

The Actions Community - Get help and advice

Don't panic!

You have reached this page because you want to drive change through action - the very essence of Extinction Rebellion. You might have an idea and want help to make it a reality, or you might be looking for pre-packaged 'flat pack' action plans.

The Actions Community is here to help you

We have an [XR Action Community Chat](#) and [XR Action Community Broadcast](#) channels on Telegram. The chat is there for you to ask questions, share ideas and make connections. The broadcast is for announcements. Follow the above links to join these channels and get support from your actions community.

Other place to find support and advice

Here are some links to other places on rebel toolkit that might be useful:

- [Design Ideas for Actions](#)
 - [Themes for Actions](#)
 - [Actions Support](#)
 - [Arrestee & Legal Support](#)
 - [Media & Messaging](#)
 - [Action Packs for campaigns and themes](#)
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