

**TELEPHONE HELPLINES BY REGION and HELPLINE AREA.  
ALL 24 HOUR UNLESS STATED OTHERWISE.**

**See below for list of towns  
National Helpline 0800 917 7650**

**ENGLAND**

**GSO York Office** 01904 644 026 (09.00-17.00)

**Eastern Region**

Essex & North Thames **01245 256 147** (24 Hrs.)

N Herts & S Beds **01438 747 475** (24 Hrs.)

Lea Valley, East Herts  
& West Essex **01923 211 122** (24 Hrs.)

NE Anglia **01603 621 128** (24 Hrs.)

South East Anglia **01473 212 224** (24 Hrs.)

**London Regions** 0207 407 0700 (10.00-22.00)

**Midlands Region**

Birmingham **0121 212 0111** (10.00-22.00)

Black Country **01384 482 929** (24 Hrs.)

Coventry & Warwick **02476 612 211** (14.30-22.30)

East Midlands **01159 417 100** (08.00-24.00)

Lincolnshire **01472 362 058** (10.00-22.00)

Northamptonshire **01604 637 788** (07.00-22.00)

Potteries **01782 266 366** (08.00-22.00)

**North East Region**

Sunderland & District **0191 533 4434** (08.00-22.00)

Tyne/Tees **0191 521 4400** (24 Hrs.)

Hull & East Yorkshire **01482 830 083** (08.00-23.00)

Yorkshire North/West **01132 454 567** (24 Hrs.)

Yorkshire South **01142 701 984** (07.00-23.00)

**North West Region**

Liverpool **0151 709 2900** (08.00-24.00)

Manchester **0161 839 2881** (11.00-23.00)

NW Lancs/Cumbria/  
Blackpool **01253 792 632** (08.00-23.00)

**South East Region**

Brighton & W. Sussex **01273 203 343** (24 Hrs.)

East Kent **01227 455 557** (24 Hrs.)

Mid Surrey **01252 521 133** (24 Hrs.)

Solent & Northdown **02380 223 199** (24 Hrs.)

Southdown **02392 580 776** (24 Hrs.)

W. Kent & E. Sussex **01622 751 842** (24 Hrs.)

**South West Region**

Devon & Cornwall **01752 791 111** (08.30-22.00)

Dorset & Somerset **01202 296 000** (24 Hrs.)

**South Midlands Region**

Avon **01179 265 520** (24 Hrs.)

Chiltern & Thames **01628 530 055** (24 Hrs.)

Oxford **01865 242 373** (24 Hrs.)

Severn **01452 418 515** (24 Hrs.)

Thames Valley **01189 597 494** (07.00-22.00)

Wiltshire **01380 729 064** (24 Hrs.)

**SCOTLAND**

All Areas **0131 225 2727** (24 Hrs.)

**WALES**

Wales & Borders **01792 301 907** (24 Hrs.)

North East Wales **0151 709 2900** (08.00-24.00)

**CHANNEL ISLANDS & IOM**

Guernsey **01481 713 480** (08.00-22.30)

Jersey **01534 726 681** (08.00-22.00)

Isle of Man **01253 792 632** (11.00-23.00)

**POLISH SPEAKING HELPLINE**

All Areas **020 3916 0097**

(Mon-Fri 19.00-21.00)

Sat-Sun 17.00-21.00)

**NORTHERN IRELAND**

Belfast **028 903 51222**  
(09.00-17.30 Mon- Sun)

**ÉIRE**

Dublin **+353 184 20700** (09.30-17.00)

**+353 185 27000** (17.00-22.00  
and Sat-Sun)

**Al-Anon Family Groups**

**0800 0086 811** (10.00-22.00)

**020 7593 2070** (10.00-22.00)

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Aberavon	01792 301 907	24 hours	Wales & Borders	Wales
Aberbargoed	01792 301 907	24 hours	Wales & Borders	Wales
Abercarn	01792 301 907	24 hours	Wales & Borders	Wales
Aberdare	01792 301 907	24 hours	Wales & Borders	Wales
Aberdeen	0131 225 2727	24 hours	Scotland	Scotland
Aberfeldy	0131 225 2727	24 hours	Scotland	Scotland
Abergavenny	01792 301 907	24 hours	Wales & Borders	Wales
Abergele	01792 301 907	24 hours	Wales & Borders	Wales
Aberlour	0131 225 2727	24 hours	Scotland	Scotland
Abertillery	01792 301 907	24 hours	Wales & Borders	Wales
Aberystwyth	01792 301 907	24 hours	Wales & Borders	Wales
Abingdon	01865 242 373	24 hours	Oxford	South Midlands
Aboyne	0131 225 2727	24 hours	Scotland	Scotland
Accrington	0161 839 2881	11.00-23.00	Manchester	North West
Acharacle	0131 225 2727	24 hours	Scotland	Scotland
Addington	01883 330 720	24 hours	Mid Surrey	South East
Airdrie	0131 225 2727	24 hours	Scotland	Scotland
Alcester	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Aldershot	01252 521 133	24 hours	Mid Surrey	South East
Aldridge	01384 482 929	24 hours	Black Country	Midlands
Alexandria (Scot)	0131 225 2727	24 hours	Scotland	Scotland
Alfreton	01159 417 100	8.00-24.00	East Midlands	Midlands
Alloa	0131 225 2727	24 hours	Scotland	Scotland
Alness	0131 225 2727	24 hours	Scotland	Scotland
Alnwick	0191 521 4400	24 hours	Tyne/Tees	North East
Alperton	0207 407 0700	10.00-22.00	North Middx.	London North
Alston	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Alton	02380 223 198	24 hours	Solent & North Down	South East
Alva	0131 225 2727	24 hours	Scotland	Scotland
Amble	0191 521 4400	24 hours	Tyne/Tees	North East
Ambleside	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Amersham	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Amlwch	01792 301 907	24 hours	Wales & Borders	Wales
Ammanford	01792 301 907	24 hours	Wales & Borders	Wales
Ampthill	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Andover	02380 223 198	24 hours	Solent & North Down	South East
Anglesey	01792 301 907	24 hours	Wales & Borders	Wales
Annan	0131 225 2727	24 hours	Scotland	Scotland
Appleby	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Arbroath	0131 225 2727	24 hours	Scotland	Scotland
Ardgay	0131 225 2727	24 hours	Scotland	Scotland
Ardrishaig	0131 225 2727	24 hours	Scotland	Scotland
Ardrossan	0131 225 2727	24 hours	Scotland	Scotland
Arisaig	0131 225 2727	24 hours	Scotland	Scotland
Armadale	0131 225 2727	24 hours	Scotland	Scotland
Arran	0131 225 2727	24 hours	Scotland	Scotland
Arundel	02392 580 776	24 hours	Southdown	South East
Ascot	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Ashbourne	01159 417 100	8.00-24.00	East Midlands	Midlands
Ashburton	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Ashby-de-la-Zouch	01159 417 100	8.00-24.00	East Midlands	Midlands
Ashford (Kent)	01227 455 557	24 hours	East Kent	South East
Ashford (Middx)	0207 407 0700	10.00-22.00	South Middx.	London North
Ashington	0191 521 4400	24 hours	Tyne/Tees	North East

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Ashtead	0207 407 0700	10.00-22.00	CESIG	London South
Ashton-Under-Lyne	0161 839 2881	11.00-23.00	Manchester	North West
Atherston	0121 212 0111	10.00-22.00	Birmingham	Midlands
Auchterarder	0131 225 2727	24 hours	Scotland	Scotland
Avebury	01380 729 064	24 hours	Wiltshire	South Midlands
Aviemore	0131 225 2727	24 hours	Scotland	Scotland
Axminster	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Aylesbury	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Ayr	0131 225 2727	24 hours	Scotland	Scotland
Bagshot	01252 521 133	24 hours	Mid Surrey	South East
Bakewell	01159 417 100	8.00-24.00	East Midlands	Midlands
Bala	01792 301 907	24 hours	Wales & Borders	Wales
Baldock	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Ballachulish	0131 225 2727	24 hours	Scotland	Scotland
Balmoral	0131 225 2727	24 hours	Scotland	Scotland
Banbury	01865 242 373	24 hours	Oxford	South Midlands
Banchory	0131 225 2727	24 hours	Scotland	Scotland
Banff	0131 225 2727	24 hours	Scotland	Scotland
Bangor	01792 301 907	24 hours	Wales & Borders	Wales
Bannockburn	0131 225 2727	24 hours	Scotland	Scotland
Banstead	0207 407 0700	10.00-22.00	CESIG	London South
Bargoed	01792 301 907	24 hours	Wales & Borders	Wales
Barking	0207 407 0700	10.00-22.00	East	London North
Barmouth	01792 301 907	24 hours	Wales & Borders	Wales
Barnard Castle	0191 521 4400	24 hours	Tyne/Tees	North East
Barnet	0207 407 0700	10.00-22.00	North	London North
Barnsley	01142 701 984	24 hours	Yorkshire South	North East
Barnstaple	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Barra	0131 225 2727	24 hours	Scotland	Scotland
Barrhead	0131 225 2727	24 hours	Scotland	Scotland
Barrow-in-Furness	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Barry	01792 301 907	24 hours	Wales & Borders	Wales
Basildon	01245 256 147	24 hours	Essex & North Thames	Eastern
Basingstoke	02380 223 198	24 hours	Solent & North Down	South East
Bath	01380 729 064	24 hours	Wiltshire	South Midlands
Bathgate	0131 225 2727	24 hours	Scotland	Scotland
Batley	01132 454 567	24 hours	Yorkshire North & West	North East
Battle	01622 751 842	24 hours	West Kent & East Sussex	South East
Bay Head	0131 225 2727	24 hours	Scotland	Scotland
Beaconsfield	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Bearsted	01622 751 842	24 hours	West Kent & East Sussex	South East
Beaufort	01792 301 907	24 hours	Wales & Borders	Wales
Beaulieu	02380 223 198	24 hours	Solent & North Down	South East
Beaumaris	01792 301 907	24 hours	Wales & Borders	Wales
Beckenham	0207 407 0700	10.00-22.00	North Kent	London South
Bedford	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Bedlington	0191 521 4400	24 hours	Tyne/Tees	North East
Bedworth	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Bellingham	0191 521 4400	24 hours	Tyne/Tees	North East
Bellshill	0131 225 2727	24 hours	Scotland	Scotland
Belper	01159 417 100	8.00-24.00	East Midlands	Midlands
Belvedere	0207 407 0700	10.00-22.00	North Kent	London South
Benbecula	0131 225 2727	24 hours	Scotland	Scotland
Bentley	01142 701 984	24 hours	Yorkshire South	North East
Berkhamstead	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Berneray	0131 225 2727	24 hours	Scotland	Scotland
Berwick-upon-Tweed	0131 225 2727	24 hours	Scotland	Scotland
Betchworth	01252 521 133	24 hours	Mid Surrey	South East
Bethesda	01792 301 907	24 hours	Wales & Borders	Wales
Beverley	01482 830 083	8.00-24.00	Yorkshire East	North East
Bexhill	01622 751 842	24 hours	West Kent & East Sussex	South East
Bexley	0207 407 0700	10.00-22.00	North Kent	London South
Bexleyheath	0207 407 0700	10.00-22.00	North Kent	London South
Bicester	01865 242 373	24 hours	Oxford	South Midlands
Bideford	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Biggar	0131 225 2727	24 hours	Scotland	Scotland
Biggin Hill	01252 521 133	24 hours	Mid Surrey	South East
Biggleswade	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Billericay	01245 256 147	24 hours	Essex & North Thames	Eastern
Billingshurst	01273 203 343	24 hours	Brighton & West Sussex	South East
Bingham	01159 417 100	8.00-24.00	East Midlands	Midlands
Birchington	01227 455 557	24 hours	East Kent	South East
Birkenhead	01517 092 900	8.00-20.00	Liverpool	North West
Birmingham	0121 212 0111	10.00-22.00	Birmingham	Midlands
Birstall	01159 417 100	8.00-24.00	East Midlands	Midlands
Bishop Auckland	0191 521 4400	24 hours	Tyne/Tees	North East
Bishop's Waltham	02392 580 776	24 hours	Southdown	South East
Bishops Cleeve	01452 418 515	24 hours	Severn	South Midlands
Bishops Stortford	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Black Isle	0131 225 2727	24 hours	Scotland	Scotland
Blackburn	0161 839 2881	11.00-23.00	Manchester	North West
Blackburn (Scot)	0131 225 2727	24 hours	Scotland	Scotland
Blackpool	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Blackwood	01792 301 907	24 hours	Wales & Borders	Wales
Blaenau Ffestiniog	01792 301 907	24 hours	Wales & Borders	Wales
Blaenavon	01792 301 907	24 hours	Wales & Borders	Wales
Blagdon	01202 296 000	24 Hours	Dorset & Somerset	South West
Blaina	01792 301 907	24 hours	Wales & Borders	Wales
Blairgowrie	0131 225 2727	24 hours	Scotland	Scotland
Blandford Forum	01202 296 000	24 hours	Dorset & Somerset	South West
Blantyre	0131 225 2727	24 hours	Scotland	Scotland
Bleaden	01202 296 000	24 hours	Dorset & Somerset	South West
Bletchingley	01252 521 133	24 hours	Mid Surrey	South East
Blyth	0191 521 4400	24 hours	Tyne/Tees	North East
Blyth Bridge	0131 225 2727	24 hours	Scotland	Scotland
Boat of Garten	0131 225 2727	24 hours	Scotland	Scotland
Boat of Lochalsh	0131 225 2727	24 hours	Scotland	Scotland
Bodmin	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Bognor Regis	02392 580 776	24 hours	Southdown	South East
Bolton	0161 839 2881	11.00-23.00	Manchester	North West
Bo'ness	0131 225 2727	24 hours	Scotland	Scotland
Bonhill	0131 225 2727	24 hours	Scotland	Scotland
Bonnybridge	0131 225 2727	24 hours	Scotland	Scotland
Bonnyrigg	0131 225 2727	24 hours	Scotland	Scotland
Bordon	02392 580 776	24 hours	Southdown	South East
Borehamwood	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Boston	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Boston Spa	01132 454 567	24 hours	Yorkshire North & West	North East
Bothwell	0131 225 2727	24 hours	Scotland	Scotland
Bottesford	01159 417 100	8.00-24.00	East Midlands	Midlands

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Bourne	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Bournemouth	01202 296 000	24 hours	Dorset & Somerset	South West
Bovey Tracey	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Bowness-on-Wndmr	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Brackley	01865 242 373	24 hours	Oxford	South Midlands
Bracknell	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Bradford	01132 454 567	24 hours	Yorkshire North & West	North East
Bradford-on-Avon	01380 729 064	24 hours	Wiltshire	South Midlands
Braemar	0131 225 2727	24 hours	Scotland	Scotland
Bragar	0131 225 2727	24 hours	Scotland	Scotland
Braintree	01245 256 147	24 hours	Essex & North Thames	Eastern
Bramhall	0161 839 2881	11.00-23.00	Manchester	North West
Brampton	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Brechin	0131 225 2727	24 hours	Scotland	Scotland
Brecon	01792 301 907	24 hours	Wales & Borders	Wales
Brentford	0207 407 0700	10.00-22.00	South Middx.	London North
Brentwood	01245 256 147	24 hours	Essex & North Thames	Eastern
Bridge of Allan	0131 225 2727	24 hours	Scotland	Scotland
Bridge of Weir	0131 225 2727	24 hours	Scotland	Scotland
Bridgend	01792 301 907	24 hours	Wales & Borders	Wales
Bridgnorth	01792 301 907	24 hours	Wales & Borders	Wales
Bridgwater	01202 296 000	24 hours	Dorset & Somerset	South West
Bridlington	01482 830 083	8.00-23.00	Yorkshire East	North East
Bridport	01202 296 000	24 hours	Dorset & Somerset	South West
Brighton	01273 203 343	24 hours	Brighton & West Sussex	South East
Bristol	01179 265 520	24 hours	Avon	South Midlands
Briton Ferry	01792 301 907	24 hours	Wales & Borders	Wales
Brixham	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Broadford	0131 225 2727	24 hours	Scotland	Scotland
Broadstairs	01227 455 557	24 hours	East Kent	South East
Bromley	0207 407 0700	10.00-22.00	North Kent	London South
Bromsgrove	0121 212 0111	10.00-22.00	Birmingham	Midlands
Bromyard	01792 301 907	24 hours	Wales & Borders	Wales
Brookland	01227 455 557	24 hours	East Kent	South East
Broxbourne	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Broxburn	0131 225 2727	24 hours	Scotland	Scotland
Bruton	01202 296 000	24 hours	Dorset & Somerset	South West
Brynmarwr	01792 301 907	24 hours	Wales & Borders	Wales
Buckhurst Hill	0207 407 0700	10.00-22.00	East	London North
Buckie	0131 225 2727	24 hours	Scotland	Scotland
Buckingham	01865 242 373	24 hours	Oxford	South Midlands
Buckley	01792 301 907	24 hours	Wales & Borders	Wales
Bude	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Builth Wells	01792 301 907	24 hours	Wales & Borders	Wales
Bungay	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Buntingford	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Burgess Hill	01273 203 343	24 hours	Brighton & West Sussex	South East
Burlesdon	02380 223 198	24 hours	Solent & North Down	South East
Burnham-on-Sea	01202 296 000	24 hours	Dorset & Somerset	South West
Burnley	0161 839 2881	11.00-23.00	Manchester	North West
Burnt Oak	0207 407 0700	10.00-22.00	North Middx.	London North
Burntisland	0131 225 2727	24 hours	Scotland	Scotland
Burry Port	01792 301 907	24 hours	Wales & Borders	Wales
Burton-on-Trent	01159 417 100	8.00-24.00	East Midlands	Midlands
Bury	0161 839 2881	11.00-23.00	Manchester	North West

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Bury St Edmunds	01473 212 224	24 hours	South East Anglia	Eastern
Bute	0131 225 2727	24 hours	Scotland	Scotland
Buxton	01159 417 100	8.00-24.00	East Midlands	Midlands
Byfleet	01252 521 133	24 hours	Mid Surrey	South East
Caerleon	01792 301 907	24 hours	Wales & Borders	Wales
Caernarfon	01792 301 907	24 hours	Wales & Borders	Wales
Caerphilly	01792 301 907	24 hours	Wales & Borders	Wales
Caerwys	01792 301 907	24 hours	Wales & Borders	Wales
Caithness	0131 225 2727	24 hours	Scotland	Scotland
Caldicot	01792 301 907	24 hours	Wales & Borders	Wales
Callander	0131 225 2727	24 hours	Scotland	Scotland
Calne	01380 729 064	24 hours	Wiltshire	South Midlands
Camberley	01252 521 133	24 hours	Mid Surrey	South East
Camborne	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Cambridge	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Camelon (Falkirk)	0131 225 2727	24 hours	Scotland	Scotland
Campbeltown	0131 225 2727	24 hours	Scotland	Scotland
Cannock	01384 482 929	24 hours	Black Country	Midlands
Canterbury	01227 455 557	24 hours	East Kent	South East
Canvey Island	01245 256 147	24 hours	Essex & North Thames	Eastern
Capel	01252 521 133	24 hours	Mid Surrey	South East
Cardiff	01792 301 907	24 hours	Wales & Borders	Wales
Cardigan	01792 301 907	24 hours	Wales & Borders	Wales
Carfin	0131 225 2727	24 hours	Scotland	Scotland
Carlisle	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Carluke	0131 225 2727	24 hours	Scotland	Scotland
Carmarthen	01792 301 907	24 hours	Wales & Borders	Wales
Carnforth	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Carnoustie	0131 225 2727	24 hours	Scotland	Scotland
Carshalton	0207 407 0700	10.00-22.00	CESIG	London South
Cartmel	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Castel	01481 713 480	8.00-22.30	Guernsey	Chann'l Is's & IOW
Castle Coombe	01380 729 064	24 hours	Wiltshire	South Midlands
Castleford	01132 454 567	24 hours	Yorkshire North & West	North East
Caterham	01252 521 133	24 hours	Mid Surrey	South East
Chandler's Ford	02380 223 198	24 hours	Solent & Northdown	South East
Chapelton	01142 701 984	24 hours	Yorkshire South	North East
Chard	01202 296 000	24 hours	Dorset & Somerset	South West
Chatham	01622 751 842	24 hours	West Kent & East Sussex	South East
Cheadle (Staffs)	01782 266 366	8.00-22.00	Potteries	Midlands
Cheam	0207 407 0700	10.00-22.00	CESIG	London South
Cheddar	01202 296 000	24 hours.	Dorset & Somerset	South West
Chelmsford	01245 256 147	24 hours	Essex & North Thames	Eastern
Cheltenham	01452 418 515	24 hours	Severn	South Midlands
Chepstow	01792 301 907	24 hours	Wales & Borders	Wales
Cheriton	01227 455 557	24 hours	East Kent	South East
Chertsey	01252 521 133	24 hours	Mid Surrey	South East
Chesham	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Cheshunt	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Chessington	0207 407 0700	10.00-22.00	South West (London)	London South
Chester	01517 092 900	8.00-24.00	Liverpool	North West
Chesterfield	01159 417 100	8.00-24.00	East Midlands	Midlands
Chester-Le-Street	0191 521 4400	24 hours	Tyne/Tees	North East
Chichester	02392 580 776	24 hours	Southdown	South East
Chigwell	0207 407 0700	10.00-22.00	East	London North

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Chippenham	01380 729 064	24 hours	Wiltshire	South Midlands
Chipping Norton	01865 242 373	24 hours	Oxford	South Midlands
Chipping Sodbury	01179 265 520	24 hours	Avon	South Midlands
Chirk	01792 301 907	24 hours	Wales & Borders	Wales
Chislehurst	0207 407 0700	10.00-22.00	North Kent	London South
Chorley	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Christchurch	01202 296 000	24 hours	Dorset & Somerset	South West
Cilgerran	01792 301 907	24 hours	Wales & Borders	Wales
Cinderford	01452 418 515	24 hours	Severn	South Midlands
Cirencester	01452 418 515	24 hours	Severn	South Midlands
Clacton on Sea	01473 212 224	24 hours	South East Anglia	Eastern
Clay Cross	01159 417 100	8.00-24.00	East Midlands	Midlands
Cleethorpes	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Cleland	0131 225 2727	24 hours	Scotland	Scotland
Clevedon	01179 265 520	24 hours	Avon	South Midlands
Cliftonville	01227 455 557	24 hours	East Kent	South East
Clitheroe	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Clydebank	0131 225 2727	24 hours	Scotland	Scotland
Coalville	01159 417 100	8.00-24.00	East Midlands	Midlands
Coatbridge	0131 225 2727	24 hours	Scotland	Scotland
Cobham	01252 521 133	24 hours	Mid Surrey	South East
Cockermouth	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Colchester	01245 256 147	24 hours	Essex & North Thames	Eastern
Coldstream	0131 225 2727	24 hours	Scotland	Scotland
Coleford	01452 418 515	24 hours	Severn	South Midlands
Colne	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Colwyn Bay	01517 092 900	8.00-24.00	Liverpool	North West
Comrie	0131 225 2727	24 hours	Scotland	Scotland
Connah's Quay	01792 301 907	24 hours	Wales & Borders	Wales
Consett	0191 521 4400	24 hours	Tyne/Tees	North East
Conwy	01792 301 907	24 hours	Wales & Borders	Wales
Copthorne	01273 203 343	24 hours	Brighton & West Sussex	South East
Corby	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Corsham	01380 729 064	24 hours	Wiltshire	South Midlands
Corwen	01792 301 907	24 hours	Wales & Borders	Wales
Cosham	02392 580 776	24 hours	Southdown	South East
Coulsdon	01252 521 133	10.00-22.00	Mid Surrey	South East
Cove	01252 521 133	24 hours	Mid Surrey	South East
Coventry	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Cowbridge	01792 301 907	24 hours	Wales & Borders	Wales
Cowdenbeath	0131 225 2727	24 hours	Scotland	Scotland
Cowes (IoW)	02392 580 776	24 hours	Southdown	South East
Cowfold	01273 203 343	24 hours	Brighton & West Sussex	South East
Cramlington	0191 521 4400	24 hours	Tyne/Tees	North East
Cranbrook	01622 751 842	24 hours	West Kent & East Sussex	South East
Cranham	01245 256 147	24 hours	Essex & North Thames	Eastern
Cranleigh	01252 521 133	24 hours	Mid Surrey	South East
Crawley	01273 203 343	24 hours	Brighton & West Sussex	South East
Crediton	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Crewe	01782 266 366	8.00-22.00	Potteries	Midlands
Crewkerne	01202 296 000	24 hours	Dorset & Somerset	South West
Criccieth	01792 301 907	24 hours	Wales & Borders	Wales
Crickhowell	01792 301 907	24 hours	Wales & Borders	Wales
Crieff	0131 225 2727	24 hours	Scotland	Scotland
Cromer	01603 621 128	24 hours	NE Anglia & Fenland	Eastern

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Crook	0191 521 4400	24 hours	Tyne/Tees	North East
Crosshands	01792 301 907	24 hours	Wales & Borders	Wales
Crowborough	01622 751 842	24 hours	West Kent & East Sussex	South East
Crowthorne	01252 521 133	24 hours	Mid Surrey	South East
Croydon	0207 407 0700	10.00-22.00	CESIG	London South
Crumlin	01792 301 907	24 hours	Wales & Borders	Wales
Cumbernauld	0131 225 2727	24 hours	Scotland	Scotland
Cumnock	0131 225 2727	24 hours	Scotland	Scotland
Cupar	0131 225 2727	24 hours	Scotland	Scotland
Curry Rivel	01202 296 000	24 hours	Dorset & Somerset	South West
Cwmbran	01792 301 907	24 hours	Wales & Borders	Wales
Dagenham	01245 256 147	24 hours	Essex & North Thames	Eastern
Dalkeith	0131 225 2727	24 hours	Scotland	Scotland
Darlington	0191 521 4400	24 hours	Tyne/Tees	North East
Dartford	0207 407 0700	10.00-22.00	North Kent	London South
Dartmouth	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Dawlish	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Deal	01227 455 557	24 hours	East Kent	South East
Deganwy	01792 301 907	24 hours	Wales & Borders	Wales
Denbigh	01517 092 900	8.00-24.00	Liverpool	North West
Denny	0131 225 2727	24 hours	Scotland	Scotland
Derby	01159 417 100	8.00-24.00	East Midlands	Midlands
Desborough	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Devizes	01380 729 064	24 hours	Wiltshire	South Midlands
Dewsbury	01132 454 567	24 hours	Yorkshire North & West	North East
Didcot	01865 242 373	24 hours	Oxford	South Midlands
Dingwall	0131 225 2727	24 hours	Scotland	Scotland
Diss	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Dolgellau	01792 301 907	24 hours	Wales & Borders	Wales
Doncaster	01142 701 984	24 hours	Yorkshire South	North East
Donnington	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Dorchester	01202 296 000	24 hours	Dorset & Somerset	South West
Dorking	01252 521 133	24 hours	Mid Surrey	South East
Dover	01227 455 557	24 hours	East Kent	South East
Downham Market	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Driffield	01482 830 083	8.00-23.00	Yorkshire East	North East
Droitwich	0121 212 0111	10.00-22.00	Birmingham	Midlands
Dudley	01384 482 929	24 hours	Black Country	Midlands
Dulnain	0131 225 2727	24 hours	Scotland	Scotland
Dumbarton	0131 225 2727	24 hours	Scotland	Scotland
Dumfries	0131 225 2727	24 hours	Scotland	Scotland
Dunbar	0131 225 2727	24 hours	Scotland	Scotland
Dunblane	0131 225 2727	24 hours	Scotland	Scotland
Dundee	0131 225 2727	24 hours	Scotland	Scotland
Dunfermline	0131 225 2727	24 hours	Scotland	Scotland
Dunkeld	0131 225 2727	24 hours	Scotland	Scotland
Dunnet	0131 225 2727	24 hours	Scotland	Scotland
Dunoon	0131 225 2727	24 hours	Scotland	Scotland
Duns	0131 225 2727	24 hours	Scotland	Scotland
Dunstable	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Dunvegan	0131 225 2727	24 hours	Scotland	Scotland
Durham	0191 521 4400	24 hours	Tyne/Tees	North East
Dursley	01452 418 515	24 hours	Severn	South Midlands
Dyce	0131 225 2727	24 hours	Scotland	Scotland
Dykebar	0131 225 2727	24 hours	Scotland	Scotland

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Earlston	0131 225 2727	24 hours	Scotland	Scotland
East Grinstead	01273 203 343	24 hours	Brighton & West Sussex	South East
East Kilbride	0131 225 2727	24 hours	Scotland	Scotland
East Molesley	0207 407 0700	10.00-22.00	South West (London)	London South
Eastbourne	01622 751 842	24 hours	West Kent & East Sussex	South East
Eastcote	0207 407 0700	10.00-22.00	North Middx.	London North
Eastleigh	02380 223 198	24 hours	Solent & North Down	South East
Ebbw Vale	01792 301 907	24 hours	Wales & Borders	Wales
Edenbridge	01252 521 133	24 hours	Mid Surrey	South East
Edgware	0207 407 0700	10.00-22.00	North West	London North
Edgbaston	0121 212 0111	10.00-22.00	Birmingham	Midlands
Edinburgh	0131 225 2727	24 hours	Scotland	Scotland
Egham	01252 521 133	24 hours	Mid Surrey	South East
Elderslie	0131 225 2727	24 hours	Scotland	Scotland
Elgin	0131 225 2727	24 hours	Scotland	Scotland
Ellsmere Port	01517 092 900	8.00-24.00	Liverpool	North West
Ely	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Enfield	0207 407 0700	10.00-22.00	North	London North
Epping	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Epsom	0207 407 0700	10.00-22.00	CESIG	London South
Erith	0207 407 0700	10.00-22.00	North Kent	London South
Erskine	0131 225 2727	24 hours	Scotland	Scotland
Esher	0207 407 0700	10.00-22.00	South West	London South
Evesham	01452 418 515	24 hours	Severn	South Midlands
Ewell	0207 407 0700	10.00-22.00	CESIG	London South
Ewhurst	01252 521 133	24 hours	Mid Surrey	South East
Ewloe	01792 301 907	24 hours	Wales & Borders	Wales
Exeter	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Exmouth	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Eymouth	0131 225 2727	24 hours	Scotland	Scotland
Fakenham	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Falkirk	0131 225 2727	24 hours	Scotland	Scotland
Falmouth	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Fareham	02392 580 776	24 hours	Southdown	South East
Faringdon	01865 242 373	24 hours	Oxford	South Midlands
Farnborough	01252 521 133	24 hours	Mid Surrey	South East
Farnham	01252 521 133	24 hours	Mid Surrey	South East
Fauldhouse	0131 225 2727	24 hours	Scotland	Scotland
Faversham	01227 455 557	24 hours	East Kent	South East
Fawley	02380 223 198	24 hours	Solent & North Down	South East
Felixstowe	01473 212 224	24 hours	South East Anglia	Eastern
Feltham	0207 407 0700	10.00-22.00	South Middx.	London North
Ferndale	01792 301 907	24 hours	Wales & Borders	Wales
Ferndown	01202 296 000	24 hours	Dorset & Somerset	South West
Filey	01132 454 567	24 hours	Yorkshire North & West	North East
Fishguard	01792 301 907	24 hours	Wales & Borders	Wales
Fleet	01252 521 133	24 hours	Mid Surrey	South East
Fleetwood	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Flint	01517 092 900	8.00-24.00	Liverpool	North West
Folkestone	01227 455 557	24 hours	East Kent	South East
Fordingbridge	01202 296 000	24 hours	Dorset & Somerset	South West
Forfar	0131 225 2727	24 hours	Scotland	Scotland
Forres	0131 225 2727	24 hours	Scotland	Scotland
Fort William	0131 225 2727	24 hours	Scotland	Scotland
Framlingham	01473 212 224	24 hours	South East Anglia	Eastern

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Fraserburgh	0131 225 2727	24 hours	Scotland	Scotland
Freshwater IOW	02392 580 776	24 hours	Southdown	South East
Frinton	01473 212 224	24 hours	South East Anglia	Eastern
Frome	01380 729 064	24 hours	Wiltshire	South Midlands
Gainsborough	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Galashiels	0131 225 2727	24 hours	Scotland	Scotland
Galston	0131 225 2727	24 hours	Scotland	Scotland
Gants Hill	0207 407 0700	10.00-22.00	East	London North
Garstang	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Gateshead	0191 521 4400	24 hours	Tyne/Tees	North East
Gerrards Cross	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Gillingham (Dorset)	01202 296 000	24 hours	Dorset & Somerset	South West
Gillingham (Kent)	01622 751 842	24 hours	West Kent & East Sussex	South East
Girvin	0131 225 2727	24 hours	Scotland	Scotland
Glanamman	01792 301 907	24 hours	Wales & Borders	Wales
Glasgow	0131 225 2727	24 hours	Scotland	Scotland
Glastonbury	01202 296 000	24 hours	Dorset & Somerset	South West
Glenrothes	0131 225 2727	24 hours	Scotland	Scotland
Gloucester	01452 418 515	24 hours	Severn	South Midlands
Glynneath	01792 301 907	24 hours	Wales & Borders	Wales
Godalming	01252 521 133	24 hours	Mid Surrey	South East
Godstone	01252 521 133	24 hours	Mid Surrey	South East
Golspie	0131 225 2727	24 hours	Scotland	Scotland
Goodmayes	0207 407 0700	10.00-22.00	East	London North
Goodwick	01792 301 907	24 hours	Wales & Borders	Wales
Goole	01142 701 984	24 hours	Yorkshire South	North East
Gordon	0131 225 2727	24 hours	Scotland	Scotland
Gorey	01534 726 681	8.00-22.00	Jersey	Chann'l Is's & IOW
Gorseinon	01792 301 907	24 hours	Wales & Borders	Wales
Gosport	02392 580 776	24 hours	Southdown	South East
Gourock	0131 225 2727	24 hours	Scotland	Scotland
Grangemouth	0131 225 2727	24 hours	Scotland	Scotland
Grange-over-Sands	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Grantham	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Grasmere	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Gravesend	01622 751 842	24 hours	West Kent & East Sussex	South East
Grays	01245 256 147	24 hours	Essex & North Thames	Eastern
Great Dunmow	01245 256 147	24 hours	Essex & North Thames	Eastern
Great Harwood	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Great Yarmouth	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Greatham	02392 580 776	24 hours	Southdown	South East
Greenford	0207 407 0700	10.00-22.00	South Middx.	London
Greenock	0131 225 2727	24 hours	Scotland	Scotland
Gretna	0131 225 2727	24 hours	Scotland	Scotland
Grimsby	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Grouville	01534 726 681	8.00-22.00	Jersey	Chann'l Is's & IOW
Guernsey	01481 713 480	8.00-22.30	Guernsey	Chann'l Is's & IOW
Guildford	01252 521 133	24 hours	Mid Surrey	South East
Hackbridge	0207 407 0700	10.00-22.00	CESIG	London South
Haddington	0131 225 2727	24 hours	Scotland	Scotland
Hailsham	01622 751 842	24 hours	West Kent & East Sussex	South East
Hainault	0207 407 0700	10.00-22.00	East	London North
Halesowen	0121 212 0111	10.00-22.00	Birmingham	Midlands
Halifax	01132 454 567	24 hours	Yorkshire North & West	North East
Halkirk	0131 225 2727	24 hours	Scotland	Scotland

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Ham	0207 407 0700	10.00-22.00	London	London North
Hamilton	0131 225 2727	24 hours	Scotland	Scotland
Hampton	0207 407 0700	10.00-22.00	South West (London)	London South
Hanworth	0207 407 0700	10.00-22.00	South Middx.	London North
Harefield	0207 407 0700	10.00-22.00	South Middx.	London North
Harlech	01792 301 907	24 hours	Wales & Borders	Wales
Harleston	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Harlington	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Harlow	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Haroldswood	01245 256 147	24 hours	Essex & North Thames	Eastern
Harpenden	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Harris	0131 225 2727	24 hours	Scotland	Scotland
Harrogate	01132 454 567	24 hours	Yorkshire North & West	North East
Harrow	0207 407 0700	10.00-22.00	North Middx.	London North
Harrow Weald	0207 407 0700	10.00-22.00	North Middx.	London North
Harthill	0131 225 2727	24 hours	Scotland	Scotland
Hartlepool	0191 521 4400	24 hours	Tyne/Tees	North East
Harwich	01473 212 224	24 hours	South East Anglia	Eastern
Haslemere	02392 580 776	24 hours	Southdown	South East
Haslingden	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Hassocks	01273 203 343	24 hours	Brighton & West Sussex	South East
Hastings	01622 751 842	24 hours	West Kent & East Sussex	South East
Hatch End	0207 407 0700	10.00-22.00	North Middx.	London North
Hatfield	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Hatfield (Yorks)	01142 701 984	24 hours	Yorkshire South	North East
Havant	02392 580 776	24 hours	Southdown	South East
Haverfordwest	01792 301 907	24 hours	Wales & Borders	Wales
Haverhill	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Hawes	01132 454 567	24 hours	Yorkshire North & West	North East
Hawick	0131 225 2727	24 hours	Scotland	Scotland
Hawkhurst	01622 751 842	24 hours	West Kent & East Sussex	South East
Hawkshead	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Hawley (Mid Surrey)	01252 521 133	24 hours	Mid Surrey	South East
Hawley (Kent)	01622 751 842	24 hours	West Kent & East Sussex	South East
Hayes	0207 407 0700	10.00-22.00	South Middx.	London North
Hayling Island	02392 580 776	24 hours	Southdown	South East
Hay-on-Wye	01792 301 907	24 hours	Wales & Borders	Wales
Haywards Heath	01273 203 343	24 hours	Brighton & West Sussex	South East
Hazel Grove	0161 839 2881	11.00-23.00	Manchester	North West
Heanor	01159 417 100	8.00-24.00	East Midlands	Midlands
Heathfield	01622 751 842	24 hours	West Kent & East Sussex	South East
Heathrow	0207 407 0700	10.00-22.00	South Middx.	London North
Helensburgh	0131 225 2727	24 hours	Scotland	Scotland
Helston	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Hemel Hempstead	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Henfield	01273 203 343	24 hours	Brighton & West Sussex	South East
Henley-on-Thames	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Hereford	01792 301 907	24 hours	Wales & Borders	Wales
Herne Bay	01227 455 557	24 hours	East Kent	South East
Hertford	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Heston	0207 407 0700	10.00-22.00	South West (London)	London South
Hexham	0191 521 4400	24 hours	Tyne/Tees	North East
Heysham	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Highbridge	01202 296 000	24 hours	Dorset & Somerset	South West
Highworth	01380 729 064	24 hours	Wiltshire	South Midlands

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
High Wycombe	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Hillingdon	0207 407 0700	10.00-22.00	North Middx.	London North
Hinckley	01159 417 100	8.00-24.00	East Midlands	Midlands
Hindhead	02392 580 776	24 hours	Southdown	South East
Hitchin	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Hoddesdon	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Holbeach	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Hollywell	01517 092 900	8.00-24.00	Liverpool	North West
Holyhead	01792 301 907	24 hours	Wales & Borders	Wales
Holytown	0131 225 2727	24 hours	Scotland	Scotland
Holywell	01792 301 907	24 hours	Wales & Borders	Wales
Honiton	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Horley	01273 203 343	24 hours	Brighton & West Sussex	South East
Hornby	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Horncastle	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Hornchurch	01245 256 147	24 hours	Essex & North Thames	Eastern
Hornsea	01482 830 083	8.00-23.00	Yorkshire East	North East
Horsham	01273 203 343	24 hours	Brighton & West Sussex	South East
Houghton le Spring	01915 334 434	8.00-22.00	Sunderland & District	North East
Hounslow	0207 407 0700	10.00-22.00	South West (London)	London South
Hove	01273 203 343	24 hours	Brighton & West Sussex	South East
Hucknall	01159 417 100	8.00-24.00	East Midlands	Midlands
Huddersfield	01132 454 567	24 hours	Yorkshire North & West	North East
Hull	01482 830 083	8.00-23.00	Yorkshire East	North East
Hungerford	01380 729 064	24 hours	Wiltshire	South Midlands
Hunmanby	01132 454 567	24 hours	Yorkshire North & West	North East
Hunstanton	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Huntingdon	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Huntly	0131 225 2727	24 hours	Scotland	Scotland
Hursley	02380 223 198	24 hours	Solent & North Down	South East
Hurst Green	01622 751 842	24 hours	West Kent & East Sussex	South East
Hythe	01227 455 557	24 hours	East Kent	South East
Ilchester	01202 296 000	24 hours	Dorset & Somerset	South West
Ilford	0207 407 0700	10.00-22.00	East	London North
Ilkeston	01159 417 100	8.00-24.00	East Midlands	Midlands
Ilkley	01132 454 567	24 hours	Yorkshire North & West	North East
Ilminster	01202 296 000	24 hours	Dorset & Somerset	South West
Insch	0131 225 2727	24 hours	Scotland	Scotland
Inverbervie	0131 225 2727	24 hours	Scotland	Scotland
Inverness	0131 225 2727	24 hours	Scotland	Scotland
Inverurie	0131 225 2727	24 hours	Scotland	Scotland
Ipswich	01473 212 224	24 hours	South East Anglia	Eastern
Irthlingborough	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Irvine	0131 225 2727	24 hours	Scotland	Scotland
Islay	0131 225 2727	24 hours	Scotland	Scotland
Isle of Man	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Isle of Wight	02392 580 776	24 hours	Southdown	South East
Isleworth	0207 407 0700	10.00-22.00	South Middx.	London North
Jedburgh	0131 225 2727	24 hours	Scotland	Scotland
Jersey	01534 726 681	8.00-22.00	Jersey	Chann'l Is's & IOW
Johnstone	0131 225 2727	24 hours	Scotland	Scotland
Keith	0131 225 2727	24 hours	Scotland	Scotland
Kelso	0131 225 2727	24 hours	Scotland	Scotland
Kendal	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Kenilworth	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Kenley	01252 521 133	24 hours	Mid Surrey	South East

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Kenton	0207 407 0700	10.00-22.00	North Middx.	London North
Keston	0207 407 0700	10.00-22.00	North Kent	London South
Keswick	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Kettering	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Kew	0207 407 0700	10.00-22.00	South West (London)	London South
Keynsham	01179 265 520	24 hours	Avon	South Midlands
Kidderminster	0121 212 0111	10.00-22.00	Birmingham	Midlands
Kidwelly	0131 225 2727	24 hours	Wales & Borders	Wales
Kilbirnie	0131 225 2727	24 hours	Scotland	Scotland
Kilbride	0131 225 2727	24 hours	Scotland	Scotland
Killwinning	0131 225 2727	24 hours	Scotland	Scotland
Kilmarnock	0131 225 2727	24 hours	Scotland	Scotland
Kilsyth	0131 225 2727	24 hours	Scotland	Scotland
Kimberley	01159 417 100	8.00-24.00	East Midlands	Midlands
Kincardine	0131 225 2727	24 hours	Scotland	Scotland
Kings Lynn	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Kingston	0207 407 0700	10.00-22.00	South West (London)	London South
Kingswood	01179 265 520	24 hours	Avon	South Midlands
Kingussie	0131 225 2727	24 hours	Scotland	Scotland
Kinross	0131 225 2727	24 hours	Scotland	Scotland
Kirkby-in-Ashfield	01159 417 100	8.00-24.00	East Midlands	Midlands
Kirkcaldy	0131 225 2727	24 hours	Scotland	Scotland
Kirkcudbright	0131 225 2727	24 hours	Scotland	Scotland
Kirkham	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Kirkintilloch	0131 225 2727	24 hours	Scotland	Scotland
Kirkwall	0131 225 2727	24 hours	Scotland	Scotland
Kirriemuir	0131 225 2727	24 hours	Scotland	Scotland
Knaresborough	01132 454 567	24 hours	Yorkshire North & West	North East
Knighton	01792 301 907	24 hours	Wales & Borders	Wales
Knowle	0121 212 0111	10.00-22.00	Birmingham	Midlands
Kylestrome	0131 225 2727	24 hours	Scotland	Scotland
Lairg	0131 225 2727	24 hours	Scotland	Scotland
Lampeter	01792 301 907	24 hours	Wales & Borders	Wales
Lanark	0131 225 2727	24 hours	Scotland	Scotland
Lancaster	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Lancing	01273 203 343	24 hours	Brighton & West Sussex	South East
Langport	01202 296 000	24 hours	Dorset & Somerset	South West
Larbert	0131 225 2727	24 hours	Scotland	Scotland
Largs	0131 225 2727	24 hours	Scotland	Scotland
Larkhall	0131 225 2727	24 hours	Scotland	Scotland
Laugharne	01792 301 907	24 hours	Wales & Borders	Wales
Launceston	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Leamington Spa	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Leatherhead	01252 521 133	24 hours	Mid Surrey	South East
Ledbury	01452 418 515	24 hours	Severn	South Midlands
Luton	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Leeds	01132 454 567	24 hours	Yorkshire North & West	North East
Leek	01782 266 366	8.00-22.00	Potteries	Midlands
Leicester	01159 417 100	8.00-24.00	East Midlands	Midlands
Leigh	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Leighton Buzzard	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Letchworth	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Lewes	01273 203 343	24 hours	Brighton & West Sussex	South East
Lewis	0131 225 2727	24 hours	Scotland	Scotland
Lichfield	01384 482 929	24 hours	Black Country	Midlands
Limpsfield	01252 521 133	24 hours	Mid Surrey	South East

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Lincoln	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Lindfield	01273 203 343	24 hours	Brighton & West Sussex	South East
Linlithgow	0131 225 2727	24 hours	Scotland	Scotland
Linwood	0131 225 2727	24 hours	Scotland	Scotland
Liphook	02392 580 776	24 hours	Southdown	South East
Liskeard	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Liss	02392 580 776	24 hours	Southdown	South East
Littlehampton	01273 203 343	24 hours	Brighton & West Sussex	South East
Litton	01202 296 000	24 hours	Dorset & Somerset	South West
Liverpool	0151 709 2900	8.00-24.00	Liverpool	North West
Livingston	0131 225 2727	24 hours	Scotland	Scotland
Llandeilo	01792 301 907	24 hours	Wales & Borders	Wales
Llandovery	01792 301 907	24 hours	Wales & Borders	Wales
Llandrindod Wells	01792 301 907	24 hours	Wales & Borders	Wales
Llandudno	01517 092 900	8.00-24.00	Liverpool	North West
Llandudno Junction	01792 301 907	24 hours	Wales & Borders	Wales
Llandysul	01792 301 907	24 hours	Wales & Borders	Wales
Llanelli	01792 301 907	24 hours	Wales & Borders	Wales
Llanfair Caereinion	01792 301 907	24 hours	Wales & Borders	Wales
Llanfairfechan	01792 301 907	24 hours	Wales & Borders	Wales
Llanfyllin	01792 301 907	24 hours	Wales & Borders	Wales
Llangefni	01792 301 907	24 hours	Wales & Borders	Wales
Llangollen	01792 301 907	24 hours	Wales & Borders	Wales
Llanidloes	01792 301 907	24 hours	Wales & Borders	Wales
Llanrwst	01792 301 907	24 hours	Wales & Borders	Wales
Llantrisant	01792 301 907	24 hours	Wales & Borders	Wales
Llantwit Major	01792 301 907	24 hours	Wales & Borders	Wales
Llanwrtyd Wells	01792 301 907	24 hours	Wales & Borders	Wales
Llanybydder	01792 301 907	24 hours	Wales & Borders	Wales
Lochcarron	0131 225 2727	24 hours	Scotland	Scotland
Lochwinnoch	0131 225 2727	24 hours	Scotland	Scotland
Lockerbie	0131 225 2727	24 hours	Scotland	Scotland
Locks Heath	02380 223 198	24 hours	Solent & North Down	South East
Long Ashton	01179 265 520	24 hours	Avon	South Midlands
Long Eaton	01159 417 100	8.00-24.00	East Midlands	Midlands
Lossiemouth	0131 225 2727	24 hours	Scotland	Scotland
Loughborough	01159 417 100	8.00-24.00	East Midlands	Midlands
Loughor	01792 301 907	24 hours	Wales & Borders	Wales
Loughton	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Louth	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Luton	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Lydney	01452 418 515	24 hours	Severn	South Midlands
Macclesfield	0161 839 2881	11.00-23.00	Manchester	North West
Machynlleth	01792 301 907	24 hours	Wales & Borders	Wales
Maesteg	01792 301 907	24 hours	Wales & Borders	Wales
Maidenhead	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Maidstone	01622 751 842	24 hours	West Kent & East Sussex	South East
Maldon	01245 256 147	24 hours	Essex & North Thames	Eastern
Mallaig	0131 225 2727	24 hours	Scotland	Scotland
Malmesbury	01380 729 064	24 hours	Wiltshire	South Midlands
Maltby	01142 701 984	24 hours	Yorkshire South	North East
Malton	01132 454 567	24 hours	Yorkshire North & West	North East
Malvern	01452 418 515	24 hours	Severn	South Midlands
Manchester	0161 839 2881	11.00-23.00	Manchester	North West
Mansfield	01159 417 100	8.00-24.00	East Midlands	Midlands
Maplethorpe	01472 362 058	10.00-22.00	Lincolnshire	Midlands

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
March	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Marchwood	02380 223 198	24 hours	Solent & North Down	South East
Margate	01227 455 557	24 hours	East Kent	South East
Market Deeping	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Market Harborough	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Market Rasen	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Market Weighton	01482 830 083	8.00-23.00	Yorkshire East	North East
Marlborough	01380 729 064	24 hours	Wiltshire	South Midlands
Martock	01202 296 000	24 hours	Dorset & Somerset	South West
Maryport	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Matlock	01159 417 100	8.00-24.00	East Midlands	Midlands
Matlow	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Maybole	0131 225 2727	24 hours	Scotland	Scotland
Melksham	01380 729 064	24 hours	Wiltshire	South Midlands
Melrose	0131 225 2727	24 hours	Scotland	Scotland
Melton Mowbray	01159 417 100	8.00-24.00	East Midlands	Midlands
Menai Bridge	01792 301 907	24 hours	Wales & Borders	Wales
Merstham	01252 521 133	24 hours	Mid Surrey	South East
Merthyr Tydfil	01792 301 907	24 hours	Wales & Borders	Wales
Mexborough	01142 701 984	24 hours	Yorkshire South	North East
Middlesbrough	0191 521 4400	24 hours	Tyne/Tees	North East
Middlesex	0207 407 0700	10.00-22.00	South Middx.	London
Middlewich	01517 092 900	8.00-24.00	Liverpool	North West
Midhurst	02392 580 776	24 hours	Southdown	South East
Mildenhall	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Milford Haven	01792 301 907	24 hours	Wales & Borders	Wales
Milford-on-Sea	02380 223 198	24 hours	Solent & North Down	South East
Millom	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Millport	0131 225 2727	24 hours	Scotland	Scotland
Milton Keynes	01865 242 373	24 hours	Oxford	South Midlands
Minehead	01202 296 000	24 hours	Dorset & Somerset	South West
Mirfield	01132 454 567	24 hours	Yorkshire North & West	North East
Mitcham	0207 407 0700	10.00-22.00	South	London South
Mold	01517 092 900	8.00-24.00	Liverpool	North West
Monmouth	01452 418 515	24 hours	Severn	South Midlands
Montgomery	01792 301 907	24 hours	Wales & Borders	Wales
Montrose	0131 225 2727	24 hours	Scotland	Scotland
Morden	0207 407 0700	10.00-22.00	CESIG	London South
Morley	01132 454 567	24 hours	Yorkshire North & West	North East
Morpeth	0191 521 4400	24 hours	Tyne/Tees	North East
Mosborough	01142 701 984	24 hours	Yorkshire South	North East
Mossat	0131 225 2727	24 hours	Scotland	Scotland
Mosstodloch	0131 225 2727	24 hours	Scotland	Scotland
Motherwell	0131 225 2727	24 hours	Scotland	Scotland
Mountain Ash	01792 301 907	24 hours	Wales & Borders	Wales
Muir of Ord	0131 225 2727	24 hours	Scotland	Scotland
Mull	0131 225 2727	24 hours	Scotland	Scotland
Musselburgh	0131 225 2727	24 hours	Scotland	Scotland
Nantwich	01782 266 366	8.00-22.00	Potteries	Midlands
Narberth	01792 301 907	24 hours	Wales & Borders	Wales
Neath	01792 301 907	24 hours	Wales & Borders	Wales
Nefyn	01792 301 907	24 hours	Wales & Borders	Wales
Ness	0131 225 2727	24 hours	Scotland	Scotland
New Malden	0207 407 0700	10.00-22.00	South West (London)	London South
New Milton	02380 223 198	24 hours	Solent & North Down	South East

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
New Quay	01792 301 907	24 hours	Wales & Borders	Wales
New Romney	01227 455 557	24 hours	East Kent	South East
Newark	01159 417 100	8.00-24.00	East Midlands	Midlands
Newarthill	0131 225 2727	24 hours	Scotland	Scotland
Newbridge	01792 301 907	24 hours	Wales & Borders	Wales
Newburgh	0131 225 2727	24 hours	Scotland	Scotland
Newbury	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Newcastle Emlyn	01792 301 907	24 hours	Wales & Borders	Wales
Newcastle-un.-Lyme	01782 266 366	8.00-22.00	Potteries	Midlands
Newcastle-up.-Tyne	0191 521 4400	24 hours	Tyne/Tees	North East
Newent	01452 418 515	24 hours	Severn	South Midlands
Newhaven	01273 203 343	24 hours	Brighton & West Sussex	South East
Newmarket	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Newmilns	0131 225 2727	24 hours	Scotland	Scotland
Newport (Gwent)	01792 301 907	24 hours	Wales & Borders	Wales
Newport (IoW)	02392 580 776	24 hours	Southdown	South East
Newport (Pem)	01792 301 907	24 hours	Wales & Borders	Wales
Newport (Shrop)	01792 301 907	24 hours	Wales & Borders	Wales
Newquay	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Newton Abbott	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Newton Aycliffe	0191 521 4400	24 hours	Tyne/Tees	North East
Newton Stewart	0131 225 2727	24 hours	Scotland	Scotland
Newton-le-Willows	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Newtown	01792 301 907	24 hours	Wales & Borders	Wales
Neyland	01792 301 907	24 hours	Wales & Borders	Wales
North Berwick	0131 225 2727	24 hours	Scotland	Scotland
North Shields	0191 521 4400	24 hours	Tyne/Tees	North East
North Uist	0131 225 2727	24 hours	Scotland	Scotland
Northallerton	01132 454 567	24 hours	Yorkshire North & West	North East
Northampton	01604 637 788	10.00-22.00	Northamptonshire	Midlands
Northern Ireland	02890 351 222	9.00-17.00	Northern Ireland	Ireland
Northfleet	01622 751 842	24 hours	West Kent & East Sussex	South East
Northolt	0207 407 0700	10.00-22.00	North Middx.	London North
Northwich	0161 839 2881	11.00-23.00	Manchester	North West
Northwood	0207 407 0700	10.00-22.00	North Middx.	London North
Norton	01132 454 567	24 hours	Yorkshire North & West	North East
Norwich	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Nottingham	01159 417 100	8.00-24.00	East Midlands	Midlands
Nuneaton	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Oakham	01159 417 100	8.00-24.00	East Midlands	Midlands
Oakhampton	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Oban	0131 225 2727	24 hours	Scotland	Scotland
Ockham	01252 521 133	24 hours	Mid Surrey	South East
Old Colwyn	01792 301 907	24 hours	Wales & Borders	Wales
Old Kilpatrick	0131 225 2727	24 hours	Scotland	Scotland
Oldham	0161 839 2881	11.00-23.00	Manchester	North West
Orkney Islands	0131 225 2727	24 hours	Scotland	Scotland
Ormskirk	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Orpington	0207 407 0700	10.00-22.00	North Kent	London South
Oswestry	01792 301 907	24 hours	Wales & Borders	Wales
Otley	01132 454 567	24 hours	Yorkshire North & West	North East
Oxford	01865 242 373	24 hours	Oxford	South Midlands
Oxshott	01252 521 133	24 hours	Mid Surrey	South East
Oxted	01883 330 720	24 hours	Mid Surrey	South East
Padstow	01752 791 111	8.30-22.00	Devon & Cornwall	South West

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Paignton	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Paisley	01412 219 027	24 hours	Glasgow	Glasgow
Peebles	0131 225 2727	24 hours	Scotland	Scotland
Pembroke	01792 301 907	24 hours	Wales & Borders	Wales
Pembroke Dock	01792 301 907	24 hours	Wales & Borders	Wales
Penarth	01792 301 907	24 hours	Wales & Borders	Wales
Pencoed	01792 301 907	24 hours	Wales & Borders	Wales
Penicuik	0131 225 2727	24 hours	Scotland	Scotland
Penistone	01142 701 984	24 hours	Yorkshire South	North East
Penmaenmawr	01792 301 907	24 hours	Wales & Borders	Wales
Penrith	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Penzance	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Perth	0131 225 2727	24 hours	Scotland	Scotland
Peterborough	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Peterhead	0131 225 2727	24 hours	Scotland	Scotland
Peterlee	0191 521 4400	24 hours	Tyne/Tees	North East
Petersfield	02392 580 776	24 hours	Southdown	South East
Petworth	02392 580 776	24 hours	Southdown	South East
Pewsey	01380 729 064	24 hours	Wiltshire	South Midlands
Pickering	01132 454 567	24 hours	Yorkshire North & West	North East
Pinner	0207 407 0700	10.00-22.00	North Middx.	London North
Pitlochry	0131 225 2727	24 hours	Scotland	Scotland
Plymouth	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Pocklington	01482 830 083	24 hours	Hull & East Riding of Yorkshire	North East
Polegate	01622 751 842	24 hours	West Kent & East Sussex	South East
Pontardawe	01792 301 907	24 hours	Wales & Borders	Wales
Pontardulais	01792 301 907	24 hours	Wales & Borders	Wales
Pontefract	01132 454 567	24 hours	Yorkshire North & West	North East
Pontypool	01792 301 907	24 hours	Wales & Borders	Wales
Pontypridd	01792 301 907	24 hours	Wales & Borders	Wales
Poole	01202 296 000	24 hours	Dorset & Somerset	South West
Porchester	02392 580 776	24 hours	Southdown	South East
Port Glasgow	0131 225 2727	24 hours	Scotland	Scotland
Port Seton	0131 225 2727	24 hours	Scotland	Scotland
Port Talbot	01792 301 907	24 hours	Wales & Borders	Wales
Porth	01792 301 907	24 hours	Wales & Borders	Wales
Porthcawl	01792 301 907	24 hours	Wales & Borders	Wales
Porthmadog	01792 301 907	24 hours	Wales & Borders	Wales
Portishead	01179 265 520	24 hours	Avon	South Midlands
Portobello	0131 225 2727	24 hours	Scotland	Scotland
Portree	0131 225 2727	24 hours	Scotland	Scotland
Portslade	01273 203 343	24 hours	Brighton & West Sussex	South East
Portsmouth	02392 580 776	24 hours	Southdown	South East
Potters Bar	0207 407 0700	10.00-22.00	North	London North
Poulton-le-Fylde	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Prestatyn	01792 301 907	24 hours	Wales & Borders	Wales
Presteigne	01792 301 907	24 hours	Wales & Borders	Wales
Preston	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Prestwick	0131 225 2727	24 hours	Scotland	Scotland
Princes Risborough	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Pudsey	01132 454 567	24 hours	Yorkshire North & West	North East
Pulborough	01273 203 343	24 hours	Brighton & West Sussex	South East
Purley	01252 521 133	24 hours	Mid Surrey	South East
Pwllheli	01792 301 907	24 hours	Wales & Borders	Wales
Radnor	01792 301 907	24 hours	Wales & Borders	Wales

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Radstock	01202 296 000	24 hours	Dorset & Somerset	South West
Rainham (Kent)	01622 751 842	24 hours	West Kent & East Sussex	South East
Rainham (Essex)	01245 256 147	24 hours	Essex & North Thames	Eastern
Ramsgate	01227 455 557	24 hours	East Kent	South East
Rawtenstall	0161 839 2881	11.00-23.00	Manchester	North West
Rayners Lane	0207 407 0700	10.00-22.00	North Middx.	London North
Reading	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Redcar	0191 521 4400	24 hours	Tyne/Tees	North East
Redditch	0121 212 0111	10.00-22.00	Birmingham	Midlands
Redhill	01252 521 133	24 hours	Mid Surrey	South East
Redruth	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Reigate	01883 330 720	24 hours	Mid Surrey	South East
Renfrew	0131 225 2727	24 hours	Scotland	Scotland
Renton	0131 225 2727	24 hours	Scotland	Scotland
Retford	01159 417 100	8.00-24.00	East Midlands	Midlands
Rhayadder	01792 301 907	24 hours	Wales & Borders	Wales
Rhyl	01517 092 900	8.00-24.00	Liverpool	North West
Rhymney	01792 301 907	24 hours	Wales & Borders	Wales
Richmond	0207 407 0700	10.00-22.00	South West	London South
Richmond (Yorks)	01132 454 567	24 hours	Yorkshire North & West	North East
Rickmansworth	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Ringwood	01202 296 000	24 hours	Dorset & Somerset	South West
Ripley	01159 417 100	8.00-24.00	East Midlands	Midlands
Ripon	01132 454 567	24 hours	Yorkshire North & West	North East
Risca	01792 301 907	24 hours	Wales & Borders	Wales
Robertsbridge	01622 751 842	24 hours	West Kent & East Sussex	South East
Rochdale	0161 839 2881	11.00-23.00	Manchester	North West
Rochester	01622 751 842	24 hours	West Kent & East Sussex	South East
Rochford	01245 256 147	24 hours	Essex & North Thames	Eastern
Romford	01245 256 147	24 hours	Essex & North Thames	Eastern
Romsey	02380 223 198	24 hours	Solent & North Down	South East
Ross-on-Wye	01792 301 907	24 hours	Wales & Borders	Wales
Rosyth	0131 225 2727	24 hours	Scotland	Scotland
Rothbury	0191 521 4400	24 hours	Tyne/Tees	North East
Rotherham	01142 701 984	24 hours	Yorkshire South	North East
Rothesay	0131 225 2727	24 hours	Scotland	Scotland
Rothwell	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Rottingdean	01273 203 343	24 hours	Brighton & West Sussex	South East
Royston	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Rugby	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Rugeley	01782 266 366	8.00-22.00	Potteries	Midlands
Ruislip	0207 407 0700	10.00-22.00	North Middx.	London North
Rushden	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Rustington	01273 203 343	24 hours	Brighton & West Sussex	South East
Ruthin	01517 092 900	8.00-24.00	Liverpool	North West
Ryde (IoW)	02392 580 776	24 hours	Southdown	South East
Rye	01622 751 842	24 hours	West Kent & East Sussex	South East
Saffron Walden	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Salcombe	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Salisbury	01380 729 064	24 hours	Wiltshire	South Midlands
Saltcoats	0131 225 2727	24 hours	Scotland	Scotland
Sanderstead	01883 330 720	24 hours	Mid Surrey	South East
Sandwich	01227 455 557	24 hours	East Kent	South East
Saxmundham	01473 212 224	24 hours	South East Anglia	Eastern
Scarborough	01132 454 567	24 hours	Yorkshire North & West	North East
Scunthorpe	01472 362 058	10.00-22.00	Lincolnshire	Midlands

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Seaford	01622 751 842	24 hours	West Kent & East Sussex	South East
Seaton	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Selby	01132 454 567	24 hours	Yorkshire North & West	North East
Selkirk	0131 225 2727	24 hours	Scotland	Scotland
Selsdon	01252 521 133	24 hours	Mid Surrey	South East
Sevenoaks	01622 751 842	24 hours	West Kent & East Sussex	South East
Shaftesbury	01202 296 000	24 hours	Dorset & Somerset	South West
Shanklin (IoW)	02392 580 776	24 hours	Southdown	South East
Sheerness	01622 751 842	24 hours	West Kent & East Sussex	South East
Sheffield	01142 701 984	24 hours	Yorkshire South	North East
Shelford	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Sheildaig	0131 225 2727	24 hours	Scotland	Scotland
Shenfield	01245 256 147	24 hours	Essex & North Thames	Eastern
Shepperton	01252 521 133	24 hours	Mid-Surrey	South East
Shepton Mallet	01202 296 000	24 hours	Dorset & Somerset	South West
Sherbourne	01202 296 000	24 hours	Dorset & Somerset	South West
Shetland Islands	0131 225 2727	24 hours	Scotland	Scotland
Shildon	0191 521 4400	24 hours	Tyne/Tees	North East
Shoreham-by-Sea	01273 203 343	24 hours	Brighton & West Sussex	South East
Shottery	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Shotton	01792 301 907	24 hours	Wales & Borders	Wales
Shotts	0131 225 2727	24 hours	Scotland	Scotland
Shrewsbury	01792 301 907	24 hours	Wales & Borders	Wales
Sidcup	0207 407 0700	10.00-22.00	North Kent	London South
Sidmouth	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Silloth	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Sittingbourne	01622 751 842	24 hours	West Kent & East Sussex	South East
Skegness	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Skelmersdale	0151 709 2900	8.00-23.00	Liverpool	North West
Skipton	01132 454 567	24 hours	Yorkshire North & West	North East
Skye	0131 225 2727	24 hours	Scotland	Scotland
Sleaford	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Slough	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Solihull	0121 212 0111	10.00-22.00	Birmingham	Midlands
Sommerton	01202 296 000	24 hours	Dorset & Somerset	South West
South Cave	01482 830 083	8.00-23.00	Yorkshire East	North East
South Petherton	01202 296 000	24 hours	Dorset & Somerset	South West
South Queensferry	0131 225 2727	24 hours	Scotland	Scotland
South Ruislip	0207 407 0700	10.00-22.00	North Middlesex	London North
South Shields	0191 521 4400	24 hours	Tyne/Tees	North East
South Uist	0131 225 2727	24 hours	Scotland	Scotland
Southall	0207 407 0700	10.00-22.00	South Middx.	London North
Southampton	02380 223 198	24 hours	Solent & North Down	South East
Southend	01245 256 147	24 hours	Essex & North Thames	Eastern
Southport	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Southsea	02392 580 776	24 hours	Southdown	South East
Southwell	01159 417 100	8.00-24.00	East Midlands	Midlands
Southwold	01473 212 224	24 hours	South East Anglia	Eastern
Spalding	01472 362 058	10.00-22.00	Lincolnshire	Midlands
St Albans	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
St Andrews	0131 225 2727	24 hours	Scotland	Scotland
St Asaph	01792 301 907	24 hours	Wales & Borders	Wales
St Austell	01752 791 111	8.30-22.00	Devon & Cornwall	South West
St Bees	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
St Brelades	01534 726 681	8.00-22.00	Jersey	Chann'I Is's & IOW

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
St Clears	01792 301 907	24 hours	Wales & Borders	Wales
St Davids	01792 301 907	24 hours	Wales & Borders	Wales
St Helens	01517 092 900	8.00-24.00	Liverpool	North West
St Helier	01534 726 681	8.00-22.00	Jersey	Chann'I Is's & IOW
St Ives (Cambridge)	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
St Ives (Cornwall)	01752 791 111	8.30-22.00	Devon & Cornwall	South West
St Leonards	01622 751 842	24 hours	West Kent & East Sussex	South East
St Peter Port	01481 713 480	8.00-22.30	Guernsey	Chann'I Is's & IOW
St Peter's	01534 726 681	8.00-22.00	Jersey	Chann'I Is's & IOW
St Saviour	01534 726 681	8.00-22.00	Jersey	Chann'I Is's & IOW
St Weonards	01792 301 907	24 hours	Wales & Borders	Wales
Stafford	01782 266 366	8.00-22.00	Potteries	Midlands
Staines	01252 521 133	24 hours	Mid Surrey	South East
Stalbridge	01202 296 000	24 hours	Dorset & Somerset	South West
Stalybridge	0161 839 2881	11.00-23.00	Manchester	North West
Stamford	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Stanley	0191 521 4400	24 hours	Tyne/Tees	North East
Stanmore	0207 407 0700	10.00-22.00	North Middx.	London North
Staveley	01142 701 984	24 hours	Yorkshire South	North East
Stenhousemuir	0131 225 2727	24 hours	Scotland	Scotland
Stenning	01273 203 343	24 hours	Brighton & West Sussex	South East
Stevenage	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Stevenston	0131 225 2727	24 hours	Scotland	Scotland
Stewarton	0131 225 2727	24 hours	Scotland	Scotland
Stirling	0131 225 2727	24 hours	Scotland	Scotland
Stockport	0161 839 2881	11.00-23.00	Manchester	North West
Stockton-on-Tees	0191 521 4400	24 hours	Tyne/Tees	North East
Stoke-on-Trent	01782 266 366	8.00-22.00	Potteries	Midlands
Stonehaven	0131 225 2727	24 hours	Scotland	Scotland
Stonehouse, Glos	01452 418 516	24 hours	Severn	South Midlands
Stornoway	0131 225 2727	24 hours	Scotland	Scotland
Storrington	01273 203 343	24 hours	Brighton & West Sussex	South East
Stourbridge	01384 482 929	24 hours	Black Country	Midlands
Stourport	0121 212 0111	10.00-22.00	Birmingham	Midlands
Stowmarket	01473 212 224	24 hours	South East Anglia	Eastern
Stranraer	0131 225 2727	24 hours	Scotland	Scotland
Stratford-upon-Avon	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Strathaven	0131 225 2727	24 hours	Scotland	Scotland
Strathpeffer	0131 225 2727	24 hours	Scotland	Scotland
Street	01202 296 000	24 hours	Dorset & Somerset	South West
Strood	01622 751 842	24 hours	West Kent & East Sussex	South East
Stroud	01452 418 515	24 hours	Severn	South Midlands
Sudbury	01473 212 224	24 hours	South East Anglia	Eastern
Sunbury	01252 521 133	24 hours	Mid Surrey	South East
Sunderland	01915 334 434	8.00-22.00	Sunderland & District	North East
Sunningdale	01252 521 133	24 hours	Mid Surrey	South East
Surbiton	0207 407 0700	10.00-22.00	South West (London)	London South
Sutton	0207 407 0700	10.00-22.00	CESIG	London South
Sutton Coldfield	0121 212 0111	10.00-22.00	Birmingham	Midlands
Sutton-in-Ashfield	01159 417 100	8.00-24.00	East Midlands	Midlands
Swaffham	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Swanage	01202 296 000	24 hours	Dorset & Somerset	South West
Swanley	0207 407 0700	10.00-22.00	North Kent	London South
Swansea	01792 301 907	24 hours	Wales & Borders	Wales
Swindon	01380 729 064	24 hours	Wiltshire	South Midlands

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Swinton	0131 225 2727	24 hours	Scotland	Scotland
Tadcaster	01132 454 567	24 hours	Yorkshire North & West	North East
Tadworth	0207 407 0700	10.00-22.00	CESIG	London South
Tain	0131 225 2727	24 hours	Scotland	Scotland
Talgarth	01792 301 907	24 hours	Wales & Borders	Wales
Tamworth	0121 212 0111	10.00-22.00	Birmingham	Midlands
Tarbert	0131 225 2727	24 hours	Scotland	Scotland
Taunton	01202 296 000	24 hours	Dorset & Somerset	South West
Teddington	0207 407 0700	10.00-22.00	South West (London)	London South
Telford	01792 301 907	24 hours	Wales & Borders	Wales
Templeton	01792 301 907	24 hours	Wales & Borders	Wales
Tenby	01792 301 907	24 hours	Wales & Borders	Wales
Tenterden	01227 455 557	24 hours	East Kent	South East
Tewksbury	01452 418 515	24 hours	Severn	South Midlands
Thame	01865 242 373	24 hours	Oxford	South Midlands
Thames Ditton	0207 407 0700	10.00-22.00	South West (London)	London South
Thatcham	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Thetford	01603 621 128	24 hours	NE Anglia & Fenland	Eastern
Thornbury	01179 265 520	24 hours	Avon	South Midlands
Thorne	01142 701 984	24 hours	Yorkshire South	North East
Thornhill	0131 225 2727	24 hours	Scotland	Scotland
Thornton Heath	0207 407 0700	10.00-22.00	South	London South
Thurso	0131 225 2727	24 hours	Scotland	Scotland
Ticehurst	01622 751 842	24 hours	West Kent & East Sussex	South East
Tiptree	01245 256 147	24 hours	Essex & North Thames	Eastern
Tiree	0131 225 2727	24 hours	Scotland	Scotland
Titchfield	02392 580 776	24 hours	Southdown	South East
Tiverton	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Toddington	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Tolworth	0207 407 0700	10.00-22.00	South West (London)	London South
Tonbridge	01622 751 842	24 hours	West Kent & East Sussex	South East
Tondu	01792 301 907	24 hours	Wales & Borders	Wales
Tonypanyd	01792 301 907	24 hours	Wales & Borders	Wales
Torquay	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Totnes	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Totton	02380 223 198	24 hours	Solent & North Down	South East
Towcester	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Towyn (Conwy)	01792 301 907	24 hours	Wales & Borders	Wales
Tranent	0131 225 2727	24 hours	Scotland	Scotland
Tredegar	01792 301 907	24 hours	Wales & Borders	Wales
Tregaron	01792 301 907	24 hours	Wales & Borders	Wales
Treharris	01792 301 907	24 hours	Wales & Borders	Wales
Troon	0131 225 2727	24 hours	Scotland	Scotland
Trowbridge	01380 729 064	24 hours	Wiltshire	South Midlands
Truro	01752 791 111	8.30-22.00	Devon & Cornwall	South West
Tullibody	0131 225 2727	24 hours	Scotland	Scotland
Tunbridge Wells	01622 751 842	24 hours	West Kent & East Sussex	South East
Twickenham	0207 407 0700	10.00-22.00	South West (London)	London South
Tymyn (Gwynedd)	01792 301 907	24 hours	Wales & Borders	Wales
Tynemouth	0191 521 4400	24 hours	Tyne/Tees	North East
Uckfield	01622 751 842	24 hours	West Kent & East Sussex	South East
Uddingston	0131 225 2727	24 hours	Scotland	Scotland
Ullapool	0131 225 2727	24 hours	Scotland	Scotland
Ulverston	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Upminster	01245 256 147	24 hours	Essex & North Thames	Eastern

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Uppingham	01159 417 100	8.00-24.00	East Midlands	Midlands
Usk	01792 301 907	24 hours	Wales & Borders	Wales
Uttoxeter	01159 417 100	8.00-24.00	East Midlands	Midlands
Uxbridge	0207 407 0700	10.00-22.00	South Middx.	London North
Ventnor (IoW)	02392 580 776	24 hours	Southdown	South East
Viewpark	0131 225 2727	24 hours	Scotland	Scotland
Virginia Water	01252 521 133	24 hours	Mid Surrey	South East
Waddon	0207 407 0700	10.00-22.00	CESIG	London South
Wadhurst	01622 751 842	24 hours	West Kent & East Sussex	South East
Wakefield	01132 454 567	24 hours	Yorkshire North & West	North East
Wallasey	01517 092 900	8.00-24.00	Liverpool	North West
Wallington	0207 407 0700	10.00-22.00	CESIG	London South
Wallsend	0191 521 4400	24 hours	Tyne/Tees	North East
Walsall	01384 482 929	24 hours	Black Country	Midlands
Waltham Abbey	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Waltham Cross	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Walton-on-Thames	01252 521 133	24 hours	Mid Surrey	South East
Wareham	01202 296 000	24 hours	Dorset & Somerset	South West
Warlingham	01252 521 133	24 hours	Mid Surrey	South East
Warminster	01380 729 064	24 hours	Wiltshire	South Midlands
Warrington	01517 092 900	8.00-24.00	Liverpool	North West
Warwick	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands
Washington	01915 334 434	8.00-22.00	Sunderland & District	North East
Watchet	01179 265 520	24 hours	Avon	South Midlands
Waterlooville	02392 580 776	24 hours	Southdown	South East
Watford	01923 211 122	24 hours	Lea Valley, East Herts & West Essex	Eastern
Welling	0207 407 0700	10.00-22.00	North Kent	London South
Wellingborough	01604 637 788	7.00-22.00	Northamptonshire	Midlands
Wellington	01179 265 520	24 hours	Avon	South Midlands
Wells	01202 296 000	24 hours	Dorset & Somerset	South West
Welshpool	01792 301 907	24 hours	Wales & Borders	Wales
Welwyn	01438 747 475	24 hours	Herts N. & Beds S.	Eastern
Wembley	0207 407 0700	10.00-22.00	North Middx.	London North
West Bromwich	0121 212 0111	10.00-22.00	Birmingham	Midlands
West Byfleet	01252 521 133	24 hours	Mid Surrey	South East
West Dalry	0131 225 2727	24 hours	Scotland	Scotland
West Drayton	0207 407 0700	10.00-22.00	South Middx.	London North
West Linton	0131 225 2727	24 hours	Scotland	Scotland
West Molesey	0207 407 0700	10.00-22.00	South West (London)	London South
West Wickham	0207 407 0700	10.00-22.00	North Kent	London South
Westbury	01380 729 064	24 hours	Wiltshire	South Midlands
Westerham	01252 521 133	24 hours	Mid Surrey	South East
Weston-Super-Mare	01202 296 000	24 hours	Dorset & Somerset	South West
Wetherby	01132 454 567	24 hours	Yorkshire North & West	North East
Weybridge	01252 521 133	24 hours	Mid Surrey	South East
Weymouth	01202 296 000	24 hours	Dorset & Somerset	South West
Whaley Bridge	0161 839 2881	11.00-23.00	Manchester	North West
Whaplode	01472 362 058	10.00-22.00	Lincolnshire	Midlands
Whitburn	0131 225 2727	24 hours	Scotland	Scotland
Whitby	01132 454 567	24 hours	Yorkshire North & West	North East
Whitchurch	01782 266 366	8.00-22.00	Potteries	Midlands
Whitehaven	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Whitehill	02392 580 776	24 hours	Southdown	South East
Whitland	01792 301 907	24 hours	Wales & Borders	Wales
Whitley Bay	0191 521 4400	24 hours	Tyne/Tees	North East

<b>Town</b>	<b>Number</b>	<b>Hours</b>	<b>Intergroup</b>	<b>Region</b>
Whitstable	01227 455 557	24 hours	East Kent	South East
Wick	0131 225 2727	24 hours	Scotland	Scotland
Wickford	01245 256 147	24 hours	Essex & North Thames	Eastern
Wigan	0161 839 2881	11.00-23.00	Manchester	North West
Wigston	01159 417 100	8.00-24.00	East Midlands	Midlands
Willenhall	01384 482 929	24 hours	Black Country	Midlands
Williton	01202 296 000	24 hours	Dorset & Somerset	South West
Wilmslow	0161 839 2881	11.00-23.00	Manchester	North West
Wincanton	01202 296 000	24 hours	Dorset & Somerset	South West
Winchelsea	01622 751 842	24 hours	West Kent & East Sussex	South East
Winchester	02380 223 198	24 hours	Solent & North Down	South East
Windermere	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Windsor (Berks)	01628 530 055	24 hours	Chiltern & Thames	South Midlands
Windsor (Berks)	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Winsford	01517 092 900	8.00-24.00	Liverpool	North West
Wishaw	0131 225 2727	24 hours	Scotland	Scotland
Witham	01245 256 147	24 hours	Essex & North Thames	Eastern
Withernsea	01482 830 083	8.00-23.00	Yorkshire East	North East
Witney	01865 242 373	24 hours	Oxford	South Midlands
Woking	01252 521 133	24 hours	Mid Surrey	South East
Wokingham	01189 597 494	7.00-22.00	Thames Valley	South Midlands
Wolsingham	0191 521 4400	24 hours	Tyne/Tees	North East
Wolverhampton	01384 482 929	24 hours	Black Country	Midlands
Wonersh	01252 521 133	24 hours	Mid Surrey	South East
Woodbridge	01473 212 224	24 hours	South East Anglia	Eastern
Woodford Green	0207 407 0700	10.00-22.00	East	London North
Wotton-under-Edge	01452 418 515	24 hours	Severn	South Midlands
Wootton Bassett	01380 729 064	24 hours	Wiltshire	South Midlands
Worcester	01452 418 515	24 hours	Severn	South Midlands
Worcester Park	0207 407 0700	10.00-22.00	CESIG	London South
Workington	01253 792 632	8.00-23.00	NW Lancs, Cumbria & Blackpool	North West
Worksop	01159 417 100	8.00-24.00	East Midlands	Midlands
Worle	01202 296 000	24 hours	Dorset & Somerset	South West
Worthing	01273 203 343	24 hours	Brighton & West Sussex	South East
Wrexham	01517 092 900	8.00-24.00	Liverpool	North West
Wroughton	01380 729 064	24 hours	Wiltshire	South Midlands
Wythall	0121 212 0111	10.00-22.00	Birmingham	Midlands
Yarm	0191 521 4400	24 hours	Tyne/Tees	North East
Yarmouth (IoW)	02392 580 776	24 hours	Southdown	South East
Yate	01179 265 520	24 hours	Avon	South Midlands
Yatton	01179 265 520	24 hours	Avon	South Midlands
Yeading	0207 407 0700	10.00-22.00	South Middx.	London North
Yeovil	01202 296 000	24 hours	Dorset & Somerset	South West
York	01132 454 567	24 hours	Yorkshire North & West	North East
Yoxall	01159 417 100	8.00-24.00	East Midlands	Midlands
Ystrad Mynach	01792 301 907	24 hours	Wales & Borders	Wales
Ystradgynlais	01792 301 907	24 hours	Wales & Borders	Wales