



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 | Grey | On Hold |
| Bangor | 0 | Grey | On Hold |
| Barnstaple | 3 | Red | |
| Bath | 0 | Red | |
| Bournemouth & Poole | 12 | Green | |
| Bude | 10 | Red | |
| Bristol | 2 | Red | |
| Cardiff | 23 | Yellow | |
| Carmarthen | 0 | Grey | On Hold |
| Cheltenham | 11 | Yellow | |
| Dorchester | 6 | Red | |
| Exeter | 2 | Yellow | |
| Guernsey | 4 | Red | |
| Hayle | 0 | Grey | On Hold |
| Jersey | 4 | Red | |
| Llanelli | 0 | Grey | On Hold |
| Plymouth | 3 | Red | |
| Prestatyn | 0 | Grey | On Hold |
| Salisbury | 6 | Red | |
| Swansea | 11 | Red | |
| Swindon | 8 | Red | |
| Taunton | 10 | Yellow | |
| Torquay | 2 | Red | |
| Truro | 11 | Red | |
| Weston-Super-Mare | 0 | Grey | On Hold |
| Yeovil | 10 | Red | |

London & Southeast

| Area | # of workshops booked in 2023 | Urgency | Notes |
|---------------------------|-------------------------------|---------|------------------------|
| Basingstoke | 0 | | |
| Bexhill | 5 | | |
| Bracknell | 6 | | On Hold |
| Brighton | 11 | | |
| Chichester | 11 | | |
| Enfield | 11 | | |
| Frimley | 4 | | New venue launch |
| 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 | | Relaunch Nov 2023 |
| Redhill | 11 | | |
| Slough | 4 | | Relaunch Nov 2023 |
| 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 |