



## Look Good Feel Better Volunteer Traffic Light Breakdown

Please review our "traffic light system" which we have created so that you can easily understand and identify the urgency of volunteer recruitment is in your region.

### Southwest & Wales

Area	# of workshops booked in 2023	Urgency	Notes
Aberystwyth	0		On Hold
Bangor	0		On Hold
Barnstaple	3		
Bath	0		
Bournemouth & Poole	12		
Bude	10		
Bristol	2		
Cardiff	23		
Carmarthen	0		On Hold
Cheltenham	11		
Dorchester	6		
Exeter	2		
Guernsey	4		
Hayle	0		On Hold
Jersey	4		
Llanelli	0		On Hold
Plymouth	3		
Prestatyn	0		On Hold
Salisbury	6		
Swansea	11		
Swindon	8		
Taunton	10		
Torquay	2		
Truro	11		
Weston-Super-Mare	0		On Hold
Yeovil	10		

## London & Southeast

Area	# of workshops booked in 2023	Urgency	Notes
Basingstoke	0		
Bexhill	5		
Bracknell	6		Workshop moved to Reading
Brighton	11		
Chichester	11		
Enfield	11		
Frimley	4		
Herne Bay Crossroads	7		
Isleworth Mulberry Centre	7		
Isle of Wight	6		
London - Charing Cross	11		
London - Hammersmith	5		
London - Kings College	0		On Hold
London - Royal Free	10		
London - St Barts	11		
London - St Georges	4		
London - The Shard	9		
London - UCH	10		
London Whipps Cross	0		Relaunch February 2024
Maidstone	10		
Milton Keynes	11		
Newbury	0		On Hold
Northwood	10		
Oxford	11		
Portsmouth	10		
Reading	1		
Redhill	11		
Slough	4		
Southampton	22		
St Leonards	3		
Sutton	20		
Worthing	0		On Hold

## Midlands & Anglia

Area	# of workshops booked in 2023	Urgency	Notes
Birmingham QE	0		
Birmingham Sandwell	12		
Cambridge	7		
Chelmsford	5		
Colchester	11		
Coventry	6		
Derby	18		
Great Yarmouth	9		
Grimsby	10		
Hereford	0		
Kings Lynn	11		
Leicester	11		
Lincoln	12		
Luton	11		
Northampton	3		
Norwich	11		
Nottingham	21		
Nuneaton	0		
Peterborough	9		
Romford	7		
Sawbridgeworth	11		
Scunthorpe	6		
Shrewsbury	12		
Solihull	0		On Hold
Southend	11		
Stafford	10		
Stoke	10		
Stratford	0		
Walsall	0		
Wolverhampton	15		
Worcester	6		
Worksop	12		

## North

Area	# of workshops booked in 2023	Urgency	Notes
Barnsley	11		
Bishop Auckland	10		
Blackpool	11		
Burnley	7		
Carlisle	6		
Chesterfield	11		
Clatterbridge	32		
Co. Durham (Consett)	4		New Venue
Harrogate	10		
Hull	10		
Leeds	24		
Liverpool	0	N/A	On hold until the new building is ready
Manchester Maggies at Christie	23		
Manchester Oldham	11		
Manchester Salford	22		
Middlesbrough	11		
Mansfield	10		
Newcastle	33		
Northallerton	6		
Sheffield	34		
Stockton on Tees	6		
Sunderland	11		
Wigan	2		
York	4		

## Scotland

Area	# of workshops booked in 2023	Urgency	Notes
Aberdeen	12		
Airdrie	11		
Dundee	10		
Edinburgh	25		
Forth Valley	12		
Glasgow	25		
Inverness	11		
Elgin			New venue launch

## Island

Area	# of workshops booked in 2023	Urgency	Notes
Isle of Man	6		

## Northern Ireland

Area	# of workshops booked in 2023	Urgency	Notes
Antrim	11		
Belfast	18		
Craigavon	11		
Londonderry	11		
Newry	12		
Omagh	3		
Enniskillen	2		New venue launch
Charis	2		New venue launch