



LSA Healthcare Services “Walks for a Cause 2”

The public was invited to join in a **“Walk for a Cause 2” Charity Event** bringing awareness to Menstrual Hygiene Day - **May 28th 2023**. Held at the Nelson Mandela Park in St Clair Port of Spain. Participants were invited to bring sealed menstrual hygiene products to donate to other women and girls.

L.S.A Healthcare Service Limited (LSAH), is a Commercial Hygiene Service provider and is the **Official Partner for Menstrual Hygiene Day Trinidad and Tobago**. The organization aims to improve the lives of individuals when it comes to hygiene, and by extension bring the awareness to various locations in Trinidad and Tobago.

One of the signature events observed by LSAH is Global Menstrual Hygiene Day which is celebrated on May 28th every year; a global initiative being staged in Trinidad and Tobago in conjunction with the **NGO WASH United** and this year theme is **#WeAreCommitted**

For the past Five (5) years LSAH took this initiative to the secondary and Primary schools as it founded the awareness of menstrual hygiene education. The objective of these initiatives is to:-

- Break the taboos and end the stigma surrounding menstruation.
- Raise awareness about the challenges regarding access to menstrual products.
- Educate about menstruation and period-friendly washrooms being paramount to our women and girls.

2023

This year’s theme **“We are committed”** the invitation was extended to all stakeholders to get involved to walk in solidarity as we call for action and commitment to ending period poverty in Trinidad and Tobago. A number of stakeholders responded to the call of action and committed to this cause by sponsoring.

Ministry of Education, Gender Affairs Division Gender and Child Affairs, as they understand the need for this important **call for action and commitment** to ending stigmas as we all work together to ensure that Primary schools in Trinidad and Tobago are all Period Friendly for the health and safety of young girls.

According to **Ms. Ramsingh, C.E.O of LSA Healthcare Services Ltd.** *“The change begins with us, all stakeholders to get on board to make the commitment where all women and girls can have their periods in dignity, without shame and have period friendly toilets at schools, workplaces, and public spaces” “The future starts today, we are here to make a commitment as we walk in solidarity of purpose, as a community!”*

As part of **Ms. Shelley-Ann Hart, Director**, Gender Affairs Division Gender, and Child Affairs her contribution towards changing the narrative are as stated, *“One response to ensure menstrual hygiene is guaranteed for women and girls is for all sectors of society to embrace and invest in period-friendly toilets. What makes a toilet period-friendly? A period-friendly toilet provides privacy and safety, functional service during all hours, appropriate lighting (internally and externally), area for ventilation, disposable bins, supporting accessories such as hooks, shelves and mirrors, and menstrual products. Truly, a period-friendly toilet is a women and girl-friendly toilet. Also, this must take into account the needs of women and girls with disabilities”*.

Ms. Lara Quentrall-Thomas, Founder & Chairman of Regency Recruitment Ltd contributed further during her speech on the importance for Private Sector contribution to Menstrual Equity, *“menstrual equity is not just a women's issue; it is a matter of social justice, economic empowerment, and human rights. The private sector has a crucial role to play in advancing menstrual equity by committing resources, expertise, and influence. By doing so, businesses can foster a more inclusive and equitable society, empower women, and contribute to sustainable development.”*

Representatives of the business community, schools and NGO’s participated in this Global Event such as –**Feminit, Ryu Dan Empowerment Foundation, Rainbow Rescue Boys, Chosen Hands, St Judes Girls. Academy for Women Entrepreneurs, Couva Soroptimist, Rotary Club POS West, Girl Guides Association of T&T, Sacred Heart Girls, Woodbrook Secondary and more.**

Photos Courtesy – LSA Healthcare Services Ltd walk for a Cause 2



Academy for Women Entrepreneurs



Students of Sacred Heart Girls' Roman Catholic School with speaker Ms. Lara Quentrall-Thomas, the Founder & Chairman of Regency Recruitment Ltd



Demonstration: Use of Feminine Hygiene Bin by Ms. Lyndi Jordan and Ms. Nicole Joseph



Ryu Dan Empowerment Foundation



C.E.O. of Conventus Consult INC, Charlene Pedro



Guidance Officer II, POS, & Environs | Ministry of Education, Ms. Darlene Smith speaking on the "Awareness on Period Education for All"



Community Liaison Officer | FeminiTT, Ms. Kirby Moses, reciting a poem of her experiences as a young girl with Menstruation and Menstrual Hygiene.



Director, Gender Affairs | Ministry of Gender and Child Affairs, Ms. Shelly-Ann Hart, giving her speech on easier access to Period Friendly Toilets



Founder & Chairman of Regency Recruitment Ltd, Ms. Lara Quentrell-Thomas, addressing "Why it is important for Private Sector to be committed to Menstrual Equality."



LSA Healthcare Services Limited Staff Members

