (NADAPP) highlighted through their displays and lectures the negative effects of tobacco use and vaping and provided information on healthy lifestyle. The Ministry of Agriculture provided seedlings and encouragement to start home gardens. Persons in attendance were also afforded the opportunity to conduct basic health screening such Blood Pressure and Blood Sugar Testing. Also in attendance were the Health Education Accident and Emergency and Nutrition Departments.

Prizes were also presented to Shallana Belcon winner of the poster competition and Isaiah Moonilal, winner of the spoken word competition. The students also participated in fun games and activities and were provided with valuable information.

Educating Clients on the Dangers of Smoking Tobacco Products



Ms. Karen Copland, Health Education Aide , educate students on the dangers of smoking at the Mafeking Government Primary School

The serious health risks associated with the use of tobacco products was highlighted to 640 clients of Chronic Disease, Ante-Natal and Health Office clinics of Rio Claro, Valencia, Cumuto, Manzanilla and Sangre Grande Enhanced Health Centres.

The Health Education Department continued their awareness drive during the month of June following World No Tobacco Day which was observed on May 31, 2023. Clients, members of the public as well as 60 standard 4 and 5 students from the Mayaro and Mafeking Government Primary Schools were educated on ways to prevent non-communicable diseases. They also received information on the dangers of tobacco smoke which included:

- **Dangers of Vaping:** E-cigarettes also called vape pens contains the addictive chemical nicotine. Nicotine affects brain development and increases blood pressure. When you inhale the chemical from vaping, it can cause E-cigarette or Vaping use Associated Lung Injury (EVALI).
- **Dangers of Second-hand Smoke:** This is the smoke you inhale, when someone smoke a cigarette or cigar near you. Smoking around children can cause sudden infant death syndrome, lung problems, ear infections and more severe asthma. In adults it can cause heart disease, lung cancer and breathing problems.
- **Dangers of Third-hand Smoke:** The toxic residue from cigarette and cigar smoke that sticks to surfaces such as clothing, skin, hair, furniture, carpets and toys etc. Children are more affected by third-hand smoke as their organs and immune systems are not fully developed, increasing the risk for allergies and breathing problems.
- **Tips for Quitting Smoking:** Set a quit day, prepare for cravings, engage in regular physical activity and join the ERHA Smoking Cessation Clinic at Cumuto Outreach Centre.

Healthy Eating Workshop for Smoking Cessation Clients



Ms. Natasha Bellamy, Food Demonstrator advise clients on healthy eating

In observance of World No Tobacco Day 2023, the Health Education Department collaborated with the Nutrition Department to facilitate a workshop on Healthy Eating for clients of the Smoking Cessation Clinic at Cumuto Outreach Centre. The session was held on June 1, 2023 from 1:00 p.m. – 3:00 p.m.

Ms. Natasha Bellamy, Food Demonstrator, conducted a lecture on Nutrition and Smoking which focused on healthy eating and snacking. Clients actively participated as they learnt how to build a nutritious and well-balanced plate for breakfast, lunch and dinner.

Some nutrition tips shared to help curb cravings were:

- 1. Do not skip meals** - Eat main meals (*breakfast, lunch and dinner*) at regular times every day and one to two healthy snacks, if meals are more than four hours apart. Choose healthy snacks such as fruits, home-made plain popcorn, nuts and seeds.
- **Manage your portions** and create a balanced plate using the Healthy Plate Guide.

- 1. Fill half your plate** with both cooked and raw vegetables.
 - 2. Fill quarter of your plate with protein** foods from animals (chicken, turkey, fish, etc.) and/or plant sources such as peas or beans.
 - 3. Fill quarter of your plate with whole grains** (oats, corn, whole wheat products) and fibre-rich starchy foods such as ground provisions, breadfruit, plantain, etc.
- **Listen to your body** - Cravings usually last 30 seconds to 2 minutes. Delay acting on a craving by drinking some water or taking a walk.
 - **Eat at least two servings of fruits and three servings of veggies** daily to help restore lost nutrients, such as vitamins and minerals, due to smoking.
 - **Limit or avoid certain foods and drinks** that make you feel to smoke and make it tougher to fight cravings for alcohol products.
 - **Exercise** to help reduce cravings, reduce your appetite and handle stress.

ERHA Participates in SDA's Career Day



Ms. Natasha Bellamy , Food Demonstrator and Mr. Christopher Gyan, Community Dietician interact with students

Students at the Sangre Grande SDA Primary School were excited with members of staff from the Pharmacy, Nursing, Nutrition and Medical Social Works Departments about their respective professions.

The Career Fair was held on June 7, 2023 at the School. The departments participated to inform the children about the numerous career opportunities available in the Eastern Regional Health Authority (ERHA).

Over 450 students from the infant's department to the standard 5 were in attendance dressed in

the uniforms of their desired careers. Lectures were delivered by the ERHA's team as well as by members of the Trinidad and Tobago Coast Guard; Construction; Trinidad and Tobago Fire Services; TT 3 Angels Broadcasting Network (3ABN) Television and Wild Life.

The children also participated in an interactive games organised by Ms. Natasha Bellamy, Food Demonstrator and Mr. Christopher Gyan, Community Dietician to educate them on the importance of healthy eating. They constructed a balanced meal incorporating the six food groups utilising the healthy plate model.

Good News - June



Good News



Leanna Castanada

Appreciation Post [ERHA Trinidad & Tobago](#) , Customer Relations Officer, Sangre Grande Hospital, who stood with me and supported all the way to ensure my surgery was a success ...A HUGE HEART-FELT ❤️ THANK YOU To the Doctors & Surgeons of the Surgical Department of the Sangre Grande Hospital for their care and concern meted out to me. God's continued blessings 🙏 to all of you. I am so grateful to everyone who took such good care of me. To the Customer Relations Officers who followed up to make sure my Surgery was a success. I can't thank you enough for being so kind and patient with me for the past few weeks. Your support is a blessing. To the Ward 3 Nurses when I was there last week and to the Staff of Ward 5, THANK YOU for making me feel so comfortable.

And to everyone who gave their support and left their kind words of encouragement, I appreciate you and thank you for your kindness.

Everything in God's timing 🙏🙏

FINALLY 🙏🙏 Let the healing begin 🙏

Posted on Facebook by Leanna Castanada

June 16, 2023

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."

World Environment Day

World Environment Day which is observed on June 5, is the biggest international day for the environment. Led by the United Nations Environment Programme (UNEP) and held annually since 1973, it has grown to be the largest global platform for environmental outreach. This day is celebrated by millions of people across the world.

The theme for World Environment Day is **"Solutions to plastic pollution"** and will focus on plastic pollution under the campaign **#BeatPlasticPollution**. World Environment Day 2023 is hosted by Côte d'Ivoire in partnership with the Netherlands. In 2014, Côte d'Ivoire showed leadership in the fight against plastic pollution as they banned the use of plastic bags and supported the use of reusable packaging.

At the Eastern Regional Health Authority, let us continue being part of the change. Join the Occupational Safety and Health Department by actively participating and contributing to our Recycling Program (presently facilitating beverage plastic and glass bottles, tetra packs and aluminum cans at the iCare bins only and shredded office paper).



For more information feel free to liaise with the OSH Department at OSHDept@erha.cott or your respective OSH Department of your unit.

Tips to help protect the environment

PROTECTING OUR PLANET STARTS WITH YOU



BIKE MORE DRIVE LESS



reduce REUSE recycle

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

choose sustainable



Learn how to make smart seafood choices at www.FishWatch.gov.

Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.



PLANT A TREE



EDUCATE

When you further your own education, you can help others understand the importance and value of our natural resources.

CONSERVE WATER



The less water you use, the less runoff and wastewater that eventually end up in the ocean.



Buy less plastic and bring a reusable shopping bag.



Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.



Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



Long-lasting light bulbs - ARE A - BRIGHT IDEA

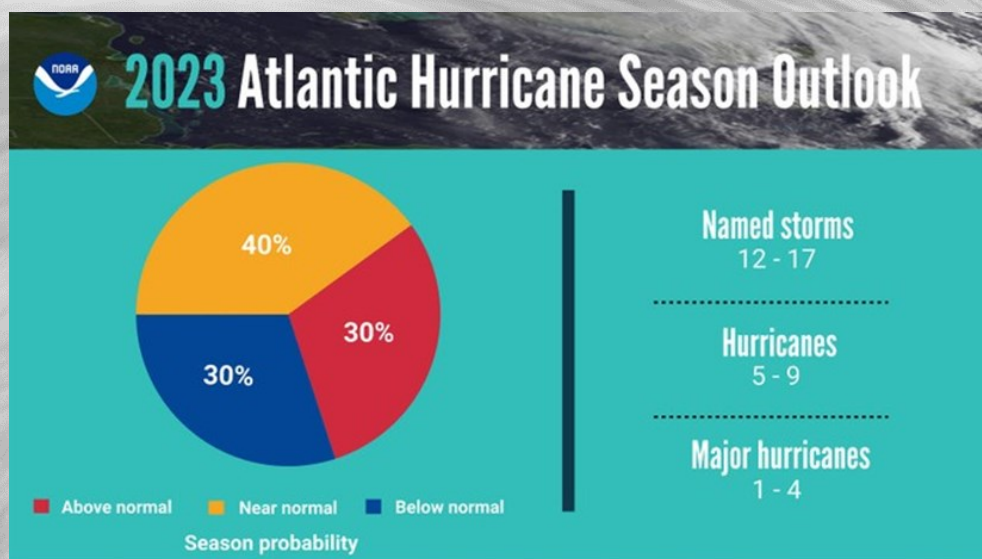
Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!



HURRICANE SEASON 2023

Hurricane Season Outlook

According to the National Hurricane Center the upcoming Atlantic Hurricane Season is expected to be less active than recent years. This occurrence is due to competing factors-some that suppress storm development and some that fuel it-driving this year's overall forecast for a near-normal season.



El Niño Southern Oscillation (ENSO)

An **El Niño** condition occurs when surface water in the Pacific becomes warmer than average and eastwinds blow weaker than normal. El Niño often reduces the number of hurricanes that form in the Atlantic Ocean.

El Niño - Impact on Trinidad and Tobago

May-August 2023-68% chance ENSO-neutral conditions will create increased rainfall.

September-November 2023 - When El Niño conditions are fully entrenched over the islands, there will be more sunny periods and moderate to light rainfall, with a lower probability of torrential rainfall events.

Sources:

<https://www.noaa.gov/>
<http://www.metoffice.gov.tt/>
www.nhc.noaa.gov/aker/

TROPICAL CYCLONE 2023

WORD SEARCH

I	E	H	Y	M	M	A	T	L	E	G	I	N	L	LEE
E	I	Y	D	N	I	C	T	N	B	Y	A	P	G	RINA
M	V	H	R	O	T	D	A	N	H	R	L	N	D	FRANKLIN
I	O	Y	I	H	A	R	O	L	D	A	E	Y	O	GERT
L	T	A	J	B	O	I	W	A	N	N	N	T	N	OPHELIA
Y	H	L	D	E	L	T	A	H	E	I	P	D	R	BRET
L	K	R	L	K	A	T	I	A	I	R	N	L	O	DON
A	F	R	A	N	K	L	I	N	O	T	T	I	L	KATIA
I	L	M	T	O	G	R	A	M	G	D	N	E	T	TAMMY
L	T	R	S	O	A	E	V	I	N	C	E	E	E	WHITNEY
A	T	E	M	N	H	E	A	E	J	O	S	E	Y	EMILY
N	A	T	D	A	N	L	O	P	H	E	L	I	A	ARLENE
N	G	E	R	T	I	D	A	L	I	A	M	Y	E	JOSE
A	R	L	E	N	E	P	P	I	L	I	H	P	R	HAROLD

SEAN
MARGOT
PHILIPPE
NIGEL
VINCE
CINDY
IDALIA



Sangre Grande Enhanced Health Centre
invites you to our

MEN'S HEALTH FAIR

"It is All About Him: A Health Initiative for Men"

DATE

8 JULY, 2023
&
9 JULY, 2023

TIME

9:00A.M.-2:00P.M.

VENUE

SANGRE GRANDE
ENHANCED HEALTH CENTRE

SERVICES OFFERED:

KNOW YOUR NUMBERS:

(BLOOD GLUCOSE TESTING,
BLOOD PRESSURE & BMI CHECK)

VISION SCREENING

MEDICAL ASSESSMENT

PROSTATE EXAMINATION

HIV TESTING & COUNSELLING

HEALTH EDUCATION LECTURES

PHARMACY SERVICES

UROLOGY EDUCATION

DENTAL

VACCINATION

ONCOLOGY

RADIOLOGY

MENTAL HEALTH ADVICE

BREAST FEEDING

PHLEBOTOMY SERVICES

MEDICAL SOCIAL WORK

WELLNESS DEMONSTRATIONS

NUTRITION COUNSELLING

FOR MORE INFORMATION CONTACT THE
SANGRE GRANDE ENHANCED HEALTH CENTRE: 226-9632



Erha Trinidad Tobago



www.erha.co.tt

"Caring is the Key"



Well NEWS

Newsletter

BY HEALTH EDUCATION & NUTRITION DEPARTMENTS
COUNTY ST. ANDREW/ST. DAVID & NARIVA/MAYARO



The Food-Brain Connection

How It All Connects

Welcome to the latest edition of our newsletter, The Food-Brain Connection.

In this issue, we will be exploring the fascinating relationship between what we eat and the health of our brain. It's no secret that a well-balanced diet is essential for good health, but did you know that it is also crucial for optimal brain function?

COMPLEX CARBS



Our brains rely on a steady supply of glucose, which we get from carbohydrates. But not all carbs are created equal!

Complex carbohydrates such as whole grains, provision, fruits and veggies provide a slow release of glucose, keeping our brains fuelled throughout the day. On the other hand, simple carbs found in sugary snacks and drinks can cause a spike in blood sugar levels, followed by a crash that leaves us feeling tired and unfocused.

OMEGA-3



We can't forget about omega-3 fatty acids, which have been shown to improve cognitive function, memory, and mood. These powerful nutrients are found in oily fish like salmon, mackerel, and sardines, as well as nuts and seeds such as flaxseed, chia seeds and walnuts.

For more information, contact us at 226-9844

Research has shown that the food we eat can have a significant impact on our cognitive function that include memory, focus, and creativity.

One of the key elements of a brain-boosting diet is a balance of nutrients from a variety of food groups. The Caribbean six food groups are an excellent example of this, as they provide a diverse range of essential vitamins, minerals and complex carbohydrates to support a healthy brain. These groups include:

1. Fruits
2. Vegetables
3. Legumes
4. Foods from Animals
5. Staples
6. Fats and oils

Each group plays a crucial role in supporting brain health, from providing antioxidants to protecting against inflammation and oxidative stress.

ANTIOXIDANTS



Let us talk about the importance of antioxidants! These mighty nutrients can protect our brains from age-related damage and help support cognitive function. You can find them in brightly coloured fruits and vegetables like pawpaw, tomatoes, peppers and spinach, which are also loaded with vitamins C and E.

PORTION CONTROL



It is not just about what we eat, it's also about how much we eat. Overeating can lead to obesity, which has been linked to a higher risk of cognitive decline later in life. So, it's important to eat a balanced diet using food from the **Caribbean Six Food Groups** and pay attention to portion sizes. You can use the Healthy Plate guide to control your portion sizes.

WATER INTAKE



Last but certainly not least, let us keep our brains hydrated! Dehydration can lead to headaches, fatigue and poor concentration, so drink plenty of water throughout the day. Aim for at least eight glasses of water per day, drink more water if you are exercising or in a hot environment.

That's a wrap for this issue of **The Food-Brain Connection**. We hope you found these tips informative and useful. Remember, a healthy diet is not just good for your body but also for your brain. So, fill up on complex carbs, omega-3s, antioxidants, and water!



JUNE 2023

Sangre Grande Hospital

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

Mayaro District Health Facility

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

Biche Outreach Centre

Canque Village
Biche
Tel: 280-9781/668-9053

Brothers Road Outreach Centre

Brothers Road
Tabaquite
Tel: 656-2547/340-6895

Coryal Outreach Centre

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

Cumana Outreach Centre

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

Cumuto Outreach Centre

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

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/358-5421

Guayaguayare Outreach Centre

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

Manzanilla Outreach Centre

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

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428/354-0052

Matura Outreach Centre

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

Rio Claro Health Centre

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

Sangre Grande Enhanced Health Centre

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

Sans Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382/280-8694

Toco Health Centre

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

Valencia Outreach Centre

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

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9353

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

