

	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/+dyZDLuaU9I3ZWM8	phabedfordshire@proton.me
2	ENG - Buckinghamshire	PHA Buckinghamshire Hub	https://t.me/+UiEcNEQSRjU5Yjc0	
3	ENG - Cambridgeshire	PHA Cambridgeshire Hub	https://t.me/+hgoDdhPP9s02ZTA0	
4	ENG - Cheshire	PHA Cheshire & Manchester Hub	https://t.me/+dZ2APU-SuohjYTM0	
5	ENG - Cornwall	PHA Cornwall Hub	https://t.me/+ysIdAFsfU_w3Zjk8	
6	ENG - Devon	PHA East Devon	https://t.me/+nWchMJP7gDEwMDg0	
7	ENG - Devon	PHA North Devon	https://t.me/NDPHA	
8	ENG - Dorset	PHA East Dorset Coastal	https://t.me/+qNXN8VrBeHQ0MjVk	
9	ENG - Dorset	PHA Hub Dorset	https://t.me/phadorset	phadorset@protonmail.com
10	ENG - East Sussex	Etchingham Hub	https://t.me/+A48kTIC9KAhmZDJk	
11	ENG - East Sussex	PHA Brighton & Hove	https://t.me/+5UVvigxEheJjZWM0	brightonandhovehub.pha@proton.me
12	ENG - East Sussex	PHA East Sussex Hub	https://t.me/+aXFinWRqAChkYzNk	pha.eastsussex@proton.me
13	ENG - East Sussex	PHA Pevensey/Polegate	https://t.me/+3cQPcNg75YwzYTI0	
14	ENG - East Sussex	PHA Ore & Hastings	https://t.me/+z6OXwNhJBF9IMzBk	

15	ENG - East Sussex	PHA Hastings/Bexhill/Battle	https://t.me/+ITdLcWNtpHs2ZmJk	netherfieldhealth@proton.me
16	ENG - East Sussex	PHA High Weald East	https://t.me/+lcCpqZbojTFIZmZk	
17	ENG - East Yorkshire	PHA East Yorkshire & Hull Hub	https://t.me/+S7wSI2WGt-s5YjJk	blossomhealthhub@protonmail.com https://www.blossomhealthhub.co.uk/
18	ENG - Essex	PHA Chelmsford & Essex	https://t.me/+OaM2QgGrYNg0ZjQ0	
19	ENG - Essex	PHA South Essex Hub	https://t.me/PHASOUTHEND	
20	ENG - Gloucestershire	PHA Gloucestershire Hub	https://t.me/+74in4clfwwVmNWU0	phaglos1@gmail.com
21	ENG - Gloucestershire	PHA Cheltenham	https://t.me/+aOry6sL3FJA0MjZk	
22	ENG - Hampshire	PHA New Forest Hampshire	https://t.me/+3QKUKUz8mNA0M2U0	
23	ENG - Herefordshire	PHA Herefordshire Hub	https://t.me/+ik6kX0OWkzBkZGEO	
24	ENG - Hertfordshire	PHA Hertfordshire Hub	https://t.me/+riCfPxsSJRhOTdk	https://hertshealthhub.org/
25	ENG - Isle of Wight	PHA Isle of Wight Hub	https://t.me/+iR-QYEKMrFk0ZjM0	
26	ENG - Kent	PHA Canterbury	https://canterburyhealthhub.org	info@canterburyhealthhub.com
27	ENG - Kent	PHA Kent Hub	https://t.me/+kXb6QHxtySFIMmVk	
28	ENG - Kent	PHA South & East Kent	https://t.me/+IjzHflxzNjK4NTc0	
29	ENG - Kent	PHA Thanet Hub	gethealthy@thanet-pha.org	

30	ENG - Kent	PHA Tunbridge Wells	https://t.me/+wbc72zDLsS5NGU0	
31	ENG - Lancashire	PHA Blackpool	https://t.me/+pql01APDQ4M2Zjk0	
32	ENG - Lancashire	PHA Garstang	https://t.me/+M1QZp0F_7Wk3ODc0	garstangPHA@proton.me
33	ENG - Lancashire	PHA Preston	https://t.me/+LnkloPX0XV80YmJk	
34	ENG - Lancashire	PHA Rossendale Hub	https://t.me/PHA_RossendaleHub	pha.rossendale@gmail.com
35	ENG - London	PHA Enfield/Edmonton	https://t.me/+kLbs-4Ume-E4NjFk	
36	ENG - London	PHA North London	https://t.me/+8YcYu1DmfNswMmRk	
37	ENG - Norfolk	PHA Norfolk East	https://t.me/+g15h6KFZuro2Mjk0	phanorfolksocial@proton.me
38	ENG - Norfolk	PHA Norfolk West	https://t.me/+RIRvhoarn6Q4OTc0	phanorfolksocial@proton.me
39	ENG - Norfolk	PHA North Norfolk	https://t.me/+uAqywqYGwWdjMzI0	phanorfolksocial@proton.me
40	ENG - Norfolk	PHA South Norfolk	https://t.me/+8st2Ihe0rxY4ZDk0	phanorfolksocial@proton.me
41	ENG - North Yorkshire	PHA Ryedale Area, North Yorkshire	http://t.me/+NLFx-6B9SwdIY2Jk	

42	ENG - North Yorkshire	PHA York Hub	https://t.me/+A7psMJggpghiZWM0	yourgoodhealthyork@proton.me
43	ENG - Somerset	PHA Glastonbury Hub	https://t.me/+UQvS6_eoA3I3ZDA0	phaglastonburyhub@gmail.com
44	ENG - Somerset	PHA Somerset Hub	https://t.me/+80u6cC7Ho9tkMjY0	
45	ENG - Somerset	PHA Taunton	https://t.me/+Z3mEsXiSTR4zNThk	info@tauntonpha.org
46	ENG - Somerset	PHA Wells	https://t.me/+xFs552CMXFY5YjQ0	
47	ENG - Somerset	PHA Weston Super Mare	https://t.me/+fUespMMP8otmNzQ8	phawsm@proton.me
48	ENG - South Yorkshire	PHA South Yorkshire	https://t.me/+WDDPBI86Bug5M2Rk	
49	ENG - Suffolk	PHA Felixstowe Hub	https://t.me/+A-cqObPOMOBmYzQ0	
50	ENG - Suffolk	PHA Suffolk Hub	https://t.me/+O2zOHeT4-xVmYmQ8	
51	ENG - Surrey	PHA Ashtead Hub	https://t.me/+1Hx745I9jfQ3Y2Zk	info@ways2wellness.me
52	ENG - Surrey	PHA East Surrey	https://t.me/+OKFy5mCxti82MDQ8	kate.winter@ntlworld.com
53	ENG - Surrey	PHA Guildford	https://t.me/+3Qbgk0SEzuc5YjRk	welcome@earthwellth.com www.earthwellth.com

54	ENG - Surrey	PHA Surrey Hub	https://t.me/+0XoKHIw_c2hkNWFk	
55	ENG - Tyne and Wear	PHA North Shields	https://t.me/+iN8jLODR3JwzYjNk	info@pha-northshields.org
56	ENG - Warwickshire	PHA Coventry Hub	https://t.me/phacoventryhub	
57	ENG - West Sussex	PHA Bognor Regis	https://t.me/+6Jk21F-9aZ85N2I0	Bognorhealthhub@protonmail.com
58	ENG - West Sussex	PHA Horsham	https://t.me/+Yf5Np9Z1V681MjU8	horshamPHA@protonmail.com
59	ENG - West Sussex	PHA Mid Sussex	https://t.me/+b4L3gE521YBhNzc8	
60	ENG - West Sussex	PHA West Sussex	https://t.me/+M_EYdzjUj80zOTY8	horshamPHA@protonmail.com
61	ENG - West Sussex	PHA Worthing	https://t.me/+F3NQx-80Cyg2NDY0	worthingpha@hotmail.com
62	ENG - West Yorkshire	PHA Huddersfield Health Hub	https://t.me/+5Jwm-Dfx6TAzNDNk	creatinghealthforall@proton.me
63	ENG - West Yorkshire (Leeds)	Create My Health Leeds	https://t.me/+QaURrfbNwj4YmE8	createmyhealth@proton.me www.createmyhealth.org
64	ENG - West Yorkshire (Leeds)	Create My Health Wetherby	https://t.me/+8kBYHHv6hJ03NjU0	createmyhealth@proton.me
65	ENG - West Yorkshire (Leeds)	Create My Health Otley	https://t.me/+cC7W3Hp9Pb8zNjE0	createmyhealth@proton.me
66	ENG - West Yorkshire	PHA Wakefield	https://t.me/+1mIUc7glRgQ1MWM0	
67	ENG - West Yorkshire	PHA West Yorkshire Hub	https://t.me/+B6wHR-GPXfg5YjA0	
68	ENG - Wiltshire	PHA Wiltshire Health Hub	https://t.me/+JXO0a31xclljNzI0	
69	ROI - Dublin	PHA Dublin hub	https://t.me/+-jEnliFNj6oxMzg0	
70	SCO - Highland	PHA Moray & Highland Hub	https://t.me/+AQRef6zNT1wwNzY0	

71	SCO - Lanarkshire	PHA Glasgow Hub	https://t.me/+pB7cBmiaX2M3ZmU0	
72	SCO - The Borders	PHA The Borders Hub	https://t.me/+GRhsd86vzbwzMG10	
73	WAL - Gwent	PHA Gwent South Wales Hub	https://t.me/+z1rjqw8M3OpmYWM0	
74	WAL - Mid Wales	PHA Mid Wales Health & Food Alliance	www.happyandhealthy.org.uk	pphfa@happyandhealthy.org.uk
75	WAL - North West Wales	PHA North West Wales	https://t.me/+ja26rwk_aVMyZGI0	