

# Update your details or unsubscribe

## Requesting changes to your XR Action Network email list subscriptions

### **Unsubscribe**

Search for the last email you received - there will always be various ways to unsubscribe, you might have a pop up message at the top, you will always have a very small link at the very bottom and in the case of XRUK emails there will be an extra link near the bottom that says 'View or unsubscribe from your XR email lists'.

You may be subscribed to multiple lists, e.g. local group, regional, UK, global and you'll have to unsubscribe separately from all these.

### **Updating your personal details**

For all updates (except email address itself), you can [use this form](#). Make sure you use the same email address that you are receiving emails from XR.

### **Subscribing to a new Local Group list**

Search for a local group using 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).

## Removing your data from other XR systems

[More information here](#) regarding full data deletion requests and information about removing yourself from the XRUK 'Hub'.

---