



Freedom to speak up

Your voice matters



Lena Pamphile

Administrator, Discharge Hub Freedom to Speak Up Champion

Base: Tower Hamlets CHS

Email: lena.pamphile@nhs.net

Tel: 07931 634011

Anita Hynes

Freedom to Speak Up Guardian
East London Foundation Trust

Email: elft.freedomtospeakup@nhs.net

Tel: 07436 027388





