

County	Hub Name	Main Means of Initial Contact
<b>ALL</b>	<b>Main PHA Channel</b>	<a href="https://t.me/ThePeoplesHealthAlliance">https://t.me/ThePeoplesHealthAlliance</a>
<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/+dyZDLuaIU913ZWM8">https://t.me/+dyZDLuaIU913ZWM8</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>Crewe &amp; Nantwich Action Hub</b>	<a href="https://t.me/+vUqsSEpN2WE0M2E0">https://t.me/+vUqsSEpN2WE0M2E0</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/+ysIdAFsfU_w3Zjk8">https://t.me/+ysIdAFsfU_w3Zjk8</a>
ENG - Cornwall	<b>PHA South Cornwall</b>	<a href="https://t.me/+RQwnIPboJd45NmJk">https://t.me/+RQwnIPboJd45NmJk</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 Mid Devon</b>	<a href="https://t.me/+AQXIre_J0nhjYzU0">https://t.me/+AQXIre_J0nhjYzU0</a>
ENG - Devon	<b>PHA North Devon</b>	<a href="https://t.me/NDPHA">https://t.me/NDPHA</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 East Dorset Coastal</b>	<a href="https://t.me/+qNXN8VrBeHQ0MjVk">https://t.me/+qNXN8VrBeHQ0MjVk</a>
ENG - Dorset	<b>PHA Hub Dorset</b>	<a href="https://t.me/phadorset">https://t.me/phadorset</a>
ENG - East Midlands	<b>PHA East Midlands</b>	<a href="https://t.me/+RNCKIDcBTvJjMzc0">https://t.me/+RNCKIDcBTvJjMzc0</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 High Weald East</b>	<a href="https://t.me/+lcCpqZbojTFIZmZk">https://t.me/+lcCpqZbojTFIZmZk</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>Chameleon Wellbeing Centre (PHA Wickford)</b>	<a href="http://www.chameleonwellbeingcentre.co.uk">http://www.chameleonwellbeingcentre.co.uk</a>
ENG - Essex	<b>PHA Chelmsford &amp; Essex</b>	<a href="https://t.me/+OaM2QgGrYNg0ZiQ0">https://t.me/+OaM2QgGrYNg0ZiQ0</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 - Herefordshire	<b>PHA Herefordshire Hub</b>	<a href="https://t.me/+ik6kX0OWkzBkZGEO">https://t.me/+ik6kX0OWkzBkZGEO</a>
ENG - Hertfordshire	<b>PHA East Hertfordshire</b>	<a href="https://t.me/+nEiBGmM3PKAyZDA0">https://t.me/+nEiBGmM3PKAyZDA0</a>
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://canterburyhealthhub.org">canterburyhealthhub.org</a>
ENG - Kent	<b>PHA Kent Hub</b>	<a href="https://t.me/+kXb6QHxtySFiMmVk">https://t.me/+kXb6QHxtySFiMmVk</a>
ENG - Kent	<b>PHA Sandwich</b>	<a href="https://instagram.com/pha_sandwich?igshid=YmMyMTA2M2Y=">https://instagram.com/pha_sandwich?igshid=YmMyMTA2M2Y=</a>
ENG - Kent	<b>PHA Seven Oaks</b>	<a href="https://t.me/+8E_19kl0mlhmZDI0">https://t.me/+8E_19kl0mlhmZDI0</a>
ENG - Kent	<b>PHA South &amp; East Kent</b>	<a href="https://t.me/+IjzHflxzNjK4NTc0">https://t.me/+IjzHflxzNjK4NTc0</a>
ENG - Kent	<b>PHA Thanet Hub</b>	WhatsApp (please ask for Hub Lead details if you wish to join)
ENG - Kent	<b>PHA Tunbridge Wells</b>	<a href="https://t.me/+wbc72zDLsS5NGU0">https://t.me/+wbc72zDLsS5NGU0</a>
ENG - Lancashire	<b>PHA Blackpool</b>	<a href="https://t.me/+pql01APDQ4M2Zjk0">https://t.me/+pql01APDQ4M2Zjk0</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 Bury</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 Lincolnshire Region</b>	<a href="https://t.me/+kRxPw25jPtFmNzVk">https://t.me/+kRxPw25jPtFmNzVk</a>
ENG - Lincolnshire	<b>PHA Spalding</b>	<a href="https://t.me/+Yx1VG8LiFg9iNTY0">https://t.me/+Yx1VG8LiFg9iNTY0</a>
ENG - London	<b>PHA Coulsdon Hub</b>	<a href="https://t.me/+gfr3239apj41ODk0">https://t.me/+gfr3239apj41ODk0</a>
ENG - London	<b>PHA Croydon Hub</b>	<a href="https://t.me/+y-TjtmgQtCckYwQ0">https://t.me/+y-TjtmgQtCckYwQ0</a>
ENG - London	<b>PHA Ealing</b>	<a href="https://t.me/+W19qwQiLuEY4ZDM0">https://t.me/+W19qwQiLuEY4ZDM0</a>
ENG - London	<b>PHA Enfield/Edmonton</b>	<a href="https://t.me/+kLbs-4Ume-E4NjFk">https://t.me/+kLbs-4Ume-E4NjFk</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 South East London</b>	<a href="https://t.me/+tqBJClK4x-l3MTBk">https://t.me/+tqBJClK4x-l3MTBk</a>
ENG - London	<b>PHA West London</b>	<a href="https://t.me/PHAWestLondon">https://t.me/PHAWestLondon</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/+RlRvhoarn6Q40Tc0">https://t.me/+RlRvhoarn6Q40Tc0</a>
ENG - Norfolk	<b>PHA North Norfolk</b>	<a href="https://t.me/+uAqywqYGwWdjMzI0">https://t.me/+uAqywqYGwWdjMzI0</a>
ENG - Norfolk	<b>PHA South Norfolk</b>	<a href="https://t.me/+8st2Ihe0rxY4ZDk0">https://t.me/+8st2Ihe0rxY4ZDk0</a>
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 Hub Wellingborough/Rushden</b>	<a href="https://t.me/+88AtRMpV8UFmODdk">https://t.me/+88AtRMpV8UFmODdk</a>
ENG - Northamptonshire	<b>PHA Northamptonshire Hub</b>	<a href="https://t.me/+deOaiN0zRIg0NzM8">https://t.me/+deOaiN0zRIg0NzM8</a>
ENG - Nottinghamshire	<b>PHA Mansfield &amp; District</b>	<a href="https://t.me/+j6ztD1X9VBdkNTIk">https://t.me/+j6ztD1X9VBdkNTIk</a>
ENG - Nottinghamshire	<b>PHA Newark</b>	<a href="https://t.me/+2sJkXEMqmqQAxmJg0">https://t.me/+2sJkXEMqmqQAxmJg0</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 North Somerset Hub</b>	<a href="https://t.me/+kTaTaGSPVqBjYjkh">https://t.me/+kTaTaGSPVqBjYjkh</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 Weston Super Mare</b>	<a href="https://t.me/+fUespMMP8otmNzQ8">https://t.me/+fUespMMP8otmNzQ8</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</b>	<a href="https://t.me/+eWNGBv6NCXc3MGU0">https://t.me/+eWNGBv6NCXc3MGU0</a>
ENG - Suffolk	<b>PHA Felixstowe Hub</b>	<a href="https://t.me/+A-cqObP0MOBmYzQ0">https://t.me/+A-cqObP0MOBmYzQ0</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 Spelthorne/Runnymede</b>	<a href="https://t.me/+Qen4B9w1-N0wZDU0">https://t.me/+Qen4B9w1-N0wZDU0</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/+0XoKHlw_c2hkNWFk">https://t.me/+0XoKHlw_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 - Warwickshire	<b>PHA Rugby</b>	<a href="https://t.me/+bKcfH3NNLrQyMTg0">https://t.me/+bKcfH3NNLrQyMTg0</a>
ENG - West Midlands	<b>PHA West Midlands Hub</b>	<a href="https://t.me/+04SrLUTKkel3OTQ0">https://t.me/+04SrLUTKkel3OTQ0</a>
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_EYdziUj80zOTY8">https://t.me/+M_EYdziUj80zOTY8</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>Love My Health Leeds Hub</b>	PHA Forum (please ask for Hub Lead details if you wish to join)
ENG - West Yorkshire	<b>PHA Otley</b>	<a href="https://t.me/+cC7W3Hp9Pb8zNjE0">https://t.me/+cC7W3Hp9Pb8zNjE0</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/+JX00a31xcljNzi0">https://t.me/+JX00a31xcljNzi0</a>
Northern Ireland	<b>HEAL NI</b>	<a href="https://t.me/+Gc9ZkOJpMftmZTdk">https://t.me/+Gc9ZkOJpMftmZTdk</a>
ROI - Donegal	<b>Community hub Donegal (Éire)</b>	<a href="https://t.me/communityhubdonegal">https://t.me/communityhubdonegal</a>
ROI - Dublin	<b>PHA Dublin hub</b>	<a href="https://t.me/+jEnlFNj6oxMzg0">https://t.me/+jEnlFNj6oxMzg0</a>
ROI - Kildare	<b>PHA Kildare hub</b>	<a href="https://t.me/communityhubkildare">https://t.me/communityhubkildare</a>

SCO - Highland	<b>PHA Moray &amp; Highland Hub</b>	<a href="https://t.me/+AQRef6zNT1wwNzY0">https://t.me/+AQRef6zNT1wwNzY0</a>
SCO - Lanarkshire	<b>PHA Glasgow Hub</b>	<a href="https://t.me/+pB7cBmiaX2M3ZmU0">https://t.me/+pB7cBmiaX2M3ZmU0</a>
SCO - Midlothian	<b>PHA Edinburgh Hub</b>	<a href="https://t.me/+t80kJkI8NAyZWE0">https://t.me/+t80kJkI8NAyZWE0</a>
SCO - The Borders	<b>PHA The Borders Hub</b>	<a href="https://t.me/+GRhsd86vzbwzMG10">https://t.me/+GRhsd86vzbwzMG10</a>
SCO - Western Isles	<b>PHA Western Isles</b>	<a href="https://t.me/+v08kM1BnxUNjMWZk">https://t.me/+v08kM1BnxUNjMWZk</a>
WAL - Caerphilly	<b>PHA Caerphilly</b>	<a href="https://t.me/+ES8q-Gfw6KswODY8">https://t.me/+ES8q-Gfw6KswODY8</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>