

**IF YOU HAVE A QUESTION, OR WOULD LIKE TO TALK TO  
SOMEONE, SEE IF YOU HAVE A CONTACT IN YOUR REGION AND  
GIVE THEM A RING.**

### **BELFAST**

John Hamill  
0289081 3649  
Email:  
johnhamil12@hotmail.com

### **BRISTOL/SOUTH WEST**

Astrid Ullrich  
Tel 07882559707 (after 6pm)  
Email: astrid.ullrich@me.com

### **BUCKINGHAMSHIRE**

Lauren Saunders  
07909 916912  
Sue Watkins  
01280 817604  
Email: sue@mkteddy.co.uk

### **CORNWALL**

Alun Crockett  
01503 262035  
Email:  
alun.crockett1@btinternet.com

### **CUMBRIA**

John Gore  
01931 714110  
Email:  
johngore214@btinternet.com

### **DERBYSHIRE & EAST MIDS**

Rachel Turner  
01246 271582  
Email: turnerrachel@gmail.com

### **DERBYS & NOTTS**

Peter Noake  
01159 328455  
Email: p.noake@sky.com

### **DEVON**

Justine Collins  
Email: jus.collins@me.com

### **EAST DORSET AND NEW FOREST**

Carol Smith  
Email:  
caroljoysmith4@gmail.com

### **ESSEX**

Roy Johnson  
07976 103969  
Email: royj50@outlook.com

Andy Steptowe  
Email: andy@steptowe.co.uk

### **HERTFORDSHIRE**

Diane Eaton  
Email:  
diane@anticoagulationuk.org

### **HUDDERSFIELD**

Fiona Allan-Smith  
01484 868844

### **KENT**

Jocelyn Shakspeare  
01689 851424 or 07957 273191  
*Please phone in the evening*  
Email: jocshakers@hotmail.com

### **LINCOLNSHIRE**

Rex Hampson 01205 870761

### **LIVERPOOL**

Nigel Willetts  
0151 2610639  
ncw1@btinternet.com

### **LONDON**

Paul Fletcher  
020 7225 1412  
Email:  
paulfletcher53@gmail.com

### **LONDON/SURREY**

Helen Grantham  
helengrantham164  
@btinternet.com

### **MANCHESTER**

Jenny Tucker  
0161 793 7927

### **MID KENT & COAST**

Linda Murdoch  
01233 634102

### **MIDLANDS**

John Chisholm  
07747 034037

### **NORTHUMBERLAND**

Lis Mercer Banks  
01434 603839  
Email: impatiens.21@sky.com

### **NORWICH & NORFOLK**

Angela Frais  
0126 732691  
Email: aml.frais@btinternet.com

### **SHEFFIELD**

Peter Birtles  
0114 255 7382

### **SOUTHAMPTON**

Barbara Cornish  
02380 904804  
Email: quobdogs@gmail.com

### **STAFFORDSHIRE**

Susan Adey  
07891791824 Until 9 pm  
Email: susanjadey@gmail.com

### **SURREY**

Madeleine Wagner  
01737 555091  
Email: rm@familywagner.net

### **TYNE & WEAR**

Hanne Lehman-Taylor  
Email:  
hanne.lehmanntaylor@gmail.com

### **YORKSHIRE**

Mick Pepper  
01757 288453  
Email:  
mickpepper1111@yahoo.co.uk

### **FRANCE**

Brian Allcock  
0033 (0) 467241073

### **SCOTLAND**

**Aberdeen**  
Mary Thompson  
01779 479155  
Email: mht.52@btinternet.com

### **Inverness, Aviemore & surrounds**

Pat Green  
01479 810939  
Email: rpgreen@talk21.com

### **South West**

Kate Stephens  
01228 792255

### **IRELAND**

**Galway**  
Ellen Feeny  
00353 391 563278

### **Dublin**

Sheila Moran  
0035318 212224 or  
00353 086 8795998  
Email:  
sheilamoran@hotmail.com

### **County Kerry**

Rachel John  
00353 66 973700  
Email: racheljohn@eircom.net

### **WALES**

#### **North**

Hazel Edwards  
01978 310272 or 07837 171692  
Email: haze595@btinternet.com