

PHA UK Hubs/Groups

County	Hub Name	Main Means of Initial Contact
<b>ALL</b>	<b>PHA Hub Help/Starting Out</b>	<a href="https://t.me/PHA_Hub_Help">https://t.me/PHA_Hub_Help</a>
ENG - Bedfordshire	<b>PHA Bedfordshire</b>	<a href="https://t.me/+dyZDLualU9I3ZWM8">https://t.me/+dyZDLualU9I3ZWM8</a>
ENG - Berkshire	<b>PHA Berkshire Hub</b>	<a href="https://t.me/+qPkhdLz20ZpjMTc9">https://t.me/+qPkhdLz20ZpjMTc9</a>
ENG - Bristol	<b>PHA Bristol Hub</b>	PHA Forum (please ask for Hub Lead details if you wish to join)
ENG - Buckinghamshire	<b>PHA Buckinghamshire Hub</b>	<a href="https://t.me/+UiEcNEQSRjU5Yjc0">https://t.me/+UiEcNEQSRjU5Yjc0</a>
ENG - Cambridgeshire	<b>PHA Cambridgeshire Hub</b>	<a href="https://t.me/+hgoDdhPP9s02ZTA0">https://t.me/+hgoDdhPP9s02ZTA0</a>
ENG - Cheshire	<b>PHA Cheshire &amp; Manchester Hub</b>	<a href="https://t.me/+dZ2APU-SuohjYTM0">https://t.me/+dZ2APU-SuohjYTM0</a>
ENG - Cornwall	<b>PHA Cornwall Hub</b>	<a href="https://t.me/+L7SehSNqWic3MjNk">https://t.me/+L7SehSNqWic3MjNk</a>
ENG - Cornwall	<b>PHA West Cornwall</b>	<a href="https://t.me/+7oKt6yMQK0s4ZDBk">https://t.me/+7oKt6yMQK0s4ZDBk</a>
ENG - Cumbria	<b>PHA Cumbria Hub</b>	<a href="https://t.me/+rrWbwBLz0ow0OGI0">https://t.me/+rrWbwBLz0ow0OGI0</a>
ENG - Devon	<b>PHA East Devon</b>	<a href="https://t.me/+nWchMJP7gDEwMDg0">https://t.me/+nWchMJP7gDEwMDg0</a>
ENG - Devon	<b>PHA Torbay Community Health Hub</b>	<a href="https://t.me/+orUPUd4_ro9iNjRk">https://t.me/+orUPUd4_ro9iNjRk</a>
ENG - Dorset	<b>PHA Hub Dorset</b>	<a href="https://t.me/phadorset">https://t.me/phadorset</a>
ENG - East Sussex	<b>Etchingham Hub</b>	<a href="https://t.me/+A48kTIC9KAhmZDJk">https://t.me/+A48kTIC9KAhmZDJk</a>
ENG - East Sussex	<b>PHA Brighton &amp; Hove</b>	<a href="https://t.me/+5UVvigxEheJjZWM0">https://t.me/+5UVvigxEheJjZWM0</a>
ENG - East Sussex	<b>PHA East Sussex Hub</b>	<a href="https://t.me/+aXFinWRqAChkYzNk">https://t.me/+aXFinWRqAChkYzNk</a>
ENG - East Sussex	<b>PHA Eastbourne Hub</b>	<a href="https://t.me/+RC24Gx_ClcgwNGJk">https://t.me/+RC24Gx_ClcgwNGJk</a>
ENG - East Sussex	<b>PHA Hastings/Bexhill/Battle</b>	<a href="https://t.me/+ITdLcWNtpHs2ZmJk">https://t.me/+ITdLcWNtpHs2ZmJk</a>
ENG - East Sussex	<b>PHA Rye East Sussex</b>	<a href="https://t.me/+qxrK7M6R6XhkNjFk">https://t.me/+qxrK7M6R6XhkNjFk</a>
ENG - East Yorkshire	<b>PHA East Yorkshire &amp; Hull Hub</b>	<a href="https://t.me/+S7wSI2WGt-s5YjJk">https://t.me/+S7wSI2WGt-s5YjJk</a>
ENG - Essex	<b>PHA South Essex Hub</b>	<a href="https://t.me/PHASOUTHEND">https://t.me/PHASOUTHEND</a>
ENG - Gloucestershire	<b>PHA Gloucestershire Hub</b>	<a href="https://t.me/+74in4clfwVmnNWU0">https://t.me/+74in4clfwVmnNWU0</a>
ENG - Hampshire	<b>PHA New Forest Hampshire</b>	<a href="https://t.me/+3QKUKUz8mNA0M2U0">https://t.me/+3QKUKUz8mNA0M2U0</a>
ENG - Hampshire	<b>PHA South East Hampshire</b>	<a href="https://t.me/+pjLBssXhSzJjMTc0">https://t.me/+pjLBssXhSzJjMTc0</a>
ENG - Herefordshire	<b>PHA Herefordshire Hub</b>	<a href="https://t.me/+ik6kX0OWkzBkZGE0">https://t.me/+ik6kX0OWkzBkZGE0</a>

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ENG - Hertfordshire	<b>PHA Hertfordshire Hub</b>	<a href="https://t.me/+riCfPxsSJIRhOTdk">https://t.me/+riCfPxsSJIRhOTdk</a>
ENG - Isle of Wight	<b>PHA Isle of Wight Hub</b>	<a href="https://t.me/+iR-QYEKMrFkOZjM0">https://t.me/+iR-QYEKMrFkOZjM0</a>
ENG - Kent	<b>PHA Canterbury</b>	<a href="https://instagram.com/pha_canterbury?igshid=YmMyMTA2M2Y=">https://instagram.com/pha_canterbury?igshid=YmMyMTA2M2Y=</a>
ENG - Kent	<b>PHA Kent Hub</b>	<a href="https://t.me/+kXb6QHXtySFiMmVk">https://t.me/+kXb6QHXtySFiMmVk</a>
ENG - Kent	<b>PHA South &amp; East Kent</b>	<a href="https://t.me/+lJzHflxznJk4NTc0">https://t.me/+lJzHflxznJk4NTc0</a>
ENG - Kent	<b>PHA Tunbridge Wells</b>	<a href="https://t.me/+wbc72zDLsS5NGU0">https://t.me/+wbc72zDLsS5NGU0</a>
ENG - Lancashire	<b>PHA Garstang</b>	<a href="https://t.me/+M1QZp0F_7Wk3ODc0">https://t.me/+M1QZp0F_7Wk3ODc0</a>
ENG - Lancashire	<b>PHA Lancashire</b>	<a href="https://t.me/+v5kgIG_EdGFjOWY0">https://t.me/+v5kgIG_EdGFjOWY0</a>
ENG - Lancashire	<b>PHA North Manchester Hub</b>	<a href="https://t.me/+rlprhGKKmZMwNDc8">https://t.me/+rlprhGKKmZMwNDc8</a>
ENG - Lancashire	<b>PHA Preston</b>	<a href="https://t.me/+LnkloPX0XV80YmJk">https://t.me/+LnkloPX0XV80YmJk</a>
ENG - Lancashire	<b>PHA Rossendale Hub</b>	<a href="https://t.me/PHA_RossendaleHub">https://t.me/PHA_RossendaleHub</a>
ENG - Lincolnshire	<b>PHA Grimsby/Cleethorpes</b>	<a href="https://t.me/+OvTQyvTgwTM5MWY0">https://t.me/+OvTQyvTgwTM5MWY0</a>
ENG - Lincolnshire	<b>PHA Lincoln</b>	<a href="https://t.me/+dNbw3Hn9Fi4zNTI0">https://t.me/+dNbw3Hn9Fi4zNTI0</a>
ENG - Lincolnshire	<b>PHA Lincolnshire</b>	<a href="https://t.me/+ltN9tfNjvJwwMTY0">https://t.me/+ltN9tfNjvJwwMTY0</a>
ENG - London	<b>PHA - London SE</b>	<a href="https://t.me/+1LU6y298CE0zODI0">https://t.me/+1LU6y298CE0zODI0</a>
ENG - London	<b>PHA Central London</b>	<a href="https://t.me/+WU2tteknCbJmMjY8">https://t.me/+WU2tteknCbJmMjY8</a>
ENG - London	<b>PHA Lambeth &amp; Southwark Kennington, South London</b>	<a href="https://t.me/+a8cshFhQAIA1MDBk">https://t.me/+a8cshFhQAIA1MDBk</a>
ENG - London	<b>PHA North London</b>	<a href="https://t.me/+8YcYu1DmfNswMmRk">https://t.me/+8YcYu1DmfNswMmRk</a>
ENG - London	<b>PHA West London</b>	<a href="https://t.me/PHAWestLondon">https://t.me/PHAWestLondon</a>
ENG - London	<b>PHAKingstonUponThames</b>	<a href="https://t.me/+q- K6iKJ0TA1Mzk0">https://t.me/+q- K6iKJ0TA1Mzk0</a>
ENG - Merseyside	<b>PHA Liverpool &amp; Merseyside</b>	<a href="https://t.me/+hNzR4pW_u340MTJk">https://t.me/+hNzR4pW_u340MTJk</a>
ENG - Norfolk	<b>PHA Norfolk East</b>	<a href="https://t.me/+g15h6KFZuro2Mjk0">https://t.me/+g15h6KFZuro2Mjk0</a>
ENG - Norfolk	<b>PHA Norfolk West</b>	<a href="https://t.me/+RIRvhoarn6Q4OTc0">https://t.me/+RIRvhoarn6Q4OTc0</a>
ENG - Norfolk	<b>PHA North Norfolk</b>	<a href="https://t.me/+uAgywqYGwWdjMzI0">https://t.me/+uAgywqYGwWdjMzI0</a>
ENG - Norfolk	<b>PHA South Norfolk</b>	<a href="https://t.me/+8st2Ihe0rxY4ZDk0">https://t.me/+8st2Ihe0rxY4ZDk0</a>

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ENG - North Yorkshire	<b>PHA North Yorkshire Hub</b>	<a href="https://t.me/+_V0cVgJ3DuRhMTk0">https://t.me/+_V0cVgJ3DuRhMTk0</a>
ENG - North Yorkshire	<b>PHA Ryedale Area, North Yorkshire</b>	<a href="http://t.me/+NLFx-6B9SwdIY2Jk">http://t.me/+NLFx-6B9SwdIY2Jk</a>
ENG - North Yorkshire	<b>PHA York Hub</b>	<a href="https://t.me/+A7psMJggpghiZWM0">https://t.me/+A7psMJggpghiZWM0</a>
ENG - Northamptonshire	<b>PHA Northamptonshire Hub</b>	<a href="https://t.me/+deOaiN0zRlg0NzM8">https://t.me/+deOaiN0zRlg0NzM8</a>
ENG - Nottinghamshire	<b>PHA Newark</b>	<a href="https://t.me/+2sJkXEMqmQAxMjg0">https://t.me/+2sJkXEMqmQAxMjg0</a>
ENG - Nottinghamshire	<b>PHA Nottingham</b>	<a href="https://t.me/+4QJteZqjdi00ZWY0">https://t.me/+4QJteZqjdi00ZWY0</a>
ENG - Nottinghamshire	<b>PHA Nottinghamshire</b>	<a href="https://t.me/+fk2a6mUNnXQ5MzJk">https://t.me/+fk2a6mUNnXQ5MzJk</a>
ENG - Oxfordshire	<b>PHA Oxfordshire</b>	<a href="https://t.me/+c1JR66bGX3NiZDRk">https://t.me/+c1JR66bGX3NiZDRk</a>
ENG - Somerset	<b>PHA Glastonbury Hub</b>	<a href="https://t.me/+UQvS6_eoA3I3ZDA0">https://t.me/+UQvS6_eoA3I3ZDA0</a>
ENG - Somerset	<b>PHA Keynsham</b>	<a href="https://t.me/+J3ljkfT0AZVIZjZk">https://t.me/+J3ljkfT0AZVIZjZk</a>
ENG - Somerset	<b>PHA Somerset Hub</b>	<a href="https://t.me/+80u6cC7Ho9tkMjY0">https://t.me/+80u6cC7Ho9tkMjY0</a>
ENG - Somerset	<b>PHA Taunton</b>	<a href="https://t.me/+Z3mEsXiSTR4zNThk">https://t.me/+Z3mEsXiSTR4zNThk</a>
ENG - Somerset	<b>PHA Wells</b>	<a href="https://t.me/+xFs552CMXFY5YjQ0">https://t.me/+xFs552CMXFY5YjQ0</a>
ENG - Somerset	<b>PHA Yeovil</b>	<a href="https://t.me/+QrSg8tWf03BiNjk0">https://t.me/+QrSg8tWf03BiNjk0</a>
ENG - South Yorkshire	<b>PHA South Yorkshire</b>	<a href="https://t.me/+WDDPBI86Bug5M2Rk">https://t.me/+WDDPBI86Bug5M2Rk</a>
ENG - Staffordshire	<b>PHA Staffordshire Hub (Health &amp; Harmony STOL)</b>	<a href="https://t.me/+eWNGBv6NCXc3MGU0">https://t.me/+eWNGBv6NCXc3MGU0</a>
ENG - Suffolk	<b>PHA Suffolk Hub</b>	<a href="https://t.me/+O2zOHeT4-xVmYmQ8">https://t.me/+O2zOHeT4-xVmYmQ8</a>
ENG - Surrey	<b>PHA Ashtead Hub</b>	<a href="https://t.me/+1Hx745I9jfQ3Y2Zk">https://t.me/+1Hx745I9jfQ3Y2Zk</a>
ENG - Surrey	<b>PHA East Surrey</b>	<a href="https://t.me/+rQ8EWb9BCY42MzI0">https://t.me/+rQ8EWb9BCY42MzI0</a>
ENG - Surrey	<b>PHA Guildford</b>	<a href="https://t.me/+3Qbgk0SEzuc5YjRk">https://t.me/+3Qbgk0SEzuc5YjRk</a>
ENG - Surrey	<b>PHA Surbiton/Chessington</b>	<a href="https://t.me/+67GkmoDnrmhIN2Jk">https://t.me/+67GkmoDnrmhIN2Jk</a>
ENG - Surrey	<b>PHA Surrey Hub</b>	<a href="https://t.me/+0XoKHIw_c2hkNWFk">https://t.me/+0XoKHIw_c2hkNWFk</a>
ENG - Tyne and Wear	<b>PHA North Shields</b>	<a href="https://t.me/+jN8jLODR3JwzYjNk">https://t.me/+jN8jLODR3JwzYjNk</a>
ENG - Warwickshire	<b>PHA Coventry Hub</b>	<a href="https://t.me/phacoventryhub">https://t.me/phacoventryhub</a>
ENG - West Midlands	<b>PHA West Midlands Hub</b>	<a href="https://t.me/+04SrLUTKkel3OTQ0">https://t.me/+04SrLUTKkel3OTQ0</a>

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ENG - West Sussex	<b>PHA Bognor Regis</b>	<a href="https://t.me/+6Jk21F-9aZ85N2I0">https://t.me/+6Jk21F-9aZ85N2I0</a>
ENG - West Sussex	<b>PHA Mid Sussex</b>	<a href="https://t.me/+b4L3gE521YBhNzc8">https://t.me/+b4L3gE521YBhNzc8</a>
ENG - West Sussex	<b>PHA West Sussex</b>	<a href="https://t.me/+M_EYdzjUj80zOTY8">https://t.me/+M_EYdzjUj80zOTY8</a>
ENG - West Yorkshire	<b>Huddersfield Health Hub</b>	<a href="https://t.me/+5Jwm-Dfx6TAzNDNk">https://t.me/+5Jwm-Dfx6TAzNDNk</a>
ENG - West Yorkshire	<b>PHA West Yorkshire Hub</b>	<a href="https://t.me/+B6wHR-GPXfg5YjA0">https://t.me/+B6wHR-GPXfg5YjA0</a>
ENG - West Yorkshire	<b>PHA Wetherby &amp; Boston Spa Hub</b>	<a href="https://t.me/+8kBYHHv6hJ03NjU0">https://t.me/+8kBYHHv6hJ03NjU0</a>
ENG - Wiltshire	<b>PHA Wiltshire Health Hub</b>	<a href="https://t.me/+JX00a31xclljNzI0">https://t.me/+JX00a31xclljNzI0</a>
Northern Ireland	<b>HEAL NI</b>	<a href="https://t.me/+Gc9ZkOJPmftmZTdk">https://t.me/+Gc9ZkOJPmftmZTdk</a>
SC - Highland	<b>PHA Moray &amp; Highland Hub</b>	<a href="https://t.me/+AQRef6zNT1wwNzY0">https://t.me/+AQRef6zNT1wwNzY0</a>
SC - Lanarkshire	<b>PHA Glasgow Hub</b>	<a href="https://t.me/+pB7cBmiaX2M3ZmU0">https://t.me/+pB7cBmiaX2M3ZmU0</a>
SC - Midlothian	<b>PHA Edinburgh Hub</b>	<a href="https://t.me/+t80kJlkJ8NAyZWEO">https://t.me/+t80kJlkJ8NAyZWEO</a>
SC - Western Isles	<b>PHA Western Isles</b>	<a href="https://t.me/+v08kM1BnxUNjMWZk">https://t.me/+v08kM1BnxUNjMWZk</a>
WAL - Gwent	<b>PHA Gwent South Wales Hub</b>	<a href="https://t.me/+z1rjqw8M3OpmYWM0">https://t.me/+z1rjqw8M3OpmYWM0</a>
WAL - North West Wales	<b>PHA North West Wales</b>	<a href="https://t.me/+ja26rwk_aVMyZGI0">https://t.me/+ja26rwk_aVMyZGI0</a>