

**National Guardian**  
Freedom to Speak Up

**National Guardian's Office - Freedom to Speak Up Guardian Directory**

This is the national directory for Freedom to Speak Up Guardians appointed in all NHS trusts and foundation trusts. It includes contact details for Freedom to Speak Up Guardians in NHS trusts and foundation trusts in England and is based on information provided by those trusts.

The National Guardian's Office publishes this information for the use of NHS workers seeking to speak up. The contact details should not be used to send unsolicited emails for purposes such as marketing, promotion, advertising or soliciting of goods or services.

Please contact enquiries@nationalguardianoffice.org.uk should you have any further queries about the appropriate use of this directory.

If your details are listed on this directory and you would like to have them removed, then similarly please email enquiries@nationalguardianoffice.org.uk. Further privacy information can be found on our webpages.

Region	NHS trust	I am a Freedom to Speak Up...	First name	Last name	Email	Telephone
South West	2gether NHS Foundation Trust	Guardian	Rob	Newman	robinnewman@nhs.net	077476 28011
North West	Aintree University Hospital NHS Foundation Trust	Guardian	Jeff	Goulding	jeff.goulding@aintree.nhs.uk	0779 5682888
North West	Aintree University Hospital NHS Foundation Trust	Guardian	Lorraine	Heaton	freedomtospeakupguardian@aintree.nhs.uk	0779 4071017
North West	Aintree University Hospital NHS Foundation Trust	Champion/Ambassador	Debbie	McGowan	debbie.mcgowan@aintree.nhs.uk	0151 529 6497
North East & Yorkshire	Airedale NHS Foundation Trust	Guardian	Karen	Al-Muhandis	karen.al-muhandis@anhst.nhs.uk	0755 7846513
North East & Yorkshire	Airedale NHS Foundation Trust	Guardian	Sarah	Broadhead-Crofts	sarah.broadhead-crofts@anhst.nhs.uk	07557 846513
North West	Alder Hey Children's NHS Foundation Trust	Champion/Ambassador	Carl	Dutton	carl.dutton@alderhey.nhs.uk	0151 293 3662
North West	Alder Hey Children's NHS Foundation Trust	Champion/Ambassador	Debs	McGowan	debbie.mcgowan@alderhey.nhs.uk	0151 2525972
North West	Alder Hey Children's NHS Foundation Trust	Guardian	Kerry	Turner	kerry.turner@alderhey.nhs.uk	0151 2824511
South East	Ashford and St. Peter's Hospitals NHS Foundation Trust	Champion/Ambassador	Fraser	Brown	fraser.brown@nhs.net	0193 2722886
South East	Ashford and St. Peter's Hospitals NHS Foundation Trust	Guardian	Jacqui	Rees	jacqui.rees1@nhs.net	01932 726040
South West	Avon and Wiltshire Mental Health Partnership NHS Trust	Guardian	Rachael	Redman	rachael.redman@nhs.net	0780 8877679
London	Barking, Havering and Redbridge University Hospitals NHS Trust	Guardian	Mary	Walsh	mary.w@theguardianservice.co.uk	0333 999 8922
London	Barnet, Enfield and Haringey Mental Health NHS Trust	Guardian	Anna	Spliteri	anna.spliteri@nhs.net	0208 7025982
North East & Yorkshire	Barnsley Hospital NHS Foundation Trust	Guardian	Janice	Munford	bdg-tr.freedomtospeakup@nhs.net	01226 431792
East of England	Bassidon and Thurrock University Hospitals NHS Foundation Trust	Champion/Ambassador	Dawn	Patience	dawn.patience@btuh.nhs.uk	0750 0856836
East of England	Bedford Hospital NHS Trust	Champion/Ambassador	Deborah	Kobewka	deborah.kobewka@gmail.com	+447840336082
East of England	Bedford Hospital NHS Trust	Guardian	Nicola	McIntosh	speakupguardian@bedfordhospital.nhs.uk	01234 730 361
South East	Berkshire Healthcare NHS Foundation Trust	Champion/Ambassador	Susan	Buick	susan.buick@berkshire.nhs.uk	0118 9605000
South East	Berkshire Healthcare NHS Foundation Trust	Guardian	Mike	Craissati	mike.craissati@berkshire.nhs.uk	07920 503352
South East	Berkshire Healthcare NHS Foundation Trust	Champion/Ambassador	Catherine	Kirkham	catherine.kirkham@berkshire.nhs.uk	0755 7012782
South East	Berkshire Healthcare NHS Foundation Trust	Champion/Ambassador	Duduzile	Makgathu	duduzile.makgathu@berkshire.nhs.uk	0782 7083731
South East	Berkshire Healthcare NHS Foundation Trust	Champion/Ambassador	Rose	Southam	rossyrozela@sky.com	0779 5567428
South East	Berkshire Healthcare NHS Foundation Trust	Champion/Ambassador	Evangeline	Foster	evangeline.foster@berkshire.nhs.uk	1628 640200
South East	Berkshire Healthcare NHS Foundation Trust	Champion/Ambassador	Rosemarie	Ramkissoon	rosemarie.ramkissoon@berkshire.nhs.uk	7920 206704
Midlands	Birmingham and Solihull Mental Health NHS Foundation Trust	Guardian	Mills		bmhft.speakup@nhs.net	07985 882 523
Midlands	Birmingham Community Healthcare NHS Foundation Trust	Guardian	Alison	Last	alison.last@nhs.net	0121 466 7128
Midlands	Birmingham Community Healthcare NHS Foundation Trust	Champion/Ambassador	Akunna	Madufor	akunna.madufor@bhamcommunity.nhs.uk	0780 9320264
Midlands	Birmingham Women's and Children's NHS Foundation Trust	Champion/Ambassador	Clare	Atkinson	c.atkinson3@nhs.net	07768 065538
Midlands	Black Country Partnership NHS Foundation Trust	Champion/Ambassador	Melvena	Anderson	melvena.anderson@nhs.net	0121 6128088
Midlands	Black Country Partnership NHS Foundation Trust	Guardian	Roger	Bishton	bcptf.tsu@nhs.net	0781 7564094
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Maaham	Ahmed	maaham.ahmed@nhs.net	
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Paul	Aspden	paul.aspden@nhs.net	07717 702043
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Paul	Browne	paul.browne4@nhs.net	01253 952470
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Louisa	Dawson	louisa.dawson@nhs.net	0125 3955250
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Liza	Glover	liza.glover@nhs.net	7834 371932
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Wendy	Griffin	wendy.griffin@nhs.net	0125 3956719
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Jessica	Kozakiewicz	jessica.kozakiewicz@nhs.net	01253 956767
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Richard	Lebon	richard.lebon@nhs.net	01253 953342
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Matthew	Nelson	mr.matthew.nelson1@nhs.net	0781 4752976
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Radhakrishna	Shanbhag	mr.shanbhag@nhs.net	01253 955983
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Roxanne	Sheward	roxanne.sheward@nhs.net	01253 957731
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Gill	Thomas	gillian.thomas@nhs.net	01253 957750
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Guardian	Terri	Vaselli	terri.vaselli@nhs.net	01253 951185
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Sharon	Vickers	sharon.vickers3@nhs.net	01253 953862
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Guardian	Tracey	Garde	tracey.garde@boltonft.nhs.uk	01204 390390 bleep 3456
North West	Blackpool Teaching Hospitals NHS Foundation Trust	Guardian	Rebecca	Bentley	rebecca.bentley@bdct.nhs.uk	0770 1280134
North East & Yorkshire	Bradford District Care NHS Foundation Trust	Guardian	Rebecca	Bentley	rebecca.bentley@bdct.nhs.uk	0770 1280134
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Rupert	Allen	rupert.allen@bthft.nhs.uk	01274 365108
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Lorraine	Cameron	lorraine.cameron@bthft.nhs.uk	01274 272428
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Guardian	Karen	Dawber	karen.dawber@bthft.nhs.uk	01274 382407
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	LeeAnne	Elliott	speakup.guardian@bthft.nhs.uk	01274 364321
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Guardian	Susan	Franklin	susan.franklin@bthft.nhs.uk	01274 266445
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Sarah	Freeman	sarah.freeman@bthft.nhs.uk	0127 4382724
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Andrea	Gillespie	andrea.gillespie@bthft.nhs.uk	01274 276317
North East & Yorkshire	Bradford Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Laura	Jones	laura.jones@bthft.nhs.uk	01274 276063
North West	Bridgewater Community Healthcare NHS Foundation Trust	Guardian	Sharan	Arkwright	sharan.arkwright@bridgewater.nhs.uk	01942 482657
North West	Bridgewater Community Healthcare NHS Foundation Trust	Champion/Ambassador	Tania	Strong	tanias.strong@nhs.net	01942 482653
South East	Brighton and Sussex University Hospitals NHS Trust	Guardian	Caroline	Owens	caroline.owens1@nhs.net	0738 7259307
South East	Buckinghamshire Healthcare NHS Trust	Guardian	Tracey	Underhill	tracey.underhill@nhs.net	01296 316027 / 07768612590
North East & Yorkshire	Calderdale and Huddersfield NHS Foundation Trust	Guardian	David	Anderson	david.anderson1@ntlworld.com	01484 355933
North East & Yorkshire	Calderdale and Huddersfield NHS Foundation Trust	Champion/Ambassador	Jacqui	Booth	jacqui.booth@cht.nhs.uk	01484 355256
North East & Yorkshire	Calderdale and Huddersfield NHS Foundation Trust	Guardian	Nicola	Hosty	nicola.hosty@cht.nhs.uk	0779 5497362
North East & Yorkshire	Calderdale and Huddersfield NHS Foundation Trust	Champion/Ambassador	Azizen	Khan	azizen.khan@cht.nhs.uk	01484 355034
North East & Yorkshire	Calderdale and Huddersfield NHS Foundation Trust	Champion/Ambassador	Joanne	Middleton	joanne.middleton@cht.nhs.uk	0777 1390168

North East & Yorkshire	Calderdale and Huddersfield NHS Foundation Trust	Champion/Ambassador	Helen	Senior	helen.senior@cht.nhs.uk	0148 4342553
East of England	Cambridge University Hospitals NHS Foundation Trust	Champion/Ambassador	Genny	Bailey	genny.bailey@addenbrookes.nhs.uk	01223 216210
East of England	Cambridge University Hospitals NHS Foundation Trust	Champion/Ambassador	Tim	Gould	tim.gould@addenbrookes.nhs.uk	01223 274300
East of England	Cambridge University Hospitals NHS Foundation Trust	Champion/Ambassador	Sarah	Hogg	sarah.hogg@addenbrookes.nhs.uk	01223 596172
East of England	Cambridge University Hospitals NHS Foundation Trust	Guardian	Denise	Hollinger	denise.hollinger@addenbrookes.nhs.uk	01223 349088
East of England	Cambridge University Hospitals NHS Foundation Trust	Champion/Ambassador	Vasti	Lotz	vasti.lotz@addenbrookes.nhs.uk	0122 3349233
East of England	Cambridge University Hospitals NHS Foundation Trust	Champion/Ambassador	Leah	Pearson	leah.pearson@addenbrookes.nhs.uk	01223 348894
East of England	Cambridge University Hospitals NHS Foundation Trust	Guardian	Susan	Prytherch	suprytherch@addenbrookes.nhs.uk	0122 3217003
East of England	Cambridge University Hospitals NHS Foundation Trust	Champion/Ambassador	Emma	Rose	emma.rose@addenbrookes.nhs.uk	0122 3256910
East of England	Cambridge University Hospitals NHS Foundation Trust	Champion/Ambassador	Amy	Schiller	amy.schiller@addenbrookes.nhs.uk	0122 3348346
East of England	Cambridgeshire and Peterborough NHS Foundation Trust	Guardian	Annie	Ng	freedomstospeakup@cpft.nhs.uk	01223 219777
East of England	Cambridgeshire Community Services NHS Trust	Guardian	Mercy	Kusotera	m.kusotera@nhs.net	0148 0308222
London	Camden and Islington NHS Foundation Trust	Guardian	Adwoa	Larbi-Slaw	raising_concerns@candi.nhs.uk	07824 509792
London	Central and North West London NHS Foundation Trust	Champion/Ambassador	Christine	Baldwinson	christine.baldwinson@nhs.net	0203 2145776
London	Central London Community Healthcare NHS Trust	Guardian	Camilla	Dick	camilla.dick@nhs.net	7500 078338
London	Central London Community Healthcare NHS Trust	Guardian	Valerie	Lazare	valerie.lazare@nhs.net	0208 1024640
London	Central London Community Healthcare NHS Trust	Guardian	Liz	Lubbock	liz.lubbock1@nhs.net	020 8732 6343
London	Chelsea and Westminster Hospital NHS Foundation Trust	Champion/Ambassador	Katie	Allen	katie.allen@chelwest.nhs.uk	0777 5012720
London	Chelsea and Westminster Hospital NHS Foundation Trust	Guardian	Vanessa	Sloane	vanessa.sloane@chelwest.nhs.uk	07771 335056
London	Chelsea and Westminster Hospital NHS Foundation Trust	Champion/Ambassador	Andrew	Snell	andrew.snell@chelwest.nhs.uk	0755 7014429
London	Chelsea and Westminster Hospital NHS Foundation Trust	Champion/Ambassador	Tracey	Virgin-Elliston	tracey.virgin-elliston@chelwest.nhs.uk	0755 7014340
North West	Cheshire and Wirral Partnership NHS Foundation Trust	Guardian	Victoria	Peach	v.peach@nhs.net	0124 4397643
Midlands	Chesterfield Royal Hospital NHS Foundation Trust	Guardian	Abbey	Harris	chrft.f2su@nhs.net	07500 799568
North East & Yorkshire	City Hospitals Sunderland NHS Foundation Trust	Guardian	Kathleen	Griffin	freedomstospeakup@chsft.nhs.uk	0191 565256 ext 42049
South West	Corwall Partnership NHS Foundation Trust	Guardian	Sharon	Linter	s.linter@nhs.net	0120 8834612
South West	Corwall Partnership NHS Foundation Trust	Guardian	Claire	Watters	cft.ftsu@nhs.net	0787 6477769
North West	Countess of Chester Hospital NHS Foundation Trust	Guardian	Helen	Ellis	helen.ellis19@nhs.net	0759 6345755
North West	Countess of Chester Hospital NHS Foundation Trust	Guardian	Sue	Hodkinson	sue.hodkinson@nhs.net	01244 365291
North East & Yorkshire	County Durham and Darlington NHS Foundation Trust	Guardian	Cate	Woolley-Brown	cate.woolley-brown@nhs.net	0797 7457707
Midlands	Coventry and Warwickshire Partnership NHS Trust	Guardian	Suzanne	Lawlor	suzanne.lawlor@covwarkpt.nhs.uk	024 7658 8861
London	Croydon Health Services NHS Trust	Guardian	Nicola	Beech	nicola.beech@nhs.net	020 8401 4903
London	Croydon Health Services NHS Trust	Guardian	Alexandra	Mathieson	alexandra.mathieson@nhs.net	020 8401 3091
North West	Cumbria Partnership NHS Foundation Trust	Guardian	Catherine	Bird	fts@cumbria.nhs.uk	0779 0540044
North West	Cumbria Partnership NHS Foundation Trust	Champion/Ambassador	David	Smith	david.smith2@cumbria.nhs.uk	01228 616808
South East	Dartford and Gravesham NHS Trust	Champion/Ambassador	Gabriel	Awadzi	gabrielawadzi@nhs.net	0132 2428778
South East	Dartford and Gravesham NHS Trust	Champion/Ambassador	Teresa	Baldwin	teresa.baldwin@nhs.net	01322 428100 Ext 8967
South East	Dartford and Gravesham NHS Trust	Guardian	Deborah	McAllion	deborahmcallion@nhs.net	01322 428100
South East	Dartford and Gravesham NHS Trust	Champion/Ambassador	Sylvie	Seales	sylvie.seales@nhs.net	0132 2428794
South East	Dartford and Gravesham NHS Trust	Champion/Ambassador	Paul	Seymour	paul.seymour@nhs.net	0132 2428761
Midlands	Derbyshire Community Health Services NHS Foundation Trust	Champion/Ambassador	Sara	Nash	sara.nash1@nhs.net	01629 593044
Midlands	Derbyshire Healthcare NHS Foundation Trust	Guardian	Tamera	Howard	dchft.freedom2sug@nhs.net	07917 511699
South West	Devon Partnership NHS Trust	Guardian	Wayne	Walker	wayne.w@theguardianservice.co.uk	0333 0015124
North East & Yorkshire	Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust	Guardian	Alan	Armstrong	alanarmstrong1@nhs.net	07801 799593
North East & Yorkshire	Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust	Guardian	Paula	Hill	paula.hill12@nhs.net	07429 494458
North East & Yorkshire	Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust	Guardian	Lorraine	Robinson	guardian@dbh.nhs.uk	6443 00
North East & Yorkshire	Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust	Guardian	Roy	Underwood	dbh.guardian@nhs.net	01302 644300
South West	Dorset County Hospital NHS Foundation Trust	Champion/Ambassador	Dave	Corbin	david.corbin@nhs.net	07500 225673
South West	Dorset County Hospital NHS Foundation Trust	Guardian	Lynn	Paterson	lynn.paterson@dchft.nhs.uk	01305 254353
South West	Dorset Healthcare University NHS Foundation Trust	Guardian	Cara	Southgate	cara.southgate@nhs.net	07795 427615
Midlands	Dudley and Walsall Mental Health Partnership NHS Trust	Guardian	Michael	Hirons	michael.hirons@nhs.net	07717 630 645
East of England	East and North Hertfordshire NHS Trust	Guardian	Jude	Archer	jude.archer@nhs.net	01438 285454
North West	East Cheshire NHS Trust	Guardian	Lorraine	Jackman	ljackman@nhs.net	0162 5661119
South East	East Kent Hospitals University NHS Foundation Trust	Guardian	Nitin	Shrotri	nshrotri@nhs.net	4478 13919865
South East	East Kent Hospitals University NHS Foundation Trust	Guardian	Michelle	Webb	mwebb3@nhs.net	0791 7813803
North West	East Lancashire Hospitals NHS Trust	Guardian	Jane	Butcher	jane.butcher@elht.nhs.uk	07909 116153
London	East London NHS Foundation Trust	Champion/Ambassador	Diane	Adams	diane.adams2@nhs.net	0794 0475777
London	East London NHS Foundation Trust	Guardian	Ade	Dosunmu	adewunmi.dosunmu@nhs.net	07867 140620
London	East London NHS Foundation Trust	Champion/Ambassador	Vedaste	Ndizeye	vedaste.ndizeye@nhs.net	0208 5108703
London	East London NHS Foundation Trust	Champion/Ambassador	Emma	Terry	emma.terry4@nhs.net	0782 5023022
London	East London NHS Foundation Trust	Champion/Ambassador	Nadine	Thomas	nadinethomas1@nhs.net	0746 4532796
Midlands	East Midlands Ambulance Service NHS Trust	Guardian	Terry	Simpson	terry.simpson@emas.nhs.uk	07790 836462
East of England	East of England Ambulance Service NHS Trust	Guardian	Simon	Chase	simon.chase@eastamb.nhs.uk	07834 249870
East of England	East of England Ambulance Service NHS Trust	Guardian	Anna	Price	eoasnt.f2su@nhs.net	0779 5626946
East of England	East Suffolk and North Essex NHS Foundation Trust	Guardian	Tom	Fleetwood	raising_concerns@esneft.nhs.uk	0791 9298635
South East	East Sussex Healthcare NHS Trust	Guardian	Ruth	Agg	ruthagg@nhs.net	07920087059 (01323 417400 ex 5778)
South East	East Sussex Healthcare NHS Trust	Guardian	Marie	Jean-Louis	marie.jean-louis@nhs.net	0788 1462914
London	Epsom and St Helier University Hospitals NHS Trust	Guardian	Patricia	Trueman	esth.raisingconcerns@nhs.net	07827 880138
London	Epsom and St Helier University Hospitals NHS Trust	Guardian	Steve	Simper	stevesimper@nhs.net	0742 954 2990
London	Epsom and St Helier University Hospitals NHS Trust	Champion/Ambassador	Rebecca	Bennett	Rebecca.bennett15@nhs.net	0137273 5176
London	Epsom and St Helier University Hospitals NHS Trust	Champion/Ambassador	Alex	Robertson	alex.robertson6@nhs.net	020 8296 4627
London	Epsom and St Helier University Hospitals NHS Trust	Champion/Ambassador	Emma	Norris	Emma.norris3@nhs.net	020 8296 4966
East of England	Essex Partnership University NHS Foundation Trust	Guardian	Astrid	Pollard	f2su@eput.nhs.uk	0781 4226709
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Suzu	Armstrong	suzy.armstrong@nhs.net	01276 604604 Bleep 891
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Mohammed	Asghar	mohammed.asghar@nhs.net	0127 6604732
South East	Frimley Health NHS Foundation Trust	Guardian	Jilby	Augustine	jilby.augustine@nhs.net	0175 3633660
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Emily	Baker	emily.baker9@nhs.net	0792 0267409
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Grazyna	Dziewulska	grazyna.dziewulska@nhs.net	0134 4877022
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Emily	Foster	emily.foster3@nhs.net	0779 5612160
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Stacy	Hutchins	s.hutchins@nhs.net	0127 6604424

South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Anna	Jerome	anna.jerome@nhs.net	01276 526272
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Vandra	Lee	vandra.lee@nhs.net	01753 636450
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Kay	Loudon-Bruce	kay.loudon-bruce@nhs.net	07831 604518
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Stacey	O'Hara	stacey.o'hara@nhs.net	01753 634385
South East	Frimley Health NHS Foundation Trust	Guardian	Paloma	Ramirez Diaz	paloma.diaz@nhs.net	0175 3634533
South East	Frimley Health NHS Foundation Trust	Guardian	Steven	Roots	steven.roots@nhs.net	0777 5547175
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Laura	Sadler	laura.sadler2@nhs.net	0792 0466128
South East	Frimley Health NHS Foundation Trust	Champion/Ambassador	Sylvia	Wojciewowski	sylvia.wojciewowski@nhs.net	0758 5889516
South East	Frimley Health NHS Foundation Trust	Guardian	Dinah	Wyeth	dinah.wyeth@nhs.net	01276 604035
North East & Yorkshire	Gateshead Health NHS Foundation Trust	Guardian	Gareth	Rowlands	g.rowlands@nhs.net	-01914452072
Midlands	George Eliot Hospital NHS Trust	Guardian	Roz	Baker	rossalyn.baker@geh.nhs.uk	02476 865244
Midlands	George Eliot Hospital NHS Trust	Champion/Ambassador	Claire	Hayward	claire.hayward@geh.nhs.uk	0247 8665080
Midlands	George Eliot Hospital NHS Trust	Guardian	Sue	Pike	freedomtospeak@geh.nhs.uk	07919 226887
Midlands	George Eliot Hospital NHS Trust	Champion/Ambassador	Shirley	Preston	shirley.preston@geh.nhs.uk	02476 351351
Midlands	George Eliot Hospital NHS Trust	Champion/Ambassador	Jane	Wright	jane.wright@geh.nhs.uk	02476 865552
Midlands	George Eliot Hospital NHS Trust	Champion/Ambassador	Linda	Gabaldoni	linda.gabaldoni@glos-care.nhs.uk	07791 229250
South West	Gloucestershire Care Services NHS Trust	Guardian	Sonia	Pearcey	freedomtospeakup@glos-care.nhs.uk	07964 250579
South West	Gloucestershire Care Services NHS Trust	Guardian	Suzie	Cro	suzie.cro@nhs.net	0300 4225731
South West	Gloucestershire Hospitals NHS Foundation Trust	Guardian	Sarah	Brown	Sarah.brown@nhs.net	0300 4226648
South West	Gloucestershire Hospitals NHS Foundation Trust	Guardian	Katie	Parker	Katie.Parker17@nhs.net	0300 4225758
London	Great Ormond Street Hospital for Children NHS Foundation Trust	Champion/Ambassador	Angelina	Cooper	angelina.cooper@gosh.nhs.uk	020 7815 5238
London	Great Ormond Street Hospital for Children NHS Foundation Trust	Champion/Ambassador	Kyle	Durkin	kyle.durkin@gosh.nhs.uk	0207 813 8415
London	Great Ormond Street Hospital for Children NHS Foundation Trust	Guardian	Lindy	May	lindy.may@gosh.nhs.uk	0207059200
London	Great Ormond Street Hospital for Children NHS Foundation Trust	Guardian	Luke	Murphy	speakup@gosh.nhs.uk	0776 3577710
London	Great Ormond Street Hospital for Children NHS Foundation Trust	Champion/Ambassador	Ashley	Rogers	ashley.rogers@gosh.nhs.uk	0207 829 8689
South West	Great Western Hospitals NHS Foundation Trust	Guardian	Peter	Coles	pete.coles@nhs.net	0774 8361937
South West	Great Western Hospitals NHS Foundation Trust	Guardian	Caroline	Davies	caroline.davies17@nhs.net	01793 607719
South West	Great Western Hospitals NHS Foundation Trust	Guardian	Sharon	Keene	sharon.keene1@nhs.net	01793 605851
South West	Great Western Hospitals NHS Foundation Trust	Champion/Ambassador	Alison	Kirk	alison.kirk4@nhs.net	01793 607958
South West	Great Western Hospitals NHS Foundation Trust	Guardian	Christopher	Mattock	cmattock1@nhs.net	01793 604288
South West	Great Western Hospitals NHS Foundation Trust	Guardian	Stephen	Nowell	steve.nowell@nhs.net	01793 604179
South West	Great Western Hospitals NHS Foundation Trust	Guardian	Joseph	Hawkins	Joseph.hawkins@nhs.net	
North West	Greater Manchester Mental Health NHS Foundation Trust	Guardian	Nicola	Littler	nicky.littler@gmmh.nhs.uk	0161 358 1941
North West	Greater Manchester Mental Health NHS Foundation Trust	Guardian	Juliette	Tait	juliette.tait@gmmh.nhs.uk	0161 358 1937
London	Guy's and St Thomas' NHS Foundation Trust	Guardian	Georgina	Charlton	georgina.charlton@gstt.nhs.uk	07741 295734
London	Guy's and St Thomas' NHS Foundation Trust	Guardian	Theresa	Jones	theresa.jones@gstt.nhs.uk	0207 1884547
London	Guy's and St Thomas' NHS Foundation Trust	Champion/Ambassador	Sarah	Watson	sarah.watson@gstt.nhs.uk	0207 1887188
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Helen	Allen	helen.allen@hft.nhs.uk	07889 598423
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Clare	Barlow	clare.barlow@hft.nhs.uk	01962 828900
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Steph	Clark	stephanie.clark@hft.nhs.uk	01256 313364
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Kevin	Conn	kevin.conn@hft.nhs.uk	01962 828900
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Jemma	Horsfield	jemma.horsfield@hft.nhs.uk	0783 4492082
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Kofi Bassaw	Quartey	kofi.quartey@hft.nhs.uk	01256 473202
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Sara	Reed	freedomtospeakup@hft.nhs.uk	01962 828900
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Lesley	Smith	lesley.smith@hft.nhs.uk	01962 82 5520
South East	Hampshire Hospitals NHS Foundation Trust	Guardian	Mark	Wilks	mark.wilks@hft.nhs.uk	01962 824356
North East & Yorkshire	Harrogate and District NHS Foundation Trust	Guardian	Shona	Kerr	shonakerr@nhs.net	0774 1700472
North East & Yorkshire	Harrogate and District NHS Foundation Trust	Guardian	Chris	Mahon	chris.mahon@hdf.nhs.uk	01423 554419
North East & Yorkshire	Harrogate and District NHS Foundation Trust	Guardian	Sylvia	Wood	freedomto.speakup@hdf.nhs.uk	01423 553541
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East of England	Hertfordshire Community NHS Trust	Champion/Ambassador	Paul	Brown	paul.brown46@nhs.net	0776 9643241
East of England	Hertfordshire Community NHS Trust	Champion/Ambassador	Jane	Lawson	jane.lawson3@nhs.net	01707 318810
East of England	Hertfordshire Partnership University NHS Foundation Trust	Guardian	Kevin	Hallahan	hft.speakup@nhs.net	01727 804100
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London	Homerton University Hospital NHS Foundation Trust	Guardian	Nick	Begley	huh-tr.ftsu@nhs.net	0771 7680865
London	Hounslow and Richmond Community Healthcare NHS Trust	Guardian	Graham	Rodber	graham.rodber@nhs.net	07917 581 698
North East & Yorkshire	Hull University Teaching Hospitals NHS Trust	Guardian	Carla	Ramsay	carla.ramsay@hey.nhs.uk	01482 674920
North East & Yorkshire	Humber NHS Foundation Trust	Guardian	Alison	Flack	alison.flack@nhs.net	07786 915430
London	Imperial College Healthcare NHS Trust	Guardian	Richard	Allen	imperial.ftsu@nhs.net	07500 225 733
London	Imperial College Healthcare NHS Trust	Guardian	Andrew	Hartle	a.hartle@nhs.net	0750 0225733
London	Imperial College Healthcare NHS Trust	Guardian	Adam	Heritage	adam.heritage@nhs.net	0750 0225733
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South East	Isle of Wight NHS Trust	Guardian	Leisa	Gardiner	leisa.gardiner@iow.nhs.uk	01983 524081 Ext 3188
East of England	James Paget University Hospitals NHS Foundation Trust	Guardian	Leigh	Beuttell	leigh.beuttell@jpaget.nhs.uk	01493 452179
East of England	James Paget University Hospitals NHS Foundation Trust	Guardian	Deveder	Khurana	devender.khurana@jpaget.nhs.uk	01493 452250
East of England	James Paget University Hospitals NHS Foundation Trust	Guardian	Julie	Smith	julie.smith@jpaget.nhs.uk	01493 453824
South East	Kent and Medway NHS and Social Care Partnership Trust	Champion/Ambassador	Angela	Shorter	angela.shorter@nhs.net	0777 5916313
South East	Kent and Medway NHS and Social Care Partnership Trust	Champion/Ambassador	Helen	Collins	helen.collins9@nhs.net	01622 723210
South East	Kent and Medway NHS and Social Care Partnership Trust	Champion/Ambassador	Ian	Siggers	ian.siggers@nhs.net	0179 5508173
South East	Kent and Medway NHS and Social Care Partnership Trust	Guardian	Todd	Celina	celina.todd@nhs.net	01622 724100
South East	Kent Community Health NHS Foundation Trust	Guardian	Sarajane	Poole	kchft.speakup@nhs.net	0750 0605263
Midlands	Kettering General Hospital NHS Foundation Trust	Guardian	James	Allan	james.allan@kgh.nhs.uk	01536 492573
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Midlands	Kettering General Hospital NHS Foundation Trust	Champion/Ambassador	Jenny	Wilson	jennifer.wilson@kgh.nhs.uk	0153 6492380
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London	King's College Hospital NHS Foundation Trust	Champion/Ambassador	Isatou	Lovelace	risatoulovelace@nhs.net	0203 299 8352
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North West	Lancashire Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Rajesh	Kumar	rajesh.kumar@lthtr.nhs.uk	01772 524185
North West	Lancashire Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	George	McLaughlan	george.mclaughlan@lthtr.nhs.uk	01772 522489
North West	Lancashire Teaching Hospitals NHS Foundation Trust	Guardian	Steve	O'Brien	stephen.o'brien@lthtr.nhs.uk	01772 524847
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North West	Lancashire Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Tim	Watkinson	tim.watkinson@lthtr.nhs.net	0177 2522692
North West	Lancashire Teaching Hospitals NHS Foundation Trust	Guardian	Michael	Welsh	michael.welsh@lthtr.nhs.uk	01257 276992
North West	Lancashire Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Fiona	Yates	fiona.yates@lthtr.nhs.uk	01772 524246
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North East & Yorkshire	Leeds Teaching Hospitals NHS Trust	Guardian	Joe	Cohen	leedsth-tr.speakup@nhs.net	0777 1346 957
North East & Yorkshire	Leeds Teaching Hospitals NHS Trust	Guardian	Julia	Roper	julia.ropers@nhs.net	0113 206 6811
Midlands	Leicestershire Partnership NHS Trust	Guardian	Pauline	Lewitt	pauline.lewitt@leicspart.nhs.uk	07771 772794
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Midlands	Lincolnshire Community Health Services NHS Trust	Guardian	Gemma	Cross	gemma.cross@lincs-chs.nhs.uk	07818 421518
Midlands	Lincolnshire Partnership NHS Foundation Trust	Guardian	Stu	Nielsen	stuart.nielsen@lptf.nhs.uk	0152 2597936
North West	Liverpool Heart and Chest Hospital NHS Foundation Trust	Champion/Ambassador	Lucy	Lavan	lucy.lavan@lhch.nhs.uk	0151 6001668
North West	Liverpool Heart and Chest Hospital NHS Foundation Trust	Guardian	Helen	Turner	helen.turner@lhch.nhs.uk	0151 6001460
North West	Liverpool Women's NHS Foundation Trust	Guardian	Kevin	Robinson	kevin.robinson@lwh.nhs.uk	0151 7024061
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London	London Ambulance Service NHS Trust	Champion/Ambassador	Philippa	Harding	philippa.harding@lond-amb.nhs.uk	0771 4145328
London	London Ambulance Service NHS Trust	Guardian	Conal	Percy	speakup@lond-amb.nhs.uk	0208 285 4413
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London	London North West Healthcare NHS Trust	Guardian	Fiona	Coogan	lnwh-tr.speakupguardian@nhs.net	0783 1517156
London	London North West Healthcare NHS Trust	Guardian	Joyce	Inoniyegha	jinyoniyegha@nhs.net	07951 981 454
East of England	Luton and Dunstable University Hospital NHS Foundation Trust	Guardian	Clive	Underwood	speakuptoactive@ldh.nhs.uk	01582 497111
South East	Maidstone and Tunbridge Wells NHS Trust	Guardian	Christian	Lippiatt	mtw-tr.freedom2speak@nhs.net	01892 633229
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North West	Manchester University NHS Foundation Trust	Champion/Ambassador	Mags	Bradbury	mags.bradbury@mft.nhs.uk	0161 701 3516
North West	Manchester University NHS Foundation Trust	Guardian	David	Cain	david.cain@mft.nhs.uk	0161 2766262
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South East	Medway NHS Foundation Trust	Guardian	Simon	Smith	simon.smith30@nhs.net	07464 909141
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North West	Mersey Care NHS Foundation Trust	Guardian	Mark	Riding	mark.riding@merseycare.nhs.uk	0788 100 2626
North West	Mersey Care NHS Foundation Trust	Guardian	Bernie	Rochford	bernie.rochford@merseycare.nhs.uk	0786 7341050
North West	Mid Cheshire Hospitals NHS Foundation Trust	Guardian	John	Church	john.church@mcht.nhs.uk	0770 3199132
North West	Mid Cheshire Hospitals NHS Foundation Trust	Champion/Ambassador	Melissa	Oldham	melissa.oldham@mcht.nhs.uk	01270 278096
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North East & Yorkshire	Mid Yorkshire Hospitals NHS Trust	Guardian	Kirsty	McMullan	kirsty.mcmullan@midyorks.nhs.uk	01924 541505
North East & Yorkshire	Mid Yorkshire Hospitals NHS Trust	Champion/Ambassador	Tom	Mitchell	tom.mitchell@midyorks.nhs.uk	0192 4319542
North East & Yorkshire	Mid Yorkshire Hospitals NHS Trust	Champion/Ambassador	Mohammed	Rawat	mohammed.rawat@midyorks.nhs.uk	01924 542259
North East & Yorkshire	Mid Yorkshire Hospitals NHS Trust	Champion/Ambassador	Denise	Tate	denise.tate@midyorks.nhs.uk	0197 7747397
North East & Yorkshire	Mid Yorkshire Hospitals NHS Trust	Champion/Ambassador	Nirmal	Tulwa	nirmal.tulwa@midyorks.nhs.uk	0789 4908012
Midlands	Midland Partnership Foundation Trust	Guardian	Kath	Chambers	kathleen.chambers@mpft.nhs.uk	0797 6319909
Midlands	Midland Partnership Foundation Trust	Champion/Ambassador	Lesley	Colclough	lesley.colclough@mpft.nhs.uk	0796 6993197
Midlands	Midland Partnership Foundation Trust	Champion/Ambassador	Maressa	Hamilton	maressa.hamilton@mpft.nhs.uk	0781 4831620
Midlands	Midland Partnership Foundation Trust	Champion/Ambassador	Adri	Hartveld	adri.hartveld@mpft.nhs.uk	0300 1230995 ext 6737
Midlands	Midland Partnership Foundation Trust	Champion/Ambassador	Barrie	Knox	barrie.knox@mpft.nhs.uk	0777 0335080
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Midlands	Midlands Partnership Foundation Trust	Champion/Ambassador	Paul	Orr	paul.orr@mpft.nhs.uk	07527 751675
Midlands	Midlands Partnership Foundation Trust	Champion/Ambassador	Jo	Cowcher	jo.cowcher@mpft.nhs.uk	0781 4831602
Midlands	Midlands Partnership Foundation Trust	Champion/Ambassador	Hannah	Dowdeswell	hannah.dowdeswell@mpft.nhs.uk	0745 2948202
Midlands	Midlands Partnership Foundation Trust	Champion/Ambassador	Chantel-lea	Grocott	chantel-lea.grocott@mpft.nhs.uk	01782 673608
Midlands	Midlands Partnership Foundation Trust	Guardian	Emma	Powell	emma.powell@ssotp.nhs.uk	07976 249701
Midlands	Midlands Partnership Foundation Trust	Champion/Ambassador	Sarah	Whenmouth	sarah.whenmouth@mpft.nhs.uk	07814 830840
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East of England	Milton Keynes University Hospital NHS Foundation Trust	Champion/Ambassador	Mary	Wiggins	mary.wiggins@mkuh.nhs.uk	01908 996728
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East of England	Norfolk and Norwich University Hospitals NHS Foundation Trust	Guardian	Frances	Dawson	frances.dawson@nnuh.nhs.uk	01603 286891
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East of England	Norfolk Community Health and Care NHS Trust	Champion/Ambassador	Rebecca	Buss	rebecca.buss@nchc.nhs.uk	01603 776776
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South West	North Bristol NHS Trust	Guardian	Linda	Bourton	linda.bourton@nbt.nhs.uk	0117 4140767
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South West	North Bristol NHS Trust	Guardian	Deborah	Hacker	deborah.hacker@nbt.nhs.uk	0117 4149004
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South West	North Bristol NHS Trust	Guardian	William	Kwok	william.kwok@nbt.nhs.uk	0117 4146032
South West	North Bristol NHS Trust	Guardian	Anne	Langford	anne.langford@nbt.nhs.uk	0117 4144502
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North West	North West Boroughs Healthcare NHS Foundation Trust	Champion/Ambassador	Rebecca	Spence	rebecca.spence@nwbh.nhs.uk	01925 664809
Midlands	Northampton General Hospital NHS Trust	Guardian	Claire	Campbell	claire.campbell2@ngh.nhs.uk	01604 544206
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Guardian	Matt	Asbrey	freedomtospeakup@nhft.nhs.uk	0800 111 4951
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Aracelli	Cardozo	Aracelli.Cardozo@nhft.nhs.uk	07717 767227
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Rachel	Canham	rachel.canham@nhft.nhs.uk	01604 657703
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Sherrie	Hill	sherrie.hill@nhft.nhs.uk	07715 038899
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Natalie	Hyland	natalie.hyland@nhft.nhs.uk	07718 271665
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Hugh	Jones	hugh.jones@nhft.nhs.uk	07860 594 793
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Chloe	Lloyd	chloe.lloyd@nhft.nhs.uk	01933 235468
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Amy	Cooper	freedomtospeakup@nchc.nhs.uk	01603 693624
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Jacqueline	Russell	jacqueline.russell@nhft.nhs.uk	01933 235858
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Andrea	Raymond	Andrea.Raymond@nhft.nhs.uk	07715 234319
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Lucy	Walker	lucy.walker@nhft.nhs.uk	0753 9808448
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Sarah	Keiper	sarah.keiper@nhft.nhs.uk	07917 849142
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Solomon	Jones	solomon.jones@nhft.nhs.uk	0779 6148636
Midlands	Northamptonshire Healthcare NHS Foundation Trust	Champion/Ambassador	Alan	Whitcher	alan.whitcher@nhft.nhs.uk	01604 657789

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South West	Northern Devon Healthcare NHS Trust	Guardian	Julie	Poyner	julie.poyner@nhs.net	01271 311782
South West	Northern Devon Healthcare NHS Trust	Guardian	Simon	Walker	simonwalker3@nhs.net	01271 322781
North East & Yorkshire	Northern Lincolnshire and Goole NHS Foundation Trust	Champion/Ambassador	Lisa-Jayne	Cottam	lisa-jayne.cottam@nhs.net	03033 303643
North East & Yorkshire	Northern Lincolnshire and Goole NHS Foundation Trust	Guardian	Kay	Farquharson	kay.farquharson@nhs.net	0788 2764607
North East & Yorkshire	Northumberland, Tyne and Wear NHS Foundation Trust	Guardian	Neil	Cockling	neil.cockling@ntw.nhs.uk	07810 528169
North East & Yorkshire	Northumbria Healthcare NHS Foundation Trust	Guardian	Kirsty	Dickson	freedomstospeakup@northumbria-healthcare.nhs.uk	07717 516966
Midlands	Nottingham University Hospitals NHS Trust	Champion/Ambassador	Mohammad	Ali	mohammad.ali@nuh.nhs.uk	0781 2268393
Midlands	Nottingham University Hospitals NHS Trust	Guardian	Afsana	Aslam	freedomstospeakupguardian@nuh.nhs.uk	07812 270154
Midlands	Nottingham University Hospitals NHS Trust	Champion/Ambassador	Sharon	Campbell	sharon.campbell@nuh.nhs.uk	0115 9249924 ext 66165
Midlands	Nottingham University Hospitals NHS Trust	Champion/Ambassador	Michael	Woodward	michael.woodward2@nuh.nhs.uk	0781 2275136
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Guardian	Helen	Auld	helen.auld@nottshc.nhs.uk	0115 9691300 ext 11288
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Angela	Unufe	Angela.unufe@nottshc.nhs.uk	07949 722748
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Joanna	Rapson	Joanna.rapson@nottshc.nhs.uk	0115 9555401
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Sharon	Howe	Sharon.howe@nottshc.nhs.uk	0115 8542259
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Yvonne	Broe	Yvonne.broe@nottshc.nhs.uk	01522 663320
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Chris	White	Chris.white@nottshc.nhs.uk	07956 903406
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Ambrose	Burton	Ambrose.Burton@nottshc.nhs.uk	01623 404621
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Mercy	Mandizudza	Merzy.mandizudza@nottshc.nhs.uk	0787 0403602
Midlands	Nottinghamshire Healthcare NHS Foundation Trust	Champion/Ambassador	Zenn	Athar-Janes	Zenn.Athar-Janes@nottshc.nhs.uk	0115 9691300 or 07880043435 ext 11640
South East	Oxford Health NHS Foundation Trust	Guardian	Caroline	Griffiths	freedomstospeakup@oxfordhealth.nhs.uk	0787 6546075
South East	Oxford Health NHS Foundation Trust	Guardian	Guy	Harrison	guy.harrison@oxfordhealth.nhs.uk	01865 902760
South East	Oxford University Hospitals NHS Foundation Trust	Guardian	Praful	Bhooma	praful.bhooma@ouh.nhs.uk	0776 6813259
South East	Oxford University Hospitals NHS Foundation Trust	Champion/Ambassador	Lauren	Campbell	lauren.campbell@ouh.nhs.uk	0186 5225995
South East	Oxford University Hospitals NHS Foundation Trust	Guardian	Jane	Hervé	jane.herve@ouh.nhs.uk	07500 107889
South East	Oxford University Hospitals NHS Foundation Trust	Guardian	Taffy	Makaya	taffy.makaya@ouh.nhs.uk	01865 231251
South East	Oxford University Hospitals NHS Foundation Trust	Guardian	Mayenziwe (Maya)	Mkhize	mayenziwe.mkhize@ouh.nhs.uk	0750 0107889
South East	Oxford University Hospitals NHS Foundation Trust	Champion/Ambassador	Alison	Scott	fts@ouh.nhs.uk	01865 227476
London	Oxleas NHS Foundation Trust	Guardian	Wendy	Lyon	wendy.lyon1@nhs.net	01322 625776
North West	Pennine Acute Hospitals NHS Trust	Guardian	Tina	Chrysouchou	tina.chrysouchou@srft.nhs.uk	0161 206 2714
North West	Pennine Acute Hospitals NHS Trust	Champion/Ambassador	Alun	Gordon	alunjames.gordon@pat.nhs.uk	0161 922 3549
North West	Pennine Acute Hospitals NHS Trust	Champion/Ambassador	Janice	Maslen	janice.maslen@pat.nhs.uk	07812 087559
North West	Pennine Acute Hospitals NHS Trust	Guardian	Joanne	Williamson	joanne.williamson@pat.nhs.uk	I don't yet have one
North West	Pennine Care NHS Foundation Trust	Guardian	Lisa	Ryder	lisa.ryder@nhs.net	07825 425410
North West	Pennine Care NHS Foundation Trust	Guardian	Kate	Shepherd	kate.shepherd@pat.nhs.uk	0161 9188734
South West	Plymouth Hospitals NHS Trust	Guardian	Burgoyne	Charlotte	charlotte.burgoyne@nhs.net	01752 437135
South West	Plymouth Hospitals NHS Trust	Guardian	Catherine	Lemsalu	catherine.lemsalu@nhs.net	01752 202082
South West	Plymouth Hospitals NHS Trust	Guardian	Louise	Shalders	loushalders@nhs.net	01752 437268
South West	Poole Hospital NHS Foundation Trust	Guardian	Mandy	Craig	mandy.craig@poole.nhs.uk	01202 448433
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	John	Arnell	john.arnell@porthosp.nhs.uk	023 92283373
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Debi	Barnes	debi.barnes@porthosp.nhs.uk	0239 2286164
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Andrew	Gillon	andrew.gillon@porthosp.nhs.uk	02392 286000 3747
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Jennifer	Goulden	jennifer.goulden@porthosp.nhs.uk	02392286000 1103
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Gail	Johnston	gail.johnston@swash.nhs.uk	02392 286000 ext 4397
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Mathew	Kuruville	mathew.kuruville@porthosp.nhs.uk	02392286000/1078
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Ariane	Macintyre	ariane.macintyre@porthosp.nhs.uk	02392 28 6000 ext 1204
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Tanya	Mapp	tanya.mapp@porthosp.nhs.uk	023 92 286000 ex 6153
South East	Portsmouth Hospitals NHS Trust	Guardian	Jenny	Michael	jenny.michael@porthosp.nhs.uk	0239 2283641
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Gemma	New	gemma.new@porthosp.nhs.uk	02392 286000 ext 4537
South East	Portsmouth Hospitals NHS Trust	Champion/Ambassador	Mandie	Tonge	amanda.tonge@porthosp.nhs.uk	023 92 286480
South East	Queen Victoria Hospital NHS Foundation Trust	Guardian	Andi	Heaton	andi.heaton@nhs.net	01342-414478
South East	Queen Victoria Hospital NHS Foundation Trust	Guardian	Shella	Perkins	qvh.speakup@nhs.net	0750 8314548
Midlands	Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust	Guardian	Elizabeth	Hammond	elizabethhammond1@nhs.net	01691 404340
Midlands	Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust	Champion/Ambassador	Bev	Tabernacle	bev.tabernacle@nhs.net	01691 404 082
North East & Yorkshire	Rotherham Doncaster and South Humber NHS Foundation Trust	Guardian	Judith	Graham	judith.graham3@nhs.net	01302 796399
North East & Yorkshire	Rotherham Doncaster and South Humber NHS Foundation Trust	Champion/Ambassador	Carlene	Holden	carlene.holden@nhs.net	01302 796514
South East	Royal Berkshire NHS Foundation Trust	Champion/Ambassador	Kim	Day	kim.day@royalberkshire.nhs.uk	0118 3227442
South East	Royal Berkshire NHS Foundation Trust	Champion/Ambassador	Tanya	Demonne	tanya.demonne@royalberkshire.nhs.uk	0118 3225454
South East	Royal Berkshire NHS Foundation Trust	Champion/Ambassador	Jennifer	Eley	jennifer.eley@royalberkshire.nhs.uk	0118 3226528
South East	Royal Berkshire NHS Foundation Trust	Champion/Ambassador	Annette	Emery	annette.emery@royalberkshire.nhs.uk	0118 3227998
South East	Royal Berkshire NHS Foundation Trust	Guardian	Aneta	Ifodi	aneta.ifodi@royalberkshire.nhs.uk	0118 3227825
South East	Royal Berkshire NHS Foundation Trust	Guardian	Joan	Potterton	joan.potterton@royalberkshire.nhs.uk	0118 3227246
South East	Royal Berkshire NHS Foundation Trust	Champion/Ambassador	Sally	Simmons	sally.simmons@royalberkshire.nhs.uk	0118 322 5220
London	Royal Brompton and Harefield NHS Foundation Trust	Guardian	Judy	Cotterill	j.cotterill@rbht.nhs.uk	0797 1301136
London	Royal Brompton and Harefield NHS Foundation Trust	Guardian	Carol	Gadd	c.gadd@rbht.nhs.uk	0797 3323213
South West	Royal Cornwall Hospitals NHS Trust	Champion/Ambassador	Philip	Bond	philip.bond2@nhs.net	0771 7851736
South West	Royal Cornwall Hospitals NHS Trust	Champion/Ambassador	Joanne	Burton	joanne.burton6@nhs.net	01872 255007
South West	Royal Cornwall Hospitals NHS Trust	Guardian	Louise	Dickinson	rcht.freedomstospeakup@nhs.net	0187 2254993
South West	Royal Cornwall Hospitals NHS Trust	Champion/Ambassador	Sarah	Lear	sarah.lear@nhs.net	0782 5932596
South West	Royal Cornwall Hospitals NHS Trust	Champion/Ambassador	Kirsten	Leslie	kirsten.leslie@nhs.net	01872 252770
South West	Royal Cornwall Hospitals NHS Trust	Champion/Ambassador	Debby	Lewis	debby.lewis@nhs.net	01872 258128
South West	Royal Cornwall Hospitals NHS Trust	Champion/Ambassador	Nick	Richards	nicholasrichards@nhs.net	01872 254585
South West	Royal Cornwall Hospitals NHS Trust	Champion/Ambassador	Jonathan	Smith	jonathan.smith5@nhs.net	01872 255959
South West	Royal Devon and Exeter NHS Foundation Trust	Guardian	Melanie	Holley	melanie.holley@nhs.net	01392 406941
South West	Royal Devon and Exeter NHS Foundation Trust	Guardian	Anita	Irwin	rde-tr.freedomstospeakupguardians@nhs.net	01392 402717
South West	Royal Devon and Exeter NHS Foundation Trust	Guardian	Hannah	Jacks	hannah.jacks@nhs.net	07825 420290
South West	Royal Devon and Exeter NHS Foundation Trust	Guardian	Clare	Wright	clare.wright1@nhs.net	01392 402096
South West	Royal Devon and Exeter NHS Foundation Trust	Champion/Ambassador	Ginette	Clarkson	Ginette.Clarkson@nhs.net	01392 402839
South West	Royal Devon and Exeter NHS Foundation Trust	Guardian	Jayne	Turl	Jayne.turl@nhs.net	07928 525706

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London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Margaret Mary	Devaney	margaret.devaney@nhs.net	0796 6156592
London	Royal Free London NHS Foundation Trust	Guardian	Martin	Grabowski	m.grabowski@nhs.net	020 375 82160
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Nicola	Hope	n.hope@nhs.net	07773 581454
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Adrian	Laugee	adrian.laugee@nhs.net	020 7794 0500 x38274
London	Royal Free London NHS Foundation Trust	Guardian	Jim	Mansfield	jim.mansfield@nhs.net	020 7794 0500 x34517
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Cathryn	Mason	cathryn.mason@nhs.net	0208 3751490
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Adele	Mynard	adelemynard@nhs.net	02037582000 ext 23031
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Margaret	Roffe	margaret.roffe@nhs.net	07931 861991
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Carol	Saint	c.saint@nhs.net	0207 8302665
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Jacqueline	Sinclair	jacqueline.sinclair@nhs.net	020 7794 0500/31362
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Kylie	Smith	kylie.smith@nhs.net	Extension 36401
London	Royal Free London NHS Foundation Trust	Champion/Ambassador	Gary	Tolometti	gary.tolometti@nhs.net	0207 794 0500 ext 36473
North West	Royal Liverpool and Broadgreen University Hospitals NHS Trust	Champion/Ambassador	Thomasina	Afful	thomasina.afful@rhuht.nhs.uk	0150 7062000
North West	Royal Liverpool and Broadgreen University Hospitals NHS Trust	Guardian	Neal	Jones	neal.jones@rhuht.nhs.uk	0151 706 4058
North West	Royal Liverpool and Broadgreen University Hospitals NHS Trust	Champion/Ambassador	Margaret	McLoughlin	margaret.mcloughlin@rhuht.nhs.uk	0151 706 4052
North West	Royal Liverpool and Broadgreen University Hospitals NHS Trust	Champion/Ambassador	Anita	Nasser	anita.nasser@rhuht.nhs.uk	Ext 1932
London	Royal National Orthopaedic Hospital NHS Trust	Guardian	Patience	Akiri	moh.speakupguardians@nhs.net	0203 9470241
London	Royal National Orthopaedic Hospital NHS Trust	Champion/Ambassador	Charly	Peabody	charly.peabody@nhs.net	0208 909 5651
East of England	Royal Papworth Hospital NHS Foundation Trust	Guardian	Tony	Bottiglieri	antonio.bottiglieri@nhs.net	01480 364763
East of England	Royal Papworth Hospital NHS Foundation Trust	Guardian	Richard	Quigley	richardquigley@nhs.net	0148 0364454
South East	Royal Surrey County Hospital NHS Foundation Trust	Guardian	Raj	Bhamm	rbhamm@nhs.net	01483 571122 ext 2146
South East	Royal Surrey County Hospital NHS Foundation Trust	Champion/Ambassador	Paul	Croshaw	rsch.ftsguardian@nhs.net	0148 3782344
South East	Royal Surrey County Hospital NHS Foundation Trust	Guardian	Carly	Denison	carly.denison@thewhiteleyclinic.co.uk	0148 3477180
South East	Royal Surrey County Hospital NHS Foundation Trust	Guardian	Phil	Gardner	philgardner@nhs.net	01483 571122 ext 3010
South East	Royal Surrey County Hospital NHS Foundation Trust	Guardian	Adrian	Teare	a.teare@nhs.net	0148 3406835
South West	Royal United Hospitals Bath NHS Foundation Trust	Guardian	Lisa	Brown	lisa.brown14@nhs.net	01225 821438
South West	Royal United Hospitals Bath NHS Foundation Trust	Guardian	Louisa	Hopkins	louisahopkins@nhs.net	07500 726729
South West	Royal United Hospitals Bath NHS Foundation Trust	Guardian	Fenella	Maggs	fenella.maggs@nhs.net	0122 5428331
South West	Royal United Hospitals Bath NHS Foundation Trust	Guardian	Amanda	Pacey	amanda.pacey1@nhs.net	01225 465941
South West	Royal United Hospitals Bath NHS Foundation Trust	Champion/Ambassador	Andrea	Peters	andrea.peters@nhs.net	01225 824672
South West	Royal United Hospitals Bath NHS Foundation Trust	Guardian	Nicholas	Reed	nicholasreed@nhs.net	0788 1532826
North West	Salford Royal NHS Foundation Trust	Champion/Ambassador	Caroline	Axten	caroline.axten@srft.nhs.uk	0161 206 6064
North West	Salford Royal NHS Foundation Trust	Champion/Ambassador	Angela	Cooper	angela.cooper@srft.nhs.uk	0161 2064576
North West	Salford Royal NHS Foundation Trust	Guardian	Karen	Hawley	karen.hawley@srft.nhs.uk	0161 206 5450
North West	Salford Royal NHS Foundation Trust	Guardian	Cigy	Joseph	cigy.joseph@srft.nhs.uk	0787 7854630
North West	Salford Royal NHS Foundation Trust	Guardian	Diane	Lomas	diane.lomas@srft.nhs.uk	0161 206 2188
North West	Salford Royal NHS Foundation Trust	Champion/Ambassador	Pauline	Mulhall	pauline.mulhall@srft.nhs.uk	0161 206 2331
North West	Salford Royal NHS Foundation Trust	Champion/Ambassador	Darren	Quirk	darren.quirk@srft.nhs.uk	0161 2066027
North West	Salford Royal NHS Foundation Trust	Guardian	Victoria	Shore	victoria.shore@srft.nhs.uk	0161 2068529
North West	Salford Royal NHS Foundation Trust	Champion/Ambassador	Joanna	Splaine	joanna.splaine@srft.nhs.uk	0161 2065183
North West	Salford Royal NHS Foundation Trust	Champion/Ambassador	Vicky	Sutch	speakup@srft.nhs.uk	0161 789 7373
North West	Salford Royal NHS Foundation Trust	Champion/Ambassador	Shreekar	Yadthore	shreekar.yadthore@srft.nhs.uk	0161 2065870
South West	Salisbury NHS Foundation Trust	Guardian	Elizabeth	Swift	sft.ftsq@nhs.net	01722 336262 ext. 5834
Midlands	Sandwell and West Birmingham Hospitals NHS Trust	Guardian	Rosie	Auld	rosieauld@nhs.net	0121 5076852
Midlands	Sandwell and West Birmingham Hospitals NHS Trust	Guardian	Rachel	Clarke	rachel.clarke10@nhs.net	07976 499282
Midlands	Sandwell and West Birmingham Hospitals NHS Trust	Guardian	Ian	Galligan	ian.galligan1@nhs.net	0121 507 4070
Midlands	Sandwell and West Birmingham Hospitals NHS Trust	Guardian	Sandra	Kennelly	sandra.kennelly@nhs.net	0121 507-2664 (option 5)
Midlands	Sandwell and West Birmingham Hospitals NHS Trust	Guardian	Harpal	Twana	harpal.twana@nhs.net	0782 8559542
Midlands	Sandwell and West Birmingham Hospitals NHS Trust	Guardian	Susan	Whalen	susan.whalen@nhs.net	0121 6122323
North East & Yorkshire	Sheffield Children's NHS Foundation Trust	Guardian	Jacqueline	Griffin	jacqueline.griffin@sch.nhs.uk	0114 305 3318 / 07770 364545
North East & Yorkshire	Sheffield Health and Social Care NHS Foundation Trust	Guardian	Wendy	Fowler	w.fowler1@nhs.net	07976 213844
North East & Yorkshire	Sheffield Teaching Hospitals NHS Foundation Trust	Champion/Ambassador	Sally	Danford	sally.danford@sth.nhs.uk	0114 2269908
North East & Yorkshire	Sheffield Teaching Hospitals NHS Foundation Trust	Guardian	Emily	Edmunds	emily.edmunds@sth.nhs.uk	0785 0382725
North East & Yorkshire	Sheffield Teaching Hospitals NHS Foundation Trust	Guardian	Irene	Mabbott	irene.mabbott@sth.nhs.uk	0114 2715410
North East & Yorkshire	Sheffield Teaching Hospitals NHS Foundation Trust	Guardian	Karen	Smith	karen.smith@sth.nhs.uk	my PA 0114 2265170
Midlands	Sherwood Forest Hospitals NHS Foundation Trust	Guardian	Sarah	Addlesee	sarah.addlesee@nhs.net	01623 622515 ext 4344
Midlands	Sherwood Forest Hospitals NHS Foundation Trust	Guardian	Anne	Burton	sfh-tr.freedom2speakup@nhs.net	01623 622515 ext. 3524
Midlands	Sherwood Forest Hospitals NHS Foundation Trust	Guardian	Jessica	Woodward	jessica.woodward3@nhs.net	: 01623 622515
Midlands	Shrewsbury and Telford Hospital NHS Trust	Guardian	Kate	Adney	kate.adney1@nhs.net	07773 976980
Midlands	Shrewsbury and Telford Hospital NHS Trust	Guardian	Teresa	Carrington	t.carrington@nhs.net	07895 331450
Midlands	Shrewsbury and Telford Hospital NHS Trust	Guardian	Chan	Kaur	chan.kaur@nhs.net	0777 3976983
Midlands	Shropshire Community Health NHS Trust	Champion/Ambassador	Catherine	Chaplin	catherine.chaplin@shropcom.nhs.uk	01743 276670
Midlands	Shropshire Community Health NHS Trust	Champion/Ambassador	Tracey	Fisher	tracey.fisher@nhs.net	0778 9921980
Midlands	Shropshire Community Health NHS Trust	Guardian	Maggie	Garmsom	maggie.garmsom@nhs.net	01743 276689
Midlands	Shropshire Community Health NHS Trust	Guardian	Deana	James	deanajames@nhs.net	0789 6233304
Midlands	Shropshire Community Health NHS Trust	Guardian	Harun	Shama	harun.shama@nhs.net	0796 6914170
Midlands	Shropshire Community Health NHS Trust	Champion/Ambassador	Anita	Sharrad	anita.sharrad@nhs.net	0796 6886208
Midlands	Shropshire Community Health NHS Trust	Guardian	Alison	Trumper	alison.trumper1@nhs.net	07976 235702
Midlands	Shropshire Community Health NHS Trust	Champion/Ambassador	Sally	Webber	sally.webber@nhs.net	0782 5378917
Midlands	Shropshire Community Health NHS Trust	Champion/Ambassador	Sandra	Williamson	sandra.williamson3@nhs.net	0799 0505989
South East	Solent NHS Trust	Guardian	Pamela	Permalloo-Bass	pamela.permalloo-bas@solent.nhs.uk	0792 0500088
South East	Solent NHS Trust	Guardian	Jo	Pinhome	jo.pinhome@solent.nhs.uk	07867 461 666
South East	Solent NHS Trust	Guardian	Ian	Scrase	ian.scrase@solent.nhs.uk	0300 1233998
South West	Somerset Partnership NHS Foundation Trust	Guardian	Elizabeth	Roberts	raisingaconcern@sompar.nhs.uk	0300 124 5015
South East	South Central Ambulance Service NHS Foundation Trust	Guardian	Simon	Holbrook	fts@scas.nhs.uk	01869 365000
South East	South Central Ambulance Service NHS Foundation Trust	Champion/Ambassador	Priya	Singh	priya.singh@scas.nhs.uk	01869 365000
South East	South East Coast Ambulance Service NHS Foundation Trust	Guardian	Kim	Blakeburn	kim.blakeburn@secamb.nhs.uk	0782 5100647

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London	South London and Maudsley NHS Foundation Trust	Guardian	Zoe	Reed	freedomstospeakup@slam.nhs.uk	07891 283873
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North East & Yorkshire	South Tees Hospitals NHS Foundation Trust	Guardian	Paula	Iddon	paula.iddon@nhs.net	01642 850850
North East & Yorkshire	South Tees Hospitals NHS Foundation Trust	Guardian	Laura	Mills	laura.mills2@nhs.net	01642 854657
North East & Yorkshire	South Tees Hospitals NHS Foundation Trust	Champion/Ambassador	Michelle	Shaw	michelle.shaw7@nhs.net	0164 2856752
North East & Yorkshire	South Tees Hospitals NHS Foundation Trust	Guardian	Helen	Smithies	steesfreedomstospeakup1@nhs.net	01642 835601
Midlands	South Warwickshire NHS Foundation Trust	Guardian	Sue	Pike	ftsug@swft.nhs.uk	0791 9226887
London	South West London and St George's Mental Health NHS Trust	Guardian	Lincoln	Murray	lincoln.m@theguardianservice.co.uk	0333 001 5109
North East & Yorkshire	South West Yorkshire Partnership NHS Foundation Trust	Guardian	Marios	Adamou	marios.adamou@swyt.nhs.uk	
North East & Yorkshire	South West Yorkshire Partnership NHS Foundation Trust	Guardian	Lin	Harrison	guardian@swyt.nhs.uk	
North East & Yorkshire	South West Yorkshire Partnership NHS Foundation Trust	Guardian	Estelle	Myers	estelle.myers1@nhs.net	0776 8043998
South West	South Western Ambulance Service NHS Foundation Trust	Guardian	Marty	Mcauley	marty.mcauley@swast.nhs.uk	07554 334549
East of England	Southern University Hospital NHS Foundation Trust	Champion/Ambassador	Danielle	Harris	danielle.harris@southeast.nhs.uk	01702 435555 ext 8286
East of England	Southern University Hospital NHS Foundation Trust	Champion/Ambassador	Louise	Mclver	contact@theguardianservice.co.uk	0333 0015125
South East	Southern Health NHS Foundation Trust	Guardian	Elizabeth	Kerridge Weeks	shft.f2sug@nhs.net	07879 432331
North West	Southport and Ormskirk Hospital NHS Trust	Guardian	Martin	Abrams	martin.abrams@nhs.net	0170 4704639
North West	Southport and Ormskirk Hospital NHS Trust	Champion/Ambassador	Pauline	Gibson	p.gibson3@nhs.net	0773 1466444
North West	Southport and Ormskirk Hospital NHS Trust	Champion/Ambassador	Julie	Gorry	j.gorry@nhs.net	0170 4547471
London	St George's University Hospitals NHS Foundation Trust	Champion/Ambassador	Paul	Courtman	paul.courtman@stgeorges.nhs.uk	0208 7251221
London	St George's University Hospitals NHS Foundation Trust	Champion/Ambassador	Anthony	Chambers	anthony.chambers@nhs.net	0208 7251496
London	St George's University Hospitals NHS Foundation Trust	Guardian	Karyn	Richards-Wright	karyn.richards-wright@stgeorges.nhs.uk	020 8672 4001
North West	St Helens and Knowsley Teaching Hospitals NHS Trust	Guardian	Richard	Fraser	raisingconcernschairman@sthk.nhs.uk	0151 430 1242
North West	St Helens and Knowsley Teaching Hospitals NHS Trust	Guardian	Rajesh	Karimbath	rajesh.karimbath2@sthk.nhs.uk	0151-4301564
North West	St Helens and Knowsley Teaching Hospitals NHS Trust	Guardian	Ann	Marr	raisingconcernschiefexecutive@sthk.nhs.uk	0151 430 1242
North West	St Helens and Knowsley Teaching Hospitals NHS Trust	Guardian	Peter	Williams	raisingconcerns.medicaldirector@sthk.nhs.uk	0151 4301242
North West	Stockport NHS Foundation Trust	Guardian	Phil	Gordon	philip.gordon@stockport.nhs.uk	07979 770 747
South East	Surrey and Borders Partnership NHS Foundation Trust	Champion/Ambassador	Lynn	Hawkins	lynn.hawkins@sabp.nhs.uk	01932 722443
South East	Surrey and Borders Partnership NHS Foundation Trust	Guardian	Lynn	Richardson	lynn.richardson@sabp.nhs.uk	07771 841569
South East	Surrey and Borders Partnership NHS Foundation Trust	Champion/Ambassador	Farayi	Ziweya	farayi.ziweya@sabp.nhs.uk	0750 7239511
South East	Surrey and Sussex Healthcare NHS Trust	Guardian	Lorna	Anderson	lorna.anderson3@nhs.net	01737 768551
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	Rachel	Day	rachel.day8@nhs.net	01737 768511 EX: 1621
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	Diane	Downey	diane.downey@nhs.net	01737 768511 ext 2025
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	Angela	Eiffert	angela.eiffert@nhs.net	01293 600372
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	Gillian	Francis-Musanu	g.francis-musanu@nhs.net	01737 768511 Ext 2862
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	David	Hazeldine	david.hazeldine@nsh.net	0781 0449868
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	Carolanne	Letendrine	carolanne.letendrine@nhs.net	0173 7768511
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	Barbara	Raine	barbara.raine1@nhs.net	01737 768511 x 6030
South East	Surrey and Sussex Healthcare NHS Trust	Champion/Ambassador	Abdul	Wahab	a.wahab@nhs.net	01737768511 ext6203
South East	Sussex Community NHS Foundation Trust	Guardian	Naomi	Bonetti	n.bonetti@nhs.net	01273 696011
South East	Sussex Community NHS Foundation Trust	Guardian	Allison	Hawes	sc-tr.raisingconcerns@nhs.net	01273 666460
South East	Sussex Partnership NHS Foundation Trust	Champion/Ambassador	Adam	Churcher	adam.churcher@sussexpartnership.nhs.uk	0788 0507428
South East	Sussex Partnership NHS Foundation Trust	Champion/Ambassador	Sarah	Cramp	sarah.cramp@sussexpartnership.nhs.uk	0300 304 0060
South East	Sussex Partnership NHS Foundation Trust	Champion/Ambassador	Rick	Fraser	rick.fraser@sussexpartnership.nhs.uk	0791 7613763
South East	Sussex Partnership NHS Foundation Trust	Champion/Ambassador	Arthur	Mukando	arthur.mukando@sussexpartnership.nhs.uk	0300 3040037
South East	Sussex Partnership NHS Foundation Trust	Guardian	Lynn	Richardson	lynn.richardson@sussexpartnership.nhs.uk	07771 841569
South East	Sussex Partnership NHS Foundation Trust	Champion/Ambassador	Nikeeta	Schpaul	nikeeta.schpaul@sussexpartnership.nhs.uk	0144 4472670
South East	Sussex Partnership NHS Foundation Trust	Champion/Ambassador	Katy	Stafford	katy.stafford@sussexpartnership.nhs.uk	0782 4343649
North West	Tameside and Glossop Integrated Care NHS Foundation Trust	Guardian	Phil	Gordon	philip.gordon@tgh.nhs.uk	07825 144 968
South West	Taunton and Somerset NHS Foundation Trust	Guardian	Kerry	Coles	freedomstospeakup@tst.nhs.uk	01823 343700
South West	Taunton and Somerset NHS Foundation Trust	Guardian	Catherine	Johnson	catherine.johnson@tst.nhs.uk	0182 3343700
London	Tavistock and Portman NHS Foundation Trust	Guardian	Gill	Rusbridger	grusbridger@tavi-port.nhs.uk	020 8938 2248
North West	The Christie NHS Foundation Trust	Guardian	Sue	Mahjoub	speakup@christie.nhs.uk	07918 363731
North West	The Clatterbridge Cancer Centre NHS Foundation Trust	Guardian	Linda	Morris	linda.morris6@nhs.net	0151 556 5754
Midlands	The Dudley Group NHS Foundation Trust	Guardian	Philippa	Brazier	philippa.brazier@nhs.net	01384 456 111 ex 3469
Midlands	The Dudley Group NHS Foundation Trust	Guardian	Derek	Eaves	derek.eaves@nhs.net	0138 4244418
London	The Hillingdon Hospitals NHS Foundation Trust	Guardian	Cherna	St.Clair	cherma.stclair@nhs.net	07717 881214
North East & Yorkshire	The Newcastle upon Tyne Hospitals NHS Foundation Trust	Guardian	Caroline	Parnell	newcastle.speakupguardian@nhs.uk	0191 233 6161
North East & Yorkshire	The Newcastle upon Tyne Hospitals NHS Foundation Trust	Guardian	Andrew	Pike	newcastle.speakupguardian@nhs.net	07342 066053
East of England	The Princess Alexandra Hospital NHS Trust	Guardian	Lorraine	Nixon	freedomstospeakup@nhs.net	07580 359941
East of England	The Princess Alexandra Hospital NHS Trust	Guardian	Lisa	Thurley	lisa.thurley@nhs.net	0758 0359951
East of England	The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust	Champion/Ambassador	Gill	Rejzl	gill.rejzl@qehkl.nhs.uk	01553 613614
East of England	The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust	Guardian	David	Trevanion	david.trevanion@nhs.net	0796 6881840
North East & Yorkshire	The Rotherham NHS Foundation Trust	Guardian	Anthony	Bennett	anthony.bennett2@nhs.net	01709 427550
North East & Yorkshire	The Rotherham NHS Foundation Trust	Guardian	Sarah	Cooper	sarah.cooper@rothgen.nhs.uk	01709 426002
North East & Yorkshire	The Rotherham NHS Foundation Trust	Guardian	Sue	Downs	freedomstospeakup@rothgen.nhs.uk	01709 427009
South West	The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust	Champion/Ambassador	Hazel	Rodriguez	hazel.rodriguez@rbch.nhs.uk	01202 704220
South West	The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust	Champion/Ambassador	David	Flower	david.flower@rbch.nhs.uk	01202 704220
South West	The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust	Guardian	Helen	Martin	freedomstospeakup@rbch.nhs.uk	01202 704220
South West	The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust	Champion/Ambassador	Sally	Papworth	sally.papworth@rbch.nhs.uk	01202 726005
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London	The Royal Marsden NHS Foundation Trust	Champion/Ambassador	Sharon	Clancy	ftscommunityservices@rmh.nhs.uk	0208 915 6802
London	The Royal Marsden NHS Foundation Trust	Champion/Ambassador	Linda	Green	linda.green@rmh.nhs.uk	020 7808 2151
London	The Royal Marsden NHS Foundation Trust	Champion/Ambassador	Louise	Griffith	louise.griffith@rmh.nhs.uk	0208 6613624
London	The Royal Marsden NHS Foundation Trust	Guardian	Anne	Howers	ftsuguardian@rmh.nhs.uk	0776 7441739
London	The Royal Marsden NHS Foundation Trust	Champion/Ambassador	Katalin	Kormanyos	katalin.kormanyos@rmh.nhs.uk	0208 642 6011 ext 4051
London	The Royal Marsden NHS Foundation Trust	Champion/Ambassador	Hardev	Sagoo	hardev.sagoo@rmh.nhs.uk	0207 8082051
London	The Royal Marsden NHS Foundation Trust	Guardian	Nina	Singh	nina.singh@mh.nhs.uk	020 7808 2140



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Midlands	The Royal Orthopaedic Hospital NHS Foundation Trust	Guardian	Mandeeep	Johal	rohfsu@nhs.net	0773 4040117
Midlands	The Royal Wolverhampton NHS Trust	Guardian	Neelam	Mehay	neelam.mehay1@nhs.net	07557 287859
North West	The Walton Centre NHS Foundation Trust	Guardian	Julie	Kane	freedomtospeakup@thewaltoncentre.nhs.uk	0151 556 3306
South West	Torbay and South Devon NHS Foundation Trust	Champion/Ambassador	Claire	Brown	claire.brown3@nhs.net	01803 56056
South West	Torbay and South Devon NHS Foundation Trust	Champion/Ambassador	Sally	Burkitt	sallyburkitt@nhs.net	01803 656818
South West	Torbay and South Devon NHS Foundation Trust	Guardian	Sarah	Burns	sarah.burns@nhs.net	07825 044439
South West	Torbay and South Devon NHS Foundation Trust	Guardian	Andrew	Fordyce	andrew.fordyce@nhs.net	01803 656237
South West	Torbay and South Devon NHS Foundation Trust	Guardian	Jeremy	Knight	jeremyknight@nhs.net	0180 3654051
South West	Torbay and South Devon NHS Foundation Trust	Guardian	Sharon	Simpson	sharon.simpson2@nhs.net	0781 0155761
South West	Torbay and South Devon NHS Foundation Trust	Guardian	Liz	Tooby	tsdff.guardian@nhs.net	07825 522752
South West	Torbay and South Devon NHS Foundation Trust	Champion/Ambassador	Rachel	Whitelaw	rachelwhitelaw@nhs.net	0180 3655493
Midlands	United Lincolnshire Hospitals NHS Trust	Guardian	Jayne	Warner	freedomtospeakguardian@ulh.nhs.uk	01522 573988
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South East	University Hospital Southampton NHS Foundation Trust	Champion/Ambassador	Gwenda	Evans	gwenda.evans@uhs.nhs.uk	0238 1204200
South East	University Hospital Southampton NHS Foundation Trust	Guardian	Christine	Mbabazi	christine.mbabazi@uhs.nhs.uk	07818 521753
South East	University Hospital Southampton NHS Foundation Trust	Champion/Ambassador	Adam	Pitt	adam.pitt@uhs.nhs.uk	023 8120 8332
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Sara	Sharratt	sara.sharratt@heartofengland.nhs.uk	0121 42424639
Midlands	University Hospitals Birmingham NHS Foundation Trust	Guardian	Bev	Baker	beverley.baker@heartofengland.nhs.uk	0750 0762955
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Midlands	University Hospitals Birmingham NHS Foundation Trust	Guardian	Julian	Bion	j.f.bion@bham.ac.uk	0121 371 6816
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Rebecca	Delpino	rebecca.delpino@heartofengland.nhs.uk	0121 424 4189
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Lesley	Eastwood	lesley.eastwood@heartofengland.nhs.uk	0121 424 3478
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Lorna	Grinnell-Moore	lorna.grinnell-moore@heartofengland.nhs.uk	0121 424 2757
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Victoria	Jones	victoria.jones@uhb.nhs.uk	0121 3715939
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Thomas	Lowbridge	thomas.lowbridge@heartofengland.nhs.uk	07769 284958
Midlands	University Hospitals Birmingham NHS Foundation Trust	Guardian	Iwan	Martynyszyn	iwan.martynyszyn@heartofengland.nhs.uk	0785 6987279
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Liz	Mitchell	elizabeth.mitchell@uhb.nhs.uk	0121 371 7632
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Dawn	Reynolds	dawn.reynolds@heartofengland.nhs.uk	0797 3262922
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Shau	Thein	onshau.thein@uhb.nhs.uk	0121 3712000
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Tracy	Ward	tracy.wright@uhb.nhs.uk	0121 3717115
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Julie	White	julie.white@uhb.nhs.uk	0121 3716823
Midlands	University Hospitals Birmingham NHS Foundation Trust	Champion/Ambassador	Catherine	Williams	catherine.williams@heartofengland.nhs.uk	0121 424 2674
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Hannah	Davies	hannah.davies3@uhbristol.nhs.uk	0117 3420062
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Rachel	Goodwin	rachel.goodwin@uhbristol.nhs.uk	0117 3427575
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Steve	Gray	steve.gray@uhbristol.nhs.uk	0780 3875528
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Lauren	Haynes	lauren.haynes@uhbristol.nhs.uk	0788 0300328
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Sandrine	Jones	sandrine.jones@uhbristol.nhs.uk	0117 3421126
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Harpreet	Porritt	harpreet.porritt@uhbristol.nhs.uk	0117 3423651
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Anne	Reader	anne.reader@uhbristol.nhs.uk	0117 3423762
South West	University Hospitals Bristol NHS Foundation Trust	Guardian	Eric	Sanders	eric.sanders2@uhbristol.nhs.uk	0117 3421577
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Hannah	Smith	hannah.smith4@uhbristol.nhs.uk	Not yet in place
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Maria Laura	Sola Torres	raisingconcerns@uhbristol.nhs.uk	0117 3422888
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Fiona	Trigomedis-Powell	fiona.trigomedis-powell@uhbristol.nhs.uk	0117 342 1558
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Simon	Walrond	simon.walrond@uhbristol.nhs.uk	0117 34 20742
South West	University Hospitals Bristol NHS Foundation Trust	Champion/Ambassador	Sharmily	Yogananth	sharmily.yogananth@uhbristol.nhs.uk	0117 3421068
Midlands	University Hospitals Coventry and Warwickshire NHS Trust	Guardian	Lorna	Shaw	freedomtospeakupguardian@uhcw.nhs.uk	02476 967595
Midlands	University Hospitals Coventry and Warwickshire NHS Trust	Guardian	Geoff	Stokes	geoff.stokes@uhcw.nhs.uk	024 7696 7607
Midlands	University Hospitals of Derby & Burton NHS Foundation Trust	Guardian	Allison	Bell	allison.bell@burtonft.nhs.uk	07790 845 117
Midlands	University Hospitals of Leicester NHS Trust	Guardian	Jo	Dawson	jo.dawson@uhl-tr.nhs.uk	07950 839130
North West	University Hospitals of Morecambe Bay NHS Foundation Trust	Guardian	Heather	Bruce	heather.bruce@mbht.nhs.uk	07890 587013
Midlands	University Hospitals of North Midlands NHS Trust	Guardian	Charlotte	Lees	charlotte.lees@uhnm.nhs.uk	01782 675566
Midlands	University Hospitals of North Midlands NHS Trust	Guardian	Patricia	Rowson	trish.rowson@uhnm.nhs.uk	01782 676622
Midlands	University Hospitals of North Midlands NHS Trust	Champion/Ambassador	Aideen	Walsh	ftsuguardian@uhnm.nhs.uk	01782 675566
South West	University Hospitals Plymouth NHS Trust	Guardian	Jamie	Read	james.read3@nhs.net	01752202082 Bleep 81296
Midlands	Walsall Healthcare NHS Trust	Guardian	Valerie	Ferguson	val.ferguson@walsallhealthcare.nhs.uk	01922 721172 Ext 7573
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North West	Warrington and Halton Hospitals NHS Foundation Trust	Champion/Ambassador	Mark	Ashton	markashton1@nhs.net	01925 635911 ext 5673
North West	Warrington and Halton Hospitals NHS Foundation Trust	Guardian	Jane	Hurst	jane.hurst@nhs.net	01925 662282
North West	Warrington and Halton Hospitals NHS Foundation Trust	Champion/Ambassador	Lindsay	Watkinson	lindsay.watkinson@nhs.net	0192 5635911
East of England	West Hertfordshire Hospitals NHS Trust	Guardian	Ginny	Edwards	ginny.edwards1@nhs.net	07771 980847
East of England	West Hertfordshire Hospitals NHS Trust	Champion/Ambassador	Caroline	Lankshear	caroline.lankshear@whht.nhs.uk	01923 436414
East of England	West Hertfordshire Hospitals NHS Trust	Champion/Ambassador	Christine	Price	speakup@whht.nhs.uk	01923 217 104
London	West London Mental Health NHS Trust	Champion/Ambassador	Marvine	Facey	marvine.facey@westlondon.nhs.uk	0798 0879522
London	West London Mental Health NHS Trust	Guardian	Sally	Glen	sa.glen@btinternet.com	0783 3115702
London	West London NHS Trust	Champion/Ambassador	Nathan	Christie-Plummer	nathan.christie-plummer@westlondon.nhs.uk	0208 483 2185
London	West London NHS Trust	Guardian	Sally	Glen	speakupguardian@wlmt.nhs.uk	07833 115702
Midlands	West Midlands Ambulance Service NHS Foundation Trust	Guardian	Barbara	Kozlowska	barbara.kozlowska@wmas.nhs.uk	01384 246331
East of England	West Suffolk NHS Foundation Trust	Guardian	Nick	Finch	freedomtospeakup@wsh.nhs.uk	01284 712828
South East	Western Sussex Hospitals NHS Foundation Trust	Guardian	Shelton	Bates	shelton.bates@wsht.nhs.uk	01243 788122 ext 32207
South East	Western Sussex Hospitals NHS Foundation Trust	Guardian	Delia	Reed	freedomtospeakup@wsht.nhs.uk	01243 788122 ext 33126
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South West	Weston Area Health NHS Trust	Guardian	Gillian	Hoskins	gillian.hoskins@nhs.net	01934 647002
South West	Weston Area Health NHS Trust	Champion/Ambassador	James	Merrell	james.merrell2@nhs.net	0754 6137984
South West	Weston Area Health NHS Trust	Champion/Ambassador	Shona	Smith	shonasmith3@nhs.net	0193 4647187
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London	Whittington Health NHS Trust	Champion/Ambassador	Thomas	Breakspear	thomas.breakspear@nhs.net	0207 2885660
London	Whittington Health NHS Trust	Guardian	Dorian	Cole	dorian.cole@nhs.net	07970 269555

London	Whittington Health NHS Trust	Guardian	Ruben	Ferreira	speakupguardian.whithealth@nhs.net	0738 4876737
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North West	Wirral Community NHS Foundation Trust	Champion/Ambassador	Alison	Jones	alison.jones31@nhs.net	0151 514 6358
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North West	Wirral Community NHS Foundation Trust	Champion/Ambassador	Paula	Simpson	paula.simpson8@nhs.net	0151 514 2888
North West	Wirral Community NHS Foundation Trust	Champion/Ambassador	Claire	Wedge	cwedge@nhs.net	0151 5142202
North West	Wirral University Teaching Hospital NHS Foundation Trust	Guardian	Gary	Price	garyprice@nhs.net	0151 678 5111 Ext 8496 Bleep 2140
North West	Wirral University Teaching Hospital NHS Foundation Trust	Guardian	Carol	Skillen	carolskillen@nhs.net	0151 604 7766
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Liane	Binns	liane.binns@nhs.net	0190 5768936
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Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Nicola	Butler	nicola.butler9@nhs.net	0156 2513089
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Sharon	Chadwick	sharonchadwick@nhs.net	01905 763333
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Caroline	Edwards	caroline.edwards2@nhs.net	01905 736666 ext 36784
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Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Siobhan	Gordon	siobhangordon@nhs.net	0190 5763333
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Amanda	Gregory	amanda.gregory7@nhs.net	0190 5733040
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Nicola	Jones	nicola.jones63@nhs.net	42031
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Julia	Kershaw	julia.kershaw@nhs.net	0152 7505768
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Tammie	Mason	tammie.dudley@nhs.net	01562 512356
Midlands	Worcestershire Acute Hospitals NHS Trust	Guardian	Bryan	Mcginity	bryanmcginity@nhs.net	01905 763333
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Sally	Millett	s.millett@nhs.net	01905 30723
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Amanda	Moore	amanda.moore14@nhs.net	0156 2512358
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Jayne	Pearce	jayne.pearce@nhs.net	01905 763333 ext36790
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Aimee	Pulis	aimee.pulis@nhs.net	01527 503030 ext.44035
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Paul	Rajayabun	paul.rajayabun@nhs.net	0152 7503030
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Peter	Sedgwick	peter.sedgwick@nhs.net	01527 503030 x 44773
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Andrew	Short	andrew.short3@nhs.net	01905 763333
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Tracy	Spurrier	t.spurrier@nhs.net	01527 507985
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Jessica	Thomas	jessica.thomas3@nhs.net	0784 3678144
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Sian	Thomas	sian.thomas14@nhs.net	01905 760472
Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Angus	Thomson	angus.thomson1@nhs.net	07917 114907
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Midlands	Worcestershire Acute Hospitals NHS Trust	Champion/Ambassador	Emily	Tooke	e.tooke@nhs.net	
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