



The Eastern *Vibes*

Monthly Newsletter 2025

January 2025, Issue #126

ERHA Hosts Education Session for Adolescents

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Eastern Regional Health Authority Staff Members at the Guaico Secondary School

Adolescence can be a challenging time for some children as they experience changes to their bodies and brains. Recognising the need to prepare children for the changes they may face

on a daily basis, the Eastern Regional Health Authority's School Health Department held an education session for students in the Guaico area.

ERHA Hosts Education Session for Adolescents (Cont'd)

Over 120 students from the Guaico Government Primary School and the Guaico Secondary School attended the programme which was held on January 29, 2025 at the Guaico Secondary School. The main objective of the programme entitled, **"Bridging the Gap' "Children Transition to Adolescence"** was to educate

children about the major changes they will experience as adolescents and to provide them with information to manage emotional and behavioural changes. The interactive session included talks on how to manage physical, intellectual, psychological and social challenges.



ERHA Honours Mothers on New Year's Day

The population of the Eastern region was increased on New Year's Day with the birth of a healthy baby boy. Ms. Sanell Johnson from Sangre Grande was the first mother to give birth at the Sangre Grande Hospital Campus.

Keeping with the New Year tradition, Ms. Lucy Torres, Member of the Board of Directors and Mrs. Angelina Rampersad-Pierre, Chief Executive

Officer visited the Maternity Ward at the Sangre Grande Hospital Campus to present tokens to all mothers and expectant mothers.

12 ladies were greeted and reminded about the importance of motherhood and the need to take care of themselves and their families. They were presented with gifts bags on behalf of the Eastern Regional Health Authority.



Increasing Access To Healthcare

Several persons are unable to access healthcare in their communities during the normal working hours the services are offered as they may work outside of the jurisdiction. Recognising this challenge the Nursing team in Nariva/Mayaro has amended the schedule of services to increase access and awareness for some key services on selected Saturdays. These services include cervical screening, breast examination, HIV testing and vaccination.

The first outreach which was conducted on January 11, 2025 at the Brothers Road Outreach Centre attracted over **45** persons from the community. The clients expressed their gratitude for the extended services and took advantage of the screening, vaccines and the available information to maintain and improve their health.

The outreach activities will continue as follows:

Date	Services Offered	Venue
Saturday 8th February, 2025	Cervical Screening, Breast Examination, HIV Testing and Vaccination	Mayaro District Health Facility
Saturday 8th March, 2025	Cervical Screening, Breast Examination, HIV Testing and Vaccination, Education Lecture	Rio Claro Health Centre
Saturday 12th April, 2025	Cervical Screening, Breast Examination, HIV Testing and Vaccination	Guayaguayare Outreach Centre
Saturday 10th May, 2025	Cervical Screening, Breast Examination, HIV Testing and Vaccination	Brothers Road Outreach Centre
17th - 23rd June Cervical Awareness Week		
Monday 16th June, 2025	Cervical Screening (Clinimobile)	Kernaham/ Guayaguayare
Tuesday 17th June, 2025	Cervical Screening (Clinimobile)	Ecclesville/Dades
Wednesday 18th June, 2025	Cervical Screening (Clinimobile)	Biche/Plum Mitan
Friday 20th June, 2025	Cervical Screening (Clinimobile)	St. John Road

Influenza Awareness Drive

According to the Ministry of Health, the Influenza virus can cause hospitalisation and occasionally even death.

In an effort to increase awareness about the Influenza virus Ms. Sherifa Ali and Mr. Isaac John, Health Education Aides, at the Health Education Department, St. Andrew/St. David facilitated lecture sessions on preventing the spread of Influenza, which is commonly known as the Flu. Sessions were conducted at the Sangre Grande Enhanced Health Centre, Manzanilla and Valencia Outreach Centres during the Child Health and Chronic Disease Clinics.

Clients were advised on methods to prevent the flu and the benefits of vaccination especially for persons at risk for severe illness.

Tips to prevent the Influenza:

- Avoid touching eyes, nose and mouth.
- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitiser.
- Cover coughs and sneeze with a tissue or cough into your sleeve (at the elbow).
- Stay home from school or work if fever or flu symptoms are present.
- Clean and disinfect surfaces and objects that are often touched by others at home or work.
- Get vaccinated.

Influenza Vaccine Schedule

NARIVA/MAYARO

DAYS	TIME	FACILITY
MONDAYS - FRIDAYS	8:00 a.m. – 4:00 p.m.	Mayaro District Health Facility Rio Claro Health Centre Biche Outreach Centre Brothers Road Outreach Centre Guayaguayare Outreach Centre

Influenza Vaccine Schedule (Cont'd)

ST. ANDREW/ST. DAVID

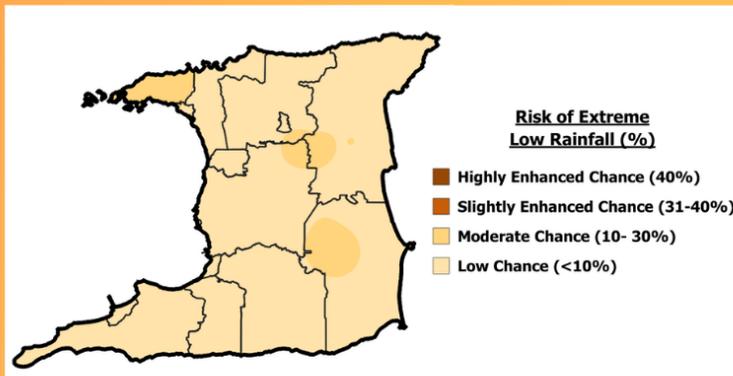
DAYS	TIME	FACILITY
MONDAYS	8:00 a.m. – 2:00 p.m.	Toco Outreach Centre
	8:00 a.m. – 2:00 p.m.	Valencia Outreach Centre
	9:00 a.m. – 2:00 p.m.	Sangre Grande Enhanced Health Centre
	1:00 p.m. – 3:00 p.m.	Coryal Outreach Centre
TUESDAYS (2 nd Tuesday)	8:00 a.m. – 2:00 p.m.	Cumana Outreach Centre
	8:00 a.m. – 2:00 p.m.	Cumuto Outreach Centre
	8:00 a.m. – 12:00 noon; Adult vaccine after 12:00 noon	Manzanilla Outreach Centre
	8:00 a.m. – 2:00 p.m.	Toco Health Centre
	8:00 a.m. – 2:00 p.m.	Valencia Outreach Centre
	9:00 a.m. – 2:30 p.m.	Grande Riviere Outreach Centre
	9:00 a.m. – 2:00 p.m.	Sangre Grande Enhanced Health Centre
WEDNESDAYS 2 nd & 4 th (Wednesday) 4 th	8:00 a.m. – 2:00 p.m.	Toco Health Centre
	8:00 a.m. – 2:00 p.m.	Sans Souci Outreach Centre
	8:00 a.m. – 2:00 p.m.	Valencia Outreach Centre
	9:00 a.m. – 1:00 p.m.	Matelot Outreach Centre
	9:00 a.m. – 2:00 p.m.	Sangre Grande Enhanced Health Centre
THURSDAYS	8:00 a.m. – 2:00 p.m.	Cumana Outreach Centre
	8:00 a.m. – 2:00 p.m.	Cumuto Outreach Centre
	8:00 a.m. – 2:00 p.m.	Matura Outreach Centre
	8:00 a.m. – 2:00 p.m.	Toco Health Centre
	8:00 a.m. – 2:00 p.m.	Valencia Outreach Centre
FRIDAYS	8:00 a.m. – 2:00 p.m.	Toco Health Centre
	8:00 a.m. – 2:00 p.m.	Valencia Outreach Centre
	9:00 a.m. – 2:00 p.m.	Sangre Grande Enhanced Health Centre

2025 DRY SEASON

The Trinidad and Tobago Meteorological Service (TTMS) officially declared the start of the 2025 Dry Season on January 14, 2025. The Trinidad and Tobago Dry Season spans from January to May annually.

The Dry Season generally encompasses reduced moisture, increased atmospheric stability, fewer deep clouds, less frequent rainfall events, warm days, cool nights and a general shift in the surface wind direction from mostly easterlies to north-easterlies.

DRY SEASON OUTLOOK FOR 2025



- The probability for totals to be in the lowest 10% of all dry season rainfall totals is mostly low (3%-18%).
- On average Trinidad and Tobago normally experiences 107 dry days (<1.0 mm). In the 2025 Dry season, Trinidad and Tobago may experience 98 dry days (<1.0 mm).
- There is a low (31%) chance for short-term drought conditions developing by the end of May 2025.

LA NINA'S EFFECT ON THE DRY SEASON FOR 2025

For the 2025 Dry Season there is a moderate probability (50%-57%) that a weak La Niña will persist throughout the first half of the season and weaken in the second half to neutral conditions. Historically, during a La Niña event, near-normal to above-normal rainfall amounts would occur within Trinidad and Tobago, but not always.

La Niña conditions will likely have a positive influence on local cloudiness and rainfall and therefore, will enhance the strength of local and regional rainfall-generating systems to produce average to above-average rainfall totals during January to March 2025.

PREPARING FOR THE DRY SEASON

To prepare for the dry season you can:

- Review household water plan. Conserve, store and manage water safely and adequately.
- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other small waste in the trash rather than the toilet.
- Take shorter showers. Turn on water only to get wet and lather and then again to rinse off.
- Avoid using running tap water to thaw meat or frozen foods. Defrost food overnight or thaw in the microwave.

IMPACTS OF THE 2025 DRY SEASON

Wetter-than-usual conditions will lead to:

- Less vegetative stress due to relatively less surface dryness.
- A positive impact on surface and groundwater recharge and stream flow rates.
- An increase in the breeding areas for insect vectors such as mosquitoes due to uncovered water storage devices and water pooling in drains, low-lying areas and roof guttering.
- A decrease in the potential for bush, forest and landfill fires especially during January to March.

In case of an Emergency, you can contact the following numbers:

Fire: 990 Ambulance: 811 Police: 999 ODPM: 511

SOURCES:

- <https://www.metoffice.gov.tt/enso#:~:text=La%20Ni%C3%B1a%20event%20increases%20the%20Tobago%2C%20but%20not%20always.>
- <https://tweathercenter.com/2025/01/14/2025-dry-season-declared-for-tt/>
- https://www.metoffice.gov.tt/Wet/Dry_Season_Outlook



EASTERN REGIONAL HEALTH AUTHORITY'S
SPORTS & CULTURAL CLUB
PRESENTS

SOCA ON D' CAMPUS

CALYPSO & OLE MAS COMPETITION

COME OUT AND SUPPORT YOUR COLLEAGUES

**FRIDAY
FEBRUARY 14TH**

**SANGRE GRANDE HOSPITAL CAMPUS
BACK CAR PARK**

GIVEAWAYS

PRIZES

REFRESHMENTS

**FEATURING
GUEST ARTISTE**

REGISTER NOW: CORPORATE COMMUNICATIONS - 226-9119/9102

DEADLINE FOR REGISTRATION: JANUARY 31ST, 2025

"Caring is the Key"



January 2025

Sangre Grande Hospital Campus

Ojoe Road, Sangre Grande
Tel: 228-3742/226-4744/668-2273
Fax: 668-4368

Brothers Road Outreach Centre

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

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

Rio Claro Accident and Emergency

Tel: 226-9230

Toco Health Centre

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

Toco Accident and Emergency

Tel: 226-9428

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: 668-8066

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/385-5421

Matelot Outreach Centre

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

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: 280-9781/668-9053

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: 670-2382/280-8694

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**

