

# PHA UK Hubs

03/11/2022

County	Hub Name	Main Means of Initial Contact	Hub Status	Comments
ENG - Bedfordshire	PHA Bedfordshire	<a href="https://t.me/+dyZDLualU9I3ZWM8">https://t.me/+dyZDLualU9I3ZWM8</a>	Planning	
ENG - Berkshire	PHA Berkshire Hub	<a href="https://t.me/+qPkhdLz20ZpjMTc9">https://t.me/+qPkhdLz20ZpjMTc9</a>	None	
ENG - Bristol	PHA Bristol Hub	PHA Forum (please ask for Hub Lead details if you wish to join)	None	Attempts made, but on hold and struggling to move forwards
ENG - Buckinghamshire	PHA Buckinghamshire Hub	<a href="https://t.me/+UiEcNEQSRjU5Yjc0">https://t.me/+UiEcNEQSRjU5Yjc0</a>	Planning	Milton Keynes
ENG - Buckinghamshire	PHA Buckinghamshire Hub	<a href="https://t.me/+UiEcNEQSRjU5Yjc0">https://t.me/+UiEcNEQSRjU5Yjc0</a>	Planning	Wendover
ENG - Cambridgeshire	PHA Cambridgeshire Hub	<a href="https://t.me/+hgoDdhPP9s0ZTA0">https://t.me/+hgoDdhPP9s0ZTA0</a>	None	Just 1 person trying to drive, with no success as yet (Patrick V)
ENG - Cheshire	Crewe & Nantwich Action Hub	<a href="https://t.me/+vUqsSEpN2WE0M2E0">https://t.me/+vUqsSEpN2WE0M2E0</a>	Nearly Virtual	We have local telegram group and planned meetings. In Crewe and Nantwich we've created a CIC called Natural Future CIC and trying to open a bank account currently and create business plan. We're looking for a physical building and have one in mind belonging to the council that is being put out to tender any day soon. Will be offering peppercorn rent and business plan.
ENG - Cheshire	PHA Cheshire & Manchester Hub	<a href="https://t.me/+dZ2APU-SuohjYTM0">https://t.me/+dZ2APU-SuohjYTM0</a>	Planning	
ENG - Cornwall	PHA Cornwall Hub	<a href="https://t.me/+ysldAFsfU_w3Zjk8">https://t.me/+ysldAFsfU_w3Zjk8</a>	None	At present we are networking/zooms/conversations and meet-ups. Nothing in way of physical hub development
ENG - Cornwall	PHA South Cornwall	<a href="https://t.me/+RQwnIPboJd45NmJk">https://t.me/+RQwnIPboJd45NmJk</a>	Planning	St Austell
ENG - Cumbria	PHA Cumbria Hub	<a href="https://t.me/+rrWbwBLz0ow0OGI0">https://t.me/+rrWbwBLz0ow0OGI0</a>	None	
ENG - Devon	PHA East Devon	<a href="https://t.me/+nWchMJP7gDEwMDg0">https://t.me/+nWchMJP7gDEwMDg0</a>	Planning	We call ourselves East Devon Alive. We are moving from planning to website at the moment as well as group meetings and awareness events. There will be practitioner events for the public starting in January when we have the PMA wording sorted out
ENG - Devon	PHA Mid Devon	<a href="https://t.me/+AQXlre_J0nhjYzU0">https://t.me/+AQXlre_J0nhjYzU0</a>	None	
ENG - Devon	PHA North Devon	<a href="https://t.me/NDPHA">https://t.me/NDPHA</a>	Planning	
ENG - Devon	PHA Torbay Community Health	<a href="https://t.me/+orUPUd4_ro9iNjRk">https://t.me/+orUPUd4_ro9iNjRk</a>	Planning	

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ENG - Dorset	PHA East Dorset Coastal	<a href="https://t.me/+qNXN8VrBeHQ0MjVk">https://t.me/+qNXN8VrBeHQ0MjVk</a>	Planning	We are East Dorset Coastal PHA. We are based around Highcliffe, Mudeford, Barton and Walkford areas. We are just setting up and will be operating virtual initially but intend to have a physical hub once funds are sufficient.
ENG - Dorset	PHA Hub Dorset	<a href="https://t.me/phadorset">https://t.me/phadorset</a>	Planning	
ENG - East Midlands	PHA East Midlands	<a href="https://t.me/+RNCKIDcBTvJiMzc0">https://t.me/+RNCKIDcBTvJiMzc0</a>	None	
ENG - East Sussex	Etchingam Hub	<a href="https://t.me/+A48kTIC9KAhmZDJk">https://t.me/+A48kTIC9KAhmZDJk</a>	None	
ENG - East Sussex	PHA Brighton & Hove	<a href="https://t.me/+5UVvigxEheJjZWM0">https://t.me/+5UVvigxEheJjZWM0</a>	Planning	For Brighton & Hove hub we're just finding a venue for our first Workshop half day.
ENG - East Sussex	PHA East Sussex Hub	<a href="https://t.me/+aXFinWRqAChkYzNk">https://t.me/+aXFinWRqAChkYzNk</a>	None	
ENG - East Sussex	PHA Eastbourne Hub	<a href="https://t.me/+RC24Gx_ClcgwNGJk">https://t.me/+RC24Gx_ClcgwNGJk</a>	None	
ENG - East Sussex	PHA Hastings/Bexhill/Battle	<a href="https://t.me/+lTdLcWNtpHs2ZmJk">https://t.me/+lTdLcWNtpHs2ZmJk</a>	Planning	Hastings/Bexhill/Battle group is in the planning stage. We think we will go virtual but we have rooms that are available for practitioners to rent - a clinic in Bexhill and HOPE Sussex have offered. Our vision along with a couple of others is to eventually have a physical hub in each of the towns but for now it is slow going! We have organised a social meeting plus a planning meeting for the beginning of November.
ENG - East Sussex	PHA High Weald East	<a href="https://t.me/+lcCpqZbojTFIZmZk">https://t.me/+lcCpqZbojTFIZmZk</a>	Planning	
ENG - East Sussex	PHA Rye East Sussex	<a href="https://t.me/+qxrK7M6R6XhkNjFk">https://t.me/+qxrK7M6R6XhkNjFk</a>	None	
ENG - East Yorkshire	PHA East Yorkshire & Hull Hub	<a href="https://t.me/+S7wSI2WGt-s5YjJk">https://t.me/+S7wSI2WGt-s5YjJk</a>	Virtual	Hull - <a href="http://www.blossomhealthhub.co.uk">http://www.blossomhealthhub.co.uk</a>
ENG - Essex	Chameleon Wellbeing Centre (PHA Wickford)	<a href="http://www.chameleonwellbeingcentre.co.uk">http://www.chameleonwellbeingcentre.co.uk</a>	Physical	Wickford
ENG - Essex	PHA Chelmsford & Essex	<a href="https://t.me/+OaM2QgGrYNg0ZiQ0">https://t.me/+OaM2QgGrYNg0ZiQ0</a>	Planning	Chelmsford
ENG - Essex	PHA South Essex Hub	<a href="https://t.me/PHASOUTHEND">https://t.me/PHASOUTHEND</a>	Virtual	Southend

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ENG - Gloucestershire	PHA Gloucestershire Hub	<a href="https://t.me/+74in4clfwwVmNWU0">https://t.me/+74in4clfwwVmNWU0</a>	Virtual	Completed our fab fundraising video to launch but sorting out payment portal from our website. Having monthly regular events now to grow our support. Have weekly zooms. Fundraising going big in the new year. We have a Community Bank account. We have got a Winter Wellness event in Nov then a talk on biological dentistry in Dec. We're also in the process of deciding on our legal entity. Have taken advise and think we're going to do CIC . Hope that brings you up to speed. Our ultimate goal is to get physical hubs going
ENG - Hampshire	PHA New Forest Hampshire	<a href="https://t.me/+3QKUKUz8mNA0M2U0">https://t.me/+3QKUKUz8mNA0M2U0</a>	None	
ENG - Herefordshire	PHA Herefordshire Hub	<a href="https://t.me/+ik6kX0OWkzBkZGEO">https://t.me/+ik6kX0OWkzBkZGEO</a>	Nearly Virtual	
ENG - Hertfordshire	PHA East Hertfordshire	<a href="https://t.me/+nEiBGmM3PKAyZDA0">https://t.me/+nEiBGmM3PKAyZDA0</a>	None	
ENG - Hertfordshire	PHA Hertfordshire Hub	<a href="https://t.me/+riCfPxsSJIRhOTdk">https://t.me/+riCfPxsSJIRhOTdk</a>	Planning	
ENG - Isle of Wight	PHA Isle of Wight Hub	<a href="https://t.me/+iR-QYEKMrFk0ZjM0">https://t.me/+iR-QYEKMrFk0ZjM0</a>	Planning	
ENG - Kent	PHA Canterbury	PHA Forum (please ask for Hub Lead details if you wish to join)	None	
ENG - Kent	PHA Kent Hub	<a href="https://t.me/+kXb6QHxTySFiMmVk">https://t.me/+kXb6QHxTySFiMmVk</a>	Planning	Faversham - 1st meeting planned
ENG - Kent	PHA Sandwich	<a href="https://instagram.com/pha_sandwich?igshid=YmMyMTA2M2Y=">https://instagram.com/pha_sandwich?igshid=YmMyMTA2M2Y=</a>	Physical	
ENG - Kent	PHA Seven Oaks	<a href="https://t.me/+8E_19kl0mlhmZDI0">https://t.me/+8E_19kl0mlhmZDI0</a>	Planning	
ENG - Kent	PHA South & East Kent	<a href="https://t.me/+IzHflxznJk4NTc0">https://t.me/+IzHflxznJk4NTc0</a>	n/a - Regional	
ENG - Kent	PHA Thanet Hub	WhatsApp (please ask for Hub Lead details if you wish to join)	Planning	Ramsgate
ENG - Kent	PHA Tunbridge Wells	<a href="https://t.me/+wbc72zDLsS5NGU0">https://t.me/+wbc72zDLsS5NGU0</a>	Planning	
ENG - Lancashire	PHA Blackpool	<a href="https://t.me/+pql01APDQ4M2Zjk0">https://t.me/+pql01APDQ4M2Zjk0</a>	None	
ENG - Lancashire	PHA Garstang	<a href="https://t.me/+M1QZp0F_7Wk3ODc0">https://t.me/+M1QZp0F_7Wk3ODc0</a>	Virtual	
ENG - Lancashire	PHA Lancashire	<a href="https://t.me/+v5kgIG_EdGFjOWY0">https://t.me/+v5kgIG_EdGFjOWY0</a>	n/a - Regional	
ENG - Lancashire	PHA North Manchester Hub	<a href="https://t.me/+rlprhGKKmZMwNdc8">https://t.me/+rlprhGKKmZMwNdc8</a>	None	
ENG - Lancashire	PHA Preston	<a href="https://t.me/+LnkloPX0XV80YmJk">https://t.me/+LnkloPX0XV80YmJk</a>	Virtual	
ENG - Lancashire	PHA Rossendale Hub	<a href="https://t.me/PHA_RossendaleHub">https://t.me/PHA_RossendaleHub</a>	Physical	Whitewell Bottom Community Centre
ENG - Lincolnshire	PHA Grimsby/Cleethorpes	<a href="https://t.me/+OvTQyvTgwTM5MWY0">https://t.me/+OvTQyvTgwTM5MWY0</a>	Planning	
ENG - Lincolnshire	PHA Lincolnshire Region	<a href="https://t.me/+kRxPw25jPtFmNzVk">https://t.me/+kRxPw25jPtFmNzVk</a>	None	Lincoln - tried several means of getting together, but nothing solid come from it yet

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ENG - Lincolnshire	PHA Spalding	<a href="https://t.me/+Yx1VG8LiFg9iNTY0">https://t.me/+Yx1VG8LiFg9iNTY0</a>	None	
ENG - London	PHA Central London	<a href="https://t.me/+WU2tteknCbJmMjY8">https://t.me/+WU2tteknCbJmMjY8</a>	Planning	
ENG - London	PHA Coulsdon Hub	<a href="https://t.me/+gfr3239api41ODk0">https://t.me/+gfr3239api41ODk0</a>	None	Have put things on hold for 12 months
ENG - London	PHA Croydon Hub	<a href="https://t.me/+y-TjtmgQtCkYWQ0">https://t.me/+y-TjtmgQtCkYWQ0</a>	None	
ENG - London	PHA Ealing	<a href="https://t.me/+W19qwQiLuEY4ZDM0">https://t.me/+W19qwQiLuEY4ZDM0</a>	Planning	
ENG - London	PHA East London	<a href="https://t.me/+bnJScZVTVIZjOTE8">https://t.me/+bnJScZVTVIZjOTE8</a>	Planning	
ENG - London	PHA Enfield/Edmonton	<a href="https://t.me/+kLbs-4Ume-E4NjFk">https://t.me/+kLbs-4Ume-E4NjFk</a>	Physical	
ENG - London	PHA Lambeth & Southwark Kennington, South London	<a href="https://t.me/+a8cshFhQAIA1MDBk">https://t.me/+a8cshFhQAIA1MDBk</a>	Planning	Lambeth
ENG - London	PHA North London	<a href="https://t.me/+8YcYu1DmfNswMmRk">https://t.me/+8YcYu1DmfNswMmRk</a>	Planning	Barnet
ENG - London	PHA South East London	<a href="https://t.me/+tqBJClK4x-I3MTBk">https://t.me/+tqBJClK4x-I3MTBk</a>	None	
ENG - London	PHA West London	<a href="https://t.me/+5ZK37vuErdZjODZk">https://t.me/+5ZK37vuErdZjODZk</a>	Planning	
ENG - London	PHARichmondUponThames	<a href="https://t.me/+2XsCoFpFUqQ5ZmM0">https://t.me/+2XsCoFpFUqQ5ZmM0</a>	Planning	
ENG - Merseyside	PHA Liverpool & Merseyside	<a href="https://t.me/+hNzR4pW_u340MTJk">https://t.me/+hNzR4pW_u340MTJk</a>	Planning	Still very much in early planning stages.
ENG - Norfolk	PHA Norfolk East	<a href="https://t.me/+g15h6KFZuro2Mjk0">https://t.me/+g15h6KFZuro2Mjk0</a>	None	
ENG - Norfolk	PHA Norfolk West	<a href="https://t.me/+RIRvhoarn6Q4OTc0">https://t.me/+RIRvhoarn6Q4OTc0</a>	Planning	
ENG - Norfolk	PHA North Norfolk	<a href="https://t.me/+uAqywqYGwWdjMzI0">https://t.me/+uAqywqYGwWdjMzI0</a>	Planning	
ENG - Norfolk	PHA South Norfolk	<a href="https://t.me/+8st2Ihe0rxY4ZDk0">https://t.me/+8st2Ihe0rxY4ZDk0</a>	Planning	
ENG - North Yorkshire	PHA North Yorkshire Hub	<a href="https://t.me/+_V0cVgJ3DuRhMTk0">https://t.me/+_V0cVgJ3DuRhMTk0</a>	None	
ENG - North Yorkshire	PHA Ryedale Area, North Yorkshire	<a href="http://t.me/+NLFx-6B9SwdIY2Jk">http://t.me/+NLFx-6B9SwdIY2Jk</a>	Planning	Sinnington
ENG - North Yorkshire	PHA York Hub	<a href="https://t.me/+A7psMJggpghiZWM0">https://t.me/+A7psMJggpghiZWM0</a>	Virtual	
ENG - Northamptonshire	PHA Hub Wellingborough/Rushden	<a href="https://t.me/+88AtRMpV8UFmODdk">https://t.me/+88AtRMpV8UFmODdk</a>	None	
ENG - Northamptonshire	PHA Northamptonshire Hub	<a href="https://t.me/+deOaiN0zRlg0NzM8">https://t.me/+deOaiN0zRlg0NzM8</a>	Nearly Physical	Kingsthorpe
ENG - Nottinghamshire	PHA Mansfield & District	<a href="https://t.me/+j6ztD1X9VBdkNTlk">https://t.me/+j6ztD1X9VBdkNTlk</a>	None	
ENG - Nottinghamshire	PHA Newark	<a href="https://t.me/+2sJkXEMqmQAxMjg0">https://t.me/+2sJkXEMqmQAxMjg0</a>	None	
ENG - Nottinghamshire	PHA Nottingham	<a href="https://t.me/+4QJteZqjdi00ZWY0">https://t.me/+4QJteZqjdi00ZWY0</a>	None	
ENG - Nottinghamshire	PHA Nottinghamshire	<a href="https://t.me/+fk2a6mUNnXQ5MzJk">https://t.me/+fk2a6mUNnXQ5MzJk</a>	None	
ENG - Oxfordshire	PHA Oxfordshire	<a href="https://t.me/+c1JR66bGX3NiZDRk">https://t.me/+c1JR66bGX3NiZDRk</a>	None	
ENG - Somerset	PHA Glastonbury Hub	<a href="https://t.me/+UQvS6_eoA3I3ZDA0">https://t.me/+UQvS6_eoA3I3ZDA0</a>	None	Archers Sanctuary - has rooms available to hire; room hire covers the cost of the rental for the hub
ENG - Somerset	PHA Keynsham	<a href="https://t.me/+J3ljkfT0AZVIZjzk">https://t.me/+J3ljkfT0AZVIZjzk</a>	Planning	
ENG - Somerset	PHA North Somerset Hub	<a href="https://t.me/+kTaTaGSPVqBjYjkh">https://t.me/+kTaTaGSPVqBjYjkh</a>	None	
ENG - Somerset	PHA Somerset Hub	<a href="https://t.me/+80u6cC7Ho9tkMjY0">https://t.me/+80u6cC7Ho9tkMjY0</a>	n/a - Regional	
ENG - Somerset	PHA Taunton	<a href="https://t.me/+Z3mEsXiSTR4zNThk">https://t.me/+Z3mEsXiSTR4zNThk</a>	None	
ENG - Somerset	PHA Wells	<a href="https://t.me/+xFs552CMXFY5YjQ0">https://t.me/+xFs552CMXFY5YjQ0</a>	None	
ENG - Somerset	PHA Weston Super Mare	<a href="https://t.me/+fUespMMP8otmNzQ8">https://t.me/+fUespMMP8otmNzQ8</a>	Planning	
ENG - Somerset	PHA Yeovil	<a href="https://t.me/+QrSg8tWf03BiNjk0">https://t.me/+QrSg8tWf03BiNjk0</a>	None	
ENG - South Yorkshire	PHA South Yorkshire	<a href="https://t.me/+WDDPBI86Bug5M2Rk">https://t.me/+WDDPBI86Bug5M2Rk</a>	None	

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ENG - Staffordshire	PHA Staffordshire	<a href="https://t.me/+eWNGBv6NCXc3MGU0">https://t.me/+eWNGBv6NCXc3MGU0</a>	None	
ENG - Suffolk	PHA Felixstowe Hub	<a href="https://t.me/+A-cqObP0MOBmYzQ0">https://t.me/+A-cqObP0MOBmYzQ0</a>	Planning	
ENG - Suffolk	PHA Suffolk Hub	<a href="https://t.me/+O2zOHeT4-xVmYmQ8">https://t.me/+O2zOHeT4-xVmYmQ8</a>	Planning	Elmswell
ENG - Surrey	PHA Ashtead Hub	<a href="https://t.me/+1Hx745I9jfQ3Y2Zk">https://t.me/+1Hx745I9jfQ3Y2Zk</a>	Virtual	We have had 2 events where we had workshops and taster sessions with practitioners
ENG - Surrey	PHA East Surrey	<a href="https://t.me/+rQ8EWb9BCY42MzI0">https://t.me/+rQ8EWb9BCY42MzI0</a>	Virtual	Walton on the Hill - opened for business at the Kosmon Sanctuary at Walton on the Hill. Treatments include, acupuncture, Indian head massage, reflexology, massage, reiki, Hopi ear candling and crystal healing. Therapists donated 20% of their earnings to our funds to support disadvantaged groups and individuals. We are running them fortnightly so next session will be 16 Nov from 11-4 at the Kosmon Sanctuary.
ENG - Surrey	PHA Guildford	<a href="https://t.me/+3Qbgk0SEzuc5YjRk">https://t.me/+3Qbgk0SEzuc5YjRk</a>	Physical	Earth Wellth
ENG - Surrey	PHA Spelthorne/Runnymede	<a href="https://t.me/+Qen4B9w1-N0wZDU0">https://t.me/+Qen4B9w1-N0wZDU0</a>	Planning	
ENG - Surrey	PHA Surbiton/Chessington	<a href="https://t.me/+67GkmoDnrmhln2Jk">https://t.me/+67GkmoDnrmhln2Jk</a>	None	
ENG - Surrey	PHA Surrey Hub	<a href="https://t.me/+0XoKHIw_c2hkNWFk">https://t.me/+0XoKHIw_c2hkNWFk</a>	n/a - Regional	
ENG - Tyne and Wear	PHA North Shields	<a href="https://t.me/+jN8jLODR3JwzYjNk">https://t.me/+jN8jLODR3JwzYjNk</a>	Planning	
ENG - Warwickshire	PHA Coventry Hub	<a href="https://t.me/phacoventryhub">https://t.me/phacoventryhub</a>	Planning	
ENG - West Midlands	PHA West Midlands Hub	<a href="https://t.me/+04SrLUTKkel3OTQ0">https://t.me/+04SrLUTKkel3OTQ0</a>	None	
ENG - West Sussex	PHA Bognor Regis	<a href="https://t.me/+6Jk21F-9aZ85N2I0">https://t.me/+6Jk21F-9aZ85N2I0</a>	Nearly Virtual	
ENG - West Sussex	PHA Mid Sussex	<a href="https://t.me/+b4L3gE521YBhNzc8">https://t.me/+b4L3gE521YBhNzc8</a>	None	
ENG - West Sussex	PHA West Sussex	<a href="https://t.me/+M_EYdzjUj80zOTY8">https://t.me/+M_EYdzjUj80zOTY8</a>	Nearly Virtual	Horsham
ENG - West Yorkshire	Huddersfield Health Hub	<a href="https://t.me/+5Jwm-Dfx6TAzNDNk">https://t.me/+5Jwm-Dfx6TAzNDNk</a>	Nearly Virtual	
ENG - West Yorkshire	PHA Otley	<a href="https://t.me/+cC7W3Hp9Pb8zNjE0">https://t.me/+cC7W3Hp9Pb8zNjE0</a>	Planning	
ENG - West Yorkshire	PHA West Yorkshire Hub	<a href="https://t.me/+B6wHR-GPXfg5YjA0">https://t.me/+B6wHR-GPXfg5YjA0</a>	None	
ENG - West Yorkshire	PHA Wetherby & Boston Spa Hub	<a href="https://t.me/+8kBYHHv6hJ03NjU0">https://t.me/+8kBYHHv6hJ03NjU0</a>	None	
ENG - Wiltshire	PHA Wiltshire Health Hub	<a href="https://t.me/+JXO0a31xclljNzi0">https://t.me/+JXO0a31xclljNzi0</a>	Virtual	Love My Health - Leeds Hub
Northern Ireland	HEAL NI	<a href="https://t.me/+Gc9ZkOJPmftmZTdk">https://t.me/+Gc9ZkOJPmftmZTdk</a>	Planning	
SC - Highland	PHA Moray & Highland Hub	<a href="https://t.me/+AQRef6zNT1wwNzY0">https://t.me/+AQRef6zNT1wwNzY0</a>	Planning	Moray/Highland Hub we are still in planning stage, we have been struggling to get a premises so are working on making a database of therapists for our area and a website to direct people to.
SC - Lanarkshire	PHA Glasgow Hub	<a href="https://t.me/+pB7cBmiaX2M3ZmU0">https://t.me/+pB7cBmiaX2M3ZmU0</a>	Planning	

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SC - Midlothian	<b>PHA Edinburgh Hub</b>	<a href="https://t.me/+t80kJlkJ8NAyZWEO">https://t.me/+t80kJlkJ8NAyZWEO</a>	<b>Physical &amp; Virtual</b>	<ul style="list-style-type: none"> <li>• Virtual Hub 160 members</li> <li>• Physical Hub of 12 members -Promoting Optimal Health- who have met face to face and created a sub-group which reports the broad lines of their activities to the main PHA Edinburgh hub.</li> </ul> We meet twice monthly at least.
SC - The Borders	<b>PHA The Borders Hub</b>	<a href="https://t.me/+GRhsd86vzbwzMGIO">https://t.me/+GRhsd86vzbwzMGIO</a>	<b>Planning</b>	
SC - Western Isles	<b>PHA Western Isles</b>	<a href="https://t.me/+v08kM1BnxUNjMWZk">https://t.me/+v08kM1BnxUNjMWZk</a>	<b>Planning</b>	
WAL - Caerphilly	<b>PHA Caerphilly</b>	-	<b>Planning</b>	we have a fledgling hub in Caerphilly, south Wales. We're in the planning stage.
WAL - Gwent	<b>PHA Gwent South Wales Hub</b>	<a href="https://t.me/+z1rjqw8M3OpmYWM0">https://t.me/+z1rjqw8M3OpmYWM0</a>	<b>None</b>	
WAL - North West Wales	<b>PHA North West Wales</b>	<a href="https://t.me/+ja26rkw_aVMYzGI0">https://t.me/+ja26rkw_aVMYzGI0</a>	<b>None</b>	