

HEARTBEAT COMMITTEE

President (Life)	John Cuckow	
Hon Vice-President	Len Tate	23 Sycamore Way, Brantham, Manningtree CO11 1TL (01206) 393292 e-mail: len.Tate@hotmail.com
Chairman	Tony Hawes	18 Cambridge Road, Kesgrave, Ipswich IP5 1EW (01473) 610212 email: tessa@haweswoodbridge.fsnet.co.uk
Vice-Chairman	Keith Cockrill	21 Newby Drive, Rushmere St Andrew, Ipswich IP4 5UY (01473) 271958 e-mail: keith.cockrill@btinternet.com
Secretary	Tessa Hawes	18 Cambridge Road, Kesgrave, Ipswich IP5 1EW (01473) 610212 e-mail: tessa@haweswoodbridge.fsnet.co.uk
Treasurer	Trevor Pilborough	11 Foxglove Crescent, Purdis Farm, Ipswich IP3 8RE (01473) 717514 e-mail: trevor.pilborough@talktalk.net
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	Michael Fudger	35 St Augustine Gardens, Ipswich IP3 8NS (01473) 434389 e-mail: -mick.fudger@NTLWORLD.com
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	Ross Taylor	32 Low Road, Debenham, Suffolk IP14 6QU (01728) 860412 e-mail: Rsr.Taylor@btopenworld.com
Membership Secretary	Tessa Hawes	18 Cambridge Road, Kesgrave, Ipswich IP5 1EW (01473) 610212 e-mail: tessa@haweswoodbridge.fsnet.co.uk

The above elected Trustees/Management Committee have been appointed to manage the charity (Heartbeat East Suffolk) until June 2009

If you have anything you wish to put to the Committee or at Members' Meetings then please write to Tessa Hawes Heartbeat's Secretary (see above for details), 7 days or more in advance of the Committee meeting. The Committee meets on the last Thursday of each month usually the week before the Members' Meeting.

CONTACTS

Cardiac Ward Visit Co-Ordinator.....	Len Tate	(01206) 393292
Defibrillator/CPR Training.....	Karen Hughes	(01473) 602093
Editor of Pulse.....	Margaret Ramsey	(01473) 626951
Exercise and Swimming.....	Len Tate	(01206) 393292
Heartbeat/Hospital/Liaison.....	Len Tate	(01206) 393292
Hospital/Heartbeat Liaison.....	Karen Cater	IPSWICH HOSPITAL
Line Dancing.....	Tessa Hawes	(01473) 610212
Meeting Steward.....	Jim Porter	(01473) 748495
Speaker Bookings (for meetings)	Jenny Harrall	(01473) 725756
Supermarket Collections.....	Colin Hammond	(01473) 403694
Transport.....	Keith Cockrill	(01473) 271958
Travel.....	David & Doreen Robinson	(01473) 402429
Walks Co-Ordinator.....	Tony Freeman	(01473) 461747
Web Page.....	Keith Cockrill	(01473) 271958
10 Pin Bowling.....	Margaret Cockrill	(01473) 271958
Heartbeat Membership Secretary	Tessa Hawes 18 Cambridge Road, Kesgrave, Ipswich IP5 1EW	(01473) 610212

HELPLINE NUMBER

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