

# Regional Map of UK Intergroups & Helplines



**Orkney Isles**  
0131 225 2727  
24 Hours

**Shetland Isles**  
0131 225 2727  
24 Hours

## Key to Regions

- Unaffiliated Groups
- Highlands & Islands Region
- East of Scotland Region
- Scotia Region
- Glasgow Region
- South West Scotland Region
- North East Region
- North West Region
- Midlands Region
- Wales & Borders Region
- Eastern Region
- South Midlands Region
- South West Region
- South East Region
- Poles in the UK

**Northern Service Office (NSO): 0141 226 2214**

Click on intergroup or Region squares for information on that area

(To use the interactive features of this diagram you may have to add [alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk) to your browser's whitelist or anti-virus software)

**General Service Office (GSO): 01904 644 026**

## London Intergroups

<b>Westway</b> 0207 407 0700 10.00-22.00	<b>Kensington &amp; Fulham</b> 0207 407 0700 10.00-22.00	<b>Chelsea</b> 0207 407 0700 10.00-22.00	<b>City of London</b> 0207 407 0700 10.00-22.00	<b>East London</b> 0207 407 0700 10.00-22.00	<b>South West London</b> 0207 407 0700 10.00-22.00	<b>South London</b> 0207 407 0700 10.00-22.00	<b>South East London (W)</b> 0207 407 0700 10.00-22.00	<b>South East London (E)</b> 0207 407 0700 10.00-22.00	<b>CESIG</b> 0207 407 0700 10.00-22.00	<b>North Kent</b> 0207 407 0700 10.00-22.00	
<b>Poles in the UK</b> 0203 916 0097 Mon-Fri: 19.00-21.00 Sat-Sun: 17.00-21.00		<b>North Middlesex</b> 0207 407 0700 10.00-22.00	<b>South Middlesex</b> 0207 407 0700 10.00-22.00	<b>North London</b> 0207 407 0700 10.00-22.00	<b>North West London</b> 0207 407 0700 10.00-22.00	<b>North East London</b> 0207 407 0700 10.00-22.00					

**Southern Service Office (SSO): 0207 407 9217**