



The Eastern *Vibes*

Monthly Newsletter 2024

May 2024, Issue #118

Celebrating the Life of Mr. Ronald Tsoi-a-Fatt



Mr. Ronald Tsoi-a-Fatt, former Chief Executive Officer

It is with deep sadness and a profound sense of loss that we mourn the passing of Mr. Ronald Tsoi-a-Fatt our former Chief Executive Officer. Mr. Tsoi-a-Fatt departed this life on May 13, 2024.

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Celebrating the Life of Mr. Ronald Tsoi-a-Fatt

Mr. Tsoi-a-Fatt was a dynamic Executive, Administrator, Consultant and a Strategic Solution Oriented Leader.

He dedicated most of his life to serve the people of Trinidad and Tobago in healthcare administration as Chief Executive Officer during the periods 1995 to 1999; 2005 to 2009 and 2017 to 2024 at the Eastern Regional Health Authority (ERHA) and from 2009 to 2011 at North Central Regional Health Authority formerly Central Regional Health Authority.

Mr. Tsoi-a-Fatt's contributions were immeasurable. He led in the implementation of major organisational change registering several successes in a challenge filled reform environment and was awarded the Ministry of Health Director's Award for Quality Leadership in 2008. He was a pillar at the ERHA and under his leadership the Authority maintained the position of Health Sector Agency for four years 2005 to 2009. During that period at the Authority, he was the Visionary and Champion in the launch of the first local RHA Public Health Observatory (PHO) to facilitate data driven Healthcare Services. This PHO Model advocated the formation of Observatories in all RHA's with a synergistic sharing and consolidation of data at national levels to inform National Health Strategy and Policy. He also facilitated the formation of the National Poison Information Centre a joint initiative between the University of the West Indies and the ERHA. Under his leadership the Sangre Grande Hospital grew from the old County Hospital established in 1953

to usher in a new dimension of service quality, as well as patient experiences and outcomes in the Eastern Community with the opening of the Sangre Grande Hospital Campus. The hospital also received Baby Friendly Hospital Accreditation from PAHO.

Primary Care Services were also greatly strengthened with the opening of the Sangre Grande Enhanced Health Centre and was reorganised into Administrative Clusters to improve holistic delivery and relevance. A major enabling strategy during the transition was the introduction of the Quality Circles Model to enhance co-planning, implementation and monitoring activities. He also guided the Implementation of Disaster Management activities at National and Regional Health Authority levels. This disaster model was later adapted to form part of the national response to the COVID-19 epidemic.

An avid Amateur Radio enthusiast, he introduced staff to his passion and encouraged them to become certified, he also equipped health facilities and the Authority's fleet with the technology to build resilience and ensure connectivity in remote areas especially in times of disasters to facilitate continuity of service.

His legacy lives on in the strong foundation he built as he inspired others to challenge themselves and to grow. The staff will deeply miss his leadership, vision and unwavering commitment to excellence.

Mr. Tsoi-a-Fatt was laid to rest on May 21, 2024.

Celebrating Mother's at the Sangre Grande Hospital



From L to R: Ms. Madonna Cooper, Midwife, Ms. Lucy Torres, Director of the ERHA Board of Directors, Mrs. Angelina Rampersad-Pierre, Acting Chief Executive Officer and Ms. Denica Guerra

The Eastern Regional Health Authority welcomed the first baby to be born at the Sangre Grande Hospital on Mother's Day at 6:35 a.m. The healthy baby girl who weighed 3725 grams was born to Ms. Denica Guerra and was delivered by Staff Midwife Tsahai Sylvester-Brown.

Ms. Lucy Torres, Director, Mrs. Angelina

Rampersad-Pierre, Acting Chief Executive Officer and Midwife Madonna Cooper presented Ms. Guerra with a beautiful baby hamper.

All women on the ward were reminded of how important it is to also take care of themselves especially at this time and were presented with personal pamper care kits.

Women's Health Outreach at the Valencia Outreach Centre

Cervical cancer is one of the most common female cancers. It can be cured if diagnosed at an early stage and treated.

Source: World Health Organization

In an effort to prevent cervical cancer the Valencia Outreach Health Centre hosted a Pap

Smear Outreach on May 18, 2024, at the facility.

Over **50** women in the community attended the outreach to increase their awareness to be able to take preventative steps. They accessed screening for Cervical Cancer; Medical Assessment and Counselling.

Sangre Grande Fire Service Cookout



Congratulations to our team **"Trini Wellness Crew"** for winning the Sangre Grande Fire Station Cookout Competition.

The sun shone in all its glory, casting its golden glow over the energetic crowd, while laughter danced through the air like cracking flames. The tempting aroma of various local dishes merged with the chatter of friends and colleagues, weaving a tapestry of expectation and joy. The Eastern Regional Health Authority joined the Sangre Grande Fire Service as they hosted their first cookout entitled, **"A Trini Ting"** on Saturday May 4, 2024.

In the midst of the buzzing atmosphere our booth was a haven of originality draped with the national colours of red, white and black which demonstrated our patriotic team spirit and attracted competing teams and spectators. The strong spirit of camaraderie and culinary skills placed us above the six other teams to be crowned winners. The zesty ingredients of communication, collaboration, adaptability, trust, diversity and fun were required for the wining menu. Together, we celebrate this win. Cheers!

Nurses Make The Difference

"As a Nurse, we have the opportunity to heal the mind, soul, heart and body of our patients. They may forget your name but they will never forget how you made them feel." *Maya Angelou*

The Eastern Regional Health Authority (ERHA) recognised the Nursing Staff and Nursing Icons at a Nurses Appreciation Day Programme held on May 10, 2024 at the BP Learning Resource Centre.

Mrs. Eleanor John-Eccles, General Manager-Nursing, welcomed those in attendance and extended best wishes to the hardworking nursing staff. She informed them that they are the backbone of healthcare and acknowledged their contributions to patient care and their dedication to nursing throughout the year. She also stated that, "their high level of confidence and emotional strength make a positive impact on patient life, thereby making a significant difference in families, communities and the country."

In her address, Mrs. Angelina Rampersad-Pierre, Acting Chief Executive Officer thanked the guests of honour for choosing to become nurses and for taking the solemn pledge to serve humanity and to endeavour to practice their profession with conscience and with dignity, while maintaining the honour and noble tradition of the profession to consider the total health of their patients first.

The Acting CEO reflected on some of the recent achievements which included the award of Baby Friendly Hospital accreditation and several outreach initiatives to increase access to healthcare. Mrs. Rampersad-Pierre also acknowledged the nurses for upgrading their skills as their role in the economic power of care

is vital. She stressed that the investment in healthcare is not a cost but an investment for our future to create healthy people and societies.

Ms. Esme Rawlins-Charles, Chairman stated that she was honoured to bring greetings and to celebrate the remarkable contribution of our nurses to our citizens. The Chairman pointed out that we take it for granted that there will be a nurse for every service we provide. She thanked them for their broad skills set, for adjusting to change, technology and for going beyond expectations as they work tirelessly to ensure that each patient receives quality healthcare.

Chairman Rawlins-Charles shared two personal experiences she had while accessing healthcare at the Sangre Grande Hospital and at the Maternity Ward of the North Central Regional Health Authority where she had the opportunity to observe what was going on in the wards. She had absolutely no complaints with her experience in Sangre Grande and 37 years later, she is still thankful to the neonatal nurses for their nurturing and teaching skills.

Reflecting on the theme for the celebration **"Our Nurses, Our Future; The Economic Power of Care"** the Chairman pointed out that it highlighted the pivotal role nurses play in shaping the present and the future of healthcare. She further stated that, "Nursing is not just a profession, it is an essential pillar of our healthcare system and the driving force behind economic growth and stability. The compassionate care provided by nurses not only improves patient outcomes but also contributes to the overall well-being of our communities and economies."

Nurses Make The Difference (continued)

Ms. Sherma Campbell, National Advisor-Nursing Services made a clarion call in her feature address for nurses to move the profession from invisible to invaluable. She stated that, "Nurses are a critical path of healthcare, not just the backbone of healthcare but are the very heart of healthcare." She identified some general concerns that nurses have and possible solutions before pointing out that all nurses are not the same and some behave in a manner that let us down.

Ms. Campbell called on nurses to be honest and to know how to make the unbearable, bearable. She stated that, **"In nursing, Compassion is the Economic Power of Care; the Healing Balm; The power to help the sick get well again; the well to stay well; the dying to die peacefully and to help others through the pains of birth."**

She then shared some nursing stories. Where compassion was present, patient outcomes

were improved and pointed out, where these factors were absent, there were fatal or devastating consequences.

Ms. Campbell issued a call to action and urged nurses to be focused on the needs of the patients and not on their own needs. To produce behaviours that represent compassionate action. To be a role model and to teach the hidden curriculum.

Greetings were also delivered by Ms. Nicole Reece-James, President of the Trinidad and Tobago Association for Midwives and Mr. Corey George, President of the Nursing Council of Trinidad and Tobago.

One of the high points of the programme was the recognition of Nursing Icons of the Authority who collectively gave over 55 years of quality service to the citizens of Trinidad and Tobago.

Thank you to all nurses in the ERHA for your service, you are truly appreciated.



Nariva/Mayaro Staff Wellness Day: Enrich, Educate, Energize



1st Place Winners
Pharmacy Department

2nd Place Winners
AAO and CMOH Departments

3rd Place Winner
Nursing Department

Wellness initiatives boost production, boost morale and retention amongst staff members and lower health risks. Employees who are in good physical and mental health typically produce more, are driven, focused and full of energy to carry out their responsibilities.

The Rio Claro Wellness Centre hosted a Staff Wellness Day in the county of Nariva/Mayaro on Wednesday May 29, 2024 under the theme, ***“Enrich, Educate, Energize.”***

The primary goal of this initiative was to foster a culture of holistic well-being among employees and empower them with the knowledge, resources and support needed to lead healthier, happier lives in and out of the workplace.

Staff benefitted from counselling on work-life balance and stress management techniques provided by the Medical Social Work Department. The Health Education Department provided general health literature and hosted fun health awareness games. The Nutrition Department mounted a healthy eating display and demonstrated how to make a

healthy smoothie and coached how to eat healthy.

The main attraction of the day was the Superfood Showdown, which showcased the culinary creativity of staff preparing healthy meals. Members of staff from Pharmacy, Nursing department and a collaboration between the Area Administrative Office and County Medical Officers of Health participated in the Superfood Showdown. They each displayed a beautiful array of delicious, healthy foods utilizing a variety of superfoods, such as quinoa with mixed vegetables, pan-seared salmon, and roasted sweet potatoes. They all excelled at creating nutrient-packed dishes, but the Pharmacy department stole the show with their delectable oat smoothie and main course of pan seared salmon and quinoa, secured first place in the competition. The AAO and CMOH departments combined placed second and the Nursing department placed third.

The commitment to wellness extends far beyond this single event. The NAMA Staff Wellness Day represents a positive step towards a brighter and healthier future for the Authority.

Empowering Members of the Community to Fight Hypertension



Hypertension is when the pressure in your blood vessels is too high, that is 140/90 (mm hg) or higher.

The Health Education Department Nariva/ Mayaro commemorated World Hypertension Day on May 17, 2024 to increase awareness about hypertension and to educate members of the community for them to make healthier choices to lead healthier lives.

The activities commenced on May 16, 2024, with Hypertension lectures at the County Health Administration Building and the Celinex Building. Staff also demonstrated their knowledge by participating in a quiz and a team building game.

The team also conducted outreach exercises to bring information to persons in the communities. On May 17, 2024, under the banner **"Eating Right to Fight Hypertension,"** two grocery tours were

conducted at S&S Supermarkets in Rio Claro and Mayaro. The Nutritionist engaged with members of the Rio Claro, Mayaro and Guayaguayare Chronic Disease Support Groups. She explained and demonstrated how to read food labels and calculate the sodium content on grocery items a major contributor to hypertension. After learning about sodium content in foods, the group was split into two teams to shop and create three meals for the day, ensuring their collective sodium intake remained below 2300mg. The groups enthusiastically completed the task and both successfully created healthy meals with daily sodium levels below the recommended amount.

Members of staff at the National Insurance Board (NIB), Rio Claro also benefited from a lecture at their office and were encouraged to make exercise a daily part of their routine to combat the risk of hypertension.

Over **75** persons participated in the sessions.

T10 Cricket Finals Highlights



T10 Cricket Finals Highlights



National Disaster Prevention & Preparedness Jeopardy

May is recognised as National Disaster Prevention and Preparedness Month. Noting the importance of the knowledge and information to prevent disasters and keeping in mind that people have different styles of learning, the Disaster Preparedness Department introduced a Jeopardy Game approach to increase awareness.

The interactive learning sessions were conducted from May 1 - 24, 2024 at the various units and focused on the topics, **"Caribbean Hazards, Disaster Management Cycle, ODPM and Disaster Kit Items."**

After some intense competition, Ms. Vindra Ramdass-Harridath, Public Health Observatory - Head Office; Ms. Akiela Mannette, Surveillance

and Statistics Department-St. Andrew/St. David; Ms. Hazel Tenia, Mayaro District Health Facility, Accident and Emergency Department-Nariva/ Mayaro and Ms. Olivia Melville, Administrative Department - Sangre Grande Hospital, qualified for the finals.

A hybrid approach was adopted for the finals on May 29, 2024 with some representatives participating via Microsoft Teams, while others were in person at the Conference and Emergency Operations Centre. After the two rounds of competition, Ms. Vindra Ramdass-Harridath amassed the most points and was crowned the winner, Ms. Akiela Mannette and Ms. Olivia Melville tied for second place.

Please see the photo below.



National Nutrition Awareness Week

Our health is significantly impacted by the food we eat. Non-communicable diseases can arise as a result of an unhealthful and an unbalanced diet that is often low in fruits and vegetables and high in salt, sugar and saturated fat.

To heighten awareness on the importance of eating healthy, the Nutrition Departments in the Eastern Regional Health Authority hosted several activities to commemorate National Nutrition Awareness Week. Activities were held during the period June 1-7, 2024 under the theme **"Impact of Climate Change on Nutrition - Grow Your Own."**

Videos were created to highlight the impact of climate change on nutrition and to provide tips on how to start a plant based diet.

The Nutrition Department, Nariva/Mayaro, hosted a plant-based nutrition promotion for staff at the Administrative Offices. Additionally, an online survey was conducted to evaluate climate change mitigation, readiness & awareness. To increase public knowledge an Outreach exercise was conducted in collaboration with the Health Education Department at Persad's D' Food King, Rio Claro Supermarket to promote plant-based nutrition.

Food samples and prizes were distributed.

At the Sangre Grande Hospital the Nutrition & Dietetics Department conducted a daily **'Did You Know'** segment where they highlighted key facts about the impact of climate change on nutrition, steps to improve nutrition and its benefits to the planet. They also held a Grow Your Own - Poster Competition for staff, where they were challenged to use recycled materials to display the impact of climate change on nutrition.

Prizes were distributed to winners in a ceremony on June 7, 2024 at the Sangre Grande Hospital. The three winners are as follows:

1st Place - Priya Maraj (Finance Department)

2nd Place - Vindra Ramdath-Harridath (PHO)

3rd Place - Nekeisha Martin (Ward 1)

Staff involved in nutrition and food preparation also engaged with members of the public and discussed their roles and responsibilities. They provided information on medical nutrition therapy, treatment and prevention of medical conditions. Seedlings were also distributed to support home gardening and to ensure food security.



National Nutrition Awareness Week highlights



Let's Play the OSH Family Fued



The Occupational Safety and Health (OSH) Department celebrated OSH week during the period April 29 to May 3 under the theme, **"The impacting of climate change on Occupational Safety and Health"**. This year a new approach was adopted with the hosting of the OSH Family Fued game among teams representing Head Office (HO), St. Andrew/St. David (STAD) Nariva/Mayaro (NAMA) and Sangre Grande Hospital (SGH).

The Northeastern Community Centre in Duranta was buzzing with excitement on May 3, 2024 as scores of employees came out to support and to witness, **"What the survey said."**

Team members eagerly pressed the buzzer to articulate their responses and demonstrate their knowledge as they faced-off against each other. After the final round HO was crowned champion STAD placed 2nd; NAMA 3rd and SGH 4th.

In an effort to continue promoting a Positive Safety Culture awards were presented to staff in the following categories:

- **Safest Driver** - Mr. Shameed Mohammed (Head Office)
- **Outstanding OSH Officer** - Ms. Nichelle Morgan (Nariva/Mayaro)
- **Unit with least number of recorded Incidents/Accident** – Nariva/Mayaro
- **Nil Needle Stick Injuries** – Nariva/Mayaro

Most Active Safety Wardens for 2023

Ms. Shanice Torres (Head Office)

Ms. Tameika Mungo (Nariva/Mayaro)

Mr. Hayden Pierre (Sangre Grande Hospital)

Ms. Sherifa Ali (St. Andrew/St. David)

Mother's Day Message



Happy Mother's Day

Every mother deserves the best.

Wishing all the mothers and mother figures in the Eastern Regional Health Authority a day full of happiness and joy.

May this special day be as lovely and perfect as you.

*From the Chairman, Board of Directors and
the Chief Executive Officer (Ag.) of the
Eastern Regional Health Authority*



Happy Indian Arrival Day

Today we commemorate the resilience, contributions and cultural heritage of the Indian diaspora. It is a time to reflect on the journey of our ancestors who braved the unknown to seek new opportunities and chart the future.

Their sacrifices, perseverance and enduring spirit continue to inspire us today.

*From the Board of Directors and the
Chief Executive Officer (Ag.) of the
Eastern Regional Health Authority*

"Caring is the Key"

Good News - May



Maura Cooseelal

It will be remiss of me if I do not make a comment about the Cancer Treatment Services provided by the ERHA at the Sangre Grande General Hospital..... Heartfelt Kudos, Thanks, Praises and Blessings to our Doctors, Nurses, Nursing Assistants, the Wheelchair Assistant, the Clerks and other supportive Staff at the ONCOLOGY Clinic at the Sangre Grande General Hospital. Everyone is so helpful, caring, concerned and supportive to all patients. My

experience has always been a positive one since I joined that Clinic 5 years ago in 2019. I pray that God will continue to bless and guide their hearts 💖, hands 🙌 and minds 🙏 in their continued pursuit of excellence in every respect. Best wishes to all as you continue to provide for us, take care of us and manage our individual Treatment Plans with your Corporal Works of Mercy. You all are a BLESSING 💖 🙏 🙌 your LOVE 💖 knows NO BOUNDS.

HURRICANE SEASON 2024



BE PREPARED!

Make a Plan

Prepare an Emergency Kit, learn evacuation routes.

Gather Emergency Supplies

Stock up on items you may need for a hurricane such as:

- Non-perishable Food & Water Supply
- Medicine Supply
- Flashlights
- Important Documents
- Other Disaster Kit Essentials

Prepare Your Home

Clear items in your yard, cover up windows and doors.

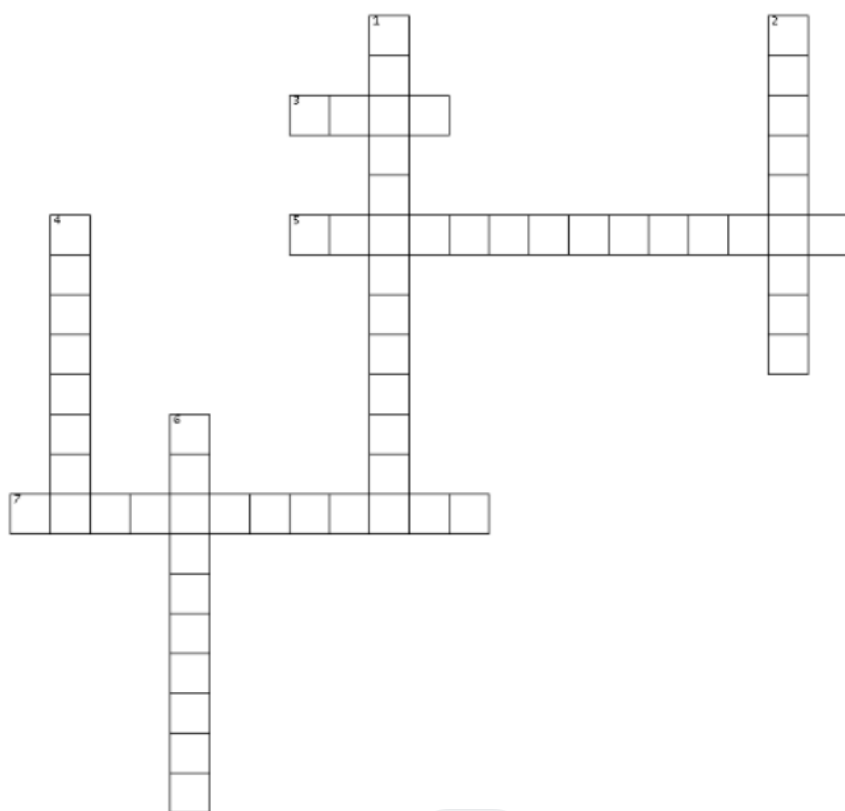
HURRICANE "WATCH" VS HURRICANE "WARNING"

Hurricane Watch indicates hurricane conditions are **POSSIBLE** usually announced 48 hours before.

Hurricane Warnings are more serious and indicates hurricane conditions are **EXPECTED** usually announced 36 hours before.



Hurricane Season Crossword Puzzle



ACROSS

3. The month the Hurricane season begins.
5. Indicate hurricane conditions are possible.
7. A set of actions that are taken as precautionary measures in the face of potential disasters.

DOWN

1. Describes items that do not require immediate refrigeration and can be stored for a long time.
2. Tropical storms that form the Atlantic Ocean with wind speeds of at least 119 kilometers (74 miles) per hour.
4. A sudden accident or a natural catastrophe that causes great damage or loss of life.
6. An essential light source when the power goes out during a disaster.



Thank You!

To the members of the Eastern Regional Health Authority Team who contributed to the success of the ceremony in commemoration of the opening of the Sangre Grande Hospital Campus.

Through your combined efforts, the Authority was able to provide support to appreciate members of the community for their work and to increase access to primary healthcare services for persons to take control of their health.

*From the Chairman and the Board of Directors
of the Eastern Regional Health Authority*



Government of the Republic of Trinidad and Tobago

Ministry of Health

OFFICE OF THE NATIONAL ADMINISTRATOR,
NURSING SERVICES

#4-6 Queen's Park East, Port of Spain 101002

MEMORANDUM

From: National Administrator, Nursing Services

To: Chief Executive Officer
Eastern Regional Health Authority

Date: May 16, 2024

Subject: THANK YOU for your Support

The Office of the National Administrator, Nursing Services Unit of the Ministry of Health, thank the Office of the CEO and the Nurses of the ERHA for the support and participation in our recently concluded Nursing and Midwifery Career Fair held on May 15, 2024, at the Hilton Trinidad and Conference Centre.

The nurses of ERHA did a remarkable job with their displays, their booth demonstrated their dedication and commitment to excellent patient care. They engaged meaningfully with the students and provided them with valuable information that will enable them to choose nursing and midwifery as professions. The booths were creative and professional and we truly commend their efforts. Great job to the ERHA nurses!

We were grateful for their time, and hope they will consider joining us for future Career Fairs.

Regards,

Mrs. Sherma Alexander-Campbell
National Administrator, Nursing Services

**NATIONAL ADMINISTRATOR
NURSING SERVICES**



1(868) 217-4664
Ext. 16601-16603



www.health.gov.tt



Government of the Republic of Trinidad and Tobago
Ministry of Health



STEPS SURVEY 2024

Trinidad and Tobago Get Ready!

We are moving to get information from you to assist in managing your health.

The Ministry of Health will be conducting a National Health Survey called the **STEPS Survey 2024** to gather information from households across Trinidad and Tobago, on lifestyle practices that impact your health, such as what you eat and drink, how much you exercise and any health concerns.

All information collected in the survey will be kept confidential.

Staff conducting the survey will visit your home with proof of identification:

- Ministry of Health ID; and
- Identifiable clothing with Ministry branding.

The survey was launched in **April 2024**.

We need **your** support as we seek to improve the health of **ALL**.

For more information you may contact the **Non Communicable Diseases Unit**, Ministry of Health at 217-4664 ext. 16623.

Drink Water... Eat Fruits and Vegetables... Get Moving ... Know Your Numbers

OUR VISION

The ERHA is a dynamic organization focused on promoting wellness in collaboration with our communities. We commit to providing value driven, technologically appropriate quality healthcare services, through our highly motivated and developed human resource within the guidelines of national policy.

OUR MISSION

The ERHA is the pioneer and preferred provider of quality health and wellness services in Trinidad and Tobago. We influence and set measurable standards of care through excellence in leadership and an enabling environment that presents and safe haven for all.

OUR CORE VALUES

Respect for Human Dignity

We treat our work, colleagues, clients, suppliers, and the community with dignity and respect. We embrace the diversity of people & perspective and encourage open and courteous communication and the sharing of different views.

Integrity

We act with honesty, respect and transparency that will encourage and sustain a high level of trust and reliability in the organization.

Shared Ownership

Providers and clients of the organization have a responsibility in guiding and regulating the quality, efficiency, customer satisfaction and planning of the Authority.

Commitment to Excellence

We foster a spirit of service, build character and ethics, and promote and encourage a commitment to service to achieve the highest possible level of efficiency, effectiveness, professionalism and quality of care. Motivated people guide the organization through deliberate change while promoting service, employee, environmental and financial excellence.

Partnership

Effective partnership with relevant stakeholders including individual, communities, NGOs and other sectors are encouraged.

Universal access, affordability and equity

We subscribe to the ideal of accessible, affordable and equitable service for all.

Quality Care

We are conscious that our vision will only be realized if our clients receive the highest possible quality care to which they deserve.

Innovation

We are focused on utilizing and developing innovative ideas and techniques in conjunction with the technology of the day to enhance the outcomes and experiences of our clients, staff and key stakeholders.



May 2024

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: 670-8264/385-5421

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**

Website : www.erha.co.tt



ERHA Trinidad & Tobago



@erhatrinidad