

# Unsubscribe from your XR Email Lists

## Requesting changes to your email list subscriptions

### **Unsubscribe**

Search for the last XRUK email you recieved - use the link at the bottom that says 'View or unsubscribe from your XR email lists'.

This shows you ALL the lists that you are on. Choose which ones to unsubscribe from e.g. you may wish to remain on the XRUK list, but leave a Local Group list because you've moved house.

### **Updating your personal details**

For all updates (except email address itself) go to the 2nd to last link on all XRUK emails 'Update your details (moved house/new phone no?)' Note: this doesn't automatically subscribe to a new Local Group.

**Subscribing to a new Local Group list** If you want to contact to a new Local Group, use the [Local Group Map](#)

### **Updating your email address**

To update your email address, but keep all your current subscriptions, contact [datateam@extinctionrebellion.uk](mailto:datateam@extinctionrebellion.uk)

## Full data deletion requests

You can remove yourself from The Hub, Forums, Cloud, Mattermost and the Vault - click the person icon at the top right of the Hub, click Settings, then click Delete me.

For full removal of your email address and other personal data, from ALL our other services (Volunteer website, Rebel Toolkit, Rebellion Academy, CRM systems, and Action Network), contact [dataprotection@rebellion.earth](mailto:dataprotection@rebellion.earth). Please specify in your email which systems you want to be removed from (otherwise someone has to spend a long time checking all of them).

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