



Freedom to speak up

Your voice matters



Hortence Tchonang

Modern Matron for Bow Ward & Morrison Ward Freedom to Speak Up Champion

Base: John Howard Centre

Email: hortence.tchonang@nhs.net

Tel: 02085102284

Anita Hynes

Freedom to Speak Up Guardian East London Foundation Trust

Email: elft.freedomtospeakup@nhs.net

Tel: 07436 027388





