

County		Hub Name	Main Means of Initial Contact	Email
ALL		Main PHA Channel	https://t.me/ThePeoplesHealthAlliance	info@the-pha.org
ALL		PHA Hub Help/Starting Out	https://t.me/PHA_Hub_Help	www.the-pha.org
1	ENG - Bedfordshire	PHA Bedfordshire	https://t.me/+dyZDLuaIU9I3ZWM8	phabedfordshire@proton.me
2	ENG - Berkshire	PHA Berkshire Hub	https://t.me/+qPkhdLz20ZpjMTc9	
3	ENG - Bristol	PHA Bristol	https://t.me/+Vwlt8ppL7dEOYWU0	
4	ENG - Buckinghamshire	PHA Buckinghamshire Hub	https://t.me/+UiEcNEQSRjU5Yjc0	
5	ENG - Cambridgeshire	PHA Cambridgeshire Hub	https://t.me/+hgoDdhPP9s02ZTA0	
6	ENG - Cheshire	PHA Cheshire & Manchester Hub	https://t.me/+dZ2APU-SuohjYTM0	
7	ENG - Cornwall	PHA Cornwall Hub	https://t.me/+ysIdAFsfU_w3Zjk8	
8	ENG - Devon	PHA East Devon	https://t.me/+nWchMJP7gDEwMDg0	
9	ENG - Devon	PHA Mid Devon	https://t.me/+AQXlre_J0nhjYzU0	
10	ENG - Devon	PHA North Devon	https://t.me/NDPHA	
11	ENG - Dorset	PHA East Dorset Coastal	https://t.me/+qNXN8VrBeHQ0MjVk	
12	ENG - Dorset	PHA Hub Dorset	https://t.me/phadorset	phadorset@protonmail.com
13	ENG - East Midlands	PHA East Midlands	https://t.me/+RNCKIDcBTvJjMzc0	
14	ENG - East Sussex	Etchingham Hub	https://t.me/+A48kTIC9KAhmZDJk	
15	ENG - East Sussex	PHA Brighton & Hove	https://t.me/+5UVvigxEheJjZWM0	brightonandhovehub.pha@proton.me

16	ENG - East Sussex	PHA East Sussex Hub	https://t.me/+aXFinWRqAChkYzNk	pha.eastsussex@proton.me
17	ENG - East Sussex	PHA Pevensey/Polegate	https://t.me/+3cQPcNg75YwzYT10	
	ENG - East Sussex	PHA Ore & Hastings	https://t.me/+z6OXwNhJBF9IMzBk	
18	ENG - East Sussex	PHA Hastings/Bexhill/Battle	https://t.me/+ITdLcWNtpHs2ZmJk	netherfieldhealth@proton.me
19	ENG - East Sussex	PHA High Weald East	https://t.me/+lcCpqZbojTFIZmZk	
20	ENG - East Sussex	PHA Rye East Sussex	https://t.me/+qxrK7M6R6XhkNjFk	
21	ENG - East Yorkshire	PHA East Yorkshire & Hull Hub	https://t.me/+S7wSI2WGt-s5YjJk	blossomhealthhub@protonmail.com https://www.blossomhealthhub.co.uk/
22	ENG - Essex	PHA Chelmsford & Essex	https://t.me/+OaM2QgGrYNg0ZjQ0	
23	ENG - Essex	PHA South Essex Hub	https://t.me/PHASOUTHEND	
24	ENG - Gloucestershire	PHA Gloucestershire Hub	https://t.me/+74in4clfwwVmNWU0	phaglos1@gmail.com
25	ENG - Gloucestershire	PHA Cheltenham	https://t.me/+aOry6sL3FJA0MjZk	
26	ENG - Hampshire	PHA New Forest Hampshire	https://t.me/+3QKUKUz8mNA0M2U0	
27	ENG - Herefordshire	PHA Herefordshire Hub	https://t.me/+ik6kX0OWkzBkZGEO	https://hertshealthhub.org/
28	ENG - Hertfordshire	PHA East Hertfordshire	https://t.me/+nEiBGmM3PKAyZDA0	
29	ENG - Hertfordshire	PHA Hertfordshire Hub	https://t.me/+riCfPxsSJIRhOTdk	
30	ENG - Isle of Wight	PHA Isle of Wight Hub	https://t.me/+iR-QYEKMrFk0ZjM0	

31	ENG - Kent	PHA Canterbury	https://canterburyhealthhub.org	info@canterburyhealthhub.com
32	ENG - Kent	PHA Kent Hub	https://t.me/+kXb6QHxtySFiMmVk	
33	ENG - Kent	PHA Sandwich	https://t.me/+LQT3RoxgXY85ZmZk	
34	ENG - Kent	PHA Seven Oaks	https://t.me/+8E_19kl0mlhmZDI0	
35	ENG - Kent	PHA South & East Kent	https://t.me/+IJzHflxzjK4NTc0	
36	ENG - Kent	PHA Thanet Hub	WhatsApp (please email info@the-pha.org for details)	
37	ENG - Kent	PHA Tunbridge Wells	https://t.me/+wbc72zDLasS5NGU0	
38	ENG - Lancashire	PHA Blackpool	https://t.me/+pql01APDQ4M2Zjk0	
39	ENG - Lancashire	PHA Garstang	https://t.me/+M1QZp0F_7Wk3ODc0	garstangPHA@proton.me
40	ENG - Lancashire	PHA Lancashire	https://t.me/+v5kgIG_EdGFjOWY0	
41	ENG - Lancashire	PHA Bury	https://t.me/+rlprhGKKmZMwNDc8	
42	ENG - Lancashire	PHA Preston	https://t.me/+LnkloPX0XV80YmJk	
43	ENG - Lancashire	PHA Rossendale Hub	https://t.me/PHA_RossendaleHub	pha.rossendale@gmail.com
44	ENG - London	PHA Enfield/Edmonton	https://t.me/+kLbs-4Ume-E4NjFk	
45	ENG - London	PHA Lambeth & Southwark Kennington, South London	https://t.me/+a8cshFhQAIA1MDBk	
46	ENG - London	PHA North London	https://t.me/+8YcYu1DmfNswMmRk	
47	ENG - Merseyside	PHA Liverpool & Merseyside	https://t.me/+hNzR4pW_u340MTJk	

48	ENG - Norfolk	PHA Norfolk East	https://t.me/+g15h6KFZuro2Mjk0	phanorfolksocial@proton.me
49	ENG - Norfolk	PHA Norfolk West	https://t.me/+RIRvhoarn6Q4OTc0	phanorfolksocial@proton.me
50	ENG - Norfolk	PHA North Norfolk	https://t.me/+uAqywqYGwWdjMzI0	phanorfolksocial@proton.me
51	ENG - Norfolk	PHA South Norfolk	https://t.me/+8st2Ihe0rxY4ZDk0	phanorfolksocial@proton.me
52	ENG - North Yorkshire	PHA North Yorkshire Hub	https://t.me/+_V0cVgJ3DuRhMTk0	
53	ENG - North Yorkshire	PHA Ryedale Area, North Yorkshire	http://t.me/+NLFx-6B9SwdIY2Jk	
54	ENG - North Yorkshire	PHA York Hub	https://t.me/+A7psMJggpghiZWM0	yourgoodhealthYork@proton.me
55	ENG - Northamptonshire	PHA Hub Wellingborough/Rushden	https://t.me/+88AtRMpV8UFmODdk	
56	ENG - Northamptonshire	PHA Northamptonshire Hub	https://t.me/+deOaiN0zRlgONzM8	
57	ENG - Nottinghamshire	PHA Nottinghamshire	https://t.me/+fk2a6mUNnXQ5MzJk	
58	ENG - Oxfordshire	PHA Oxfordshire	https://t.me/+c1JR66bGX3NiZDRk	

59	ENG - Somerset	PHA Glastonbury Hub	https://t.me/+UQvS6_eoA3I3ZDA0	phaglastonburyhub@gmail.com
60	ENG - Somerset	PHA Keynsham	https://t.me/+J3ljkfTOAZVIZzk	
61	ENG - Somerset	PHA Somerset Hub	https://t.me/+80u6cC7Ho9tkMjY0	
62	ENG - Somerset	PHA Taunton	https://t.me/+Z3mEsXiSTR4zNThk	info@tauntonpha.org
63	ENG - Somerset	PHA Wells	https://t.me/+xFs552CMXFY5YjQ0	
64	ENG - Somerset	PHA Weston Super Mare	https://t.me/+fUespMMP8otmNzQ8	phawsm@proton.me
65	ENG - Somerset	PHA Yeovil	https://t.me/+QrSg8tWf03BiNjk0	
66	ENG - South Yorkshire	PHA South Yorkshire	https://t.me/+WDDPBI86Bug5M2Rk	
67	ENG - Staffordshire	PHA Staffordshire	https://t.me/+eWNGBv6NCXc3MGU0	
68	ENG - Suffolk	PHA Felixstowe Hub	https://t.me/+A-cqObP0MOBmYzQ0	
69	ENG - Suffolk	PHA Suffolk Hub	https://t.me/+O2zOHeT4-xVmYmQ8	
70	ENG - Surrey	PHA Ashtead Hub	https://t.me/+1Hx745I9jfQ3Y2Zk	w2w.ashtead@gmail.com
71	ENG - Surrey	PHA Coulsdon Hub	https://t.me/+gfr3239api410Dk0	
72	ENG - Surrey	PHA East Surrey	https://t.me/+OKFy5mCxti82MDQ8	kate.winter@ntlworld.com

73	ENG - Surrey	PHA Guildford	https://t.me/+3Qbgk0SEzuc5YjRk	welcome@earthwellth.com www.earthwellth.com
74	ENG - Surrey	PHA Spelthorne/Runnymede	https://t.me/+Qen4B9w1-N0wZDU0	
75	ENG - Surrey	PHA Surbiton/Chessington	https://t.me/+67GkmoDnrmhIN2Jk	
76	ENG - Surrey	PHA Surrey Hub	https://t.me/+0XoKHIw_c2hkNWFk	
77	ENG - Tyne and Wear	PHA North Shields	https://t.me/+jN8jLODR3JwzYjNk	info@pha-northshields.org
78	ENG - Warwickshire	PHA Coventry Hub	https://t.me/phacoventryhub	
79	ENG - West Midlands	PHA West Midlands Hub	https://t.me/+04SrLUTKkeI3OTQ0	
80	ENG - West Sussex	PHA Bognor Regis	https://t.me/+6Jk21F-9aZ85N2I0	
81	ENG - West Sussex	PHA Horsham	https://t.me/+Yf5Np9Z1V681MjU8	horshamPHA@protonmail.com
82	ENG - West Sussex	PHA Mid Sussex	https://t.me/+b4L3gE521YBhNzc8	
83	ENG - West Sussex	PHA West Sussex	https://t.me/+M_EYdzjUj80zOTY8	horshamPHA@protonmail.com
84	ENG - West Yorkshire	PHA Huddersfield Health Hub	https://t.me/+5Jwm-Dfx6TAzNDNk	creatinghealthforall@proton.me
85	ENG - West Yorkshire (Leeds)	Create My Health Leeds	https://t.me/+QaURrfbNwjK4YmE8	createmyhealth@proton.me www.createmyhealth.org
86	ENG - West Yorkshire (Leeds)	Create My Health Wetherby	https://t.me/+8kBYHHv6hJ03NjU0	createmyhealth@proton.me

87	ENG - West Yorkshire (Leeds)	Create My Health Otley	https://t.me/+cC7W3Hp9Pb8zNjE0	createmyhealth@proton.me
88	ENG - West Yorkshire	PHA Wakefield	https://t.me/+1mIUc7glRgQ1MWM0	
89	ENG - West Yorkshire	PHA West Yorkshire Hub	https://t.me/+B6wHR-GPXfg5YjA0	
90	ENG - Wiltshire	PHA Wiltshire Health Hub	https://t.me/+JX00a31xclljNzI0	
91	ROI - Dublin	PHA Dublin hub	https://t.me/+jEnliFNj6oxMzg0	
92	ROI - Kildare	PHA Kildare hub	https://t.me/communityhubkildare	
93	SCO - Highland	PHA Moray & Highland Hub	https://t.me/+AQRef6zNT1wwNzY0	
94	SCO - Lanarkshire	PHA Glasgow Hub	https://t.me/+pB7cBmiaX2M3ZmU0	glasgowhub@the-phaforum.org
95	SCO - Midlothian	PHA Edinburgh Hub	https://t.me/+t80kJlkJ8NAyZWE0	
96	SCO - The Borders	PHA The Borders Hub	https://t.me/+GRhsd86vzbwzMGIO	
97	SCO - Western Isles	PHA Western Isles	https://t.me/+v08kM1BnxUNjMWZk	westernisles@the-phaforum.org
98	WAL - Caerphilly	PHA Caerphilly	https://t.me/+ES8q-Gfw6KswODY8	
99	WAL - Gwent	PHA Gwent South Wales Hub	https://t.me/+z1rjqw8M3OpmYWM0	
100	WAL - North West Wales	PHA North West Wales	https://t.me/+ja26rwk_aVMYZGI0	