



**Heart  
Research  
UK**



## Which Subway® Region am I in?

Heart Research UK and Subway® Healthy Heart Grants are available across all of Scotland, Wales, Northern Ireland and England.

If your Healthy Heart project will be delivered in England, please locate your nearest town or city to find out which Subway® region you are in.

### A

Town / City	Subway® Region
Abingdon	Central
Accrington	Granada
Addlestone	Carlton
Airdrie	Scotland
Aldershot	Meridian
Alfreton	Central
Alnwick	Tyne Tees
Alton	Meridian
Altrincham	Granada
Amersham	Carlton
Ashby De La Zouch	Central
Ashford	Carlton
Ashlington	Tyne Tees
Ashton Under Lyme	Granada
Ashton-in-Marketfield	Granada
Atherton	Granada
Aylesbury	Central

### B

Town / City	Subway® Region
Banbury	Central
Barking	Carlton
Barnet	Carlton
Barnsley	Yorkshire

Barnstaple	West Country
Barrow in Furness	Granada
Basildon	Anglia
Basingstoke	Meridian
Bath	HTV
Beaconsfield	Carlton
Beckenham	Carlton
Bedford	Anglia
Belper	Central
Beverley	Yorkshire
Bexhill-on-Sea	Meridian
Bexley Heath	Carlton
Bicester	Central
Bideford	West Country
Billericay	Anglia
Bilston	Central
Birkenhead	Granada
Birmingham	Central
Birstall	Yorkshire
Bishop Auckland	Tyne Tees
Bishop's Stortford	Anglia
Bishopton	HTV
Blackburn	Granada
Blackpool	Granada
Bloxwich	Central
Bognor Regis	Meridian
Bolton	Granada
Borehamwood	Carlton
Boston	Central
Boston Spa	Yorkshire
Bournemouth	West Country
Bradford	Yorkshire
Braintree	Anglia
Brandon	Anglia
Brentford	Carlton
Bridgewater	HTV
Bridgnorth	Central
Bridlington	Tyne Tees
Brighouse	Yorkshire
Brighton	Meridian
Bristol	HTV

Brixham	West Country
Bromley	Carlton
Bromsgrove	Central
Brownhills	Central
Buckingham	Central
Burnley	Granada
Burntwood	Central
Burton-on-Trent	Central
Bury	Granada
Bury St Edmunds	Anglia
Buxton	Granada

## C

Town / City	Subway® Region
Camberley	Carlton
Cambridge	Anglia
Cannock	Central
Canterbury	Meridian
Carlise	Granada
Castleford	Yorkshire
Caterham	Carlton
Chatham	Meridian
Chelmsford	Anglia
Cheltenham	HTV
Chertsey	Carlton
Chester	Granada
Chester Le Street	Tyne Tees
Chesterfield	Yorkshire
Chippingham	HTV
Cirencester	HTV
Clacton-on-Sea	Anglia
Cleveleys	Granada
Co Durham	Tyne Tees
Colchester	Anglia
Congleton	Granada
Consett	Tyne Tees
Corby	Anglia
Cork	Tyne Tees
Coseley	Central
Cosham	Meridian
Cotteridge	Central

Coventry	Central
Cradley Heath	Central
Cramington	Tyne Tees
Crawley	Meridian
Crewe	Granada
Cromer	Anglia
Croydon	Carlton

## D

Town / City	Subway® Region
Darlington	Tyne Tees
Dartford	Carlton
Darwen	Granada
Daventry	Anglia
Deal	Meridian
Derby	Central
Dereham	Anglia
Dewsbury	Yorkshire
Didcot	Central
Diss	Anglia
Doncaster	Yorkshire
Dorchester	West Country
Dorking	Carlton
Dover	Meridian
Dudley	Central
Dunstable	Anglia
Durham	Tyne Tees

## E / F

Town / City	Subway® Region
East Moseley	Carlton
Eastbourne	Meridian
Eccles	Granada
Edgware	Carlton
Egham	Carlton
Ellesmere Port	Granada
Enfield	Carlton
Epping	Carlton
Epsom	Carlton
Erdington	Central

Eversham	Central
Exeter	West Country
Exmouth	West Country

Falmouth	West Country
Fareham	Meridian
Farnborough	Meridian
Felixstowe	Anglia
Feltham	Carlton
Fleet	Meridian
Fleetwood	Granada
Folkstone	Meridian
Formby	Granada

## G

Town / City	Subway® Region
Gainsborough	Yorkshire
Gateshead	Tyne Tees
Gerrards Cross	Carlton
Gillingham	Carlton
Glastonbury	HTV
Gloucester	HTV
Gosforth	Tyne Tees
Gosport	Meridian
Grantham	Central
Gravesend	Carlton
Grays	Anglia
Great Yarmouth	Anglia
Greater London	Carlton
Greater Manchester	Granada
Grimsby	Yorkshire
Guildford	Meridian
Guisborough	Tyne Tees

## H

Town / City	Subway® Region
Halesowen	Central
Halifax	Yorkshire
Handforth	Granada
Hanley	Central

Hanworth	Carlton
Harlow	Carlton
Harrogate	Yorkshire
Hartlepool	Tyne Tees
Hastings	Meridian
Hatfield	Anglia
Haverhill	Anglia
Hayes	Carlton
Hazel Grove	Granada
Heald Green	Granada
Hemel Hempstead	Anglia
Hendon	Carlton
Hereford	Central
Hertford	Anglia
High Wycombe	Carlton
Hinkley	Central
Hitchin	Anglia
Horesam	Meridian
Houghton Le Spring	Tyne Tees
Hounslow	Carlton
Hove	Meridian
Huddersfield	Yorkshire
Hull	Yorkshire
Huntingdon	Anglia
Hyde	Granada

### I / J / K

Town / City	Subway® Region
Ilford	Carlton
Ilfracombe	West Country
Ilkeston	Central
Ingoldmells	Yorkshire
Ipswich	Anglia

Jesmond	Tyne Tees
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Keighley	Yorkshire
Kendal	Granada
Kenilworth	Central
Kettering	Anglia
Kidderminster	Central

Kings Heath	Central
Kings Lynn	Anglia
Kingston upon Thames	Carlton
Knaresborough	Yorkshire
Knottingley	Yorkshire

## L

Town / City	Subway® Region
Lancaster	Granada
Launceston	West Country
Leamington Spa	Central
Leatherhead	Carlton
Leeds	Yorkshire
Leek	Central
Lee-on-Solent	Meridian
Leicester	Central
Leigh	Granada
Lenton	Central
Leominster	Central
Lichfield	Central
Lincoln	Central
Litherland	Granada
Liverpool	Granada
London	Carlton
Long Eaton	Central
Loughborough	Central
Lowestoft	Anglia
Luton	Anglia
Lutterworth	Central
Lye	Central

## M

Town / City	Subway® Region
Macclesfield	Granada
Madingley	Carlton
Maidstone	Meridian
Maldon	Anglia
Malven	Central
Manchester	Granada
Mansfield	Central
Margate	Meridian
Market Drayton	Central
Market Harborough	Central
Markfield	Central
Marlow	Carlton
Melksham	HTV
Melton Mowbray	Central
Middlesbrough	Tyne Tees
Mildenhall	Anglia
Milnrow	Granada
Milton Keynes	Anglia
Minehead	HTV
Morecambe	Granada
Moseley	Central

## N

Town / City	Subway® Region
Nantwich	Granada
Nelson	Granada
New Milton	Meridian
Newark	Central
Newbury	Meridian
Newcastle	Tyne Tees
Newcastle-under-Lyme	Central
Newquay	West Country
Newton Abbey	West Country
North Shields	Tyne Tees
Northampton	Anglia
Northwich	Granada
Northwood Hills	Carlton



Norwich	Anglia
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O / P / Q

Town / City	Subway® Region
Oldbury	Central
Oldham	Granada
Ormskirk	Granada
Oswestry	Central
Oxford	Central

Paddington	Carlton
Paignton	West Country
Pemberton	Granada
Penzance	West Country
Peterborough	Anglia
Pinner	Carlton
Pitsea	Anglia
Plymouth	West Country
Pontefract	Yorkshire
Poole	West Country
Portsmouth	Meridian
Potters Bar	Carlton
Preston	Granada
Purley	Carlton

Quinton	Central
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R

Town / City	Subway® Region
Ramsgate	Meridian
Rawtenstall	Granada
Reading	Meridian
Redditch	Central
Redhill	Carlton
Retford	Yorkshire
Richmond	Yorkshire
Ripley	Central
Rochdale	Granada
Rochester	Meridian

Romford	Carlton
Romsey	Meridian
Rotherham	Yorkshire
Rowley Bridge	Central
Rubery Rednal	Central
Rugby	Central
Rugeley	Central
Ruislip	Carlton
Runcorn	Granada
Rushden	Anglia
Ryde	Meridian

## S

Town / City	Subway® Region
Salford	Granada
Salisbury	Meridian
Sandhurst	Meridian
Scarborough	Yorkshire
Scunthorpe	Yorkshire
Seaham	Tyne Tees
Sedgley	Central
Selby	Tyne Tees
Shaddongate	Granada
Sheffield	Yorkshire
Sheldon	Central
Shipley	Granada
Shirley	Central
Shoreham-by-Sea	Meridian
Shrewsbury	Central
Skegness	Yorkshire
Skelmersdale	Granada
Skipton	Yorkshire
Sleaford	Central
Slough	Carlton
Smethwick	Central
Sockton-on-Tees	Tyne Tees
Solihull	Central
South Normanton	Central
South Shields	Tyne Tees
Southampton	Meridian

Southend on Sea	Carlton
Southport	Granada
Southsea	Meridian
St Albans	Anglia
St Austell	West Country
St Helens	Granada
St Ives	West Country
St Neots	Anglia
Stafford	Central
Staines	Carlton
Stalybridge	Granada
Stamford	Anglia
Standish	Yorkshire
Stenhousemuir	Scotland
Stevenage	Anglia
Stockport	Granada
Stoke on Trent	Central
Stone	Central
Stourbridge	Central
Stourport on Seven	Central
Stourport upon Avon	Central
Street	HTV
Stretford	Granada
Strood	Meridian
Stroud	HTV
Sudbury	Anglia
Sunbury on Thames	Carlton
Sunderland	Tyne Tees
Sutton	Carlton
Sutton Coldfield	Central
Swanage	Meridian
Swinton	Yorkshire
Swindon	HTV

## T / U

Town / City	Subway® Region
Tamworth	Central
Taunton	HTV
Teignmouth	West Country
Telford	Central
Tewkesbury	HTV
Thatcham	Meridian
Thetford	Anglia
Timperley	Granada
Tipton	Central
Tiverton	West Country
Torquay	West Country
Truro	West Country
Tunbridge Wells	Meridian
Tunstall	Central
Twickenham	Carlton
Upminster	Carlton
Uxbridge	Carlton

## W / Y

Town / City	Subway® Region
Wakefield	Yorkshire
Walkden	Granada
Wallasey	Granada
Wallsend	Tyne Tees
Walsall	Central
Walton on Thames	Carlton
Ware	Anglia
Warminster	HTV
Warndon	Central
Warrington	Granada
Warwick	Central
Washington	Tyne Tees
Waterlooville	Meridian
Watford	Carlton
Wednesbury	Central
Wellington	Central
Wells	HTV

Welwyn Garden City	Anglia
West Bromwich	Central
West Byfleet	Carlton
West Ealing	Carlton
Westcliff-on-Sea	Anglia
Westhoughton	Yorkshire
Weston Super Mare	HTV
Weybridge	Carlton
Weymouth	West Country
Whitby	Tyne Tees
Whitefield	Granada
Whitehaven	Granada
Whitley Bay	Tyne Tees
Widnes	Granada
Wigan	Granada
Wigston	Central
Willenhall	Central
Wilmslow	Granada
Winchester	Meridian
Windsor	Carlton
Wirral	Granada
Wisbech	Anglia
Witham	Anglia
Woking	Carlton
Wolverhampton	Central
Worcester	Central
Workingham	Meridian
Workington	Granada
Worksop	Yorkshire
Worthing	Meridian
Wylde Green	Central

Yardley	Central
Yeovil	HTV
York	Yorkshire