



# The Eastern *Vibes*

**Monthly Newsletter 2025**

**October 2025, Issue #135**

## Healthy Mind, Healthy Body



Warm up session at the Administration Building , Eastern Main Road, Sangre Grande

**Stress, change and uncontrollable events can impact a person's mental well-being at any age.**

With this in mind, the Eastern Regional Health Authority (ERHA) hosted a number of activities to promote mental health awareness and well-being in observance of Mental Health Day on October 10.

To encourage participation individual preferences were taken into consideration to design the activities. These included a poster competition; Staff Got Talent; Walkaton; Aerobic Burnout Session; Interactive Booths and a School Outreach.

### In this Issue

- Healthy Mind, Healthy Body
- Snapshots of the Mental Health Walk and Fair
- Community Activities in Commemoration of Mental Health Day
- Staff Paint D' Town Green
- Divali
- Snapshot of Divali Programme
- Snapshots of staff in their Ethnic Wear
- Breast Cancer Awareness
- Breast Cancer Awareness Photos
- Check Yourself
- Health Education Department Hosts Educational Sessions Across the Region
- Infection Prevention Control Week
- World Food Day
- World Sight Day
- Healthcare FoodService Workers' Week 2025
- Good News
- International Day for Disaster Risk Reduction

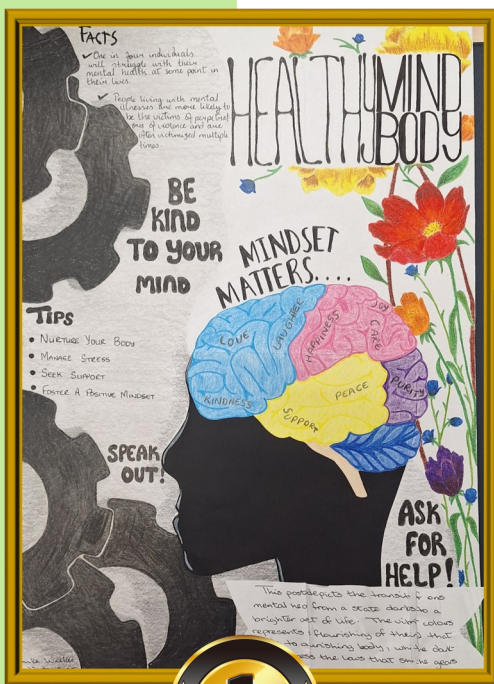
## Healthy Mind, Healthy Body Cont'd

The Honourable Wayne Sturge Minister of Defence and Minister in the Ministry of Homeland Security and MP for Toco/Sangre Grande attended the Health Fair which was held on October 11, 2025 at the Sangre Grande Enhanced Health Centre. He encouraged persons to take care of their brain as they would any organ of the body as an unwell brain can affect one's behaviour. Mrs. Angelina Rampersad-Pierre, Chief Executive Officer spoke about the significance of mental health and further stated that a healthy mind works hand in hand with a healthy body. She further encouraged those present to check in on a

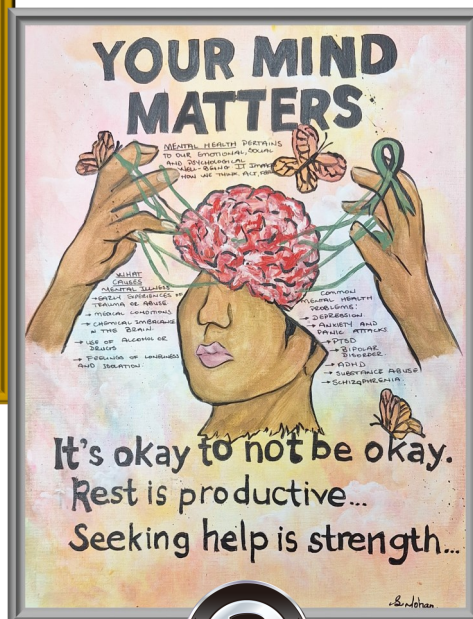
colleague, friend or a family member and to work together to address mental health needs and empower people.

Through these activities, the Authority captured the attention of over **670** persons and was able to promote health education, nurture creativity and enhance social connection within the communities we serve.

The ERHA's team comprised Mental Health; Health Education; Medical Social Work; Dental; Ophthalmology; Nursing; Nutrition; Departments; Healthy Hospital Initiative; Blood Bank and Baby Friendly Hospital Initiative.



*Ms. Ainka Weekes*



*Ms. Sherena Mohan*



*Ms. Samantha Sirju*



# Mental Health Walk & Health Fair





# Community Activities in Commemoration of Mental Health Day





# Staff Paint D' Town Green





# Divali

Divali is a time when communities come together to celebrate the triumph of light over darkness and good over evil. It is a season marked by joy, devotion and the warm glow of deyas which symbolize hope and renewal.

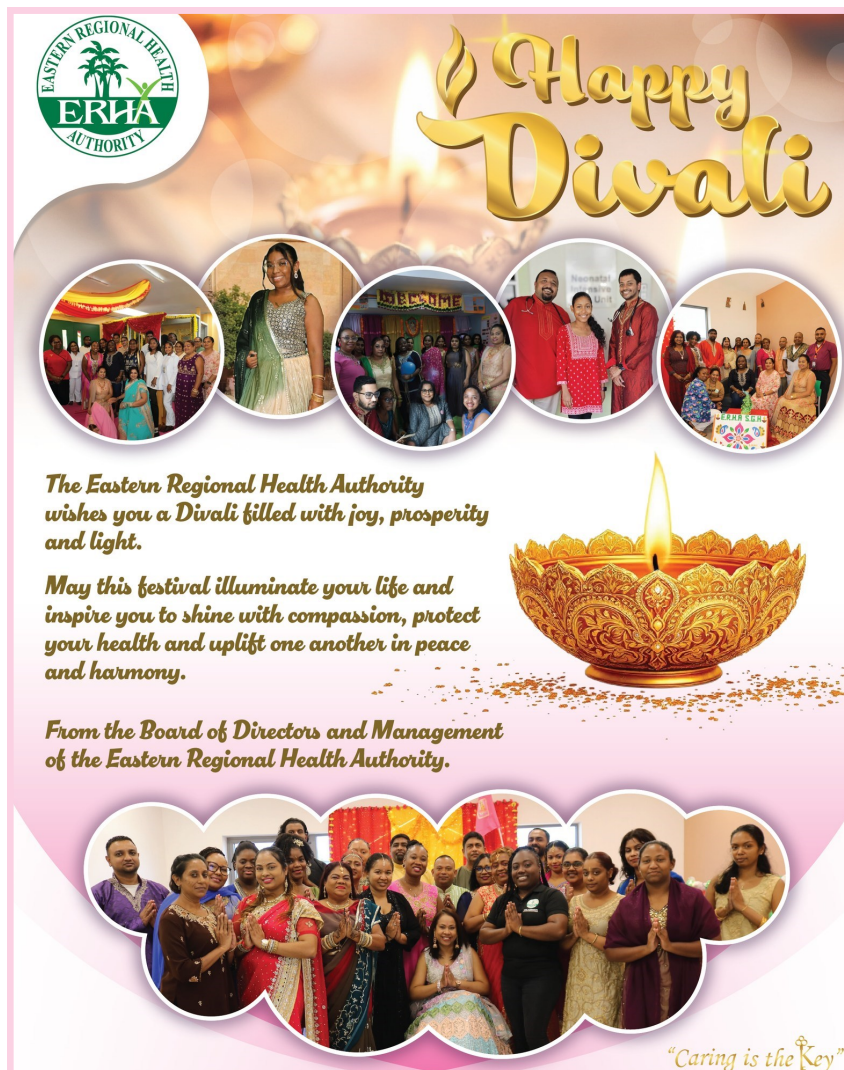
Embracing this spirit of unity and celebration, the Eastern Regional Health Authority held their Divali celebrations at the Sangre Grande Hospital Campus on October 17, 2025. The lobby area was transformed into a vibrant space of colour, light and cultural pride.

During the event, Dr. Sandeep Maharaj, Chairman of the Board of Directors, greeted the audience with warm Divali wishes. He also encouraged everyone to live a righteous and fulfilling life and shared a quote he lives by ***"Where there is righteousness in the heart, there is beauty in the character. When there is beauty in the character,***

***there is harmony in the home. When there is harmony in the home, there is order in the nation. When there is order in the nation, there is peace in the world."***

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer extended Divali greetings on behalf of the ERHA to members of the Board of Directors and staff in attendance. She also encouraged everyone to embody the spirit of Divali by showing extra kindness and support to those in our care during this sacred time.

The event featured devotional dance performances, pick-a-pan games, modeling competition and the lighting of the first deya. Guests were also given the opportunity to learn about the significance of Divali from Dr. Vedavid Manick, Specialist Medical Officer Internal Medicine (Ag.).





# Snapshots of Divali Programme





# Snapshot of Staff in their Ethnic Wear





# Breast Cancer Awareness

**Breast cancer is the most common cancer in women, with an incidence of 37 per 100,000 population and a mortality rate of 23 per 100,000 in Trinidad and Tobago.**

Ministry of Health

Recognizing the importance of screening and early detection, the Eastern Regional Health Authority (ERHA) partnered with stakeholders in our community to conduct a series of outreach activities in observance of Breast Cancer Awareness month in October.

Collectively over **335** persons attended the activities which were hosted from October 10-25, 2025 at multiple locations. The core services that

were offered include health screenings; pap smears; breast examinations; nutrition; vaccination and individual consultations.

The ERHA's team comprised Health Education, Nutrition, Medical Social Work, Nursing Department and the Wellness Coordinator. The Authority thanks the North Eastern College, S&S Persads Supermarket and the members of the Coryal Wellness Centre for their assistance with these initiatives.

The Coryal Wellness Centre and the Guayaguayare Outreach Centre both held separate walks to raise awareness on Breast Cancer.



Walk to Guayaguayare Outreach Centre



Walk to Coryal Community Centre



# Breast Cancer Awareness Photos







Government of the Republic of Trinidad and Tobago  
Ministry of Health

# Check Yourself!

## Breast Cancer in Trinidad and Tobago

Breast cancer is the most common cancer amongst women. In Trinidad and Tobago, the incidence is 37 per 100,000 population. The mortality rate has been more or less unchanged since 2000 at 23 per 100,000. About 1 in 9 women over their lifetime will develop breast cancer.

### *What factors are known to increase the risks of developing cancer?*

Some factors known to increase risk include:

1. Family history of breast cancer;
2. Previous Breast biopsy for benign disease;
3. Increased Breast density;
4. Alcohol use;
5. Post menopausal women who are overweight;
6. Current oral contraceptive use;
7. Previous diagnosis of Breast cancer
8. Nulliparity (women who were never pregnant); and
9. Other cancers in the family (colon, uterine, ovarian and prostate).

### *Are there any factors that reduce Breast cancer risk?*

1. Age of first birth less than 30 years;
2. Breast feeding; and
3. More than 3 children.

### *How does breast cancer manifest itself?*

The most common presentation is a painless lump. Other symptoms to look out for include a nipple discharge, skin changes on breast, and change in the appearance of the nipple.

What can one do to detect these symptoms?

All women should be able to do a breast self examination. Any change in shape or texture or the presence of a lump should then be examined by a Doctor.



[www.health.gov.tt](http://www.health.gov.tt)



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH\_TT



## Check Yourself Cont'd

### *What further tests or investigations may be required?*

Having taken a complete history and examined the lump the doctor may request an ultrasound scan of the breasts (generally in women under 40 years) or mammography. Some specialist may choose to perform a biopsy at the time of out patient consultation. (This may be a fine needle aspiration or a core biopsy)

### *What to expect if the biopsy confirms cancer?*

Once cancer is confirmed, the specialist will have to determine if the cancer has spread or is confined to the breast. He also has to determine if disease is confined to one part of the breast. (A mammogram and/or ultrasound scan may be requested if not already done). A Computerised Tomographic (CT) scan of the Chest and Abdomen may be performed prior to any intervention to confirm or rule out distant spread.

If spread to the brain is considered, then a CT brain is performed. A radionuclide bone scan may be requested if spread to the bone is considered.

### *What interventions are likely?*

The specific interventions are determined by the size of the tumour and the presence of distant spread. Your healthcare professional can guide you on different types of surgery that can be done based on the size of the tumour. Radiotherapy as well as hormonal or chemotherapy may also be required.

### *Are these treatments available in the public health system?*

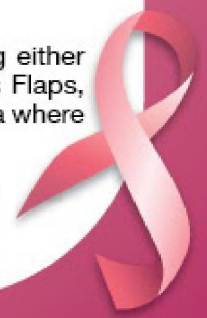
Yes. In all the major hospitals in Trinidad and Tobago breast surgeries are performed. Chemotherapy Administration Units are functional in San Fernando General, Sangre Grande Hospital and The National Radiotherapy Centre (NRC), St James.

Radiotherapy services are available at the NRC, St. James

### *What about reconstruction of the breasts?*

Some public institutions may have the services available for breast reconstruction using either tissue that is native to the patient. (TRAM-Transverse Rectus Abdominis Myocutaneous Flaps, Latissimus Dorsi Flaps). This is when tissue from the abdomen or back is moved to the area where the breast is removed. Reconstruction can also be performed using artificial implants.

All the major hospitals have either General Surgeons or Plastic Surgeons who can provide this service.



[www.health.gov.tt](http://www.health.gov.tt)



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH\_TT



# Health Education Department Hosts Educational Sessions Across the Region



Mr. Isaac John, Health Education Aide lectures at Sangre Grande Enhanced Health Centre

**According to the World Health Organization, 75% of deaths worldwide are caused by Non-Communicable Diseases (NCDs). Key strategies to reduce NCDs include reducing the risk factors linked to these illnesses and promoting preventative and control measures.**

Centred on assisting persons to adopt a healthy lifestyle and to reduce their risk of developing NCDs, the Health Education Department, St. Andrew/St. David held a series of informative sessions within the communities. Over **466** clients from the Cumuto, Grande Riviere, Manzanilla, Valencia, and Matelot Outreach Centres and the Sangre Grande Enhanced Health Centre attended the sessions.

They were provided with valuable information to assist them to prevent and manage Diabetes, Hypertension and High Cholesterol.

If left unmanaged, NCDs can lead to serious complications, such as heart failure, stroke, nerve damage, vision loss and even foot problems. To reduce the risk of developing chronic diseases persons can follow the S.H.A.P.E. guidelines:

- S – Screen Regularly:** Early detection is key! Regular blood glucose and blood pressure checks can help identify health problems early, enabling prompt treatment and better outcomes.
- H – Healthy Body Weight:** Maintaining a healthy weight is one of the most effective ways to reduce your risk of chronic diseases like heart disease and diabetes.
- A – Avoid Alcohol and Smoking:** Both alcohol and smoking are major risk factors for many chronic conditions. Avoiding these habits can significantly improve your overall health.
- P – Physical Activity:** Aim for at least 30–60 minutes of exercise, five days a week. Regular physical activity improves heart health, lowers blood pressure and helps manage weight.
- E – Eat Healthy:** A balanced diet is essential for good health. Focus on reducing your intake of sugar, salt and unhealthy fats, while increasing your intake of fiber-rich foods, lean proteins and plenty of water.

By incorporating these simple yet powerful habits into your daily routine, you can take control of your health and prevent the onset of chronic diseases.



# Infection Prevention Control Week



Staff celebrate Infection Prevention Control Week

**International Infection Prevention Control Week is celebrated annually during the third week of October. It focuses on promoting awareness about infection prevention, aim to improve behaviours and ensure the delivery of safer, higher quality healthcare practices.**

This year, the Infection Prevention and Control (IPC) Department at the Sangre Grande Hospital Campus proudly joined the 2025 celebration by hosting an informative and interactive booth at the hospital's main entrance on October 23, 2025.

During the event, members of the IPC team connected with healthcare workers and external stakeholders through a range of engaging activities. These included:

- **Interactive word searches and hand-hygiene demonstrations** that reinforced key IPC principles.
- **Question-and-answer sessions** which encouraged staff to clarify uncertainties and strengthen their knowledge.
- **Team-building activities** designed to help colleagues collaborate more effectively in maintaining a clean and safe environment.

This year's theme "**Stand UPPP for Infection Prevention**" encouraged everyone to take a united stand, **Unite, Protect, Prevent, Prevail**. It also highlighted that infection prevention is everyone's responsibility and underscores the importance of strong teamwork. When all healthcare workers embrace these four actions, clients ultimately benefit through a safer healthcare environment, reduced risk of infection transmission, faster recovery and improved outcomes and greater trust between clients and care providers.

At the Sangre Grande Hospital Campus, the IPC Department is dedicated to improving the quality of care that clients receive. The department uses every opportunity to support healthcare workers in strengthening their practices, promoting high-quality and safe care. This includes reinforcing the importance of cleanliness, adherence to IPC guidelines and consistent safe-care behaviours. The IPC department takes this opportunity to extend their sincere thanks to all healthcare workers for their continued support and effort to maintaining IPC standards.



# World Food Day

***"Hunger is not inevitable; it is a challenge we can solve through awareness and action."*** Author Unknown

World Food Day is celebrated annually on October 16. We all have a role to play in realising the vision of a world without hunger and malnutrition. Even in times of crisis, it is important to maintain sustainable habits. By making healthy food choices and reducing food waste, we contribute to a better world. Governments, enterprises and organizations can further support this vision by sharing knowledge and fostering sustainable, resilient food systems and livelihoods. Together, we can grow, nourish, and sustain our world.

The Nutrition Department Nariva/Mayaro held a series of activities to raise awareness and

enhance understanding about World Food Day. A Food Donation Challenge was held from October 16 to 31, 2025 in an effort to raise staff awareness on their role in ending hunger and reducing food waste. Staff were encouraged to donate food items to those in need. Approximately six vulnerable households received food hampers.

On October 30, 2025 a School Canteen Virtual Workshop was conducted to empower food concessionaires to promote healthy eating in schools and to equip entrepreneurs with knowledge and strategies. Over **27** schools participated in the school canteen virtual workshop. This will assist to **"Ensure Food and Nutritional Security for Children and Adolescents in a Sustainable Way."**

Supporting a Sustainable Food System is important and here are some ways you can contribute.

## **1. Start Your Own, School, or Community Garden**

- ◆ **Form a Team:** Gather interested individuals such as students, teachers, parents or neighbours.
- ◆ **Plan and Design:** Choose a location with good sunlight and access to water. Decide on the type of garden (raised beds, containers or in-ground).
- ◆ **Secure Resources:** Seek support from local businesses, apply for grants, or organise fundraisers for tools, soil and seeds.

◆ **Engage the Community:** Involve participants in planning, planting and maintaining the garden.

◆ **Sustainability:** Incorporate composting, rainwater collection and organic gardening practices.

### **Benefits:**

- ◆ Provides fresh produce and improves food security.
- ◆ Enhances hands-on learning and academic performance.
- ◆ Fosters community engagement and beautifies neighborhoods.
- ◆ Promotes physical activity and mental well-being.



# World Food Day Cont'd

## 2. Reduce Food Waste

- ◆ **Plan Meals:** Make shopping lists and buy only what you need.
- ◆ **Store Food Properly:** Learn best practices for storing fruits, vegetables and leftovers.
- ◆ **Use Leftovers Creatively:** Repurpose extra food into new meals or freeze for later.
- ◆ **Compost Food Scraps:** Turn food scraps into nutrient-rich soil for gardening.
- ◆ **Community Action:** Support or organise food redistribution programmes and composting initiatives.

### Benefits:

- ◆ Saves money and resources.
- ◆ Reduces greenhouse gas emissions from landfills.
- ◆ Conserves water, energy and land used in food production.
- ◆ Helps address hunger by redirecting surplus food to those in need.

## 3. Eat Locally Grown Food

- ◆ Shop at farmers' markets or join a Community Supported Agriculture (CSA) programme.
- ◆ Choose local produce in supermarkets.
- ◆ Grow your own fruits, vegetables or herbs at home or in a community garden.

### Benefits:

- ◆ Fresher, more nutritious and better-tasting food.
- ◆ Supports local farmers and strengthens the local economy.
- ◆ Reduces transportation emissions and environmental impact.
- ◆ Preserves local agricultural heritage and biodiversity.

## 4. Eat More Plant-Based Meals

- ◆ Incorporate more fruits, vegetables, legumes, nuts and whole grains into your diet.
- ◆ Try "Meatless Mondays" or gradually reduce animal products.
- ◆ Explore plant-based recipes and cuisines.

### Benefits:

- ◆ Lowers risk of chronic diseases (heart disease, diabetes, certain cancers).
- ◆ Supports a healthy weight and improved digestion.
- ◆ Reduces environmental footprint  
plant-based diets use less land, water, and produce fewer greenhouse gases.
- ◆ Promotes animal welfare and sustainable food systems.



# World Food Day Cont'd

## 5. Reduce Daily Usage of Plastic and Packaging Waste

- ◆ Use reusable shopping bags, water bottles and food containers.
- ◆ Buy in bulk and choose products with minimal or biodegradable packaging.
- ◆ Avoid single-use plastics like straws, cutlery and cling wrap.
- ◆ Recycle properly and compost organic waste.
- ◆ Support businesses with sustainable packaging and participate in community cleanups.

### Benefits:

- ◆ Decreases pollution in landfills and oceans.
- ◆ Protects wildlife and ecosystems.
- ◆ Reduces your carbon footprint and supports a circular economy.

## 6. Donate Regularly to a Local Charity

### How to Donate:

- ◆ Identify reputable local charities that align with your values (e.g., food banks, shelters, educational programs).
- ◆ Donate money, food, clothing or volunteer your time.

- ◆ Set up recurring donations for sustained impact.
- ◆ Research charities to ensure transparency and effectiveness.

### Impact of Regular Donations:

- ◆ Provides charities with stable funding for long-term projects and emergency response.
- ◆ Supports local economies and addresses community-specific needs.
- ◆ Enhances personal fulfillment and community well-being.
- ◆ Regular giving is more impactful than one-time donations, allowing organizations to plan and expand their services.

By working together and taking individual and collective action, we can make significant strides toward ending hunger and building a sustainable food system for all.

### References:

- How to Start a Community Garden at School Preventing Wasted Food At Home - US EPA
- 7 Fantastic Benefits of Eating Local - Healthline
- Plant-Based Diets: Benefits for Your Health and the Environment
- What You Can Do to Reduce Plastic Waste | US EPA
- Why Regular Donating Is More Impactful Than One-Time Contributions







# World Sight Day

**“Love Your Eyes”**

**Today we're reminded to appreciate and protect one of our most vital senses – our sight. Regular eye check-ups, healthy habits, and screen-time breaks all make a difference.**

**Take a moment to care for your vision – because when you love your eyes, they'll love you back.**







## HEALTHCARE FOODSERVICE WORKERS' WEEK 2025

In celebration of Healthcare Foodservice Workers' Week 2025 (October 5 -11), we extend our heartfelt appreciation to the dedicated team members at the Sangre Grande Hospital Campus, who work tirelessly behind the scenes to ensure that every patient receives safe, nutritious and carefully prepared meals. These professionals are a vital part of the healthcare system, supporting patient recovery through food.

As we celebrate this special week, let us recognize and honour the hardworking Healthcare Foodservice team at the Sangre Grande Hospital Campus. They are truly, ***"Hands that serve. Hearts that care."***



Kitchen Team

### Kitchen Supervisor

At the heart of the kitchen's daily operations, the Kitchen Supervisor plays a critical leadership role in ensuring the smooth coordination for the overall activities in the kitchen. They work alongside the Foodservice Workers, Cooks and Dietitians to coordinate the provision of resources, to ensure the meals are provided to patients in a safe and timely manner. From overseeing meal production and distribution, to staff scheduling and maintaining food safety standards, this role is key to delivering consistent, high-quality service.

### Foodservice Worker

Food Service Workers form the backbone of the hospital's food delivery system, playing a key role in the varied tasks that keep operations running smoothly. Their responsibilities include assisting with individual labelling for each patient, packaging and delivery of meals, healthy snacks and nutritional supplements to the wards. Furthermore, they interact directly with patients to gather dietary preferences and meal choices. Proper sanitation of kitchen utensils is also part of their role, maintaining a safe food preparation environment. With strong attention to detail and a commitment to hygiene and food safety, Food Service Workers play a vital role in protecting patients, especially those who are most vulnerable. They are the bridge between the patients and the kitchen staff, providing feedback to all.

### Cook II

As a senior culinary professional, the Cook II is responsible for supervising meal preparation and ensuring that all meals meet therapeutic standards for patients with specialized dietary needs such as renal, diabetic, or low-fat diets. This role includes verifying the quality of ingredients received, and ensuring that proper sanitation and infection control measures are followed. The Cook II serves as a key point of communication between the Cooks, Foodservice Workers and Kitchen Supervisor, ensuring that quality and timely delivery are maintained with precision.

### Cook I

Cooks are responsible for preparing safe, nutritious meals that meet each patient's dietary needs. Working on a tight schedule, they prepare standardized therapeutic meals for pre-breakfast, breakfast, lunch, mid-afternoon snack and supper. These may include diabetic, renal, low fat, high protein, and puree meals, to name a few. In addition to cooking, Cook I staff assist with kitchen sanitation and prepare hot beverages before breakfast to support patients who need to take early medications. These skilled professionals also help with menu development, transforming beloved dishes into healthier, balanced meals whilst never sacrificing taste.





## *Commendations to Staff*

### **Renece Rampersad - Pemberton**

Hi good night, I would like to appreciate two of your nurses. Nurse Alisia Joseph-Ngene who works on surgical 1 and Nurse Sherry Khan. My father was recently admitted and these two nurses looked after him and went above and beyond to make sure he was comfortable. We always hear the bad about the profession so when good is done, gratitude must be shown. Thank you very much.

**Sent via Facebook by Renece Rampersad - Pemberton  
September 30, 2025**

### **Nigel Baptiste**

The most difficult and painful week of my life, have to give all the praises to GOD for holding me in his arms and covering me with his precious BLOOD. To the medical team in Mayaro and Sangre Grande hospital, you are amazing I will always have a special place in my heart ❤️ for you all, keep up the amazing and magnificent job that you are doing, its never easy. To my family you all know how much I love you all, you are the best support system I could ever ask for LOVE ❤️ I plead the love of Jesus over you all and any person who is reading this post. God continue to shine his amazing mercy on you and your family. LOVE AND MORE LOVE

**Sent via Facebook by Nigel Baptiste  
October 01, 2025**

### **Crystal Maraj**

I'd like to thank Nurse Sherry Khan at the Sangre Grande Hospital she is one of the kindest and most respectful nurses I've ever met. Even when she isn't assigned to you, she still goes out of her way to help. Her compassion and professionalism truly make a difference - I wish more nurses were like her.

**Sent via Facebook by Crystal Maraj  
October 09, 2025**

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





### *Commendations to Staff*

#### **Rosie Mohammed & Family**

Please permit me a few moments of your valuable time. On behalf of my family, I want to extend our deepest thanks and sincere appreciation to the doctors and nurses who cared for my mother during her recent stay at your hospital, before her passing.

Dr Mungal and Dr Pedro showed immense compassion and care and never once hesitated to answer our questions, meet with us, suggested the next step or simply to ask how we were coping. That truly meant a whole lot.

This was an incredibly difficult time for us, but what made it bearable was the concern and dedication of the staff. My mother was treated not just as a patient, but as a person, a human being — with dignity, respect, and kindness. We could see how much effort was taken to make her comfortable, whether it was adjusting her pillows feeding her, when she needed to be turned, or offering gentle words of comfort, by calling our names to her.

The doctors were always patient in explaining her condition and options to us, never rushing. and always making sure we understood, giving us time to ask for clarity. That honesty and care meant so much to our family. The nurses, in particular, Nurse Alexander also showed true empathy and never shut us down when we bothered her. The nurses not only attending to her medical needs but showing genuine concern for her well-being. Their small acts of kindness, like taking the time to chat with her, or reassure us when we were overwhelmed, will stay in our hearts forever. Even though we lost our mom, we feel grateful that she spent her last days surrounded by people who treated her with such tenderness.

That compassion gave us comfort and helped us through a very painful goodbye.

Please extend our heartfelt thanks to every member of the team who cared for her. We will never forget the love and humanity shown to her and to us.

**Sent via Email by Rosie Mohammed & Family  
August 21, 2025**

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





# INTERNATIONAL DAY FOR DISASTER RISK REDUCTION

The theme for the 2025 International Day for Disaster Risk Reduction (IDDRR) is:

*"Fund Resilience, Not Disasters"*

This theme focuses on the urgency of addressing the escalating costs of disasters by focusing on the proactive investments rather than reactive response in disaster risk reduction. IDDRR 2025 will emphasize on two key calls to actions which are:

1. For public budgets and international assistance - increased funding for disaster risk reduction.
2. Ensure risk-informed and resilient public developments and private sector investments.

***Direct disaster costs have grown to approximately \$202 billion annually and the true cost is estimated to be 11 times higher at nearly \$2.3 trillion.***



## **Who is the Audience and what are their Expectations?**

Four key stakeholder groups:

1. **National Governments:** Policy makers and budget planners are to include risk-informed developmental plans and DRR funding in national budgets
2. **Private Sector:** Businesses, investors and financial institutions to incorporate DRR financing through public-private partnership and risk considerations in investments.
3. **International Donors and Humanitarian Agencies:** Development and Humanitarian actors to increase funding especially for developing countries.
4. **Civil Society and Academia:** Practitioners, researchers and advocates are to hold stakeholders accountable for implementing DRR strategies, drive innovations and provide evidence for risk-informed investments.





# INTERNATIONAL DAY FOR DISASTER RISK REDUCTION

## Why invest in resilience?

- Disasters are a growing economic threat.
- Disaster costs are pushing countries into increased debt and continuous humanitarian crisis.
- Declining international assistance.
- Cutting funds leads to higher expenses post disaster in the long-run.
- Ensures all developments are risk-informed to reduce disaster costs.

## What are the benefits of resilience?

- Communities are able to bounce back swiftly through investments in anticipatory action and social safety nets.
- Investing in early warning systems issued within 24hrs of an impending hazard can reduce up to 30% of the damage.
- Every \$1 invested saves \$4 in economic impacts.

## IDDR 2025 WORD SEARCH:

P	D	E	V	E	L	O	P	M	E	N	T	N	Y
A	G	U	A	B	U	D	G	E	T	S	S	O	G
R	E	C	O	N	O	M	I	C	Y	X	R	T	I
T	H	P	R	O	A	C	T	I	V	E	E	X	R
N	A	B	C	Z	X	Y	R	I	S	K	S	O	T
E	Z	H	U	M	A	N	I	T	A	R	I	A	N
R	I	N	N	O	V	A	T	I	O	N	L	C	S
S	F	I	N	A	N	C	I	N	G	H	I	G	L
H	X	A	S	S	I	S	T	A	N	C	E	N	Y
I	E	E	G	O	V	E	R	N	M	E	N	T	Q
P	Z	U	P	O	B	K	U	M	Y	K	C	R	W
S	T	Z	H	X	D	I	S	A	S	T	E	R	H
V	S	T	A	K	E	H	O	L	D	E	R	S	U
N	P	O	L	I	C	Y	M	A	K	E	R	S	W

RESILIENCE  
 ECONOMIC  
 PARTNERSHIPS  
 STAKEHOLDERS  
 FINANCING  
 POLICYMAKERS  
 ASSISTANCE  
 GOVERNMENT  
 PROACTIVE  
 BUDGETS  
 HUMANITARIAN  
 RISKS  
 DEVELOPMENT  
 INNOVATION  
 DISASTER

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

**Fire: 990    Ambulance: 811    Police: 999    ODPM: 511    T&TEC: 800-8832**

Sources: <https://iddrr.undrr.org/>, <https://www.undrr.org/publication/documents-and-publications/concept-note-international-day-disaster-risk-reduction-2025>





**October 2025**

**Sangre Grande Hospital Campus**

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

**Rio Claro Accident and Emergency**

Tel: 226-9230

**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

**Toco Accident and Emergency**

Tel: 226-9428

**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**