

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, N Beds. & S Beds **01438 747 475** (24 Hrs.)
E Herts/W Essex & Lea Valley **01923 211 122** (24 Hrs.)
NE Anglia & Fenland **01603 621 128** (24 Hrs.)
South East Anglia **01473 212 224** (24 Hrs.)
Milton Keynes **01908 382 509** (08.00-23.00)

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)
Derbyshire **01332 492 421** (08.00-24.00)
Lincolnshire **01472 362 058** (10.00-22.00)
Northamptonshire **01604 637 788** (10.00-22.00)
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.)
Yorkshire East **01482 830 083** (09.00-22.00)
Yorkshire North/West **01132 454 567** (08.00-24.00)
Yorkshire South **01142 701 984** (24 Hrs.)

NORTH WEST REGION *(Combined Service)*

Liverpool **0151 709 2900** (08.00-22.00)
Manchester **0161 839 2881** (08.00-22.00)
NW Lancs/Cumbria/Blackpool **01253 792 632** (08.00-22.00)

SOUTH EAST REGION

Brighton & West Sussex **01273 203 343** (11.00-23.00)
East Kent **01227 455 557** (08.30-22.30)
Mid Surrey **01252 521 133** (08.30-22.30)
Solent & Northdown **02380 223 198** (24 Hrs.)
Southdown **02392 580 776** (24 Hrs.)
West Kent & East Sussex **01622 751 842** (24 Hrs.)

SOUTH WEST REGION & CHANNEL ISLANDS

Devon & Cornwall **01752 791 111** (08.30-22.00)
Dorset & Somerset **01202 296 000** (24 Hrs.)
Guernsey **07781 151 682** (08.00-22.00)
Jersey **01534 726 681** (09.00-21.00)

SOUTH MIDLANDS REGION

Bristol & District **01179 265 520** (24 Hrs.)
Chiltern & Thames **01628 530 055** (07.00-22.00)
South Midlands **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 **0131 225 2727** (24 Hrs.) All Areas

WALES

Wales & Borders **01792 301 907** (24 Hrs.)
North East Wales **0151 709 2900** (08.00-22.00)

IOM

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 (and All Areas) **028 903 51222**
(09:00-17:30 Mon- Sun)

ÉIRE

Dublin (and All Areas) **+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)

Town	Number	Hours	Intergroup	Region	Helpline
Aberavon	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Aberbargoed	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Abercarn	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Aberdare	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Aberdeen	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Aberfeldy	0131 225 2727	24 hours	Dundee & Area	East of Scotland	Scotland
Abergavenny	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Abergele	0151 709 2900	8.00-22.00	North East Wales	North West	Liverpool
Aberlour	0131 225 2727	24 hours	Moray & District	Highlands & Islands	Scotland
Abertillery	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Aberystwyth	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Abingdon	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Aboyne	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Accrington	0161 839 2881	08.00-22.00	East Lancs.	North West	Manchester
Acharacle	0131 225 2727	24 hours	Lochaber	Highlands & Islands	Scotland
Addington	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Airdrie	0131 225 2727	24 hours	Monklands	Glasgow	Scotland
Alcester	02476 612 211	14.30-22.30	Coventry & Warwick	Midlands	Coventry & Warwick
Aldershot	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Aldridge	01384 482 929	24 hours	Black Country	Midlands	Black Country
Alexandria (Scot)	0131 225 2727	24 hours	Dumbarton	Highlands & Islands	Scotland
Alfreton	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Alloa	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Alness	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Alnwick	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Alperton	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Alston	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Alton	02380 223 198	24 hours	Northdown	South East	Solent & Northdown
Altrincham	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Alva	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Amble	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Ambleside	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Amersham	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Amlwch	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Ammanford	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Ampthill	01438 747 475	24 hours	South Bedfordshire	Eastern	N Herts, N Beds. & S Beds
Andover	02380 223 198	24 hours	Northdown	South East	Solent & Northdown
Anglesey	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Annan	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Appleby	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Arbroath	0131 225 2727	24 hours	Angus & District	East of Scotland	Scotland
Ardgay	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Ardrishaig	0131 225 2727	24 hours	Argyll	Highlands & Islands	Scotland
Ardrossan	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Arisaig	0131 225 2727	24 hours	Lochaber	Highlands & Islands	Scotland
Armadale	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Arran	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Arundel	02392 580 776	24 hours	Southdown	South East	Southdown
Ascot	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Ashbourne	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Ashburton	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Ashby-de-la-Zouch	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Ashford (Kent)	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Ashford (Middx)	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Ashington	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Ashtead	0207 407 0700	10.00-22.00	CESIG London	London South	London
Ashton-in-Makerfield	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Ashton-Under-Lyne	0161 839 2881	08.00-22.00	Manchester	North West	Manchester

Town	Number	Hours	Intergroup	Region	Helpline
Ashurst	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Atherstone	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Auchterarder	0131 225 2727	24 hours	Perth & Kinross	East of Scotland	Scotland
Avebury	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Aviemore	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Axminster	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Aylesbury	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Ayr	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Bacup	0161 839 2881	08.00-22.00	East Lancs.	North West	Manchester
Bagshot	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Bakewell	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Bala	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Baldock	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Ballachulish	0131 225 2727	24 hours	Lochaber	Highlands & Islands	Scotland
Balmoral	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Banbury	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Banchory	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Banff	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Bangor	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Bannockburn	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Banstead	0207 407 0700	10.00-22.00	CESIG London	London South	London
Bargeddie	0131 225 2727	24 hours	Monklands	Glasgow	Scotland
Bargoed	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Barking	0207 407 0700	10.00-22.00	London East	London North	London
Barmouth	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Barnard Castle	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Barnet	0207 407 0700	10.00-22.00	London North	London North	London
Barnsley	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Barnstaple	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Barra	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Barrhead	0131 225 2727	24 hours	Paisley & District	Glasgow	Scotland
Barrow-in-Furness	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Barry	01792 301 907	24 hours	Cardiff & District	Wales & Borders	Wales & Borders
Basildon	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Basingstoke	02380 223 198	24 hours	Northdown	South East	Solent & Northdown
Bath	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Bathgate	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Batley	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Battle	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
Bayhead	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Beaconsfield	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Bearsted	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Beaufort	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Beaulieu	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Beaumaris	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Beckenham	0207 407 0700	10.00-22.00	North Kent	London South	London
Bedford	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Bedlington	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Bedworth	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Bellingham	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Bellshill	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Belper	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Belvedere	0207 407 0700	10.00-22.00	North Kent	London South	London
Benbecula	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Bentley	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Berkhamstead	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
Berneray	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Berwick-on-Tweed	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland

Town	Number	Hours	Intergroup	Region	Helpline
Betchworth	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Bethesda	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Beverley	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Bexhill	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
Bexley	0207 407 0700	10.00-22.00	North Kent	London South	London
Bexleyheath	0207 407 0700	10.00-22.00	North Kent	London South	London
Bicester	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Bideford	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Biggar	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Biggin Hill	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Biggleswade	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Billericay	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Billingshurst	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Bingham	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Birchington	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Birkenhead	0151 709 2900	08.00-22.00	Wirral	North West	Liverpool
Birmingham	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Birstall	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Bishop Auckland	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Bishop's Waltham	02392 580 776	24 hours	Southdown	South East	Southdown
Bishops Cleeve	01452 418 515	24 hours	Severn	South Midlands	Severn
Bishops Stortford	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Black Isle	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Blackburn	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Blackburn (Scot)	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Blackpool	01253 792 632	08.00-22.00	Blackpool, Fylde & Wyre	North West	NW Lancs/Cumbria/Blackpool
Blackwood	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Blaenau Ffestiniog	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Blaenavon	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Blagdon	01202 296 000	24 Hours	Somerset	South West	Dorset & Somerset
Blaina	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Blairgowrie	0131 225 2727	24 hours	Dundee & Area	East of Scotland	Scotland
Blandford Forum	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Blantyre	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Bleadon	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Bletchingley	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Blyth	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Blyth Bridge	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Bo'ness	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Boat of Garten	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Bodmin	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Bognor Regis	02392 580 776	24 hours	Southdown	South East	Southdown
Bolton	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Bonhill	0131 225 2727	24 hours	Dumbarton	Highlands & Islands	Scotland
Bonnybridge	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Bonnyrigg	0131 225 2727	24 hours	Edinburgh & Midlothian	Scotia	Scotland
Bordon	02392 580 776	24 hours	Southdown	South East	Southdown
Borehamwood	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
Boston	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Boston Spa	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Bothwell	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Bottesford	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Bourne	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Bournemouth	01202 296 000	24 hours	Bournemouth & District	South West	Dorset & Somerset
Bovey Tracey	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Bowness-on-W'mere	01253 792 632	08.00-22.00	Cumbria	North West	NW Lancs/Cumbria/Blackpool
Brackley	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Bracknell	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley

Town	Number	Hours	Intergroup	Region	Helpline
Bradford	01132 454 567	8.00-24.00	West Yorkshire	North East	Yorkshire North/West
Bradford-on-Avon	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Braemar	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Bragar	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Braintree	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Bramhall	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Brampton	02476 612 211	14.30-22.30	North West	North West	NW Lancs/Cumbria/Blackpool
Brechin	0131 225 2727	24 hours	Angus & District	East of Scotland	Scotland
Brecon	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Brentford	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Brentwood	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Bridge of Allan	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Bridge of Weir	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Bridgend	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Bridgnorth	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Bridgwater	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Bridlington	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Bridport	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Brighton	01273 203 343	11.00-23.00	Brighton	South East	Brighton & W. Sussex
Bristol	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Briton Ferry	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Brixham	01752 791 111	08.30-22.00	Devon & Cornwall	South West	Devon & Cornwall
Broadford	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Broadstairs	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Bromley	0207 407 0700	10.00-22.00	North Kent	London South	London
Bromsgrove	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Bromyard	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Brookland	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Broxbourne	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Broxburn	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Bruton	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Brynmawr	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Buckhurst Hill	0207 407 0700	10.00-22.00	London East	London North	London
Buckie	0131 225 2727	24 hours	Moray & District	Highlands & Islands	Scotland
Buckingham	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Buckley	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Bude	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Bulith Wells	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Bungay	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Buntingford	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Burgess Hill	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Burlesdon	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Burnham-on-Sea	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Burnley	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Burnt Oak	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Burntisland	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Burry Port	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Burton-on-Trent	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Bury	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Bury St Edmunds	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Bute	0131 225 2727	24 hours	Inverclyde	Highlands & Islands	Scotland
Buxton	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Byfleet	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Caerleon	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Caerleon	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Caernarfon	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Caerphilly	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders

Town	Number	Hours	Intergroup	Region	Helpline
Caerwys	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Caithness	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Caldicot	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Callander	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Calne	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Camberley	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Camborne	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Cambridge	01603 621 128	24 hours	Fenland	Eastern	NE Anglia & Fenland
Camelon (Falkirk)	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Campbeltown	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Cannock	01384 482 929	24 hours	Black Country	Midlands	Black Country
Canterbury	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Canvey Island	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Capel le Ferne	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Cardiff	01792 301 907	24 hours	Cardiff & District	Wales & Borders	Wales & Borders
Cardigan	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Carfin	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Carlisle	01253 792 632	08.00-22.00	Cumbria	North West	NW Lancs/Cumbria/Blackpool
Carluke	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Carmarthen	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Carnforth	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Carnoustie	0131 225 2727	24 hours	Angus & District	East of Scotland	Scotland
Carshalton	0207 407 0700	10.00-22.00	CESIG London	London South	London
Cartmel	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Castel	07781 151 682	08.00-22.30	Guernsey	South West	Guernsey
Castle Coombe	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Castleford	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Caterham	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Chandler's Ford	02380 223 198	24 hours	Northdown	South East	Solent & Northdown
Chapelton	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Chard	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Chatham	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Cheadle (Staffs)	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Cheam	0207 407 0700	10.00-22.00	CESIG London	London South	London
Cheddar	01202 296 000	24 hours.	Somerset	South West	Dorset & Somerset
Chelmsford	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Cheltenham	01452 418 515	24 hours	Severn	South Midlands	Severn
Chepstow	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Cheriton	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Chertsey	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Chesham	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Cheshunt	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Chessington	0207 407 0700	10.00-22.00	London South West	London South	London
Chester	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Chester-Le-Street	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Chesterfield	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Chichester	02392 580 776	24 hours	Southdown	South East	Southdown
Chigwell	0207 407 0700	10.00-22.00	London East	London North	London
Chippenham	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Chipping Norton	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Chipping Sodbury	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Chirk	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Chislehurst	0207 407 0700	10.00-22.00	North Kent	London South	London
Chorley	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Christchurch	01202 296 000	24 hours	Bournemouth & District	South West	Dorset & Somerset
Cilgerran	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Cinderford	01452 418 515	24 hours	Severn	South Midlands	Severn
Cirencester	01452 418 515	24 hours	Severn	South Midlands	Severn

Town	Number	Hours	Intergroup	Region	Helpline
City of London	0207 407 0700	10.00-22.00	City of London	London North	London
Clacton on Sea	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Clay Cross	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Cleethorpes	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Cleland	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Clevedon	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Cliftonville	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Clitheroe	01253 792 632	08.00-22.00	East Lancs	North West	NW Lancs/Cumbria/Blackpool
Clydebank	0131 225 2727	24 hours	Clydebank & District	Glasgow	Scotland
Coalville	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Coatbridge	0131 225 2727	24 hours	Monklands	Glasgow	Scotland
Cobham	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Cockermouth	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Colchester	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Coldstream	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Coleford	01452 418 515	24 hours	Severn	South Midlands	Severn
Colne	01253 792 632	08.00-22.00	East Lancs	North West	NW Lancs/Cumbria/Blackpool
Colonsay	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Colwyn Bay	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Comrie	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Connah's Quay	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Consett	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Conwy	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Copthorne	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Corby	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Corsham	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Corwen	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Cosham	02392 580 776	24 hours	Southdown	South East	Southdown
Coulsdon	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Coventry	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Cowbridge	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Cowdenbeath	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Cowes (IoW)	02392 580 776	24 hours	Southdown	South East	Southdown
Cowfold	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Cramlington	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Cranbrook	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Cranham	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Cranleigh	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Crawley	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Crediton	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Crewe	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Crewkerne	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Criccieth	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Crickhowell	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Crieff	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Cromer	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Crook	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Cross Hands	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Crowborough	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Crowthorne	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Croydon	0207 407 0700	10.00-22.00	CESIG London	London South	London
Crumlin	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Cumbernauld	0131 225 2727	24 hours	Cumbernauld & District	Scotia	Scotland
Cumnock	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Cupar	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Curry Rivel	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Cwmbran	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Dagenham	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames

Town	Number	Hours	Intergroup	Region	Helpline
Dalkeith	0131 225 2727	24 hours	Edinburgh & Midlothian	Scotia	Scotland
Dalry	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Darlington	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Dartford	0207 407 0700	10.00-22.00	North Kent	London South	London
Dartmouth	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Darwen	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Dawlish	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Deal	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Deganwy	0151 709 2900	08.00-22.00	North East Wales	North West	North West
Denbigh	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Denny	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Derby	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Desborough	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Devizes	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Dewsbury	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Didcot	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Dingwall	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Diss	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Dolgellau	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Doncaster	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Donnington	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Dorchester	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Dorking	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Dover	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Downham Market	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Driffield	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Droitwich	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Dudley	01384 482 929	24 hours	Black Country	Midlands	Black Country
Dulnain	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Dumbarton	0131 225 2727	24 hours	Dumbarton	South West Scotland	Scotland
Dumfries	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Dunbar	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Dunblane	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Dundee	0131 225 2727	24 hours	Dundee & Area	East of Scotland	Scotland
Dunfermline	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Dunkeld	0131 225 2727	24 hours	Dundee & Area	East of Scotland	Scotland
Dunnet	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Dunoon	0131 225 2727	24 hours	Inverclyde	South West Scotland	Scotland
Duns	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Dunstable	01908 382 509	08.00-23.00	Milton Keynes	Eastern	Milton Keynes
Dunvegan	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Durham	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Dursley	01452 418 515	24 hours	Severn	South Midlands	Severn
Dyce	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Dykebar	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Eaglesham	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Earlston	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
East Grinstead	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
East Kilbride	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
East Molesey	0207 407 0700	10.00-22.00	London South West	London South	London
Eastbourne	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Eastcote	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Eastleigh	02380 223 198	24 hours	Northdown	South East	Solent & Northdown
Ebbw Vale	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Edenbridge	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Edgbaston	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Edgware	0207 407 0700	10.00-22.00	North West London	London North	London
Edinburgh	0131 225 2727	24 hours	Edinburgh & Midlothian	Scotia	Scotland

Town	Number	Hours	Intergroup	Region	Helpline
Egham	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Elderslie	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Elgin	0131 225 2727	24 hours	Moray & District	Highlands & Islands	Scotland
Ellesmere Port	0151 709 2900	08.00-22.00	Wirral	North West	Liverpool
Ely	01603 621 128	24 hours	Fenland	Eastern	NE Anglia & Fenland
Enfield	0207 407 0700	10.00-22.00	London North	London North	London
Epping	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Epsom	0207 407 0700	10.00-22.00	CESIG London	London South	London
Erith	0207 407 0700	10.00-22.00	North Kent	London South	London
Erskine	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Esher	0207 407 0700	10.00-22.00	London South West	London South	London
Evesham	01452 418 515	24 hours	Severn	South Midlands	Severn
Ewell	0207 407 0700	10.00-22.00	CESIG London	London South	London
Ewhurst	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Ewloe	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Exeter	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Exmouth	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Eyemouth	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Fakenham	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Falkirk	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Falmouth	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Fareham	02392 580 776	24 hours	Southdown	South East	Southdown
Faringdon	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Farnborough	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Farnham	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Fauldhouse	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Faversham	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Fawley	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Felixstowe	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Feltham	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Ferndale	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Ferndown	01202 296 000	24 hours	Poole & District	South West	Dorset & Somerset
Filey	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Fishguard	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Fleet	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Fleetwood	01253 792 632	08.00-22.00	Blackpool, Fylde & Wyre	North West	NW Lancs/Cumbria/Blackpool
Flint	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Folkestone	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Fordingbridge	01202 296 000	24 hours	Bournemouth & District	South West	Dorset & Somerset
Forfar	0131 225 2727	24 hours	Angus & District	East of Scotland	Scotland
Forres	0131 225 2727	24 hours	Moray & District	Highlands & Islands	Scotland
Fort William	0131 225 2727	24 hours	Lochaber	Highlands & Islands	Scotland
Framlingham	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Fraserburgh	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Freshwater IOW	02392 580 776	24 hours	Southdown	South East	Southdown
Frinton	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Frome	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Gainsborough	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Galashiels	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Galston	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Gants Hill	0207 407 0700	10.00-22.00	London East	London North	London
Garstang	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Gateshead	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Gerrards Cross	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Gillingham (Dorset)	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Gillingham (Kent)	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Girvan	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Glanamman	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders

Town	Number	Hours	Intergroup	Region	Helpline
Glasgow	0131 225 2727	24 hours	Glasgow	Glasgow	Scotland
Glastonbury	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Glenrothes	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Glossop	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Gloucester	01452 418 515	24 hours	Severn	South Midlands	Severn
Glynneath	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Godalming	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Godstone	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Golspie	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Goodmayes	0207 407 0700	10.00-22.00	London East	London North	London
Goodwick	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Goole	01142 701 984	24 hours	Hull & East Riding	North East	Yorkshire South
Gordon	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Gorey	01534 726 681	09.00-21.00	Jersey	South West	Jersey
Gorseinon	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Gosport	02392 580 776	24 hours	Southdown	South East	Southdown
Gourock	0131 225 2727	24 hours	Inverclyde	South West Scotland	Scotland
Grange-over-Sands	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Grangemouth	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Grantham	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Grasmere	01253 792 632	08.00-22.00	Cumbria	North West	NW Lancs/Cumbria/Blackpool
Gravesend	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Grays	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Great Dunmow	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Great Harwood	01253 792 632	08.00-22.00	East Lancs	North West	NW Lancs/Cumbria/Blackpool
Great Yarmouth	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Greatham	02392 580 776	24 hours	Southdown	South East	Southdown
Greenford	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Greenock	0131 225 2727	24 hours	Inverclyde	South West Scotland	Scotland
Gretna	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Grimsby	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Grouville	01534 726 681	09.00-21.00	Jersey	South West	Jersey
Guernsey	07781 151 682	08.00-22.30	Guernsey	South West	Guernsey
Guildford	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Hackbridge	0207 407 0700	10.00-22.00	CESIG London	London South	London
Haddington	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Hailsham	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Hainault	0207 407 0700	10.00-22.00	London East	London North	London
Halesowen	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Halifax	01132 454 567	8.00-24.00	West Yorkshire	North East	Yorkshire North/West
Halkirk	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Ham	0207 407 0700	10.00-22.00	London South West	London South	London
Hamilton	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Hampton	0207 407 0700	10.00-22.00	London South West	London South	London
Hanworth	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Harefield	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Harlech	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Harleston	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Harlington (Beds.)	01438 747 475	24 hours	South Bedfordshire	Eastern	N Herts, N Beds. & S Beds
Harlow	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Harold Wood	01245 256 147	24 hours	North Thames	Eastern	Essex & North Thames
Harpenden	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
Harris	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Harrogate	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Harrow	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Harrow Weald	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Harthill	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Hartlepool	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees

Town	Number	Hours	Intergroup	Region	Helpline
Harwich	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Haslemere	02392 580 776	24 hours	Southdown	South East	Southdown
Haslingden	01253 792 632	08.00-22.00	East Lancs	North West	NW Lancs/Cumbria/Blackpool
Hassocks	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Hastings	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
Hatch End	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Hatfield	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
Hatfield (Yorks)	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Havant	02392 580 776	24 hours	Southdown	South East	Southdown
Haverfordwest	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Haverhill	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Hawes	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Hawick	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Hawkhurst	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
Hawkshead	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Hawley (Kent)	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Hawley (Mid Surrey)	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Hay-on-Wye	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Hayes	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Hayling Island	02392 580 776	24 hours	Southdown	South East	Southdown
Haywards Heath	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Hazel Grove	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Heanor	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Heathfield	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Heathrow	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Helensburgh	0131 225 2727	24 hours	Dumbarton	South West Scotland	Scotland
Helston	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Hemel Hempstead	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
Henfield	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Henley-on-Thames	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Hereford	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Herne Bay	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Hertford	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Heston	0207 407 0700	10.00-22.00	London South West	London South	London
Hexham	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Heysham	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
High Wycombe	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Highbridge	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Highworth	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Hillingdon	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Hinckley	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Hindhead	02392 580 776	24 hours	Southdown	South East	Southdown
Hitchin	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Hoddesdon	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Holbeach	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Hollywell	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Holyhead	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Holytown	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Holywell (Wales)	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Honiton	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Horley	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Hornby	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Horncastle	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Hornchurch	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Hornsea	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Horsham	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Horwich	0161 839 2881	08.00-22.00	North West	North West	Manchester
Houghton le Spring	0191 533 4434	08.00-22.00	Sunderland & District	North East	Sunderland & District

Town	Number	Hours	Intergroup	Region	Helpline
Hounslow	0207 407 0700	10.00-22.00	London South West	London South	London
Hove	01273 203 343	11.00-23.00	Brighton	South East	Brighton & W. Sussex
Hucknall	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Huddersfield	01132 454 567	8.00-24.00	West Yorkshire	North East	Yorkshire North/West
Hull	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Hungerford	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Hunmanby	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Hunstanton	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Huntingdon	01603 621 128	24 hours	Fenland	Eastern	NE Anglia & Fenland
Huntly	0131 225 2727	24 hours	Aberdeen & District	Highlands & Islands	Scotland
Hursley	02380 223 198	24 hours	Northdown	South East	Solent & Northdown
Hurst Green	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Hythe	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Ilchester	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Ilford	0207 407 0700	10.00-22.00	London East	London North	London
Ilkeston	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Ilkley	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Ilminster	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Insch	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Inverbervie	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Inverness	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Inverurie	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Ipswich	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Irthlingborough	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Irvine	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Islay	0131 225 2727	24 hours	Argyll	Highlands & Islands	Scotland
Isle of Man	01253 792 632	08.00-22.00	Liverpool City	North West	NW Lancs/Cumbria/Blackpool
Isle of Wight	02392 580 776	24 hours	Southdown	South East	Southdown
Isleworth	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Jedburgh	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Jersey	01534 726 681	09.00-21.00	Jersey	South West	Jersey
Johnstone	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Keith	0131 225 2727	24 hours	Moray & District	Highlands & Islands	Scotland
Kelso	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Kendal	01253 792 632	08.00-22.00	Cumbria	North West	NW Lancs/Cumbria/Blackpool
Kenilworth	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Kenley	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Kensington & Fulham	0207 407 0700	10.00-22.00	London North	London North	London
Kenton	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Keston	0207 407 0700	10.00-22.00	North Kent	London South	London
Keswick	01253 792 632	08.00-22.00	Cumbria	North West	NW Lancs/Cumbria/Blackpool
Kettering	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Kew	0207 407 0700	10.00-22.00	London South West	London South	London
Keynsham	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Kidderminster	01212 120 111	10.00-22.00	Birmingham	Midlands	Birmingham
Kidwelly	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Kilbirnie	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Kilbride	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Killwinning	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Kilmarnock	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Kilsyth	0131 225 2727	24 hours	Cumbernauld & District	Scotia	Scotland
Kimberley	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Kincardine	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Kings Lynn	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Kingsbridge	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Kingston	0207 407 0700	10.00-22.00	London South West	London South	London
Kingswood	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Kingussie	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland

Town	Number	Hours	Intergroup	Region	Helpline
Kinross	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Kirkby-in-Ashfield	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Kirkcaldy	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Kirkcudbright	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Kirkham	01253 792 632	08.00-22.00	Blackpool, Fylde & Wyre	North West	NW Lancs/Cumbria/Blackpool
Kirkintilloch	0131 225 2727	24 hours	Dumbarton	South West Scotland	Scotland
Kirkwall (Orkney)	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Kirriemuir	0131 225 2727	24 hours	Angus & District	East of Scotland	Scotland
Knaresborough	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Knighton	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Knowle	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Knutsford	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Kyle of Lochalsh	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Kylestrome	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Lairg	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Lampeter	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Lanark	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Lancaster	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Lancing	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Langport	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Larbert	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Largs	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Larkhall	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Laugharne	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Launceston	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Leamington Spa	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Leatherhead	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Ledbury	01452 418 515	24 hours	Severn	South Midlands	Severn
Leeds	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Leek	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Leicester	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Leigh	01253 792 632	08.00-22.00	Manchester	North West	NW Lancs/Cumbria/Blackpool
Leighton Buzzard	01438 747 475	24 hours	South Bedfordshire	Eastern	N Herts, N Beds. & S Beds
Letchworth	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Lewes	01273 203 343	11.00-23.00	Brighton	South East	Brighton & W. Sussex
Lewis	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Lichfield	01384 482 929	24 hours	Black Country	Midlands	Black Country
Limpsfield	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Lincoln	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Lindfield	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Linlithgow	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Linwood	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Liphook	02392 580 776	24 hours	Southdown	South East	Southdown
Liskeard	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Liss	02392 580 776	24 hours	Southdown	South East	Southdown
Littlehampton	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Litton	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Liverpool	0151 709 2900	08.00-22.00	Liverpool	North West	Liverpool
Livingston	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Llandeilo	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Llandovery	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Llandrindod Wells	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Llandudno	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Llandudno Junction	0151 709 2900	08.00-22.00	North West Wales	Wales & Borders	Liverpool
Llandysul	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Llanelli	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Llanfair Caereinion	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Llanfairfechan	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders

Town	Number	Hours	Intergroup	Region	Helpline
Llanfyllin	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Llangefni	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Llangollen	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Llanidloes	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Llanrwst	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Llantrisant	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Llantwit Major	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Llanwrtyd Wells	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Llanybydder	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Lochcarron	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Lochwinnoch	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Lockerbie	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Locks Heath	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Loddon	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
London CESIG	0207 407 0700	10.00-22.00	CESIG London	London South	London
London Chelsea	0207 407 0700	10.00-22.00	Chelsea London	London North	London
London East	0207 407 0700	10.00-22.00	London East	London North	London
London North	0207 407 0700	10.00-22.00	North London	London North	London
London N. East	0207 407 0700	10.00-22.00	North East London	London North	London
London N. Middx.	0207 407 0700	10.00-22.00	London North Middx.	London North	London
London N. West	0207 407 0700	10.00-22.00	North West London	London North	London
London South	0207 407 0700	10.00-22.00	London South	London South	London
London SE (East)	0207 407 0700	10.00-22.00	South East (East) London	London South	London
London SE (West)	0207 407 0700	10.00-22.00	South East (West) London	London South	London
London S'th Middx.	0207 407 0700	10.00-22.00	London South Middx.	London North	London
London S'th West	0207 407 0700	10.00-22.00	South West London	London South	London
London Westway	0207 407 0700	10.00-22.00	Westway London	London North	London
Long Ashton	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Long Eaton	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Lossiemouth	0131 225 2727	24 hours	Moray & District	Highlands & Islands	Scotland
Loughborough	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Loughor	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Loughton	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Louth	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Lowestoft	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Ludlow	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Luton	01438 747 475	24 hours	South Bedfordshire	Eastern	N Herts, N Beds. & S Beds
Lydney	01452 418 515	24 hours	Severn	South Midlands	Severn
Lymm	0151 709 2900	08.00-22.00	Merseyside & SW Lancs.	North West	Liverpool
Lyndhurst	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Macclesfield	0161 839 2881	08.00-22.00	Cheshire East	North West	Manchester
Machynlleth	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Maesteg	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Maidenhead	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Maidstone	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Maldon	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Mallaig	0131 225 2727	24 hours	Lochaber	Highlands & Islands	Scotland
Malmesbury	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Maltby	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Malton	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Malvern	01452 418 515	24 hours	Severn	South Midlands	Severn
Manchester	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Mansfield	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Maplethorpe	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
March	01603 621 128	24 hours	Fenland	Eastern	NE Anglia & Fenland
Marchwood	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Margate	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Market Deeping	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire

Town	Number	Hours	Intergroup	Region	Helpline
Market Harborough	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Market Rasen	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Market Weighton	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Marlborough	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Marlow	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Marple	0161 839 2881	08.00-22.00	Cheshire East	North West	Manchester
Martock	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Maryport	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Matlock	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Maybole	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Melksham	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Melrose	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Melton Mowbray	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Menai Bridge	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Merstham	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Merthyr Tydfil	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Mexborough	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Middlesbrough	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Middleton	01332 492 421	08.00-22.00	Manchester	North West	Derbyshire
Middlewich	0151 709 2900	08.00-22.00	Manchester	North West	Liverpool
Midhurst	02392 580 776	24 hours	Southdown	South East	Southdown
Mildenhall	01603 621 128	24 hours	South East Anglian	Eastern	NE Anglia & Fenland
Milford Haven	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Milford-on-Sea	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Millom	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Millport	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Milton Keynes	01908 382 509	08.00-23.00	Milton Keynes	Eastern	Milton Keynes
Minehead	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Mirfield	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Mitcham	0207 407 0700	10.00-22.00	London South	London South	London
Moffat	0131 225 2727	24 hours	Angus & District	East of Scotland	Scotland
Mold	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Monkspath	0121 212 0111	10:00-22:00	Birmingham	Midlands	Birmingham
Monmouth	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Montgomery	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Montrose	0131 225 2727	24 hours	Angus & District	East of Scotland	Scotland
Morden	0207 407 0700	10.00-22.00	CESIG London	London South	London
Morecambe	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Morley	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Morpeth	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Mosborough	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Mosstodloch	0131 225 2727	24 hours	Moray & District	Highlands & Islands	Scotland
Motherwell	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Mountain Ash	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Muir of Ord	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Mull	0131 225 2727	24 hours	Argyll	Highlands & Islands	Scotland
Musselburgh	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Nantwich	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Narberth	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Neath	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Nefyn	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Neilston	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Nelson	0161 839 2881	08.00-22.00	East Lancs.	North West	Manchester
Ness	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
New Malden	0207 407 0700	10.00-22.00	London South West	London South	London
New Milton	02380 223 198	24 hours	Solent	South East	Solent & Northdown
New Quay	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
New Romney	01227 455 557	08.30-22.30	East Kent	South East	East Kent

Town	Number	Hours	Intergroup	Region	Helpline
Newark	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Newarthill	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Newbridge	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Newburgh	0131 225 2727	24 hours	Dundee & Area	East of Scotland	Scotland
Newbury	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Newcastle Emlyn	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Newcastle-on-Tyne	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Newcastle-un'r-Lyme	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Newent	01452 418 515	24 hours	Severn	South Midlands	Severn
Newhaven	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Newmarket	01603 621 128	24 hours	Fenland	Eastern	NE Anglia & Fenland
Newmilns	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Newport (Gwent)	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Newport (IoW)	02392 580 776	24 hours	Southdown	South East	Southdown
Newport (Pem)	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Newport (Shrop)	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Newquay	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Newton Abbott	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Newton Aycliffe	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Newton Stewart	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Newton-le-Willows	01253 792 632	08.00-22.00	Merseyside & SW Lancs	North West	NW Lancs/Cumbria/Blackpool
Newtown	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Neyland	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
North Berwick	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
North Kent	0207 407 0700	10.00-22.00	North Kent	London South	London
North Shields	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
North Uist	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Northallerton	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Northampton	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Northern Ireland	02890 351 222	09.00-17.00	Belfast	Northern Ireland	Northern Ireland
Northfleet	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Northolt	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Northwich	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Northwood	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Norton (Stockton)	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Norwich	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Nottingham	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Nuneaton	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Oakham	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Oban	0131 225 2727	24 hours	Argyll	Highlands & Islands	Scotland
Ockham	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Okehampton	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Old Colwyn	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Old Kilpatrick	0131 225 2727	24 hours	Glasgow North West	Glasgow	Scotland
Oldham	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Ormskirk	01253 792 632	08.00-22.00	Merseyside & SW Lancs	North West	NW Lancs/Cumbria/Blackpool
Orpington	0207 407 0700	10.00-22.00	North Kent	London South	London
Oswaldtwistle	0161 839 2881	08.00-22.00	East Lancs.	North West	Manchester
Oswestry	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Otley	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Oxford	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Oxshott	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Oxted	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Padstow	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Paignton	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Paisley	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Peebles	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Pembroke	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders

Town	Number	Hours	Intergroup	Region	Helpline
Pembroke Dock	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Penarth	01792 301 907	24 hours	Cardiff & District	Wales & Borders	Wales & Borders
Pencoed	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Penicuik	0131 225 2727	24 hours	Edinburgh & Midlothian	Scotia	Scotland
Penistone	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Penmaenmawr	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Penrith	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Penzance	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Perth	0131 225 2727	24 hours	Dundee & Area	East of Scotland	Scotland
Peterborough	01603 621 128	24 hours	Fenland	Eastern	NE Anglia & Fenland
Peterhead	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Peterlee	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Petersfield	02392 580 776	24 hours	Southdown	South East	Southdown
Petworth	02392 580 776	24 hours	Southdown	South East	Southdown
Pewsey	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Pickering	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Pinner	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Pitlochry	0131 225 2727	24 hours	Dundee & Area	East of Scotland	Scotland
Plymouth	01752 791 111	08.30-22.00	Plymouth	South West	Devon & Cornwall
Pocklington	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Polegate	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Pontardawe	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Pontarddulais	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Pontefract	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Pontymister	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Pontypool	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Pontypridd	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Poole	01202 296 000	24 hours	Poole & District	South West	Dorset & Somerset
Porchester	02392 580 776	24 hours	Southdown	South East	Southdown
Port Glasgow	0131 225 2727	24 hours	Inverclyde	South West Scotland	Scotland
Port Seton	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Port Talbot	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Porth	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Porthcawl	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Porthmadog	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Portishead	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Portobello	0131 225 2727	24 hours	Edinburgh & Midlothian	Scotia	Scotland
Portree	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Portslade	01273 203 343	11.00-23.00	Brighton	South East	Brighton & W. Sussex
Portsmouth	02392 580 776	24 hours	Southdown	South East	Southdown
Potters Bar	0207 407 0700	10.00-22.00	London North	London North	London
Poulton-le-Fylde	01253 792 632	08.00-22.00	Blackpool, Fylde & Wyre	North West	NW Lancs/Cumbria/Blackpool
Poynton	0161 839 2881	08.00-22.00	Cheshire East	North West	Manchester
Prestatyn	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Presteigne	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Preston	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Prestwick	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Princes Risborough	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Pudsey	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Pulborough	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Purley	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Pwllheli	01792 301 907	24 hours	North West Wales	Wales & Borders	Wales & Borders
Radnor	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Radstock	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Rainham (Essex)	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Rainham (Kent)	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Ramsbottom	0161 839 2881	08.00-22.00	East Lancs.	North West	Manchester
Ramsgate	01227 455 557	08.30-22.30	East Kent	South East	East Kent

Town	Number	Hours	Intergroup	Region	Helpline
Rawtenstall	0161 839 2881	08.00-22.00	East Lancs	North West	Manchester
Rayners Lane	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Reading	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Redcar	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Redditch	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Redhill	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Redruth	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Reigate	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Renfrew	0131 225 2727	24 hours	Paisley & District	South West Scotland	Scotland
Renton	0131 225 2727	24 hours	Dumbarton	South West Scotland	Scotland
Retford	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Rhayader	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Rhyl	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Rhymney	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Richmond	0207 407 0700	10.00-22.00	London South West	London South	London
Richmond (Yorks)	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Rickmansworth	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
Ringwood	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Ripley	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Ripon	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Risca	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Robertsbridge	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
Rochdale	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Rochester	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Rochford	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Romford	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Romsey	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Ross-on-Wye	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Rosyth	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
Rothbury	0191 521 4400	24 hours	Northumberland	North East	Tyne/Tees
Rotherham	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Rothsay	0131 225 2727	24 hours	Inverclyde	South West Scotland	Scotland
Rothwell	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Rottingdean	01273 203 343	11.00-23.00	Brighton	South East	Brighton & W. Sussex
Royston	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Rugby	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Rugeley	01384 482 929	24 hours	Black Country	Midlands	Black Country
Ruislip	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Runcorn	0151 709 2900	08.00-22.00	Merseyside & SW Lancs	North West	Liverpool
Rushden	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Rustington	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Ruthin	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Ryde (IoW)	02392 580 776	24 hours	Southdown	South East	Southdown
Rye	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
Saffron Walden	01603 621 128	24 hours	East Herts/West Essex	Eastern	NE Anglia & Fenland
Salcombe	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Salisbury	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Saltcoats	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Sanderstead	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Sandhurst	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Sandwich	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Sawmills	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Saxmundham	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Scarborough	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Scunthorpe	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Seaford	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Seaton	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Selby	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West

Town	Number	Hours	Intergroup	Region	Helpline
Selkirk	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Selsdon	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Sevenoaks	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Shaftesbury	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Shanklin (IoW)	02392 580 776	24 hours	Southdown	South East	Southdown
Sheerness	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Sheffield	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Shefford	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Sheildaig	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Shenfield	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Shepperton	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Shepton Mallet	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Sherbourne	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Shetland Islands	0131 225 2727	24 hours	Not-in-an-IG	Highlands & Islands	Scotland
Shifnal	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Sildon	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Shoreham-by-Sea	01273 203 343	11.00-23.00	Brighton	South East	Brighton & W. Sussex
Shottery	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Shotton	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Shotts	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Shrewsbury	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Sidcup	0207 407 0700	10.00-22.00	North Kent	London South	London
Sidmouth	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Silloth	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Sittingbourne	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Skegness	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Skelmersdale	0151 709 2900	08.00-22.00	Merseyside & SW Lancs	North West	Liverpool
Skipton	01132 454 567	8.00-24.00	West Yorkshire	North East	Yorkshire North/West
Skye	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Sleaford	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Slough	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Solihull	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Somerton	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
South Cave	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
South Petherton	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
South Queensferry	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
South Ruislip	0207 407 0700	10.00-22.00	London North Middx.	London North	London
South Shields	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
South Uist	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Southall	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Southampton	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Southend	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Southport	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Southsea	02392 580 776	24 hours	Southdown	South East	Southdown
Southwell	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Southwold	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Spalding	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
St Albans	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
St Andrews	0131 225 2727	24 hours	Fife	East of Scotland	Scotland
St Asaph	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
St Austell	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
St Bees	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
St Brelades	01534 726 681	09.00-21.00	Jersey	South West	Jersey
St Clears	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
St Davids	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
St Helens	0151 709 2900	08.00-22.00	Merseyside & SW Lancs	North West	Liverpool
St Helier	01534 726 681	09.00-21.00	Jersey	South West	Jersey
St Ives (Cambridge)	01603 621 128	24 hours	Fenland	Eastern	NE Anglia & Fenland

Town	Number	Hours	Intergroup	Region	Helpline
St Ives (Cornwall)	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
St Leonards	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
St Peter Port	07781 151 682	08.00-22.30	Guernsey	South West	Guernsey
St Peter's	01534 726 681	09.00-21.00	Jersey	South West	Jersey
St Saviour	01534 726 681	09.00-21.00	Jersey	South West	Jersey
St Weonards	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Stafford	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Staines	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Stalbridge	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Stalybridge	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Stamford	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Stanley	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Stanmore	0207 407 0700	10.00-22.00	London North Middx.	London North	London
Staveley	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Stenhousemuir	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Stevenage	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Stevenston	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Stewarton	0131 225 2727	24 hours	North & East Ayrshire	South West Scotland	Scotland
Steyning	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Stirling	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Stockport	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Stockton-on-Tees	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Stoke-on-Trent	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Stonehaven	0131 225 2727	24 hours	Aberdeen & District	East of Scotland	Scotland
Stonehouse (Glos.)	01452 418 515	24 hours	Severn	South Midlands	Severn
Stornoway	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Storrington	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Stourbridge	01384 482 929	24 hours	Black Country	Midlands	Black Country
Stourport	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Stowmarket	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Stranraer	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Stratford-upon-Avon	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Strathaven	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Strathpeffer	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Strood	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Stroud	01452 418 515	24 hours	Severn	South Midlands	Severn
Sudbury	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Sunbury	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Sunderland	0191 533 4434	08.00-22.00	Sunderland & District	North East	Sunderland & District
Sunningdale	0118 959 7494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Surbiton	0207 407 0700	10.00-22.00	London South West	London South	London
Sutton	0207 407 0700	10.00-22.00	CESIG London	London South	London
Sutton Coldfield	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Sutton-in-Ashfield	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Swadlincote	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Swaffham	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Swanage	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Swanley	0207 407 0700	10.00-22.00	North Kent	London South	London
Swansea	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Swanwick	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Swindon	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Swinton	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Tadcaster	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Tadworth	0207 407 0700	10.00-22.00	CESIG London	London South	London
Tain	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Talgarth	01792 301 907	24 hours	Welsh Borders	Wales & Borders	Wales & Borders
Tamworth	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Tarbert	0131 225 2727	24 hours	Argyll	Highlands & Islands	Scotland

Town	Number	Hours	Intergroup	Region	Helpline
Taunton	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Tavistock	01752 791 111	08.30-22.00	Somerset	South West	Devon & Cornwall
Teddington	0207 407 0700	10.00-22.00	London South West	London South	London
Telford	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Templeton	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Tenby	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Tenterden	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Tewksbury	01452 418 515	24 hours	Severn	South Midlands	Severn
Thame	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Thames Ditton	0207 407 0700	10.00-22.00	London South West	London South	London
Thatcham	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Thetford	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Thornbury	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Thorne	01142 701 984	24 hours	S. Yorks. & N.E. Derbys.	North East	Yorkshire South
Thornhill	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Thornton Heath	0207 407 0700	10.00-22.00	London South	London South	London
Thurso	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Ticehurst	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex
Tiptree	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Tiree	0131 225 2727	24 hours	Western Isles	Highlands & Islands	Scotland
Titchfield	02392 580 776	24 hours	Southdown	South East	Southdown
Tiverton	01752 791 111	08.30-22.00	Devon Central	South West	Devon & Cornwall
Toddington	01438 747 475	24 hours	South Bedfordshire	Eastern	N Herts, N Beds. & S Beds
Tolworth	0207 407 0700	10.00-22.00	London South West	London South	London
Tonbridge	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Tondu	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders
Tonypanydy	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Torquay	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Totnes	01752 791 111	08.30-22.00	South Devon	South West	Devon & Cornwall
Totton	02380 223 198	24 hours	Solent	South East	Solent & Northdown
Towcester	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Towyn (Conwy)	01792 301 907	24 hours	North East Wales	North West	Wales & Borders
Tranent	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
Tredegar	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Tregaron	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Treharris	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Troon	0131 225 2727	24 hours	Ayrshire & SW Scotland	South West Scotland	Scotland
Trowbridge	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Truro	01752 791 111	08.30-22.00	Cornwall	South West	Devon & Cornwall
Tullibody	0131 225 2727	24 hours	Forth Valley	Scotia	Scotland
Tunbridge Wells	01622 751 842	24 hours	West Kent	South East	West Kent & East Sussex
Twickenham	0207 407 0700	10.00-22.00	London South West	London South	London
Tynemouth	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Tywyn (Gwynedd)	01792 301 907	24 hours	Not-in-an-IG	Wales & Borders	Wales & Borders
Uckfield	01622 751 842	24 hours	East Sussex	South East	West Kent & East Sussex
Uddingston	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Ullapool	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Ulverston	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Upminster	01245 256 147	24 hours	North Thames	Eastern	Essex & North Thames
Uppingham	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Usk	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Uttoxeter	01159 417 100	08.00-24.00	Derbyshire	Midlands	East Midlands
Uxbridge	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Ventnor (IoW)	02392 580 776	24 hours	Southdown	South East	Southdown
Viewpark	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Virginia Water	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Waddon	0207 407 0700	10.00-22.00	CESIG London	London South	London
Wadhurst	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex

Town	Number	Hours	Intergroup	Region	Helpline
Wakefield	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Wallasey	0151 709 2900	08.00-22.00	Wirral	North West	Liverpool
Wallington	0207 407 0700	10.00-22.00	CESIG London	London South	London
Wallsend	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Walsall	01384 482 929	24 hours	Black Country	Midlands	Black Country
Waltham Abbey	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Waltham Cross	01923 211 122	24 hours	East Herts/West Essex	Eastern	E Herts/W Essex & Lea Valley
Walton-on-Thames	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Wareham	01202 296 000	24 hours	Not-in-an-IG	South West	Dorset & Somerset
Warlingham	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Warminster	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Warrington	0151 709 2900	08.00-22.00	Merseyside & SW Lancs	North West	Liverpool
Warwick	02476 612 211	14.30-22.30	Coventry & Warwickshire	Midlands	Coventry & Warwick
Washington	0191 533 4434	08.00-22.00	Sunderland & District	North East	Sunderland & District
Watchet	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Waterlooville	02392 580 776	24 hours	Southdown	South East	Southdown
Watford	01923 211 122	24 hours	Lea Valley	Eastern	E Herts/W Essex & Lea Valley
Welling	0207 407 0700	10.00-22.00	North Kent	London South	London
Wellingborough	01604 637 788	10.00-22.00	Northamptonshire	Midlands	Northamptonshire
Wellington	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Wells	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Welshpool	01792 301 907	24 hours	Shropshire	Wales & Borders	Wales & Borders
Welwyn	01438 747 475	24 hours	North Herts. & North Beds.	Eastern	N Herts, N Beds. & S Beds
Wembley	0207 407 0700	10.00-22.00	London North Middx.	London North	London
West Bromwich	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
West Byfleet	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
West Drayton	0207 407 0700	10.00-22.00	London South Middx.	London North	London
West Linton	0131 225 2727	24 hours	Borders & East Lothian	Scotia	Scotland
West Molesey	0207 407 0700	10.00-22.00	London South West	London South	London
West Wickham	0207 407 0700	10.00-22.00	North Kent	London South	London
Westbury	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Westcliff-on-Sea	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Westerham	01252 521 133	08.30-22.30	North East Surrey	South East	Mid Surrey
Weston-Super-Mare	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Wetherby	01132 454 567	8.00-24.00	West Riding	North East	Yorkshire North/West
Weybridge	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Weymouth	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Whaley Bridge	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Whaplode	01472 362 058	10.00-22.00	Lincolnshire	Midlands	Lincolnshire
Whitburn	0131 225 2727	24 hours	West Lothian	Scotia	Scotland
Whitby	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Whitchurch	01782 266 366	08.00-22.00	Potteries & District	Midlands	Potteries
Whitehaven	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Whitehill	02392 580 776	24 hours	Southdown	South East	Southdown
Whitland	01792 301 907	24 hours	West Wales	Wales & Borders	Wales & Borders
Whitley Bay	0191 521 4400	24 hours	Tyne & Northumbria	North East	Tyne/Tees
Whitstable	01227 455 557	08.30-22.30	East Kent	South East	East Kent
Wick	0131 225 2727	24 hours	Inverness & District	Highlands & Islands	Scotland
Wickford	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Widnes	0151 709 2900	08.00-22.00	Merseyside & SW Lancs	North West	Liverpool
Widnes	0151 709 2900	08.00-22.00	Merseyside & SW Lancs	North West	Liverpool
Wigan	0161 839 2881	08.00-22.00	Manchester	North West	Manchester
Wigston	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Willenhall	01384 482 929	24 hours	Black Country	Midlands	Black Country
Williton	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Wilmslow	0161 839 2881	08.00-22.00	Cheshire East	North West	Manchester
Wincanton	01202 296 000	24 hours	West Dorset	South West	Dorset & Somerset
Winchelsea	01622 751 842	24 hours	Hastings & Rother	South East	West Kent & East Sussex

Town	Number	Hours	Intergroup	Region	Helpline
Winchester	02380 223 198	24 hours	Northdown	South East	Solent & Northdown
Windermere	01253 792 632	08.00-22.00	Cumbria	North West	NW Lancs/Cumbria/Blackpool
Windsor (Berks)	01628 530 055	07.00-22.00	Chiltern & Thames	South Midlands	Chiltern & Thames
Winsford	0161 839 2881	08.00-22.00	Cheshire East	North West	Manchester
Wirksworth	01332 492 421	08.00-24.00	Derbyshire	Midlands	Derbyshire
Wishaw	0131 225 2727	24 hours	Lanarkshire	Scotia	Scotland
Witham	01245 256 147	24 hours	Essex	Eastern	Essex & North Thames
Withernsea	01482 830 083	09.00-22.00	Hull & East Riding	North East	Yorkshire East
Witney	01865 242 373	24 hours	South Midlands	South Midlands	South Midlands
Woking	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Wokingham	01189 597 494	07.00-22.00	Thames Valley	South Midlands	Thames Valley
Wolsingham	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Wolverhampton	01384 482 929	24 hours	Black Country	Midlands	Black Country
Wonersh	01252 521 133	08.30-22.30	Mid Surrey	South East	Mid Surrey
Woodbridge	01473 212 224	24 hours	South East Anglian	Eastern	South East Anglia
Woodford Green	0207 407 0700	10.00-22.00	London East	London North	London
Wootton Bassett	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Worcester	01752 791 111	08.30-22.00	Severn	South West	Devon & Cornwall
Worcester Park	0207 407 0700	10.00-22.00	CESIG London	London South	London
Workington	01253 792 632	08.00-22.00	North West	North West	NW Lancs/Cumbria/Blackpool
Worksop	01159 417 100	08.00-24.00	Notts./Leics.	Midlands	East Midlands
Worle	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
Worthing	01273 203 343	11.00-23.00	West Sussex	South East	Brighton & W. Sussex
Wotton-under-Edge	01452 418 515	24 hours	Severn	South Midlands	Severn
Wrexham	0151 709 2900	08.00-22.00	North East Wales	North West	Liverpool
Wroughton	01380 729 064	24 hours	Wiltshire & Bath	South Midlands	Wiltshire
Wymondham	01603 621 128	24 hours	NE Anglia	Eastern	NE Anglia & Fenland
Wythall	0121 212 0111	10.00-22.00	Birmingham	Midlands	Birmingham
Yarm	0191 521 4400	24 hours	Durham & Cleveland	North East	Tyne/Tees
Yarmouth (IoW)	02392 580 776	24 hours	Southdown	South East	Southdown
Yate	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Yatton	01179 265 520	24 hours	Bristol & District	South Midlands	Bristol & District
Yeading	0207 407 0700	10.00-22.00	London South Middx.	London North	London
Yeovil	01202 296 000	24 hours	Somerset	South West	Dorset & Somerset
York	01132 454 567	8.00-24.00	North Yorkshire	North East	Yorkshire North/West
Yoxall	01159 417 100	08.00-24.00	Derbyshire	Midlands	East Midlands
Ystrad Mynach	01792 301 907	24 hours	South East Wales	Wales & Borders	Wales & Borders
Ystradgynlais	01792 301 907	24 hours	Swansea & District	Wales & Borders	Wales & Borders