

**U.K. WOMEN'S CLUB
OF
TRINIDAD AND TOBAGO**

Aim: Friendship and Service

**HANDBOOK
FOR
NEWCOMERS**

*A Guide to Shops and Services in
Trinidad & Tobago*

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FOREWORD

The UK Women's Club (UKWC) of Trinidad and Tobago has an excellent membership of all ages and from various groups. For newcomers I hope the UKWC will provide you with friendship and introductions, helping you to find your way around this new country. Many of our longer standing members, some of whom have been with the Club since its inception in 1967, will be only too happy to help and show you round.

Apart from fellowship and mutual support our Club has a distinguished record in supporting charities and good works. I hope many of you will support this important work, as well as enjoying the Club's social interactions.

Good luck to you all.

Pauline Lynas, President, UKWC Trinidad and Tobago.



'The Blue House' built for an underprivileged family in Southern Trinidad by the Social Action Group, La Brea; funded by the UK Women's Club.

INTRODUCTION & DISCLAIMER

This information has been compiled both from questionnaires, which asked UK Women's Club members to list people and organisations they use, as well as material from the British High Commission.

Whilst it is not meant to be exhaustive, it should provide a good starting point for newcomers and can be used as an up to date aid. Please contact any member of the UKWC Management Committee or e-mail ukwctt@gmail.com if you require further information.

Please note that details listed here are liable to change without notice. The UKWC or British High Commission hold no responsibility for the accuracy of the information or the quality of the services and cannot therefore recommend or promote any of the people or organisations listed here: the details given are for information purposes only. Having stated that, many of the services and people listed in this handbook have been used in the past by members of the UKWC and as such have been suggested by those individuals for inclusion in this listing.

The information contained in this guide tends to be based on services available in the Port of Spain area. We hope to be able to expand this information in the future to cover Central and Southern Trinidad and more on Tobago. We rely on your input for this. If you find any errors or wish to make additions to the existing information printed here then please either e-mail your feedback to ukwctt@gmail.com or hand in your written information to any member of the UKWC Management Committee.

Thank you.

CONSULAR REGISTRATION

The Consular Register lists those people in a country entitled to consular protection by Her Majesty's Government. It can also give a good indication of the size of the British community and plays an important part in contingency planning.

There is no official requirement for UK Citizens to register in Trinidad and Tobago.

Who is eligible to Register?

- British Nationals
- Dual nationals if they wish it, even though they are resident in the country of their second nationality. However, HMG's powers to assist them are limited.
- Spouses and children of British nationals who hold British or dual nationality.

How to register:

Consular registration can now be done electronically by visiting the website www.fco.gov.uk/travel and select the LOCATE option. Once registered online registrant will be sent an automatic email annually asking them to reregister and if they don't then they would be deleted off the system.

British High Commission
November 2008
Port of Spain

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GENERAL INFORMATION

Dengue Fever

Please see Medical Section as it is advisable to familiarise yourself with this information on Dengue Fever.

Electricity

The electricity supply is 110 volts like the USA. Air-conditioners, water heaters and cooker ranges usually work off 220 volts and you can normally use these sockets (or wire into them) or change the socket to a double one to facilitate the use of this higher voltage, and thereby use your British appliances. *Please consult a local electrician for advice.* Transformers can be purchased in the UK, or off the Internet, alternatively C.E. Tang Yuk sells them in Long Circular Mall for 200-300TT (622 9104) or West Mall branch (632 0402). It is a good idea to have a stock of candles as there are occasional power cuts - and sometimes T&TEC, the Trinidadian electricity board, takes the power down to do maintenance work.

Water Supply

It is possible you will experience water supply problems at some time, particularly in the dry season. If you live in a house, check your tanks daily and if you are getting low you can have a “load” of water delivered. Each suburb receives water on three days per week: find out which are your days but be aware that they can be changed without notice. WASA customer services 662 9272.

Tap water is usually drinkable depending on where you live, but you may not like the taste. You may filter it and some people boil it first as well. Consul, (663 6791) will fit a biological filter for your drinking water tap which is designed to deal with all pathogens. Alternatively you can get companies to deliver bottled water to your door, e.g. Blue Waters (669 8824/5 ext. 122 or 112).

Maps

The Government’s Land & Surveys Division publishes maps: they are sold at bookshops. Maps are also available from TDC either at Piarco Airport or from the TDC at 63, Tragarete Road, Port of Spain: Tel 622 9415 (www.visitTNT.com). The road map of Port of Spain excludes a large part of the “conurbation” and has small errors. You are advised to travel around T&T armed with the best

map you can find: be aware that there are many roads and tracks not marked on all maps.

Newspapers & Magazines

The Trinidad Guardian, Newsday and Daily Express are published seven days a week. For daily deliveries call Trinidad Publishing for the Guardian, (623 8870), Express Newspapers (623 1711), Newsday (623 4929). There are several weeklies and bi-weeklies, e.g. The Wire. Some (mainly American) magazines and dailies are sold at bookshops and major supermarkets. UK daily papers at present: Daily Mirror, Daily Record, The Times, Sunday Observer are also available from Newspaper Direct Trinidad & Tobago. Contact Darren Mohammed (674 2131).

Postage & Mail

TTPOST. The local delivery on the whole works quite well. International mail is much more likely to be affected by the other country's services, for example at Christmas the airlines prefer to carry people than mail – so the post is adversely effected. Opening hours vary. There are “full” Post Offices such as Tragarete Rd (nr. The Roxy Pizza Hut) and Wrightson Road, or franchises in smaller outlets e.g. Kappa Drugs, (Maraval), Auto Village (Diego Martin), The Tackle Shop (Carenage). Stamps are also available from Pop In, Eilerslie Plaza, Maraval.

Be aware that :

- for those of you who recycle envelopes that the post office may not accept these for re-use on mail you are posting abroad.
- TTPPOST may open letters and parcels with international destinations to check for drugs
- Customs officers will inspect all incoming parcels and will charge VAT and import duty on most items, with the exception of books, sports equipment and computer equipment. The charges have to be paid before you can retrieve the parcels from TTPPOST.

Importing Goods

Laparkan (Trinidad) Ltd, (624 6064) has an office in Miami at 2929 North West 73rd St (305 836 4393), which is efficient and very reasonable in handling larger items bought in Miami.

A Skybox is an efficient way of importing goods from the USA. Call Skybox Services (675 2449) for details.

E Zone (626 2345) offer an Internet shopping delivery service, similar to Skybox. They have a secure manned office address in Miami that can receive goods from around the world. Delivery is direct to your door.

Radio & Television, Internet

Detailed program listings (including cable) are published on Saturdays in the main newspapers.

AM stations 6101 and 730 have news on the hour. Radio Trinidad has a good news program at 6.30 am (that leads in the BBC news at 7:00 am). FM 100 has a good news program at midday. BBC Short-wave reception is reasonable and there is some re-broadcasting on medium wave.

The Internet can now provide the best way of accessing your favourite radio programs from the UK. You can either listen to them live or download the program using the headphone socket onto your "recording instrument". The BBC for example is a good start <http://bbc.co.uk/radio> The Internet can be accessed through many companies in Trinidad, e.g. TSTT provide a service of 50 hours on line for estimated 150TT per month. Visit the TSTT office in Edward St, POS to sign up in person. Other popular service providers are Wow.net, Fiberline.tt, Trinidad.net, carib-link.net. Internet also available via cable company, Flow.

Computers and peripherals do not attract VAT in Trinidad and are therefore good value to buy. If you know what you want, buying from DELL direct www.dell.com works well.

World Service can now be very clearly picked up on cable TV channel 40 (depending on the cable company) in addition to 730 kHz; first world news on World Service is at 7:30 am.

TV on the whole is very limited however Cable TV is widely available in the major conurbations. If you have someone willing to send UK programs on video, you will need a multi-system VCR or need to have brought a UK VCR and TV to Trinidad with you. Digital Video Studios Ltd. (628 7731) will convert your PAL (UK) videos to NTSC (US, T&T) format.

Cable TV is provided by FLOW. (Flowtrinidad.com). Tel: 223 FLOW (3569). The cost may vary depending on the number of TVs you need to hook up. Thereafter a typical monthly charge including taxes is currently 200TT.

Direct TV provides satellite services i.e. digital broadcasts of TV and music. Call Direct TV (623 3020) for details.

Telephone Areas

The first three numbers form an area code, which you can use to determine the location of a number – see your telephone directory for a full listing.

For example: 632, 633, 637: Diego Martin, Westmoorings
 622, 628, 629 : Maraval
 669: Piarco

Telephone books/Yellow pages can usually be obtained from HILO or enquire at TSTT main offices in POS. Note that the telephone book often lists businesses under THE so if you can't find what you want by looking alphabetically, try looking under THE before ringing directory enquiries. (Charges are made for Directory Enquiries).

Telephone Charges

These vary between the different telephone areas. The minimum charge is 23c per call and is un-timed for calls within the same area code in Trinidad.

International calls are now quite cheap (direct dialled). For example less than \$2TT per minute to the UK (as of January 2007).

All landline phone services are controlled by TSTT.

Mobile Phones

Mobile phones are normally called Cell phones in Trinidad and are highly recommended for personal security. They are widely available (both cheap and expensive models) and may be purchased from any TSTT authorised outlets (known as "Bmobile") or Digicel. Phones can be purchased on a *Pay As You Go* basis ("Prepaid") or on a monthly contract ("Postpaid"). It may be possible to use your existing UK mobile phone. Seek advice at outlets.

Carnival

Carnival is an annual celebration, which takes place the Monday and Tuesday before Ash Wednesday. For newcomers it can be a bewildering concept especially with the jargon associated with it e.g. *J'ouvert, Mas, Panorama*. Most people sit back and watch the first year they arrive and just experience the festival that means so much to the people of T&T. It all starts soon after Christmas with numerous fetes. These are basically huge parties with live entertainment often on an "all-inclusive" basis. That is the cost of the ticket includes food, drink and entertainment. Many of these fetes donate all proceeds to charity. If you go to a fete, make sure

you arrange transport to get you home safely and do not take any valuables with you.

Many songs are launched each year vying for the title “Road March” – the song that is played the most times on Carnival Tuesday. The artists behind these songs also compete to be Soca Monarch Champion and there is a huge final competition on the Friday before Carnival.

People will ask if you are “*playing mas*” this means joining a band and “doing” Carnival. There are many different bands you can join; Harts is very popular with ex-pats. These bands vary in size; some are up to 11,000 people. Whichever band you choose you will be required to pay quite a large sum of money for an *all-inclusive package* (a small costume, food, drink and security) for the two days – Carnival Monday/Tuesday.

Celebrations start with *J’ouvert* – “the opening”, this part of Carnival normally starts at 4 am, when all the various bands march through the streets dancing and “chipping” (a Trini walk to music) whilst throwing paint, mud and cocoa over each other! This ends with breakfast at 7am, with many revellers going home, showering and then venturing off in their costumes for Day 1 – Carnival Monday is really a dress rehearsal for the real thing on Carnival Tuesday. Wearing “partial” costume, participants dance through the streets from their respective band’s start point to the Queens Park Savannah whereupon you queue up to “cross the stage” and enjoy a moment of glory as you pass in front of the judges.

For those who wish to watch there are various places you can stand, either around the Savannah near TGI Fridays or along Ariapita Avenue, where there is also a small sheltered stand from which you get a good view of passing masqueraders. Alternatively you can buy a ticket to sit in the Grandstand on the Savannah. Some people may find this a little tedious if not “playing mas” as you sit for hours hearing the same song played over and over whilst people with very few clothes on “wine” on the stage in front on you – to wine is to dance like spoons! However, on the Monday, you would then be able to experience the competition between the main key player of each band parading across the stage competing for the title of King and Queen of Carnival 200X.

There is also a Kiddies’ Carnival that entails a series of road marches in the weeks preceding the adult Carnival. This is a very popular element of Carnival as it tends to be based on the more traditional values and some of the costumes are very innovative and imaginative. The Red Cross Children’s Carnival at the

Savannah Grandstand is worth a visit on the Saturday 10 days before Carnival Monday/Tuesday.

(N.B.: Changes are being planned for 2008 Carnival and beyond. Check the local press near the time).

Leading up to Carnival Monday and Tuesday you need to watch the papers for details of key dates for the following events:

Panorama – a huge competition amongst all the steel pan bands.

The Country Club fete – a fancy dress on Carnival Sunday evening.

Calypso tent shows on the Savannah– groups of singers come together each year and see who can put on the best show of Trinidadian song/comedy.

“Under The Trees” at The Normandie Hotel are a set of outdoor concerts starring some of the key singers behind Carnival.

Dimache Gras – the carnival Kings and Queens competition and Calypso finals – on Sunday Evening.

If you have guests around Carnival and need help arranging the ‘best of carnival’ there is an innovative company *Carnival Planit* run by Kendal Sharpe who will advise you on the best things to see/places to go and will arrange transport, accommodation, tours and fetes (637 7017/680 9456).

Shopping Malls

Port of Spain

THE FALLS AT WESTMALL	Western Main Road, Westmoorings by the Sea
LONG CIRCULAR	Long Circular Road /Patna Rd turning. St James
ELLERSLIE PLAZA	Saddle Road and Rapsey St
STARLITE PLAZA	Four Roads, Diego Martin (next to Ridgewood Tower Apartments)
MOVIE TOWNE	Audrey Jeffers Highway opposite Hasley Crawford Stadium.

Out of Town

GRAND BAZAAR	Intersection of Churchill Roosevelt and Uriah Butler Highways
VALPARK PLAZA TRINCITY	North off Churchill Roosevelt Highway

GULF CITY
MID CENTRE

Outskirts of San Fernando
Chaguanas

Shopping hours during the weekdays are usually 10 am to 6 pm, but on Saturdays shops (except those in the Malls) close at midday. Most shops close on holidays, except for a few “family run” ones which may open until midday. Similarly shops are closed on Sundays, although most of the big supermarkets are open until 4 pm. In the run-up to Christmas the Malls also open on Sundays.

VAT

Most outlets (apart from restaurants) now give a VAT inclusive price. Be aware that on occasions VAT is added separately at the checkout. It is currently 15% and applies to most things. Be sure to check if VAT is included when asking for Hotel rates.

Tipping

In restaurants and hotels a further 10% Service Charge is often added to the quoted price. Quite often this service charge does not go direct to the waiter/waitress, so if you are happy with their service you may like to give them a cash tip. It is customary to tip packers at supermarkets when they take your shopping to the car (\$5 should be plenty).

When parking in the street vagrants will offer to watch (and even wash) your car, it is usually easiest to say yes to them and give them a few dollars when you return.

Vehicles, Transport & Getting Your Driving Licence

There are plenty of petrol stations in Port of Spain and throughout the country. These sell unleaded fuel and diesel. (Note that locals refer to petrol as ‘gas’). The TDC road map marks all the petrol stations in Trinidad and Tobago, they are mainly NP stations (with a few Unipet) and the cost is the same nationwide.

Petrol Stations tend to open every day very early to very late at night. There are also a few 24-hour stations (e.g. Peakes One Stop, Cocorite).

Many petrol stations are full service (you sit in your car and the attendants look after you). You are expected to tip a couple of dollars if you opt for the full service. A few now offer self-service and a pay-at-the-pump credit card facility.

Car number plates all begin with a leading letter – this indicates usage. P indicates Private car. T is for trucks. H is for hire (i.e.

taxi) and D for cars being delivered. V (extremely rare) is for vehicles temporarily imported (e.g. holiday visitors – these plates must be organised before the car's arrival). R is for rental.

Be warned that H plate taxis, P plate cars working as unofficial taxis, and maxi taxis are all liable to stop abruptly: usually without signalling, often without even pulling over. These vehicles are also liable to pull out in to the stream of traffic with no indication.

Public transport is mainly by maxi taxi (yellow & white striped minibuses in the POS area). They can be flagged down anywhere and \$5 will take you most distances. Alternatively you can ring for a personal taxi service. Try Kapok Hotel Taxi rank (622-6995, 640-0040), reliable, good value for airport transfers. Colin Mohammed (640 0040, 680 3314), excellent service. Anthony Charles, St Christopher Taxi Co-op Society (684 3277), very reliable.

There are also Maxi Taxis that can be hired to transport groups of people if required: try Jesse James (683 5202).

In T&T you are required by law to carry your drivers' licence and insurance documents in your vehicle at all times otherwise the fine is \$500TT. If you pass through a police roadblock you will be required to show these documents. Be aware that police roadblocks can incur extensive delays and can occur at any time.

You can drive on a UK licence in T&T for 3 months but before this period expires you must take a written test at the Driving Test Facility (on the same side as and near the Fire Station) on Wrightson Road. You need to go there in person to book your own test and collect the Highway Code booklet containing all the road signs and hand signals (note that Trinidadians are big on hand signals!). On the test day, allow yourself the whole day to complete the process: take the test, wait for the results, pay for the licence, have your photograph taken by their official photographer and have the licence issued. Licences must be renewed every three years.

If you have a vehicular accident in Trinidad and Tobago you are required by law to report it to the nearest police station as soon as possible. Try and get someone you know to meet you at the police station. If you are in any doubt about your personal safety at the scene of an accident DO NOT get out of your car, but drive straight away (if you can) to a police station. Otherwise, use your cell phone to call the police for help (999).

Vocabulary

The differences aren't great but the accent can be a little difficult, and dialect is fairly incomprehensible at least on arrival. Patois, mainly based on French, is more or less limited to elderly people in tucked away villages. Some people in Arima can still speak Carib, but you are unlikely to hear it. Then there is Hindi – which is also rarely used in daily life, and Chinese, which is confined to older people and a few recent immigrants. The Tobagonian accent is totally distinct to that of Trinidad.

One difference to note is the use of Good Evening. Be aware that Good Afternoon does not really exist in time in Trinidad. Good Morning becomes Good Evening (Good Afternoon in the UK), which becomes Good Night when most people from the UK would be using Good Evening. If you are arranging for work people to visit your home after midday, be sure to ask them to state a specific time so you know when to expect them: but be aware of *Trini time* which is often a lot later than you would expect!

Besides, “to lime” (to relax, lounge around doing nothing or party with friends), “mas” – masquerade (i.e. Carnival) and “playing Carnival” (to take part in the Carnival procession), it is not surprising that the main differences you are likely to come across concern food.

There is a wonderful book available called *Cote Ci, Cote La* (New Millenium 2nd Edition now available) – which provides a full dictionary of all local terms with pictures!

Some examples of local dialect words are :

<i>Big Chive / Sives</i>	Spring Onion
<i>Channa</i>	Hindi word for chickpeas
<i>Chadon Bene</i>	A wild herb with a similar taste to Coriander (but much stronger)
<i>Down de Islands</i>	To go to or visit the islands West of Trinidad – their people are known as “islanders” (Up de Islands – islands North of Trinidad, e.g. Grenada)
<i>Enjoy</i>	Bon Appetit
<i>Ground Provisions</i>	Root vegetables, e.g. cassava, yams, taro, sweet potato
<i>Hello Goodnight</i>	Trinis always greet you and add the time of day.

<i>Hops</i>	Soft buns, baps
<i>Melongene</i>	Aubergine
<i>Mutton</i>	Can often be goat
<i>Red Rum</i>	The most popular, dark rum
<i>Saffron</i>	Turmeric
<i>Sorrel</i>	Nothing to do with the UK herb Sorrel – this is a red fruit used to make a spicy drink a bit like mulled wine.
<i>Thyme</i>	More like marjoram
<i>Melon</i>	Watermelon, a very common fruit whereas true melon is rare. If you ask for a melon, it will be assumed you mean watermelon

FULL LISTING OF SHOPS AND SERVICES

ARTS AND CRAFTS

Art Galleries and Picture Framers

A group of artists including UKWC members have a small gallery in Hayland Park, which opens from time to time. Contact Joan Kenny on 629 0223 for more information.

<i>ART CREATORS GALLERY</i>	624 4369	Aldegonda Park
<i>ART & FRAMING (YASMIN)</i>	628 4165	43 O'Connor St, Woodbrook
<i>DA VINCI'S FRAMING AND ART MATERIALS</i>	640 0003	Trincity Mall, Level 1
<i>FINE ART</i>	628 4669	Cnr Rosalino St and Warren St, 663 3091 Grand Bazaar
<i>HARRIMANS</i>	625 4571	9 Chacon St. Also photo centre.
<i>HORIZONS FRAMING & DÉCOR LTD</i>	628 8048	39 Mucurapo Rd. Art gallery next door. Leave your contact details to receive invites for exhibition opening evening.
	645 7915	Valsayn Shopping Plaza
<i>ON LOCATION ART GALLERIES</i>	633 3404	West Mall upper level
<i>THE UPPER ROOM ART GALLERY</i>	645 1905	Top of the Mount, Mt St Benedict
<i>THE TRINIDAD ART SOCIETY & 101 ART GALLERY</i>	622 9827	Cnr Jamaican Blvd & St Vincent Cres, Federation Park

Local Crafts

Most crafts people do not have shops, but you can call and arrange to meet them at their workshops.

<i>AGAPE DEAF DESIGNERS</i>	649 0264/9601 Items made by the deaf. Toucan Crest, Antoine Trace Siparia
<i>AKILAH JARAMOGI</i>	623 9163 Beautiful jewellery made from beads and seeds
<i>ARTHURS NOVELTIES</i>	640 4539 Wooden bowls, plates, trays etc.
<i>CAROLINES FLORAL CRAFT</i>	623 4013 Cards, Pictures
<i>GREENWORKS AROMATHERAPY</i>	627 6594 The simcoe Group 8 Leona Ave, Cascade
<i>KADI</i>	791 1617, 664 2997 Silk items and screen printing
<i>KEITH DOOKIE</i>	637 7148 Excellent hand painted T-shirts, Diego Martin
<i>KEN'S COPPER COLLECTION</i>	623 9327 Copper jewellery, plaques and souvenirs. 7 William Terrace, Boissier Lane, Belmont, Trinidad
<i>LIANA TEIXEIRA</i>	628 3745 Hand made cards
<i>MARTHA BAPTISTE</i>	633 1073 Original hand bags and children's shirts
<i>MICHAEL CHANG</i>	663 5800 8 Windsor Rd Valsayn Picture frames made out of local wood, lovely marquetry
<i>NIGI</i>	637 9149 6 Hillock Place Blue Range, Diego Martin. Handpainted children's T-shirts with T&T on them if

RACHEL LEE YOUNG

required. Made to order
682 4063 Photography,
handmade photographic
greetings cards, prints of
local scenes, tropical
flowers. Informal family
portraits. 14 Regents Drive
West, Westmoorings
(UKWC Member)

TONY MARQUEZ

628 2950 Woodcraft, 103
Saddle Rd, Maraval

SEE RIQUE CERAMICS

Western Main Rd,
Carenage, unusual pottery,
reasonable prices

SOMA SOAP

639 8209/ 639 9670/ 660
8588 Soaps made from
natural oils. Scarborough
Tobago. Will mail order

BANKS

Most banks operate “hole in the wall” cash machines. You can use your UK cards (Cirrus, Visa, Switch, etc.) or the Lynx card available from the banks here in T&T). Be very safety conscious when using these machines.

*ANSA FINANCE & MERCHANT
BANK*

628 5307 10 St Vincent
St, POS

CITIBANK (T&T) LIMITED

625 1040 12 Queen’s Park
East

*FIRST CITIZENS BANK,
INTERCOMMERCIAL BANK*

622 5839 Maraval Branch
665 4425

REPUBLIC BANK OF T&T

625 4411 All branches
North

REPUBLIC BANK OF T & T LTD

625 4411 ext 2516 Hilton
Branch

RBTT

627 6925 All Branches

ROYAL BANK OF T&T LIMITED

622 0464 Maraval Branch

SCOTIABANK

628 7589 Ellerslie,
Maraval

BEAUTICIANS

<i>ASTRID DAVIS-ARCHER</i>	622 4275 Apt E6-3B Rookery Nook, Boissiere Village, Maraval. Colour and style consultant. 'Colour-me-beautiful' consultations and more.
<i>BEAUTY AND BODY SPA</i>	623 4772 8 Cornelio St, Woodbrook
<i>BODY HAVEN SALON</i>	628 2867, 622 1071 Near Police Barracks, St James. Full range of beauty treatments and hair styling
<i>DEBBIE de VERTEUIL</i>	632 8410 2 Coral Court, Windsurf Drive West, Westmoorings
<i>GAIL ARTHUR</i>	754 5133 Massages, manicures, pedicures – home visits if required
<i>JENCARE</i>	627 4141 11 Cornelio St, Woodbrook
<i>HANDS ON</i>	628 4575 Radhaka, Royal Palm Plaza Hotel, Saddle Rd, Maraval Excellent service. Does Electrolysis (permanent hair removal) as well as usual beauty treatments. Very reasonable prices.
<i>HEIDI</i>	632 3109 / 628 5925 2 Gittens Ave, Maraval. Heidi Gibbon. Aesthetician, makeup artist, nailcare and waxing.
<i>LA VITA DAY SPA</i>	627 3252 BHP Billiton Bldg, Invaders Bay (next to Movie Towne). Full range of beauty treatments in luxurious surroundings
<i>LE SPA</i>	632 9772 West Mall

<i>MIRIAN</i>	773 6789 / 632 2629 Home visits afternoons and evenings for manicure and pedicure.
<i>NATCARE</i>	622 0702 18 Belle Smythe St, Woodbrook
<i>NICOLA FARAH</i>	637 3168 8 Victoria Drive, Victoria Gardens, Diego Martin
<i>RACHEL SHAW</i>	633 8125 121 Jasmine Ave extn, Victoria Gardens, Diego Martin
<i>SUSAN POLLONAI</i>	633 7546 Facials and makeup
<i>ZARNA LITTLEPAGE</i>	771 9280 / 628 0241 Massage & Beautician – Eckel & Quesnel Building, 33 Long Circular Rd, St James

BOOKSHOPS & LIBRARIES

<i>A DIFFERENT VIEW</i>	622 3648 9 Warren St, Woodbrook
<i>CHRISTIAN LITERACY CRUSADE</i>	623 7977 50 Abercrombie St
<i>NATIONAL LIBRARY AND INFORMATION SERVICE</i>	Port of Spain. Opened in 2003. Located next to Red House
<i>NIGEL R KHAN</i>	632 0350 Westmall. Also Ellerslie Plaza, Gulf City. Good selection of books in pleasant surroundings
<i>R.I.K. BOOKSHOPS</i>	622 6343 Long Circular 637 0983 West Mall 623 4316 Grand Bazaar
<i>UKWC LIBRARY</i>	127 Long Circular Road. Open on Tuesdays from 9:00 am-11:00 am

VENTURES BOOKSHOP

628 2895 Bournes Rd, St James (opp. Malabar Farms). Will rent a book for 5TT for 10 days or sell at reasonable prices

CAR HIRE/RENTAL

AVIS

628 8996 Corner Long Circular Road/Perigod Rd

AUTO CENTRE CAR RENTALS

628 4400 6 Ariapita Avenue (Jeffrey)

ECONOCAR

622 8074 191-193 Western Main Rd, Cocorite

SHERMANS

639 2292/674 3484 Car rental on Tobago

SOUTHERN SALES

675 2424 El Secorro Extension, San Juan

625 2461 70-86 Richmond St, POS

TCM (TOTAL CONVENIENCE MANAGEMENT)

675 0145 118 6th street, Barataria 681 2338 132 Roberts St Woodbrook. Provides long-term new lease cars. Daily rental also at very competitive rates. They will take your car to Tobago for you or you can rent a car in Tobago. Also provides a take home service for you and your lease car if you are out partying and have drunk over your limit! Overall excellent breakdown service provided.

TRIPLE D'S EQUIPMENT RENTALS LTD

636 2492 Southern Main Road, Mac Bean, Couva (will deliver car to POS)

CATERING

<i>ANNETTE DE GANNES</i>	628 3346 28 Ramlogan Development, La Seiva, Maraval
<i>ASSIMOY BERMENT</i>	632 2726/0900 22 Capitano Place, Blue Range, Diego Martin
<i>BERNARD'S GOURMET CATERERS (CHEF BERNARD LONG)</i>	628 8160, 622 2367, 622 1497 (cocktails/sit down/bar – arranges everything you might need)
<i>BOOMERANG FAST FOODS</i>	628 2145 2129 Long Circular Rd
<i>GUY AND GORDON PARTY SUPPLIES</i>	627 6986 87 Ariapita Ave
<i>LILIAN LUM KONG</i>	632 0923 44a Hillside Rd, Diego Martin
<i>MARIA BIBBY</i>	624 9481 Lot 30, Plaisance Development, St Ann's
<i>MAGGIE WHIBY</i>	632 1353, 685 9527 112, Victoria Drive, Diego Martin
<i>MICHELLE FARAH</i>	637 2737 Carenage. (Cakes, desserts, mince pies at Christmas)
<i>VIVIAN LAMBIE</i>	637 7256 16 Victoria Gardens South, Diego Martin
<i>PHILLIP NEWALLO CATERING SUPPLIES</i>	622 3533 107 Tragarete Rd/Murray St corner
<i>ROBIN HOSPENDALES</i>	625 6785 excellent personal service

Catering help can be hired from Servol's Life Centres: polite, efficient youngsters whether for cocktails, bar, silver service or buffet, setting up or clearing away. Reasonable rates. Arrangements through training school, Pembroke St (627 9360).

Full Catering service through Servol life Centre, Beetham Highway (623 6234).

Individual Servers who also work for the President of Trinidad and Tobago and are highly recommended are:

<i>TERRANCE MCPHERSON</i>	759 7048
<i>JOSEPH LUTCHMAN</i>	645 4267
<i>CHOY RICHARDSON</i>	667 7041
<i>HERMAN JOHN</i>	665 8612

CHEMISTS/DRUG STORES/PHARMACIES

<i>ALI'S PHARMACY</i>	637 6960 West Mall (Good prescriptions, wide range of healthcare products) 645 6960 Grand Bazaar 662 6960 Valpark) 623 6960/623 4248 76 Charlotte St
<i>KAPPA DRUGS</i>	622 5645/622 2728 Roberts and Damian St, nr Roxy Pizza Hut, St James. (Good prescriptions. Really worth it if you have a Medicard.) 628 0545/628 0544 Cnr La Sieva and Saddle Road, Maraval (under Dr Sonia Telfer's Medical Centre) Also new store at Glencoe
<i>STARLITE DRUGS</i>	632 0516 Starlite Shopping Centre, Diego Martin (Good prescriptions, large selection of cosmetics, chocs., gifts, cards, toys and baby products)

SUPERPHARM

800 4969 Westmall,
Valpark Plaza, Maraval
(Good prescriptions, large
range of healthcare
products, cosmetics,
seasonal goods, toys etc)

YOUNG'S PHARMACY

622 6478 26 Saddle Road

CHILDREN'S ACTIVITIES

ART 624 6458 Lisa Leid for age 5-7 or older

LESSONS

BALLET 625 3225 Caribbean School of Dance, 2a Dere
St

CRICKET 622 3787 Queen's Park Cricket School boys
aged 8 – 17. Jan – Jun at The Oval. Registration
previous Dec.

Harvard Sports Club, Western Main Rd end of
Serpentine Rd, St James

Powergen Youth Development Cricket
Programme at venues throughout Trinidad.
Registration in Jan. See Press for details. Boys
and girls

624 8175 Bertie Steurt. More relaxed games in
park at Fairways and Goodwood Park, suitable
for younger children

622 3470 The Country Club (members only),
Long Circular Road Maraval

752 6251 Lester Gomes. Cricket and Tennis
lessons

CYCLING 682 3011 Gene Samuel (Owner of Geronimos
Cycle shop). Weekly Saturday afternoon trail
rides for kids at Chaguaramas Golf Club,
monthly fun trail races.

622 MIKE Michael Phillip. Cycling tuition for
kids.

FOOTBALL In the parks of most residential areas, eg. Regents
Park, Fairways, Goodwood Park (Classes for
small boys 3.30pm Wednesdays) and Haleland
Park. Ask other residents for details. Also St

- Joseph's Convent ground.
 La Foucade Soccer Clinic – contact Dion La
 Foucade 680 0900 coachdlf@hotmail.com
- GYMNASTICS** 627 2245 Tots & Tumblers: Annette Telfer.
 Lessons for young Children (Boys up to 5 only,
 girls all ages) (*after 1.30 pm*)
- HORSE
 RIDING** 684 7200 Lisa de Lima. Arboretum,
 Chaguaramas.
 673-5083
- KARATE** 623 2368 44 Henry St, POS
- MUSIC
 LESSONS** 621 0428 Holistic School of Music, Belmont.
 Manager Ms Boulan. Waiting lists.
- PIZZA BOYS
 PLAY
 CENTRE** 628 2697 Maraval. Large indoor play area, for
 children under 4ft tall. Also small bouncy castle
 in *Long Circular Mall* next to food hall.
- SAILING
 LESSONS** 634 4210 TTSA Chaguaramas. Lessons all year
 round, popular summer camps – early booking
 required.
- SWIMMING
 CLASSES** 633 5773 or 637 7256 Marlin Swim Class, St
 Anthony's College (Turn right at Traffic lights
 after West Mall and follow road until you see the
 club on the right). Lane swimming, children's
 pool.
 637 1700 Cathy Sirjoo/Simon Sirjoo: all ages
 from approx. 10 months up. Lessons at Marlin's
 Swimming pool (see above).
 662 6652 Centre of Excellence, Macoya Rd, off
 Uriah Butler Highway towards Piarco Airport.
 Classes for all ages
 625 9622 YMCA, Benbow Rd, off Wrightson
 Rd. (Also do Easter, Summer Camps)
 338 3574 Benny's Swim Club at Country Club,
 Long Circular Rd. Recently refurbished pool.
- TENNIS** 622 3470 The Country Club (members only –
 various membership periods available) POS
*See adult
 section for
 more*
- TAI
 KWONDO** 628 5812 Jung's School of Tai Kwondo, 22
 Belle Smythe Street, (off Ariapita Ave) POS

WATER 623 4208/623 4290/623 3511 Cascadia Hotel,
CHUTE/ St Ann's
SLIDES

CHILDCARE

MOTHER 633 3762 Louanna McIdor. Located after Mary
HUBBARD'S Avenue, Diego Martin Main Road
CHILDCARE 6:30 am-6:30 pm Montessori trained. Registered
CENTRE Nurse. Age range babies to 8-10 years. Large
play area, nature walks. Will take children in
school holidays as well as in term time.

CHILDREN'S PARTIES

CARIBBEAN CASTLES (BOUNCY) 637 2625/633 0484 Brian
Smith

CHILDREN'S PARTIES 632 0866 Elizabeth
Murray
637 7238 Ariane Van
Putten, both work together

CLOWNS, FACE PAINTING, 624 7833 Sharon.
PUPPET SHOWS Excellent with children
provides a very good
service. Will come to any
location even the school

CREATIVE INSPIRATIONS 632 0227
GUY AND GORDON LTD 627 6986 87 Ariapita
Ave. Good range of party
supplies: plates, cups etc.

MOVIE TOWNE 627 8277
PARTY EXOTIQUE 622 1430 22 Ariapita
Ave, Woodbrook (opposite
Lapyrouse Cemetry). Huge
range of party themes for
children and adults

PUPPET SHOW 636 0048 David & Rena
Aird

<i>PIZZA BOYS</i>	628 2697 Maraval, party facilities and indoor play gym
<i>PIZZA HUT</i>	628-1488 'Roxy' Party facilities
<i>WATER CHUTE</i>	623 4208 Cascadia Hotel, St Ann's

CHILDREN'S TOYS

<i>BABY LAND</i>	645 4242 Grand Bazaar
<i>ISLAND HOBBIES</i>	624 9409 Wrightson Rd nr TTPost. Toys, model supplies, RC aircraft
<i>KIDS WORLD</i>	622 6657 Tragarete Rd /Elizabeth St, (625 3167 14A Frederick St.) Huge selection of toys, baby supplies and equipment. Kids' clothes, shoes, party supplies
<i>KIDS CORNER</i>	633 6941 West Mall, also Cnr Ana St & Ariapita Ave
<i>KNOWLEDGE ZONE</i>	Westmall, 622 4948 Ellerslie Plaza 623 2783 Movie Towne. Good paints, software, educational toys
<i>RICHARDS</i>	637 7177 West Mall. Party supplies
<i>STARLITE DRUGS</i>	632 0516/7 Diego Martin
<i>TOY HILL</i>	622 8697 Long Circular Mall

CHURCHES

All denominations are catered for in Trinidad. Check in the telephone directory for the church of your choice.

CINEMAS

There are a variety listed in the phone book and a good website is www.caribbeanonlineyellowpages.com/listings_1/1_category_C_235.html.

The main one in POS is Movie Towne, www.movietowne.com . (Tel: 62 STARS) There is also Kay Donna Drive-In (Churchill Roosevelt Highway near Valpark Plaza) and an eight-screen multiplex at Trincity Mall (off Churchill Roosevelt Highway a little before Piarco Airport).

CLOTHES/SHOE SHOPS

<i>12 PLUS</i>	628 3573 Corner Roberts and Rosalino, Woodbrook
<i>BENETTON</i>	Long Circular Mall
<i>BLINK</i>	633 6780 Starlite Shopping Mall. Custom made clothes by designer Jenni Heinz. Sports wear, swimwear, casual wear
<i>BLUE GRASS</i>	West Mall, Long Circular Mall Trincity Mall. Levi jeans and casual wear.
<i>BOTTOMS UP</i>	West Mall
<i>CAROL FERREIRA</i>	632 4482 Hand-painted t-shirts
<i>CARIBBEAN CASUALS FOR GEOPA CLOTHING</i>	West Mall, upper floor. Locally made clothes in cotton and linen, also does swimwear. Women and children
<i>CLAUDIA PEGUS</i>	628 2730 4a Warren St. Beautiful designer clothes made to measure.
<i>TIPTOE</i>	West Mall (shoes)
<i>DOMANS</i>	Long Circular Mall (shoes)
<i>EAST MEETS WEST</i>	Valpark, Long Circular Mall
<i>FRU FRU</i>	622 6524 Cor Perigod Rd and Francis Rd, off Long Circular Rd (at Cahoots Salon). Plus

<i>GUESS</i>	Size Fashions West Mall.
<i>HEATHER JONES, designer clothes</i>	622 7350 55 Luis St, Woodbrook. Beautiful clothing made to measure
<i>ILDA'S BOUTIQUE</i>	Long Circular Mall
<i>KIDSWORLD</i>	Opposite The Oval (shoes/clothing)
<i>KIDS PLUS</i>	Long Circular
<i>LA CASBAH</i>	622 3805 16 Delhi St, St James. Designer clothing
<i>MEILING</i>	The Kapok Hotel
<i>MICHEL'S</i>	West Mall
<i>NIGIS</i>	637 9149 6 Hillock Place, Blue Range, Diego Martin. Original hand painted T Shirts and dresses, shorts etc for boys and girls direct from the designer, (all wash well)
<i>PAYLESS SHOES</i>	Found in most of the shopping malls e.g., West Mall, Long Circular. Will measure children's feet for shoes
<i>PETER ELIAS</i>	West Mall and Ellerslie Plaza. Ladies and gents formal and casual wear.
<i>PHILIPPA'S</i>	By Adam's Bagel's, on Saddle Road
<i>RADICAL DESIGNS</i>	West Mall, Long Circular, Trinity
<i>THE LONDON CLOTHING COMPANY</i>	West Mall, Movietowne
<i>WITH WOMEN IN MIND</i>	Ellerslie Plaza, West Mall
<i>VAMP</i>	Mucurapo Road

VIA SOLFERINO

622 9428 13 Mucurapo Rd,
2nd Floor, St James. Exclusive
Euro chic.

COMPUTERS

Computer equipment may be imported free of import duties, which makes ordering over the Internet well worthwhile.

<i>DIGITAL SYSTEMS</i>	658 1030/680 2186 Gary Williams
<i>KEN RODRIGUEZ</i>	761 8736
<i>KHALIAN SYSTEM'S LTD</i>	16A Saddle Road, Maraval 628 2042 (opposite Adam's bagels)
<i>SNIKLA</i>	627 9115 8 French St, Woodbrook (good for printer repairs). Ink cartridges.
<i>VITA TECHNOLOGIES</i>	675 8482 Shiraz Mohamed, 36 El Socorro Rd, San Juan

DRESSMAKERS/ TAILORS

<i>APPAREL INSTITUTE</i>	793 5135 174A Western Main Rd, Cocorite, just past 7 th day hospital. Suits made to measure and alterations – very reasonably priced
<i>BLINK</i>	633 6780 Starlite Shopping Mall. Custom made clothes by designer Jenni Heinz. Sports wear, swimwear, casual wear

<i>CLAUDIA PEGUS</i>	628 2730 4a Warren St. Beautiful designer clothes made to measure.
<i>DANIELLE HERDE</i>	629 2803 Perseverance Rd, Haleland Park, Maraval
<i>MAKEEDA JAMESON DESIGNS</i>	622 1335 41 Valerie Rd (road opp. Linda's Bakery) Maraval
<i>HEATHER JONES</i>	622 7350 55 Luis St, Woodbrook. Beautiful clothing made to measure
<i>LIZ LUCAS</i>	628 0120 St James. Very good value
<i>MEILING</i>	627 6975 6 Carlos St, Woodbrook Custom made clothes for all, drapes
<i>SAVILLE ROW THE TAILORING HOUSE</i>	628 1244 23a Romeo St, St James Recommended for Gents and Ladies suits. Will also copy existing trousers, etc.
<i>RICHARD SHIM</i>	623 1655 1 Gordon St, POS. Recommended for Gents and Ladies suits. Will also copy existing suits, etc.
<i>ZALIMAK</i>	625 5062 Luis St, Woodbrook

Swimsuits/Swimming Costumes

<i>BLINK</i>	633 6780 Starlite Shopping Mall. Custom made clothes by designer Jenni Heinz. Sports wear, swimwear, casual wear
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<i>EAST MEETS WEST</i>	622 0018 Ladies, Long Circular Mall
<i>FRANCIS FASHIONS</i>	632 3462 West Mall for Tommy Hilfiger
<i>KATHLEEN HAY</i>	637 6559 Thomas Drive, Diego Martin. Swimsuits made to measure very reasonable and good
<i>ISLAND CASUALS</i>	622 2412 Long Circular
<i>LOU LOU SWIMWEAR</i>	628 1279 8 Maraval Rd. Custom made and retail
<i>TINA SWIMWEAR</i>	628 6150 Nancy Rostant, 40 La Seiva Rd, Maraval. Ready-made and also make to measure
<i>TRES BEUX</i>	637 0269 43 Beechwood Drive, Goodwood Gardens nr. St Anthony's College. Try to deal with Sharon who owns the business. Be aware of large Alsatian dog on work shop premises

DRY CLEANERS

<i>KLEEN RITE</i>	628 2038 71 Mucurapo Rd St James
<i>PROFESSIONAL DRY CLEANERS</i>	628 3310 15 Saddle Rd, Maraval near Adam's Bagels

DVD/VIDEO RENTAL STORES

<i>DVD HOME THEATRE CENTRE</i>	628 4274 1 Sweetbriar Rd
<i>STAR VIDEO</i>	633 6278 Starlite Plaza, Diego Martin
<i>TOKEN RECORDS</i>	632 3880 West Mall

EDUCATION

Nursery or pre-school 2 ½ - 5/6 years old

There are lots around, most claiming to be Montessori so be selective. The Montessori Centre International on Fitt St adheres to the Montessori system. They also do a summer camp for July and accept children aged 2-8yrs from other schools for this. Most schools want children to be potty trained or able to use the toilet themselves, this requirement varies with each school so ask about this when you make an appointment to visit each school. Many of the Montessori fill up quickly and term starts in September.

Be aware that most children in private pre-schools in Trinidad can read and write before they enter primary at age 5 or 6. The children are mostly in advance of those at the same age in the UK. Bear this in mind if you are taking your child back to the UK for starting school at 5 years of age or moving onto other countries.

<i>CASA DEI BAMBINI</i>	622 1166 (Suzie) 2 ½ - 5, more expensive than others but generally considered very good. Good teacher/pupil ratio. Gym, swimming, music, computer and Spanish lessons on offer
<i>GAIL CABRAL MONTESSORI</i>	625 7953 26 Oxford St, Near Savannah
<i>HOPE COTTAGE MONTESSORI</i>	624 1056 Trudy Craig, St Ann's
<i>KATHY THOMSON</i>	637 3024 Glencoe
<i>LONDON MONTESSORI SCHOOL OF LEARNING</i>	627 1170 15 Cornelio St
<i>MEMORABLE YEARS</i>	622 1842 (Nicole) Prospect Rd, off Long Circular Rd (near Assumption Church).. Very caring teachers.
<i>MONTESSORI CENTRE INTERNATIONAL ALSO MONTESSORI TEACHERS' COLLEGE</i>	622 0126 37 Fitt St, Woodbrook. Excellent school, follows the Montessori system. Good mix of local children and expats, from around the

UWI PRE-SCHOOL world. Very reasonable fees. Does summer camps for 2-8 years old.
633 8903 St Augustine

Primary

BISHOP ANSTEY JUNIOR SCHOOL 624-1177 Monte Cristo Estate, Ariapita Rd, St Ann's. Anglican School with good academic record. Admission is by a simple test, so no waiting lists. Forms for admission must be submitted in November of the year prior to entry

BRITISH ACADEMY OF POS 622 4286 23 Alexandra St, POS. Established 2006. British system of education leading to GCSE and Cambridge A levels. Website www.british_academy.edu.tt

DUNROSS PREPARATORY SCHOOL 637 7241/633 6316 Similar to St Andrew's. St Anthony's Drive, Westmoorings

GOVERNMENT SCHOOLS In most areas

HOLY NAME PREP 623 6713 Queens Park East

INTERNATIONAL SCHOOL 632 4591 American system. Largely expat. pupils

LUCIA'S PRIVATE SCHOOL St Augustine

MAPLE LEAF INTERNATIONAL SCHOOL 632 9578 Canadian system - methods are most similar to current British practice but standards are lower at the bottom end of the school levelling out higher up

ST ANDREW'S SCHOOL 622 2630 Trinidadian private school following a broadly British system of education achieving high

	educational results (Maraval)
<i>ST BERNADETTES</i>	624 7054
<i>ST XAVIER'S PRIVATE SCHOOL</i>	St Joseph
<i>UNIVERSITY SCHOOL</i>	St Augustine

Secondary

To enter a Trinidadian secondary school, pupils sit an 11+ Entrance Exam known as the S.E.A exam. Schools are allocated according to parental choice and how well children perform in the exam i.e. high marks are required for entry to “prestigious schools”. Alternatives are private schools – Maple Leaf, International School, and the British Academy.

Adult Courses

<i>ADULT LITERACY TUTORS ASSOCIATION</i>	624 2582 Runs training courses in POS and San Fernando for volunteer tutors. Apply in Jan for interview for training course running from Sept to July
<i>THE ART ACADEMY</i>	640 5321 Gerard Gittens, 34 Pacific Ave, Paradise West, Tacarigua. Art Certificate courses for adults, also classes for under 13's.
<i>JOHN DONALDSON INSTITUTE</i>	625 1511-4 Wrightson Road
<i>OTHER INTERESTS</i>	Check Newspapers For Cookery, Dressmaking Courses Etc.
<i>UNIVERSITY OF THE WEST INDIES (UWI)</i>	622 2002 St Augustine

ESTATE AGENTS

<i>ANGELA ATUNG</i> <i>EXCLUSIVE REAL ESTATE</i>	620 2459/632 6043 Based in POS good selection of property
<i>DAWN GLAISHER</i>	631 5233 Sea Jade Investments, 2 Griffith Trace, Shirvan, Tobago Short term rental i.e. holiday homes, long term rental or property management
<i>ECKEL QUESNEL LAZZARI</i>	622 4949 33 Long Circular, St James (high quality property to let)
<i>EXECUTIVE CORPORATE SERVICES</i>	622 4868, 622 4945 Upper Arcade Hilton Hotel. Penny Persaud and Cathy Allum (also does <i>orientation</i> sessions for incoming expats.)
<i>LAURA POLO</i>	772 5520 / 622 9039 Flag Staff Long Circular Rd, Buying / renting
<i>LIZ BASH</i> <i>NEALCO REAL ESTATE</i>	633 7027 Diego Martin 625 0762 Edward St, POS (Lisa de Meillac, Camille Hyatali, Sharon Inglefield, Tara Crookes)
<i>TUCKER REAL ESTATE</i>	628 9307 St James. Jeanine Tucker
<i>USHA HART REAL ESTATE</i>	685 1513 Diego Martin. Sales and rentals.

FABRICS, HABERDASHERY & CRAFT SUPPLIES

<i>CRAFT CREATORS</i>	6376488 West Mall. Craft supplies & gifts
<i>DELTEX ART SHOP</i>	66 Pembroke Street 623

	6468
<i>FAKOORY'S</i>	623 5204 Charlotte St, downtown POS. 622 2628 or 628 0155 Western Main Rd, St James. Sewing, crafts, haberdashery
<i>ISLAND HOBBIES</i>	624 9409 Wrightson Rd nr TTPost. Toys, model supplies, RC aircraft
<i>JIMMY ABOUD & TEXTILE CORNER</i>	625 2904 Corner of Queen and Henry St
<i>MIQUEL MOSES</i>	622 1996 25 Mucurapo Rd. Also downtown POS. Good furnishing fabrics, lighting, curtain rods and accessories.
<i>MODE ALIVE and MODE ALIVE OASIS</i>	627 5483 34 Frederick St, opp. Woodford Square. And "Mode Alive Oasis" next to Kay Donna Drive- In, Curepe (south side).
<i>LAURETTE'S LTD</i>	623-9230 62-64 Sackville St. Helpful, good selection of furnishing fabrics, off- street parking
<i>SAMAROO'S</i>	624 8431 11-13 Abercromby St. Stunning array of haberdashery and everything you need for carnival costumes and more.
<i>YUFE'S</i>	624 4552 Stanmore Ave (furnishing fabrics) 622 9119 St James. Dress & furnishing fabrics and craft supplies

FLORIST/GARDENING SUPPLIES

<i>BLOOMSBURY</i>	622 0054 15 Saddle Rd (next to Adams Bagels)
<i>CARIBBEAN FLOWER CO</i>	623 6010 10 Abercromby St, Pos & West Mall (Interflora)
<i>EDEY'S</i>	Queen Street
<i>FLOWERS (stalls outside HILO)</i>	West Mall - best on Friday. Ask for their best price
<i>ORCHID HOUSE</i>	145 Tragarete Rd, good for garden supplies, soil, pot plants and seed. Gives advice on plant problems
<i>LA TROPICALE</i>	628 0769 23A Patna St— Excellent arrangements. Phone in orders and delivery available.
<i>ROMANCE GARDEN</i>	622 8553 Long Circular Mall. “While you Wait” service & phone credit card orders
<i>T&T HORTICULTURAL SOCIETY</i>	Thurs – Sat 6 – 11 am, Lady Chancellor Road. Turn off the Savannah before the Zoo. Go on Thursday to get the best flowers
<i>JOAN WILSON</i>	637 6285 5 Croney Terrace Blue Range, Diego Martin, floral arrangements (winner at Chelsea Flower Show U.K.) plants/fruit baskets for that special occasion or party

FOOD SHOPPING

Bakeries & Tea

Various flours can be bought by the sack from The National Flour Mills, Wrightson Road. Alternatives to regular wheat flour are readily available in HiLo and other stores.

- ADAMS BAGELS* 622 2435 15a Saddle Rd, Maraval
- CHEZ GEORGE* 663 2206 Valpark Shopping Plaza. Bakery and Caterers. Worth the trip to buy bread to freeze
- JACQUELINE PATISSERIE* 48 Ariapita Avenue, opposite Adam Smith Square
- LE JARDIN DES TUILLERIES* 632 0265 West Mall, also Grand Bazaar. Excellent cakes, deserts, croissants and pastries – small items to order. Great for fresh coffee, teas, snacks
- LINDA'S BAKERY* 622 6475 Saddle Road, Maraval and Bakery with Café at Glencoe (next to TT Yacht Club). Croissants, wide range of baked goodies. Puff pastry made to order, children's birthday cakes
- MICHELLE FARAH* 637-2737 Carenage. Cakes/desserts to order, mince pies at Christmas
- PAT CASTAGNE* 628 3272 Makes cakes on commission
- PUFF & STUFF* 622 7833 Mucurapo Rd, also San Fernando. Bakery. Cakes and party food to order
- ROBYN FREEMAN* 622 1740 Lady catering for tea parties, boardroom lunches, special hampers
-

Butchers & Delicatessens

ARTIE'S PATTIES

637 7264 Morne Coco Road (behind Starlite Plaza), Diego Martin. Meat and fish, groceries

KAWAJAS

637 1542 78 Morne Coco Rd, Petit Valley (next to excellent Bakers Delight) in Diego Martin
Chaguaramas branch in Coral Cove Marina next to Joes Pizza

French, Middle Eastern, Oriental, Italian deli, great fresh olives. Worth a visit

MALABAR FARMS GOURMET SHOP

622 9309 Bournes Road, St James

628 7486 115 Long Circular Rd.

Butchers/deli with fresh cheeses and imported, tinned, bottled and frozen products. Also sell imported fish

*MOUTTETS MEAT MART
PEPPERCORNS*

627 5026 4 St Ann's Road

628 5573 Ellerslie Plaza.
633 8120 West Mall.

Lots of imported food

SUGAR CANE FEEDS CENTRE

665 9967 Mr Reiza Mohamdally Poco Road, Londonville, Chaguanas
Local meat (hence cheaper) sometimes has local lamb. Good for pet meats. Meat can be delivered

Fast Food (also see RESTAURANTS)

Available everywhere and extremely good value – from KFC, Pizza Hut, Pizza Boys and stands along the roads selling local fast-food favourites such as “roti”, “doubles” and “shark & bake”. For the good ones, look to see where the locals are stopping to eat. *Roti* is a soft East Indian flat bread stuffed with lightly curried potatoes, chickpeas and chicken (ask for boneless if you don’t like working around the bones), meat or shrimps. *Shark ‘n Bake* is deep fried flour roll with fried shark steak topped with salad, chutney, pepper sauce etc., the best are served at Richard’s at Maracas beach. *Doubles* are small warm batter patties stuffed with chickpea curry (channa), often eaten for breakfast. Popular *Doubles* stalls (mornings) outside West Mall, Long Circular Mall and the Brooklyn Bar, Roberts St.

AL SAHAREY

Ellerslie Plaza: sada rotis, bakes and Indian food

EAT IT

Next to Haagen Daz, Ellerslie Plaza: grilled fish or meat with salad and baked potatoes

EL PECOS

Ariapita Avenue: jerk chicken

GRILLERS

Ariapita Avenue: barbecue chicken

HOT SHOPPE

Maraval & Mucurapo Rd: takeaway roti (mini rotis great for kids)

IRIE BITES

Mucurapo Rd. & 622 7364
71A Ariapita Avenue:
Jamaican food.

OPPOSITE SMOKEY & BUNTY’S

St James: “the best roti”

PANINI CAFE

Ellerslie Plaza & Westmall:
crepes, wraps and panini sandwiches

PATRAJ

Tragarete Rd: wide range of rotis & Indian food

*SHEEMAS VEGETARIAN
RESTAURANT*

Diego Martin. Just around the corner from Bakers Delight and Kawajas on Morne Coco Rd, Petit Valley. Excellent food for takeaway

Fish

Also see Malabar Meats and Arties Patties in Butchers section.

NEPTUNE DELIGHTS Ltd

624 0109 71 Ariapita Avenue Imported frozen fish from Norway cod, haddock, salmon. Affordable as you get large portions.

THE FISH HOUSE

637 4419 Michael and Renee Lanser. Emphasis on vacuum packed frozen fish including squid

STREET FISH STALLS

Maraval village, Carenage, Cocorite (next to Peakes). Also vendors on highway route to the airport

Fruit & Veg

Stalls often have better produce than supermarkets and are better value for money.

ADRIAN

Saddle Hill (above Moka Heights)

CENTRAL MARKET, WRIGHTSON RD

Wed – Sun 5 am – 10 am good for veg, fruit, herbs, spices, fish and meat (not really suitable for kids).

CHANKAS

Patna St, Opp. Long Circular Mall

JENNY'S

Opposite Victoria Gardens

JIM TELFER

622 3368 Seasonal Organic fruit: oranges, portugals, bananas

<i>STALL BY PIZZA BOYS Maraval</i>	Will get special orders in. Pet and Anna Mohammed
<i>SUNSPOT ORGANICS</i>	622 3643 80 Roberts St, Woodbrook. Gillian Goddard. Imported and local organic fruit and vegetables. Organic meals and smoothies. Informal café. Organic dry goods, herb teas. Environmentally friendly cleaning products. www.suneaters.com
<i>TRUCK ON WESTERN MAIN RD OPP. INTERNATIONAL SCHOOL</i>	Mondays / Tuesdays. Good quality seasonal fruit

Groceries

Limited organic, wheat free and dairy alternatives may be obtained from Malabar farms, Peppercorns and sometimes HiLo (Westmall). Supplies are fairly erratic. See also Sunspot Organics.

DAIRY PRODUCTS GENERAL INFORMATION

UHT and powdered milk is available at supermarkets. Fresh milk stocks can be unreliable. Fresh cream is rarely available (Peppercorns do a carton but it is expensive). Sour cream is normally available in supermarkets. Check the *Sell By Date* on dairy products before buying. The University Field Station - 662 7250 (Valsayn), will sell you fresh cow's and buffalo milk.

HI LO

Supermarket - West Mall (very large, well stocked store), Glencoe, Maraval and St Ann's. All close early on Sundays

FOOD BASKET/FOOD GIANT

Supermarket - Maritime Plaza, Barataria (Intersection of Uriah Butler Highway with Lady Young Rd)

JOSEPH'S

622 5910 25 Quamina St – frozen

	meat
<i>LITTLE STORE</i>	663 7852 Grocery - Lower Rapsey Street, Southern Main Road. (Kay Donna traffic lights turn left into Southern Main Road, turn right into Watts St this leads to Rapsey St.) Curry mixtures and various chutneys
<i>PRICESMART</i>	Membership shopping Superstore - Chaguanas 665 9084 & Port of Spain 627 2499 (next to Movie Towne)
<i>TRU VALU</i>	Supermarket - Long Circular. Valpark & Trincity Mall (Huge new supermarket) - sell 1 st Choice chicken - reared without hormones or steroids
<i>XTRA FOODS</i>	Supermarket – Grand Bazaar

Ice Cream

Readily available but of varying quality. Each outlet has its own flavours to tempt – soursop, coconut, peanut, etc.

<i>B&M HOME MADE ICE CREAM</i>	628 6626 70 Panka St, St James. They will fill up your own containers. Good variety of flavours.
<i>DAIRY BAR</i>	Opp. hospital in St James. Also has frozen yoghurt
<i>HÄAGEN DAZS</i>	622 8833 Ellerslie Plaza, Maraval
<i>LE BASTILLE SORBETS</i>	Stocked at Adams Bakery, Maraval & Lindas Bakeries, Maraval and Glencoe, A La Bastille Restaurant Ariapita Ave
<i>MUNCHKINGS</i>	Various outlets, popular. Coconut flavour particularly good.
<i>TCBY TREATS</i>	West Mall, Movie Towne, Frozen yoghurts. Excellent party desserts

WILLIES ICE-CREAM

Various outlets, very popular

Wine

MORE VINO

622 VINO O'Connor St & Ariapita Ave. Good selection of wines, also popular after-work lime spot

BRYDENS

625 8357 20-22 Tragarete Rd. Good selection of wines and spirits. Will deliver

CARIBBEAN CHATEAUX

624 6612 43 Ariapita Ave. Wines and Spirits

FERNANDES FINE WINES & SPIRITS

622 1961 The Country Club, Long Circular, Maraval & West Mall

VINTAGE IMPORTS LTD

628 4592 Cnr Hunter St & Damien St, near Kappa Drugs

WINE NOT

628 2275 21 Mucurapo Road Economical. Choose your grape variety. They make the wine for you and you bottle it on their premises Personalised labels for parties etc.

FURNITURE MAKERS

There is a wealth of tropical woods available in Trinidad. Much of the teak comes from managed plantations. There are however many trees used in the furniture industry that are now considered rare. It is up to your conscience whether you choose to use a hardwood or not. If you are planning to take the item(s) back to the UK, be aware that shrinkage can occur in the wood, and joints that are usually glued may fail because of the different climate.

There are many furniture makers listed in the Yellow Pages. If you have used any of them and can suggest any more of them for inclusion here we would appreciate it.

<i>DAVID BLAKE FURNITURE</i>	646 1466 18b O'Meara Industrial Estate, Arima
<i>ELLIOT GRIFFITH</i>	625 6732, 682 9472 Good quality, durable children's furniture
<i>CONSUL STAR LUMBER</i>	642 9194 642 0472. Churchill Roosevelt Highway D'Abadie Contact Barry Storey
<i>CUPBOARD LOVE</i>	625 0312 4 Hillcrest Av, Cascade, call for an appointment. Furniture Designer who then out sources the work to local cabinet makers
<i>FORBES FURNITURE</i>	623 6720 Hamel Smith St & Old St Joseph Rd, Laventille
<i>JACK FARAH & Co. Ltd</i>	Diego Martin
<i>FRANK JACKMAN</i>	Ft George Rd. Furniture restoration
<i>ORSON JAMES</i>	623 3764 Pager 66BEEPS Carpenter / Joiner
<i>ROLAND</i>	640 0930, 780 9112 Good quality furniture / cabinet maker; also children's furniture
<i>ARLETTE XAVIER</i>	635 5795 Specialises in children's furniture. Excellently finished products at reasonable prices
<i>WOOD U</i>	628 4795 53 Tragarete Rd, POS. Imported real wood furniture, ready to finish.

GARAGES

<i>KIRK'S AUTO</i>	628 6411 Cocorite, off Western Main Rd (North side) Friendly service
<i>KISSOON'S AUTO SUPPLIES & SERVICE</i>	663 2808 40/42 Southern Main Rd, Curepe
<i>LAUGHLIN AND DE GANNES</i>	625 1712 Dundonald St, POS 652 4291 Sutton St, San Fernando
<i>RUSTOP</i>	625 2822 93 Edward St 623 5589 11 Eastern Main Rd
<i>SEECHARAN AUTO SPARES</i>	623 7474 (Member's husband) 25 Eastern Rd, Laventille. Repairs and painting, tyres, auto spare parts
<i>SUPERTUNE GARAGE</i>	633 8863 Diego Martin Main Road/La Puerta Avenue
<i>VERNE MILLER</i>	624 0506 (old VWs only)

GAS CYLINDERS (LPG)

<i>PEAKES</i>	622 7325 177 Western Main Road Sells adapters to change your UK barbeque so it fits the local gas cylinders
<i>RAMCO INDUSTRIES LTD</i>	640 4LPG (4574) 640 6281 640 8804 home delivery
<i>WH SCOTT LTD</i>	623 2181 Independence Sq (Underground parking) and 625 0591 Movie Towne. Good range of gas BBQs, cylinders, household fittings etc. Will deliver

GIFT & JEWELLERY SHOPS

<i>ADRIAN CAMPS – CAMPINS</i>	624 4673	Cards
<i>ART & ANTIQUE SHOP</i>	633 5043	Upper level West Mall
<i>BAMBU</i>	632 7567	Upper level West Mall
<i>BERNADETTE LOPEZ-AHOP</i>	676 8461	94 La Pastore, Santa Cruz
<i>BOMBAY</i>	628 4594	18 Alcazar St, St Clair & West Mall
<i>B & R JEWELLERS</i>	622 4367	Long Circular Mall (Member's Husband) Custom made jewellery
<i>CIL HOME WAREHOUSE</i>	622 8976	Opp Long Circular Mall
<i>CARLA THOMPSON</i>		Caribbean Culture Town Centre Mall, Chaguanas
<i>CARIB COLLECTION</i>	645 5006	Grand Bazaar
<i>CATTALYA</i>	622 0121	Lower Level Long Circular Mall
<i>DH GIFTS</i>	622 0500	Lower Long Circular Mall & West Mall
<i>GARDEN STYLE</i>	622 9271	4 Sweet Briar Road
<i>HOUSE OF JAIPUR</i>	624 7465	14 O'Connor St, Woodbrook
<i>KELLY LIANOS</i>	652 1176	Paintings of Trinidadian houses
<i>LIN TOY – THE BEAUTY SHOP</i>	628 1860	Long Circular Mall
<i>MOVIE TOWNE MALL</i>		Various
<i>NORMANDIE HOTEL</i>	625 8732	Excellent selection of shops, worth a visit
<i>PRECIOUS LITTLE</i>	622 9775	5, Pole Carew St, Woodbrook
<i>RAINY DAYS</i>	622 8870	Ellerslie Plaza

<i>STETCHERS</i>	628 0987 Long Circular 632 0502 West Mall 622 8870 Ellerslie Plaza
<i>ZIPPERS</i>	Ellerslie Plaza, Trincity & West Mall

HAIRDRESSERS

<i>AMANDA REAGAN</i>	637 7564, 681 4889 1 Benbow Drive, West Moorings
<i>BACKSTAGE</i>	621 3630 (Cell 756 6282) 6 Braemar Rd, Cascade. Anthony Medina, Sassoon trained
<i>BEAUTY ON THE BAY</i>	632 0708 Jessica, Bayside Towers West Moorings. Hair designer and Image Consultant
<i>CAHOOTS SALON</i>	622 5393 Perigod Rd and Francis Rd, off Long Circular Rd, by Kajanzian Carpets. Hair and Beauty treatments.
<i>FARRIDA'S UNISEX SALON</i>	637 6648 Top Level, West Mall
<i>HAIRLINES</i>	Saddle Road, Maraval 628 5421
<i>HAIR AND AESTHETICS BY MARIA</i>	632 6115 16, Alyce Glen (close to Canadian School) Hairstylist and Aesthetician
<i>LILL</i>	624 1025 St Ann's (near Cascadia)
<i>LISA JEAN-CHARLES LA CROIX</i>	637 4961 Very good value and excellent with children
<i>NEIGHBOURHOOD SALON</i>	632 1613 Constabulary St, Carenage. Terence Aleong (worked in Steiners of London and aboard cruise ships for 5 years)

NICOLES DREAM SALON

775 1052 Nicole
(formerly of Farridas) is in
same building as *Beauty by
Design*, 36 Maraval Road.
Excellent cuts, good value

SANTAS

662 5879 Corner of Scott
& Sellier Sts, St Augustine

SPECIAL EFFECTS

645 0527 Valpark
Shopping Centre

HARDWARE

AZAD ABAS ALI HARDWARE

665 4579 129 Caroni
Savannah Rd, Chaguanas

BHAGWANSINGHS

627 833 Beetham
Highway.

671 1705 1 De Verteuil
St, Chaguanas

New Mega Store on
Highway by Piarco turnoff

(A very good selection
(better than many UK
stores and prices might be
lower) for tools (Stanleys
etc) electric fans (ceiling
and portable)

*KINGS HARDWARE AND HOME
SUPPLIES*

628 5159 94 Western
Main Road, St James
(Westmoorings end). Good
range including curtain
fittings. Glass cutting.

*DHARRIE'S UPTOWN
HARDWARE*

628 0055 53 Tragarete
Road

NAGIB ELIAS & SONS

623 2176 55-63 Charlotte
St

PEAKES

622 7325 177 Western
Main Road

WHAN TONG AGENCIES LTD

623 2242 4 Belmont
Circular Rd (good for
plumbing and sanitary

fittings). Also outlet on
Ariapita Ave.

HEALTH CARE – see MEDICAL

HOUSEHOLD GOODS & FURNISHINGS

<i>THE ABERCROMBIE PAVILION</i>	Abercrombie Street, near Savannah/BP
<i>AGA KHAN</i>	625 7868 36 Park St, Upper Downtown POS. Appliances, helpful/quick delivery
<i>ALYANGE INTERIORS</i>	622 2983 Corner of Picton and Warner St. blinds/drapes, good quality goods and friendly service
<i>ANTHONY PANTIN & CO</i>	625 1156 20-22 Tragarete Road, Caterers' supplies, good for knives
<i>BELLA LINO</i>	628 0907 17A Saddle Rd, Next to Adams Bagels, Maraval. Home furnishing, fine linens.
<i>BHAGAWANSINGH'S</i>	See Hardware Section for details
<i>CELEBRATIONS</i>	622 6104 49 Saddle Road, Maraval
<i>CHERYL ANN LUTCHMAN</i>	788 8861
<i>COURTS</i>	622 0021 St James, Western Main Rd 674 5410 Corner Don Migel Rd, Churchill Roosevelt Highway
<i>CUPBOARD LOVE</i>	625 0312 4 Hillcrest Ave, Cascade (designer hardwood furniture)
<i>DH GIFTS</i>	622 0500 Lower Level Long Circular Mall and

	West Mall
<i>D'RITE STUFF</i>	622 0848 Ellerslie Plaza 633 0848 West Mall 663 8019 Grand Bazaar
<i>EXCELLENT STORES</i>	627 5129 3 Frederick St, also a branch at Movie Towne. Wide range of items
<i>IMPERIAL FURNISHINGS</i>	628 0187 Maraval
<i>KITCHEN KORNER</i>	622 8552 Long Circular 633 9550 West Mall & Trincity Mall
<i>LA PLACE DE LA MAISON</i>	Tragarete Rd, near Oval and TTPost. Gail McKechme (interior designer, imports from Miami)
<i>LEWIS APPLIANCES</i>	623 0386 Edward Street. GE appliances, parts and service
<i>MAYFIELD DRAPERY</i>	663 1803 15 Mayfield Road, Valsayn
<i>MAISON JARDIN GARDEN CENTRE</i>	637 4801 Diego Martin Main Rd (next to TSTT). Plants, pots and gifts
<i>MI CASA</i>	628 3392 St James, opposite Courts
<i>WHAT'S COOKING</i>	638 5756 Murray St, Woodbrook
<i>PARTS WORLD</i>	622 4340 Western Main Rd, St James. Whirlpool appliances, parts and service.
<i>PATIO PERFECT</i>	622 8924 St James. Veranda furniture, beach towels, plastic ware etc.
<i>PEAKES</i>	622 7325 Western Main Rd, sells a large variety of tools, paints, barbecues, garden furniture, kitchen equipment, insect killing

	lamps, etc. Major store which caters for the building trade too
<i>PILLAI'S HOME DÉCOR</i>	153 Saddle Rd. Hardware store
<i>PRICESMART</i>	627 2499 Next to Movie Towne. 665 9084 Chaguanas. Membership shopping (Costco). Stocks a variety of household equipment, garden furniture, towels, bedding, BBQ, etc. as well as bulk food items
<i>SAN ANTONIO NURSERY</i>	676 0128 Upper Santa Cruz. Largest selection of plants in the Caribbean.
<i>SINGER SIGNATURE SELECTION</i>	622 2383 Luis St/ Ariapita Ave; 640 7669 Tissue Drive Trincity
<i>STANDARD</i>	622 2775 Calcutta St/Western Main Rd St James 662 1037 Grand Bazaar, San Juan Turnoff on highway
<i>YESTERYEAR ANTIQUES</i>	622 1040 63 Church St, St James, Ross Bynoe. Excellent for re-upholstery and restoring items broken during transit or in storage.
<i>XAVIER HOME FURNISHING And GO TO YOUR ROOM</i>	622 8911 Ariapita Ave. Handmade furniture and children's bedroom furniture.

HOUSE/CONTENTS INSURANCE

<i>GUARDIAN GENERAL LTD (FORMERLY NEMWIL)</i>	637 9686 791 8873 Bernadette d'Oliviera. Agent for the following classes of Insurance: Liability,
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Marine, Aviation and Transport
Motor Vehicle, Pecuniary Loss,
Personal Accident, Property. 34d
Ridgewood Towers, Four Roads,
Diego Martin

RMS BROKERS

625 1091/7 627 5719 (fax) 39
Dundonald St. Homeowners
comprehensive buildings and
contents.

MAIDS & HOUSEKEEPERS

Word of mouth recommendations are best but be specific at the outset of employing someone and say exactly what you want doing.

FINAID Agency at St Finbar's Church, Morne Coco Rd, Diego Martin 637 5641 (nr. St Anthony's College) provides a free service (if you are happy then you can make a donation). You specify the type of person you want, e.g. age, experience, things you want them to do. They will match you to people on their database. They have already interviewed the people and checked their references.

An average cost for housekeepers in the POS area (Jan. 2009) is \$150TT per day (transport costs possibly extra), and up to \$40 per hour for babysitting in the evenings.

MAINTENANCE

<i>ALLSTEPS SERVICE LTD</i>	637 1016 (pager 662 3377 (i.d. 5795) Stephen Seepaul (aircon servicing)
<i>CLEANY BOPPERS</i>	682 9380 Clean carpets, rugs, tiles
<i>COMFORT ENGINEERING LTD</i>	628 7263 (aircon. supply & servicing)
<i>DAVID LEWIS</i>	752 4618 (tiling)
<i>D & H PLUMBING</i>	628 1440, 752 4166 Desmond James, 30b Nile

<i>ELIOT GRIFFITH</i>	St, Cocorite 625 6732, 682 9472 (Carpenter – good for kids furniture)
<i>KELVIN RICHARDS</i>	620 1933 (plumber)
<i>LESTER BENNY</i>	761 6111 (electrician)
<i>TOTAL ELECTRICAL SERVICE</i>	622 4401 (electrician)
<i>MERVYN LEWIS</i>	751 6783 (tiling and building work, kitchen/bathroom refurbishment a speciality)
<i>MODERN SANITARY PLUMBING</i>	628 7400 (plumbing)
<i>PLUMBING SOLUTIONS</i>	628 5022 41 Mucurapo Rd
<i>ROBERT JOHNSON</i>	673 0232 (wallpaper hanging)

MEDICAL

Ambulances & Hospitals

There are a number of private hospitals throughout Trinidad and Tobago. Please consult your yellow pages. It is advisable to familiarise yourself with the location of your nearest hospitals and the phone numbers. You should visit them to make sure you know where the Accident and Emergency Department is located.

Do you have medical insurance in case of an emergency? What documentation do you need to have to hand if you need to go in an ambulance and what do you need to take with you in order to get treatment quickly? This information/documentation could save a life so make sure it is kept in a place in the house that everyone knows the location of. Also keep a copy of the documentation in your car. However, many hospitals work on the basis of using a credit card deposit to secure your treatment. Hospitals may also not deal directly with insurance companies to pay your bill so it is wise to make sure you have sufficient credit limit on your credit cards to cover emergency treatment.

There are a number of ambulances providing private transport. Amalgamated Security Emergency Ambulance tel 800 LIVE is one company whose literature states they have trained paramedics in the ambulance. The ambulance staff only take cash so make sure you have 250TT available to hand.

Dengue Fever

Dengue fever is a viral illness that is transmitted by mosquitoes. It is most common during the rainy season when the *Aedes aegypti* mosquito breeds in 'clear' standing water such as that found in vases and containers in yards. The virus is transmitted when a mosquito bites someone who has dengue fever and then bites another uninfected host (person). The mosquitoes bite at dawn and dusk and are attracted to dark coloured clothing.

Symptoms and signs of dengue fever

The symptoms of dengue fever are severe: fever, headache, eye pain, joint pain and weakness. Less common symptoms are nausea, vomiting, abdominal pain and a red pinpoint rash. There are several strains of the dengue virus, so it is possible to contract dengue fever more than once.

Dengue Haemorrhagic Fever. (DHF)

DHF is a rare form of dengue fever. It is more common after 2nd or 3rd infections with dengue fever. With DHF there is a risk of bleeding - a red pinpoint rash can be a sign of DHF. Blood in the urine or bleeding gums may also be a sign.

Anyone who suspects they have dengue fever should see a doctor. There are blood tests to determine if your illness is dengue fever and to check what your risk of bleeding is. Sometimes it can take up to 2 weeks after becoming ill for the dengue test to be positive.

Treatment For Dengue Fever

As with any viral illness, bed rest and lots of fluid are important. Tylenol, Panadol or any medication that contains ACETAMINOPHEN can help with the pain and fever. If you are not allergic to codeine, Panadeine (tylenol and codeine) can be helpful. If you suspect that you have dengue fever you should NEVER TAKE ASPIRIN, ASA or any other anti-inflammatory medication such as CATAFLAM, IBUPROFEN, ALEVE, PONSTAN, VOLTAREN or OLFEN as this may increase your risk of bleeding. You should see a doctor as soon as you suspect you have dengue fever.

Prevention Of Dengue Fever

The only way to prevent dengue fever is to prevent being bitten by infected mosquitoes. To prevent mosquito breeding: check around your home for containers that can collect rainwater and remove them. Change water in flower vases every 1-2 days. To prevent being bitten: wear long, light coloured (white, yellow) clothing at dawn and dusk. Use mosquito repellent that contains DEET. Use mosquito nets especially those impregnated with DEET. Air sprays and plug in mosquito repellent devices may be helpful.

(Our thanks to Dr Sonia Telfer (628 2297) who provided this information).

Screen doors are also an option providing a physical barrier against mosquitoes. Try MEGA TRADERS LTD 652 2417 81 Cipero St San Fernando who import Canadian Screens and will come to POS. Also Mervyn Lewis at (751 6783) will make customised screens from local materials.

Only single bed mosquito nets can be bought in Trinidad. Michael Limchoy (756 6524/622 2402) can custom make Guyanese style box mosquito nets (not claustrophobic) for larger beds. This option is preferable to using chemicals in your house in the longer term.

Private Hospitals

<i>COMMUNITY HOSPITAL OF SDA (SEVENTH DAY ADVENTISTS)</i>	622 1191 Western Main Road, Cocorite (North side of road, opposite Bayside Towers) Accident and Emergency available 24 hours, blood tests etc.
<i>MEDCORP LTD – ST CLAIR MEDICAL CENTRE</i>	628 1451/2 628 8615 18 Elizabeth St, St Clair. Walk-in clinic. You pay a deposit first. Full range of services including blood tests, maternity etc.
<i>WESTSHORE MEDICAL CENTRE</i>	628 6817, 622 0652, 622 1714, 622 9878 239 Western Main Rd, Cocorite (south side, between Bayside Towers and West Mall.). Full range of services incl A&E, blood tests, maternity etc.

Blood

If you require blood for any reason (e.g. surgery) while in Trinidad, you will have to supply your own blood donors to replenish the Blood Bank (623 8204) supplies.

If any UKWC member encounters difficulty in finding volunteers the Management Committee will do their best to find blood donors.

National Blood Transfusion Service (622 2619/623 8993) POS General Hospital. Mon-Fri, 8am to 4pm. You are advised to arrive early if donating blood.

Donor sessions every 6 months or so at the British High Commission

Acupuncture

DR CAROL BHAGAN KHAN

622 6081 43 Tragarete Rd,
Woodbrook. Acupuncture,
Homeopathic and Occupational
medicine

JUNG SOOK JUNG
(Clinic in Jung's School of Tai
Kwondo)

788 9128/628 5812 22
Belle Smythe Street, (off
Ariapita Ave) POS. Korean
Hand Acupuncture and
Suction Cup Therapy

PETER MUNT DAVIES

628 1696 Unit 24 Royal
Palm Plaza, Maraval
(above the book shop).
Traditional Chinese
Acupuncture (whole body).
A welsh man who worked
with the UK NHS for many
years.

Ante-natal/ Post-natal Care

*THE INFORMATIVE
BREASTFEEDING SERVICE
(TIBS)*

628 8234, fax 628 1269
8 Rust St, St Clair
email: tibs@wow.net

*MARILYN STOLLMEYER (SRN
SCM ENGLAND)*

662 1962, fax 628 2720
Ante-natal classes and
post-natal home visits

DAWN STAMPFLI

632 DAWN Labour
support

SIMONE FERREIRA (MIDWIFE)

625 6996 Ante-natal
classes

Child Psychologist

*ALLYSON HAMEL-SMITH
ANNALISA ALCAZAR*

Ask for your GP referral
754 4206 Play Therapy

KAREN HATCH

622 9937 Ranjit Kumar
St, St James

Chiropodist/Podiatrist

LESLEY A SCOTT MChS

627 7009 11 Carla St,
Woodbrook (Trained at the
London Foot Hospital)

SWISS CARE FOOT CLINIC

628 8161 Wood St, off
Savannah. Mrs Nanton,
Highly Recommended

Counsellor/Psychologist

SAADIA LEE YING

622 7506/7 13 Gray St, St
Clair, POS. Not a trained
counsellor but provides
sessions for spouses who
are trying to adjust to living
in Trinidad. General
information very useful
when you have just arrived

ELDER ASSOCIATES

622 6594 30-32 Picton St,
Newtown, POS. Trained
counsellors & psychologists

Dentist

*DR ARLENE WRIGHT
ORTHODONTIST*

625 ORTH 38 Petra St,
Woodbrook

*AZAD ASHRAPH,
DENTAL SURGEON*

663 3252 1 Kari Rd,
Valsayn, just outside
Valpark Plaza. Very
professional and good with
children

DR BRIAN WALLACE

628 1953 80a Picton St,
Newtown

DR CHRISTINA LEE

628 48544 Serpentine

	Road, St Clair
<i>KIRK FARAH</i>	622 6789 4 Rapsey St, St Clair
<i>DR NANDALA MAHARAJ</i>	625 5735 14 Murray St, Woodbrook
<i>DR NIGEL CAMACHO</i>	628 8606 633 4157 St Clair Medical Centre, 18 Elizabeth St, St Clair
<i>DR SARAH SOBRIAN</i>	622 3639 47 Long Circular Rd, St James Very good with children.
<i>DR CHRISTOPHER YOUNG</i>	627-0544 20 Fitt Street Woodbrook. Very good with children

Dietician/Diet support

<i>ANNE ALISON</i>	637 0647 / 751 2853 Cooks calorie controlled meals according to your dietary requirements and delivers them to your door
<i>YVONNE BATSON</i>	Dietician/Nutritionist (trained in UK). Holds clinics at Good Health Medical Centre, 7 Fitz Blackman Drive next to National Stadium (625 5259/625 8315) or Lifestyle Fitness and Rehabilitation Centre, 28 Stone St, (627 5433)

Doctors (General Practitioner)

<i>DR SONIA TELFER</i>	628 2297 (Phone/fax) Saddle Rd, Maraval (above Kappa Drugs) 684 5674 (cell). Highly recommended. Other
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<i>DR RYAN ABRAHAM</i>	doctors also practice here. 622 7340 4 Serpentine Rd, St Clair. Highly recommended
<i>DR KEITH KOO MIN CHEE & DR RUBY LUE CHEE LIP</i>	622 7137 Christina Court, near Ellerslie Plaza
<i>DR STUART MILLAR</i>	624 5762 66 Pembroke St
<i>DR ROSS MILLAR</i>	624 7395
<i>DR IAN MILLAR</i>	623 6856
<i>DR R D MOOTOO</i>	652 7144 7 Keate St. San Fernando
<i>DR MICHAEL MOSES & DR JACQUELINE SABGA</i>	633 3579 Regents Towers, Westmoorings
<i>DR RANDOLPH PHILLIPS</i>	628 8600 49 Ana St, Woodbrook (husband to paediatrician Dr Welch)
<i>DR SONIA ROACHE</i>	627 5247 Good Health Medical Centre, 1-7 Fitz Blackman Drive (next to National Stadium)
<i>DR SONIA ROBINSON</i>	645 4874 Warner St, St Augustine

Ear Nose and throat (ENT) Surgeon

<i>DR NATASA BRATT</i> <i>AUDIOLOGY</i>	628 4824 36-1 Ranjit Kumar St, St James (audiologist) especially good with children
<i>DR JUMAN</i>	645 2368 Compass House, 32 Eastern Main Rd, St Augustine
<i>DR WESLEY SHIM</i>	628 8567 26A Bengal St, St James

Holistic Doctor

<i>HARRY RAMNARINE</i>	665 8041 Lange Park
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(*Homoeopath*)

Chaguanas.

Herbalist

*NATURAL BALANCE HEALTH
CLINIC*

628-5649 25 Alexandra
St, St Clair (inside YWCA
compound). Herbalist,
massage, natural remedies,
iridology, counselling

Hydrotherapy

JACQUILINE GUZMAN

755 3626 Classes held at
Police Pool in St James and
other locations. Excellent.
Will come to your own pool
if required.

*HYDROFIT PETER SAMUEL
FLYING FISH*

Federation Park or Diamond
Vale Pool

SIMON SIRJOO

637 1700 Westmoorings

Massage

*AMIR ALI (LICENSED MASSAGE
THERAPIST)*

623 STAR based in Lisa
Niles physiotherapy clinic,
POS. Also does home visits
in both POS and South.
Cell 7718443 Home 650
1892 20 Caratal Rd
Gasparillo. Highly
recommended. Also
teaches at the *American
School of Massage*

NATASHA ALI

680 4036, 625 5462
Home visits

JUNE DURHAM

625 9816 Massage and
Beautician

HANDS ON 628 4575 Radhaka, Royal Palm Plaza Hotel, Saddle Rd, Maraval

NATURAL BALANCE HEALTH CLINIC 628-5649. 25 Alexandra St, St Clair. Herbalist, Massage, Natural Remedies, Counselling

DAWN STAMPFLI 632 3296 39 Sunset Drive, Bayshore. Also Low Level Laser Therapy

Maxillofacial & Oral Surgery

DR JOSHUA E SCIPIO 627 3927 36 Ana St, Woodbrook

Magnetic Resonance Imaging (MRI)

MRI OF TRINIDAD AND TOBAGO 623 4674 1-7 Fitz Blackman Drive. In same complex as Good Health Centre, POS

ST CLAIR MRI CENTRE 628 9780 / 622 9373 / 628 7157 11 Havelock Street, St Clair

Neurologist/Neurosurgeon

RASHEED ADAM 623 9845 23 Lucknow St, St James

DR MAHADEO 624 4256 Good Health Medical Centre, 1-7 Fitz Blackman Drive. Highly recommended

Nurses (private)

If you need to have surgery in Trinidad, it is suggested that you arrange a private nurse to take care of your day-to-day needs while in hospital, as nursing care has been found to be limited, especially at night. One of our members has used the following two nurses and highly recommends them: Julia Johannes 672 7352 (dial*94 first if ringing from a cell phone); Michele Gonzales (620 0411/725 7263).

<i>ROVAN HOME SOUTH PIER</i>	632 5989 / 755 7089 Yvonne Braithwaite, Nurse In Charge. Nurses and equipment for hire.
<i>CARDIOVASCULAR ASSOCIATES HOME CARE (Dr Ronald Henry, Consultant Cardiologist)</i>	Nursing Manager for Homecare: 637 9965 / 784 8587 Terri Gonzales
<i>NORMA TANG</i>	637 575 (Friend of UKWC member can give you general information)

Obstetrician and Gynaecologist

<i>DR WILLIAM KISSOON</i>	624-4963 Cnr Adam Smith Square and Murray St.
<i>DR AJIT KURUVILLA</i>	622 0695 Luis St, Woodbrook. Recommended.
<i>DR ACHONG LOW</i>	622 0122 or 671 3504
<i>DR LISA MARK</i>	637 5608 Abacus Centre. Left on La Puerta Avenue off Diego Martin Main Rd (after Starlight shopping mall). Turn at John St, clinic is on cor. of Farfah St. Recommended.
<i>DR FIONA PHELPS</i>	627 2466/69 New Street, POS

<i>DR. CHRISTINA SERRAO</i>	628-6817,622-0652,622-1714,622-9878. Westshore Medical Centre, 239 Western Main Rd, Cocorite.
<i>DR LEVLA WEITHERS</i>	628 1262 Good Health Medical Centre, 1-7 Fitz Blackman Drive (next to Football Stadium)

Oncologist

<i>DR GORDON NARAYANSINGH</i>	624-4963, 624-8381, 625-6783 Corner Adam Smith Square and Murray St (same office as Dr. Kissoon) Cancer specialist
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Optician

<i>ALLISON'S EYE CENTRE</i>	627 2554 122-124 Frederick St
<i>JOYCE ALI</i>	624 3037 Frederick St, POS excellent optician
<i>JENNIFER ALI</i>	623 6805 102 Abercromby St, POS, excellent for contacts
<i>FERREIRA OPTICAL LTD</i>	622 8565 622 7040 Long Circular Mall (and most other malls)
<i>IMPERIAL OPTICAL</i>	623 4559 Independence Square and Richmond St
<i>HETITE DE GANNES</i>	663 2657 137 Eastern Main Rd, St Augustine (opposite Emerald Plaza)
<i>JCA OPTICAL</i>	632 3937 Starlite Mall, Diego Martin. Good for Contacts
<i>CARTER OPTICAL</i>	622 7975 Ellerslie Plaza

Ophthalmologist

<i>DR KIM HOSEIN (UK)</i>	627 4194 Eye Specialist & Surgeon Imperial Optical Co, Furness Building, Independence Square – highly recommended
<i>DR JEEVAC LAL</i>	628 7763 9 Hydrobad St, St James

Orthopaedic Surgeon/Specialist also see Neurosurgeon

<i>DR RICHARD HOFORD (SPECIALIST ADVICE)</i>	623 8864 6 Albion St POS
<i>DR DAVID TOBY (SURGEON)</i>	625 4744 74-76 Dundonald St

Orthopaedic Shoe Repair

<i>THE PRINCESS ELIZABETH CENTRE</i>	627 8156 Ariapita Ave, (football stadium end)
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Orthotics

<i>JOANNA LANDRETH-SMITH</i>	628 1788 9 La Seiva Road (behind Kappa Drugs, Saddle Road, Maraval). Physiotherapist who fits/makes orthotics
<i>KHAMCHAND JANGLEE</i>	627 8086 / 669 0344 Orthotic, prosthetic, orthopaedic technician: orthopaedic braces, arch supports, splints, artificial limbs

Paediatrician

<i>DR DAVID BRATT</i>	622 9146 (especially supportive of breast feeding)
<i>DR EVERARD GIROD</i>	628 3362 8 Saddle Rd, Maraval. Note Dr Girod is not a trained paediatrician, but a GP.
<i>DR PETRONELLA MANNING ALLEYNE</i>	628 7918 Room 201 Stanley's Clinic (Neonatal/Perinatal-Pediatrician)
<i>DR ALISON MURPHY</i>	625 6060 3 Adam Smith Sq, Woodbrook. Highly recommended
<i>DR LYNETTE WELCH</i>	622 7210 49 Ana St (off Ariapita Ave)

Physiotherapy

<i>USHA INNIS HOLISTIC HEALTH CENTRE</i>	631 8443 Based in Kariwak Hotel Tobago, Also does Ayurvedic Marma Massage
<i>JOANNA LANDRETH-SMITH</i>	628 1788 Bengal St, St James.
<i>LISA NILES</i>	623 7827 Carlton Savannah Hotel
<i>JOY RODNEY WILKES</i>	623 9969 / 681 7226 66 Pembroke St. Highly recommended
<i>SERPENTINE ROAD PHYSIOTHERAPY CLINIC</i>	622 7340, 795 6925 Steven Frankland, 4 Serpentine Rd, St Clair

Plastic Surgeon

VICTOR BLACKBURN 627 6201 22 Fitt St,
Woodbrook. Very good for
mole removal.

Reflexologist

TERRENCE ALEONG 6321613 Constabulary St,
Carenage.

RAY ALI BOCAS 336 3275 Kitchener St,
Newtown (Near Betta
Homes)

SHIVANA INALSINGH 662 3279 St Augustine, or
Bay Spa and Fitness
Centre, Bayside Towers,
Tuesday, Thursday and
Saturday

VIDYA SHRIDAT 624 2112

Skin Specialist - Dermatologist

DR TANYA ABRAHAM 622 7340. 4 Serpentine Rd,
St Clair

DR EDWARDS 628 2297 Saddle Rd,
Maraval (above Kappa
Drugs). In practice with Dr
Sonia Telfer

DR A EDWARDS-RAMOUTAR 622 5108 Western
Medical Centre, St James.
UK trained.

DR. MARILYN SUITE 625-7176 Specialist
Centre, Dundonald Street
(U.K. trained)

Specialist Surgeon

DR KEIRON FUNG KEE FUNG 623 0401 7 Fitz Blackman
Drive. Recommended for
breast lumps.

DR T KURUVILLA 628 5910 37 Long
Circular Rd, St James

Sports Injuries

DR JAMEEL MOHAMMED 624 4564 8 Albion St,
POS

Urologist

DR FUAD KHAN 622 6081 43 Tragarete
Rd, Woodbrook

PEST CONTROL

<i>OMEGA PEST CONTROL LTD</i>	623 6445 or 627 73787 Uptown Mall, 44-58 Edward St
<i>RENTOKIL</i>	800 7006 or 622 1327 11 Picton St. Offer a regular treatment (non scented on request) for ants, mice, cockroaches, etc. Well worth \$250TT per quarter
<i>TRINIDAD PEST CONTROL</i>	624 5377 91 Cascade Rd. Cascade. Excellent service, same price as Rentokil. Also sell time mist KONK chemical for control of Mosquitoes indoors. Ask to speak to Luke Shepherd or Mr Solomon.

PET SHOPS

<i>BARKIN DOGS PETWORLD</i>	622 6748 13 Warren St (Cor. Ana St) + Eastern Main Rd, St Augustine
<i>FUNKY PETS</i>	628 0600 Patna St, St James. By Long Circular Mall (south side) Big range of small pets, fish, supplies
<i>PANTINS</i>	628 9042 86 Picton St Good for tropical fish, birds. Friendly service.
<i>PEAKES</i>	622 7325 (general supplies)
<i>PURINA EXPRESS</i>	637 4449 Starlite Terrace (dog food with free delivery)

PET SHOP, Movie Towne

Upstairs near Bluestar
Drugstore, sells fish and
birds and small mammals

PHOTOGRAPHERS

AMBASSADOR

662 9896 Arima and
Curepe

COLORFAST PHOTOLAB

662 2434 Sapodilla St,
Tunapuna (behind Republic
Bank)

CYAN STUDIOS

662 CYAN 45 Cornelio St

DIGITAL PHOTO CENTRE

627 0119 Movie Towne, 1st
Floor. Digital professional
printing, photography,
scanning, restoring.

DIGITAL VIDEO STUDIOS LTD

628 7731 20 Bengal St, St
James. Wide range of
digital services.
Photography, video
conversions PAL (UK) to
NTSC (US); DVD, CD-
ROM, 8mm & Hi8 to VHS
& DVD, restorations,
enlargements

FILM PROCESSORS LTD

628 3907 143 Tragarete
Rd. Passport photos

FOTOMART

633 4521 Starlite Shopping
Mall, Diego Martin. Film
and Digital professional
printing, photography,
scanning, restoring.
Passport photos.

PICTURE PERFECT

676 8117 Elizabeth
Chung Luk Pat 6
Driftwood Dr, Santa Cruz.
Professional photographer

RACHEL LEE YOUNG

682 4063 Photography,
handmade photographic
greetings cards, prints of
local scenes, tropical
flowers. Family portraits.
14 Regents Drive West,
Westmoorings (UKWC
Member)

VISUAL CONCEPTS

622 2288 7 Francis Rd,
(off Long Circular Rd)
Maraval. Abigail Hadeed -
in business for 20 years

PIANO SERVICES/LESSONS

PIANO TUNING

665 8863 David Lovell

PIANO LESSONS

624 4357 Richard Kitson

MUSIC LESSONS

628 6580, 678 8293 June
Nathaniel

POOL/GARDEN SERVICES

ANDREW CABRAL

637 7880 (gardening)

CRYSTAL CLEAR POOLS

633 4739 / Fax: 637 3567

*DEVON'S PRESSURE WASHER
SERVICES*

628 0868/685 6862

DAVID HACKSHAW

620 8309 (landscaping),
Santa Cruz & POS

GARY NARYANSINGH

622 6063 (trees)

JOHN HOLLIS QUALITY POOLS

628 5689, 30 Murray St,
Woodbrook. Service and
build pools

ALBERUNI KHAN

681 7864 / 622 5568 Pool
construction, maintenance
and garden services.
General maintenance on
building, electrical and
plumbing

<i>KAUFMAN SWIMMING POOLS & SPAS</i>	622 5036 30 Mucurapo Rd. Service and build pools.
<i>TRUE BLUE POOLS</i>	632 POOL / 632 BLUE. Diego Martin. Service and build pools.
<i>QUALITY POOLS & SPAS</i>	628 5689 Service and build pools.

PRINTERS

<i>FEATHERLITE CARD SPECIALISTS</i>	624 1944 1b Norfolk St, Belmont. Cards, invitations etc.
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RESTAURANTS

<i>ADAMS BAGELS</i>	622 2435 (<i>Café and deli</i>) Saddle Rd, Maraval. Fresh bread and cakes / Lebanese patisserie
<i>ANGELO'S</i>	628 5551 (<i>Italian</i>) 38 Ariapita Avenue
<i>ADMIRAL NELSON</i>	British pub/bar. Warner Street, Woodbrook
<i>APSARA</i>	623 7659 (<i>Authentic Indian</i>) Queen's Park East, Savannah
<i>ARABIAN NIGHTS</i>	(<i>Arabic</i>) Glencoe Plaza. Eat in or take away.
<i>BAT AND BALL</i>	628 5870 British pub/bar. Queen's Park Oval, St Clair. (Below JAFFA)

<i>THE BIGHT (Peake's Boatyard)</i>	634 4839 Informal eating overlooking marina (inside: a/c sports bar & pool table) Chaguaramas
<i>BUZO</i>	223 3896 Warner St, Newtown. Classy Italian Osteria
<i>CAFÉ FEEL OH</i>	634-2436 at Coral Cove, Chaguaramas
<i>CASCADIA HOTEL</i>	623 4208 Sunday Brunch Trini Style, Ariapita Road, St Ann's
<i>CAPTAIN D's</i>	(Fast fish food) Glencoe Plaza
<i>CHAUD</i>	623 0375 2 Queen's Park West. Quality international cuisine. Excellent service.
<i>CHAUD CAFE</i>	628 9845 1 Woodbrook Place Trendy café / wine bar.
<i>CHAUD CREOLE</i>	621 2002 6 Nook Avenue (near Normandie Hotel). Quality Creole food.
<i>CHACONIA HOTEL</i>	628 3210 (Int'l) 106 Saddle Rd, Maraval. Regular evening live entertainment
<i>CHINA PALACE</i>	622 5866 (Chinese) Ellerslie Plaza, Maraval
<i>CREWS INN - THE INN PLACE</i>	634 1096 Landmark is the large lighthouse over building/marina. Shop boutique next to the Lighthouse Restaurant serves excellent cakes and coffee. Both places do breakfasts
<i>CRO BAR</i>	622 9928. Cor. Adam Smith Square & Ariapita Avenue. Lively place for drinks
<i>DA VINCI RESTAURANT</i>	628 5551 38 Ariapita Ave, Woodbrook
<i>FLAMBEAU</i>	627 5555 at Courtyard by Marriot, Invaders Bay. Open daily for breakfast lunch and

	dinner. Also lobby bar for coffee.
<i>GARIBALDI</i>	622 6736 (<i>Italian</i>) 99 Saddle Rd, Maraval. Good food in pleasant surroundings overlooking the Maraval River.
<i>HANAMI SUSHI</i>	623 5370 (<i>Japanese</i>) Movie Towne Mall near Shakers Bar. Good for a quick sushi meal before a movie.
<i>HAWAIIAN EYE</i>	622 5053 (<i>Polynesian</i>) Shoppes of Maraval – good value. 10 min notice for take-away, ready on arrival
<i>HILTON HOTEL LA BOUCAN</i>	624 3211 Good Sunday Buffet. Lady Young Road, overlooking the Queen’s Park Savannah
<i>HOUSE OF JAIPUR TEA ROOM</i>	624 7465 (<i>Indian</i>) 14 O’Connor St, Woodbrook 12-6pm Mon-Sat. Very tempting shop and Indian snack food.
<i>HOT SHOPPE</i>	622 4073 or 622 2858 (<i>W Indian Roti Curry takeaway</i>) Mucurapo Rd, St James and Maraval. Mini rotis great for kids – ask for boneless chicken
<i>IL COLOSSEO</i>	628 1494 (<i>Italian</i>) Rust St, St Clair. Excellent food, good for lunch
<i>JAFFA</i>	622 6825 (<i>International</i>) Queen’s Park Oval
<i>J. MALONES</i>	627 8277 Movietowne Mall (behind Shakers Bar)
<i>JENNY’S</i>	625 1807 (<i>Chinese/Intl</i>) Cipriani Boulevard, POS. Will deliver
<i>JOE’S PIZZAS, STEAKS, HOAGIES</i>	628 5637 St James 633 0941 Diego Martin (Delivery)

	634 2332 Coral Cove Marina, Chaguaramas has a nice restaurant at the back. Excellent Italian food at reasonable prices
<i>JOSEPH'S</i>	622 5557 (<i>Middle Eastern</i>) Rookery Nook, Maraval, turn between RBTT bank and KFC and follow road around
<i>LAUGHING BUDDHA</i>	(<i>Japanese</i>) 623 1118 Frederick St, POS. Sushi restaurant. Good food but service can be slow
<i>THE LIGHTHOUSE (Crews Inn)</i>	634 4384 (<i>Int'l</i>) Lovely marine setting for lunch or evening dining. Good with kids. Chaguaramas
<i>LURE</i>	634 2783 (<i>Intl</i>) Sweetwater Marina, Chaguaramas. Waterside setting.
<i>MARIO'S PIZZERIA</i>	633 KING, 627 KING Diego Martin, Ellerslie Plaza, Tragarete Rd, POS etc.
<i>MELANGE</i>	628 8687 (<i>Intl</i>) Cnr Cornelio St and Ariapita Avenue, Woodbrook
<i>MORE VINO, MORE SUSHI</i>	622 VINO (<i>Intl</i>) Cnr O'Connor St and Ariapita Ave. Lively Friday after work lime location. Out door deck seating. Good wine selection, elegant snacks. Great sushi.
<i>NEMOS</i>	622 4227 (<i>Fish</i>) Mucurapo Rd, St James
<i>NORMANDIE HOTEL</i>	624 1181 10 Nook Avenue, St Ann's. Good brunch and tea
<i>PANINI CAFE</i>	628 6551 Ellerslie Plaza. Westmall. International coffees, cakes, light lunches
<i>PERKS GOURMET COFFEE & DESSERT HOUSE</i>	628 6969 62 Ariapita Ave

<i>PIZZA HUT</i>	opp Veni Mange 628 1488 Roxy Roundabout, St James. Kids play area.
<i>POLESKA COCKTAIL BAR</i>	622 2112 The Country Club, Maraval. Cocktails, light lunches
<i>PRIME</i>	624 6328 (<i>Intl</i>) BHP Billiton Building, Invaders Bay (behind Courtyard by Marriot) Upmarket menu, décor and prices!
<i>RUBY TUESDAYS</i>	624 6566 (<i>American</i>) Movie Towne, good salad bar
<i>SAILS (Power Boats)</i>	634 4304 Chaguaramas. Lovely marine-side setting
<i>SHANGHAI EXPERIENCE</i>	624 0227 (<i>Chinese</i>) Movietowne Mall
<i>SKIPPERS (TTYC)</i>	633 1343 Glencoe. Very informal snacks and lunches.
<i>ST ANDREW'S GOLF CLUB</i>	629 0066 Moka, Maraval
<i>SOLIMAR</i>	624 6267 Nook Ave (next to Hotel Normandie) English Chef. Good food & service, lovely atmosphere
<i>SOONGS GREAT WALL</i>	652 9255 (<i>Chinese</i>) 97 Circular Rd, San Fernando
<i>TAMNAK THAI</i>	625 0647 (<i>Thai</i>) Queen's Park Savannah East. Indoor and outdoor courtyard dining
<i>TAPAS</i>	628 0054 (<i>Spanish</i>) Ariapita Avenue & Gallus St. Spanish style tapas restaurant and bar
<i>TGIF</i>	623 9284 (<i>American</i>) Queen's Park Savannah West, BP building. Good with kids. Great cocktails
<i>THE 19TH HOLE</i>	Chaguaramas Golf Course
<i>TROTTERS</i>	627 8768 (<i>American</i>) Cnr Sweetbriar Rd and Maraval Rd, St Clair. Sports bar. Great cocktails. Very lively Friday

<i>TIKI VILLAGE</i>	evenings. Very loud when soccer / hockey etc matches are showing. Good for kids 622 5765 (<i>Asian</i>) Top floor of Kapok Hotel – Dim Sum on Sundays and public holidays, excellent views for breakfast
<i>VALPARK CHINESE</i>	Valpark Shopping Centre
<i>VERANDAH</i>	622 6287 (<i>Local & Intl</i>) Rust St, St Clair
<i>VENI MANGE</i>	624 4597 (<i>Local & Intl</i>) Very informal lively bar and restaurant. Ariapita Avenue
<i>VIE DE FRANCE / RITUALS COFFEE HOUSE</i>	628 7655 Pizza Boys Building, Long Circular Rd, Maraval. Excellent coffee and cakes, light lunches
<i>WATERFALL @ THE CHANCELLOR HOTEL</i>	623 0883 5 St Ann's Avenue
<i>WOODFORD CAFÉ</i>	627 CAFÉ (<i>Local food</i>) Movietowne

SECURITY

There are numerous security companies in the yellow pages, this small selection are commonly used by expats.

<i>ESSENTIA</i>	628 5363 76a Rosalino St
<i>GUARDIA WACKENHUT</i>	628 7403 French St
<i>PAL SECURITY</i>	628 8527 Security & drivers for hire
<i>SECURICOR</i>	624 5751 Port of Spain General Number

SHIPPING AGENTS

*TRINIDAD REMOVERS &
FORWARDERS LTD.*

674 6444 Fax 675 5015
Wilfred S. Acham

HENDERSON SHIPPING SERVICE

623 4167 / 625 6331 /
626 3057 (Fax) Packing
and crating for overseas
shipping of personal and
household effects, customs
brokerage, safe
warehousing.

SIGHTSEEING/PLACES OF INTEREST

Sightseeing is not easy in Trinidad but it's not impossible. There are some wonderful places to visit, however they are difficult to find as there are few tourist signs. Try ringing for details of the places you wish to visit or use the Rough Guide for help. Ask a local or The Tourism Development Company (TDC) for detailed instructions of how to get there.

The free TDC publication *Discover Trinidad & Tobago*. TDC 622 9415 www.visitTNT.com and *The Inns and Outs* publication www.insandoutstt.com will give you lots of ideas of things to see and do. Also *The Rough Guide to Trinidad & Tobago* is excellent. The list below is just a taster and doesn't provide instructions on how to get there.

If you are going walking it is best to try and hire a reputable guide and walk with a group of people to avoid security problems.

AJOUPA POTTERY

673 0604/05 Chickland.
Rory & Bunty O'Connor.
By appointment. Lovely
place to visit for all the
family. Give them your
contact details and they
will invite you to their open
days.

ANGOSTURA FACTORY

623 1841 Call for details
of tours around the factory

<i>ARIPO COTTAGE</i>	645 6604 Valencia, Aripo Valley
<i>ARBORETUM, CHAGUARAMUS</i>	684 7897/796 5426 Nature walks with guide
<i>ASA WRIGHT NATURE CENTRE</i>	667 4655 Beautiful birds, guided tours twice daily, accommodation
<i>BLANCHISSEUSE MOUTH OF MARIANNE</i>	Lagoon safe for children (near Zollner's restaurant)
<i>CARONI SWAMP</i>	645 1305 (Nanaan's Tours) Tours to see Scarlet Ibis. Tours leave at 4 pm. Be sure to check if it's nesting season as you don't see too many birds then!
<i>CHAGUARAMAS NATIONAL PARK</i>	Has an activities calendar: contact TDC (675 7034) for info. e.g. Cueso River Tour, Edith Falls, Scotland Bay, Kayaking (633 7871) Chacachacare Salt Pond and Lighthouse, Covigne River Trail
<i>DEVIL'S WOODYARD</i>	Mud volcanoes close to Princes Town and Rio Claro (see Rough Guide/TDC)
<i>DOWN D' ISLANDS: THE BOCAS</i>	Charter a boat for the day and see the islands or hire a house: see Weekend Getaway section for details
<i>EMPEROR VALLEY ZOO</i>	Queen's Park Savannah
<i>EDITH FALLS</i>	Tucker Valley, nature treks to a waterfall. Permits from Chaguaramas Golf Course

*FONDES AMANDES
COMMUNITY ECO TOURS*

623 9163/625 6033
Akilah Jaramogi, St Ann's.
Provides guides to walk in
their reforestation project.
Good views of POS.
Akilah also makes and sells
jewellery made from the
seeds of the local trees
make excellent presents

GASPAREE CAVES

634 4364 CDA, for
permits;
788 4633 Ian Rogers
Water Taxi, can take up to
20 people, has life jackets.
You can visit any part of
Gasperee Island as well as
the caves;
627 3377 Francis (CDA
permit approved)

HINDU TEMPLE IN THE SEA

Waterloo, Orange Field Rd
off Southern Main Rd See
Rough Guide

ICACOS & SOUTH COAST

Beautiful beaches and
buffalo farm. See Rough
Guide and TDC. Few
places to stay.

*LOPINOT COMPLEX –
MARIPOSA GARDENS*

669 2581, 646 8747, 684
9358 for reservation.
Excellent Spanish food.

PARAMIN 'herb basket of Trinidad'

West of Maraval. Drive up
and walk – See *A Different
View* . Also Parang is
played here at/before
Christmas

PARIA WATERFALL HIKE

Blanchisseuse to Paria Bay.
See TDC for details

PAX GUEST HOUSE

662 4084 Mount St Benedict. Lovely for afternoon tea. Provides guides for walks in the forest. You can stay at the guest house, reasonable rates for residents

PITCH LAKE

Follow signs from highway near San Fernando. See TDC. There are official guides when you reach the lake, don't take the unofficial ones!

POINT A PIERRE WILDFOWL TRUST

628 4145 Located inside Petrotrin Oil Refinery just off Highway. Well worth a visit, good for small children. Visitor centre, nature walks around the lake. Also accommodation at Petrea Place Guest House (658 5322)

LA VEGA GARDENS

679 9522 / 653 6120 Gran Couva. Large estate for family outings, trails, fishing etc, inc good garden centre

*QUEENS HALL ST ANNS
MACERIPE BEACH*

Concert Hall
Via Tucker Valley, Chaguaramas. Also nice trail from the Golf Club to the beach.

*MARACAS BEACH/LAS CUEVAS
BEACH*

Follow saddle road for 45 minutes, beautiful drive along the way. Famous for shark and bake. Las Cuevas is another 20 minutes on and well worth it. Beautiful beach though beware of sandflies if raining

MARACAS WATERFALL

Past Maracas village in the valley 1st left

<i>MILITARY HISTORY AND AVIATION MUSEUM</i>	634 4391 Chaguaramas just before TTSA
<i>NATURE SEEKERS</i>	668 7337 Matura Beach Guides/Permits - Giant Leatherback Turtles.
<i>NAVIRA SWAMP & MANZANILLA BEACH</i>	683 6261 Geoffrey Gomes. Guide required for Nariva Swamp
<i>NATIONAL SCIENCE MUSEUM</i>	642 6112 Highway (D'Abadie) past the airport. Next to Bestcrete.
<i>SAN FERNANDO HILL</i>	Open 9am-6pm. Excellent views well worth a visit. Soongs Great Wall Chinese restaurant is at the bottom of the road leading up to the hill. Large children's playground on way up
<i>TOCO</i>	Beautiful north coast road – worth a visit to see the turtles Mar-Sept
<i>YACHT HIRE</i>	634 4519 TT Sailing Association. 634 4384 Crews Inn – ask for Marina Office. Also Yacht Services Association 634 4938 may help.

SPORTS ACTIVITIES FOR ADULTS

<i>AQUA AEROBICS (KARAT AQUATICS)</i>	694 1517 Lorna Aitken. Body shaping classes. Tuesdays and Thursdays at La Riviera, Westmoorings.
<i>CRICKET</i>	662 2295/623 0304/05 for tickets to games at the OVAL. See the West Indies play other countries including England. If you haven't seen a cricket match before then go for a one day match as they are more exciting.

<i>FISHING TACKLE</i>	632 1782 The Tackle Shop, Carenage. Tackle Direct, Western Main Rd, Cocorite
<i>FISHING CHARTERS</i>	683 4063 Equity Charters. Luxury, fully equipped 54 foot Bertram Sports fisherman for full or half day fishing charters, sunset cruises. Tailored packages, catering available.
<i>GOLF</i>	629 4563 St. Andrew's Golf Course, Moka, lovely 18 hole course, but expensive. 634 4227 Chaguaramas 9 hole golf course – public, inexpensive and is in a beautiful setting. Driving range. Clubs & caddies can be hired
<i>HORSE RACING</i>	646 2450/2451 Santa Rosa, Arima. Contact Joanne Boodosingh for list of fixtures
<i>KAYAKING/MOUNTAIN BIKES</i>	633 7871 Chaguaramas
<i>KEEP FIT</i>	675 4292 Gill Merry
<i>MARTIAL ARTS</i>	See children's sports activities for details
<i>MOUNTAIN BIKES</i>	Can be hired at Crews Inn Shops, Chaguaramas (Guides/tours possible)
<i>NATURE TOURS / HIKES</i>	620-8240 Paria Spring Tours Courtenay Rooks – www.pariasprings.com
<i>SCUBA DIVING</i>	681 4958 Courses - Ron Tiah 634 3483 Courses, equipment – Rick's Dive World, Tardieu Marine, Chaguaramas 662 2447 Lorenza Robinson for Wind Dancer - a live aboard dive boat, one week cruising around Tobago

- SWIMMING* 624 3211 Hilton Pool Club (\$975.50 pa per family)
 663 3905 Dr Joao Havelange Centre of Excellence, Macoya Road, Tunapuna. (Just off Highway) Good facilities for serious swimmers. Lane swimming (can hire your own lane for 25TT).
 Also a conference centre, nice hotel and restaurant on the site
- SQUASH* 637 4888 Brian Jackson – coaching
- SURFING* 623 0920 / 787 0375 Alan Davis
- TAI CHI* 696 0876 681 0908 Rahmin Khabir, Teaches classical, traditional and modern Tai Chi in classes in north, south, east and central
www.trinbagoinfo.com/wushu
- TENNIS COURTS* 624 3211 Hilton.
 623 4208 Cascadia
 640 1885 Tacarigua Sports Complex, Orange Grove Rd (\$18TT per hour).
 Country Club Jean Merry 792 9191
 Ladies Groups beginners Wed & Fri 7:00 – 10:00 AM. Intermediates Tues & Thurs 7:00 – 10:00 AM. Children's lessons available in the afternoons.
- TENNIS COACHES* 629 2674/684 3904 Joanna Alcazar
 759 5010/665 3938 Kevin Clarke (+stringer)
 625 1364/687 5395 Michael McComie
 787 7810/6225413 Rolando Neiva (sells rackets at reasonable prices e.g. Babolat)
 686 1738 Rodney Ross (reserve Davis Cup)
 624 3211 ext.6077 Michael Valdez, Hilton
- TRAP AND SKEET CLUB* 680 1988 Andrea Lee-Kim. Tucker Valley, behind Rifle range. Andrea can also help if you are interested in the Rifle Association.

<i>WALKING/HIKING</i>	687 0514 T&T Field Naturalist Club- for info on their walks, hiring guides and guidebook
<i>YACHT/BOAT RENTAL/ HIRE</i>	634 4519 Ask TTSA for advice re. yacht hire. 680 4426 Bayshore Charters, Diego Martin rent cabin cruisers by the hour for 15 people (boat based at TTYC Bayshore) 683 4063 Equity Charters. Luxury, fully equipped 54 foot Bertram Sports fisherman for full or half-day charters, sunset cruises. Up to 15 people. Tailored packages, catering available (boat based at TTYC Bayshore) 637 7389 Island Yacht Charters limited, 26 Victoria Gardens South, Diego Martin. Has 2 boats one for 50 people and one for 18 people, provides food if required on an island home in Gaspree (5 hour excursion) 662 2447 Wind Dancer, live aboard dive/sail boat, around Tobago. Lorenza Robinson 678 8815 Peter de la Rosa Soca Samba. Can take 50 people, hire for a day trip down de islands.
<i>YOGA</i>	637 7765 Fitness Centres @ Diego Martin Main Road and 625 7765 5- 5A Queens Park West

Gyms

<i>BIO FITNESS</i>	632 5872 Westmall. Well equipped, personal trainers available. Scheduled exercise classes.
<i>CLUB SAVANNAH</i>	BP Building, Queen's Park Savannah West
<i>FITNESS 2000</i>	628 8296 Ellerslie Plaza
<i>FITNESS STARLITE</i>	637 7765 Starlite Shopping Plaza, Diego

*LIFESTYLE FITNESS &
REHABILITATION CENTRE*

Martin

627 5433 28 Stone St.
Excellent facility. You get
a personal trainer and
appointment time for the
equipment 3 times a week.
Cardio allowed at other
times as long as they are
not busy. Fitness
test/accurate fat %
measurement

*LONG CIRCULAR CLUB:
HEALTH AND WELLNESS*

622 3516 Long Circular
Mall

QUEEN'S PARK OVAL GYM

622 2295 The Oval,
Tragarete Rd

Sports Clubs

MOKA GOLF COURSE

629 4653 St Andrews
Golf Club, Moka

QUEEN'S PARK CRICKET CLUB

622 3787 The Oval, 94
Tragarete Rd, POS

*QUEEN'S PARK CRICKET CLUB
PAVILION*

622 4325 The Oval, 94
Tragarete Rd, POS

SAN FERNANDO YACHT CLUB

652 3937 Hubert Ranch St

*TRANQUILLITY SQUARE LAWN
TENNIS CLUB*

625 4182 Victoria Ave,
POS

TRINIDAD COUNTRY CLUB

622 3470 Champs Elysee,
off Long Circular, Maraval

TRINIDAD UNION CLUB

625 4095 65
Independence Sq, POS

*TRINIDAD & TOBAGO YACHT
CLUB (TTYC)*

637 4260 Glencoe

*TRINIDAD & TOBAGO SAILING
ASSOCIATION (TTSA)*

634 4210 Chaguaramas

TRAVEL AGENTS

Be sure to ask your travel agent to get you the Caribbean resident rate when booking hotels in Trinidad and Tobago (or ask yourself) for CARICOM rates when booking on other Caribbean islands. The savings you make can be up to 50% of the room cost.

<i>A'S TRAVEL SERVICE/THOMAS COOK REPRESENTATIVE</i>	622 7664/5502/8327 177 Tragarete Rd, POS. Airline reservations, hotel and car bookings, cruises, land tours, assistance with visas.
<i>GO 4 LESS</i>	627 7000 Ariapita Ave. Excellent deals available on all-inclusives, cruises and flights
<i>HORIZON TRAVEL</i>	625 5580, 658 4787 San Fernando
<i>LAZZARI & SAMPSON</i>	623 2721, 632 0485, 633 4193 West Mall
<i>NAVARROS TRAVEL SERVICE SITAL TRAVEL CLUB</i>	625 4324 78 Wrightson Rd 640 2758 640 0836 106 Eastern Main Rd, Tacarigua (near Trincity) Willing to source alternative routes
<i>TRAVEL HOUSE</i>	625 5863 125 Edward St, POS (Spencer)
<i>TRANS WORLD TRAVEL</i>	663 0657 Valsayn Ave & Southern Main Rd, Curepe
<i>TRAVEL NETWORK</i>	623 3651 4a Richmond St, POS ; 663 7788 T'Puna
<i>UNITED TRAVEL</i>	623 0355 /623 3500 18 New St
<i>VENDRYES TRAVEL LTD</i>	623 7272 71 Frederick St (car park opposite is free to customers)

Eco-Tour Companies

See www.visittnt.com/operator1.asp for a full list of tour operators in Trinidad and Tobago

<i>CARIBBEAN DISCOVERY TOURS</i>	624 7281 fax 624 8596
www.caribbeandiscoverytours.com	Steven Broadbridge.
<i>FONDES AMANDES</i>	623 9163, fax: 625 5878
<i>COMMUNITY ECO-TOURS</i>	Akilah Jaramogi St Ann's POS. Tours close to town, great views, birdwatching.
<i>GUIDES FOR WALKING/NATURE TRAILS</i>	668 3980 Brian Koonhow guide at Rio Seco (Salybia Falls)
<i>ISLAND TOURS & FISHING</i>	627 6345 Tony Lee Loy, Executive Charters. You can also hire a water taxi from the Island Property Owners jetty, or jetty opposite Power Boats Sails restaurant. Negotiate a day rate (choose one with a sun shade!)
<i>IVAN CHARLES</i>	685 6206. Experienced guide for trails all over Trinidad. From rainforest hikes to gentle inlet kayaking. Cycling specialist.
<i>"JUNIOR"</i>	669 3021, 728 6848 Tour guide for North Coast Trinidad: Matelot to Blanchisseuse
<i>NANAAN CARONI TOURS</i>	645 1305 Caroni Swamp tour to see the Scarlet Ibis
<i>ELTON POUCHET</i>	633 4733, 753 2775
<i>ROGER NECKLES</i>	633 5614 Wildlife photographer & tour guide
<i>NEOTROPICAL BIRDING TOURS</i>	624 2223 Geoffrey Gomes. Lady Chancellor Hill, POS. Highly recommended (consultant to BBC and National Geographic). Tours include, birds, bats, flora, fauna, natural and cultural

<i>DAVID ROOKS</i>	history and sightseeing, river and swamp tours etc. 639 4276 Tobago (Ornithologist)
<i>STAGES</i>	655 4211 Bertrand Alleyne. Trips & tours tailor-made for the individual or for groups
<i>SEAN WESTERN</i>	685 5026 Tours, functions, parties, day trips, house rental down the islands
<i>TURTLE WATCHING</i>	670 8381/670 1013 Mar- Sept on Northeast coast. Guides arranged through Mt Plaisir Estate, Le Grande Almandier Guest House, Acajou Hotel
<i>WILD WAYS C/O Cascadia Hotel</i>	623 7332/4208/9 Eco tours trips to Nariva Swamp, Paria Waterfall. Not cheap but very good (Andy Whitwell – Director)

TV/VIDEO/DVD REPAIRS

<i>ELECTRONIC COMPONENT SERVICES</i>	622 4710 19 Mucurapo Rd, opp. Hot Shoppe
<i>PROFESSIONAL ELECTRONIC SERVICING</i>	637 5241 Peter Ache 47, Redwood Drive, Goodwood Gardens, Diego Martin. TV, Video, audio, DVD, monitors, microwaves

VETS & ANIMAL SERVICES

Note: Please ask advice regarding the local frogs. They spit venom that will quite quickly kill both cats and dogs by paralysing the nervous system. The dry season is the worst for ticks. Ask for advice about protecting against heartworm.

If you are interested in obtaining animals for your household then you can contact either TTSPCA at 680 8848 or the Animal Welfare Network at 627 3449.

<i>AA JONES ANIMAL CLINIC & HOSPITAL</i>	628 7387 15 La Seiva Rd, Maraval (vet clinic and kennels) 633 7387 LP#100 Diego Martin Main Rd
<i>DOG GROOMING</i>	637 1251 Beverley Hammer
<i>DOG GROOMING</i>	628 2773 Gina Goindoo, Vinmer Vet Clinic, 144 Robert St, Woodbrook. 9am to 1pm and 4 pm to 7pm. Recommended
<i>DOG & CAT GROOMING</i>	662 5344 After 8 pm and weekends. Lucy Rodriguez will visit your home, and the quarantine centre
<i>NORTHWEST VET. CLINIC</i>	622 3356 59 Mucurapo Rd (Vet clinic & kennels)

VOLUNTARY WORK

<i>ADULT LITERACY</i>	624 2582 84, Belmont Circular Rd. Paula Lucie-Smith
<i>ANIMAL WELFARE NETWORK</i>	627 3449 or animalwelfarewk@yahoo.com
<i>BLIND SCHOOL IN SANTA CRUZ</i>	629 0223 Contact Joan Kenny UKWC member. Reading sighted textbooks to a Braille to translate into Braille
<i>CHILDREN'S HOMES</i>	Ask UKWC Welfare Committee
<i>FRIENDS OF THE P.O.S. GEN. HOSP. ASSOC.</i>	623 9428 Charlotte St
<i>FRIENDS OF THE BOTANICAL GARDENS</i>	662 5147 Pat McGaw, UKWC member
<i>LADY HOCHOY HOME IN COCORITE</i>	637 9823 Contact Sonia Thompson, UKWC member

*RIDING FOR THE DISABLED,
ARIMA*

637 3697 contact Margaret
Bennett

SISTER PAUL OF LA BREA

683 6212 Contact Norma Tang.
Helping the poor (all ages) Food
donations welcome all year

ST VINCENT DE PAUL

All Catholic churches

TTSPCA

680 8848 Contact Eileen
Cogdell, Off Mucarapo Rd.
Volunteers needed for fundraising
and work with animals. Cats and
dogs also available for adoption

WEEKEND GETAWAYS/HOTELS - Tobago

<i>BLUE WATERS INN</i>	660 2583 Speyside – quiet rustic, right on the beach. Great for birdwatchers. Boat tours to Little Tobago
<i>CANARY APARTMENTS</i>	684 4482 Office number 660 8884 Ashley Sobers Excellent value, rents car with accommodation. Location Buccoo
<i>COCO REEF</i>	631 8151 Store Bay. International hotel with small beach great for snorkeling and children
<i>DAWN GLAISHER</i>	631 5233 Sea Jade Investments, 2 Griffith Trace, Shirvan, Tobago Short term rental i.e. holiday homes for the weekend/holiday – will meet you at the airport (also long term rental or property management)
<i>FOOTPRINTS ECO RESORT</i>	660 0416 Culloden Bay Rd. Very quiet position overlooking the Caribbean Sea
<i>JOHNSTON APARTMENTS</i>	639 8915 Store Bay. Overlooking the beach
<i>KIMME MUSEUM</i>	639 0257 10-2pm Sundays
<i>MANTA LODGE</i>	660 5268 / 662 2447 Speyside www.mantalodge.com (special rates for UKWC members)
<i>MOUNT IRVINE GOLF HOTEL</i>	639 8871 Garden villa, close to nice beach
<i>SEA SHELL VILLAGE</i>	Store Bay

SEAVIEW GUESTHOUSE

Bacolet St, Scarborough.
Very basic but clean and
cheap at TTS150 for rooms
with cooking facilities and
a lovely view over the sea
from the communal
balcony

*VHL TOBAGO GOLF AND SPA
RESORT*

639 8000 Hotel &
condominiums. Golf
course. Kids Club. Very
exposed sea blasted
position. Hotel (ex-Hilton)
currently under going
renovation, planned
opening April 2009.

KARIWAK VILLAGE

639 8545 Hideaway in
walking distance of Crown
Point Airport. Beautiful
rooms, gardens and pools.
Wonderful food, yoga
retreats

RAINBOW RESORT

660 4755 Crown Point,
simple, clean rooms with
air conditioning and
kitchen. Pool on site

TURTLE BEACH HOTEL

639 2851 Nice cocktail
bar on the beach, great for
watching the sun go down

BONKERS

639 7173 Store Bay.
Simple, but clean
accommodation
www.bonkers@trinidad.net

WEEKEND GETAWAYS/HOTELS - *Trinidad*

ACAJOU

670 3771 Grande Riviere.
Boutique hotel next to
river. Individual
bungalows. Good food.
Good for turtle watching
Mar - Sept

<i>BAYVIEW BEACH RESORT AND MARINA LTD</i>	678 9001/9002 Down de Islands
<i>CASCADIA HOTEL</i>	623 4208 Ariapita Rd, St Ann's. Also Club Coconuts and water slides
<i>CHACONIA INN</i>	628 8603 106 Saddle Rd, Maraval, newly renovated
<i>COBLENTZ INN</i>	621 0541 44 Coblentz Ave Cascade. Modern, boutique style. Good restaurant – <i>Battimamzelle</i>
<i>COURTYARD BY MARRIOTT</i>	627 5555 Invaders Bay, next to Movie Towne
<i>CREWS INN HOTEL</i>	634 4384 Chaguaramas
<i>CROSSWINDS VILLA B&B</i>	676 1840 Upper Santa Cruz. A relaxing, luxury retreat. www.crosswindsvilla.com
<i>“DOWN DE ISLANDS”</i>	633 7027 Houses to rent – great for relaxing w/end away – but good ones get booked up way in advance. Ask Liz Bash for weekend rentals
<i>HOTEL ESTEREL (HOLISTIC SPA)</i>	662 4084, 670 4SPA Toco (owned by Pax Guesthouse)
<i>HILTON HOTEL</i>	624 3111 Lady Young Road overlooking Queens Park Savannah
<i>KAPOK HOTEL</i>	622 5765 16-18 Cotton Hill, St Clair
<i>LAS CUEVAS BEACH LODGE</i>	669 6945/767 5669 North Coast Rd, Las Cuevas (opp. beach facility). Seafood restaurant

<i>LE GRANDE ALMANDIER GUEST HOUSE</i>	670 1013 Grande Riviere (turtle watching March – Sept.) Guesthouse right on the beach. Well-organised guides take you on the beach after dark to watch the turtles nesting. Good restaurant
<i>MT PLAISIR ESTATE</i>	670 8381/0057 Grande Riviere (turtle watching March – Sept.) Rustic hotel right on the beach. Well-organised guides take you on the beach after dark to watch the turtles nesting. Good restaurant
<i>MARACAS BAY HOTEL</i>	669 1914 North Coast Rd. Right on Maracas Beach.
<i>NORMANDIE HOTEL</i>	624 1181 10 Nook Ave, St Ann's
<i>PAX GUEST HOUSE AND TEA GARDEN</i>	662 4084 St Johns Rd, Mt St Benedict. Great for Sunday afternoon tea, beautiful old house to stay in, very reasonable rates
<i>TRADEWINDS HOTEL</i>	652 9463 38 London St, San Fernando
<i>SALYBIA NATURE RESORT AND SPA</i>	691 3210 New hotel on the East Coast. Spa treatments, Jacuzzi rooms, good value villa with 7 double rooms.
<i>MAYARO/MANZANILLA</i>	All worth a visit – look at Rough Guide for accommodation

Ferry to Tobago

Two fast ferries (CAT, TT EXPRESS) now operate the route between Trinidad (Port of Spain) and Tobago (Scarborough). The sailing takes 2½ hours. It is possible to take your car on the ferries (Certified copy of ownership required). Be warned the trip can be quite rough (heavy seas) but you get an excellent view of the coast. Three sailings should operate in each direction every day.

Tickets can be purchased from (best go early i.e. 7:15am) the Government Shipping Service or GSS (625 3055/3195) located at bottom of St. Vincent St./across from Twin Towers and some TTPOST outlets. Take cash with you and your passport or I.D. You can buy tickets 2-3 weeks in advance. Check all the tickets carefully for date mistakes. An adult return is \$100TT; vehicles approx.\$250TT.

It is possible to pay people to take / bring back your car for you: try TCM (under Car Hire) or Samuel Applewhite 639 1467 / 760 8476.

Late Night Pharmacies

Please see the list of late night pharmacies in the yellow pages in your phone book. It is advisable to find out this information before you may require it. The three below are just examples.

<i>HILTON HOTEL PHARMACY</i>	Open until 7:30pm	624 3211
<i>ROSS BUDGET PHARMACY</i>	Open until 8:30 pm	628 3660
<i>Maraval</i>		
<i>SUPERPHARM</i>	Open 24 Hours	800 4969
<i>West Mall, Valpark, ,Maraval</i>		

EMERGENCY NUMBERS

<i>FIRE SERVICES</i>	990
<i>FIRE SERVICES – AMBULANCE</i>	625 3222/ 3223
<i>GENERAL HOSPITAL AMBULANCE</i>	623 2951/ 5261
<i>POLICE – CID</i>	625 4440
	627 4145
<i>POLICE – EMERGENCY</i>	999
<i>POLICE – HQ – ADMINISTRATION BUILDING</i>	627 5217/ 5783
<i>POLICE – RAPID RESPONSE</i>	622 5412
<i>POLICE – RAPID RESPONSE – CONTROL ROOM</i>	623 8975/ 5572
<i>POLICE – SPECIAL BRANCH – HQ</i>	624 2463
<i>RED CROSS SOCIETY AMBULANCE</i>	627 8214
<i>ST JOHN AMBULANCE BRG, WRIGHTSON RD</i>	627 7792
<i>T&T ELECTRICITY COMMISSION – EMERGENCIES</i>	623 2611
	625 3758
<i>TSTT (TELEPHONE SERVICE) – REPAIRS</i>	824 8788
<i>TSTT – DIRECTORY ENQUIRIES</i>	6411
<i>TSTT – OVERSEAS OPERATOR</i>	0
<i>COASTGUARD</i>	634 4440

EMAIL ADDRESSES & WEBSITES

UK Women's Club T&T
ukwctt@gmail.com www.ukwctt.com

British High Commission Trinidad
www.britain-in-trinidad.org

Trinidad & Tobago Hotel & Tourism Association
www.tnthotels.com

Trinidiary—Events in Trinidad
www.trinidiary.com Subscriptions to a weekly email events listing.

Welcome to Trinidad and Tobago
www.discovertrinidad.com; www.discovertobago.com

Cultural and Sports History of Trinidad
www.bestoftrinidad.com

Wow net
www.wow.net

Caribbean Home page
www.caribinfo.com

TDC 622 9415
www.visitTNT.com

Other Clubs for women

Canadian Women's Club
www.opos.co.tt/cwc

Hispanic Women in T & T
Email: hwintt@hotmail.com

Syrian Lebanese Women's Club
Email: slwassoc@yahoo.com

FOR YOUR COMMENTS ...

We hope you have found this handbook useful. We would love to receive feedback – good or bad – or new entries for this handbook.

Feel free to note down any additions and pass them to the UKWC Management Committee. Please let us know if you find that any of the telephone numbers or addresses have changed.

Please send your feedback to UKWC, PO Box 5077, Tragarete Rd PO, POS, email ukwctt@gmail.com or hand it to a member of the Management Committee.

Thank you.

FOR YOUR OWN NOTES