What is Action Wellbeing?



Action Wellbeing supports the physical and emotional wellbeing of everyone involved in XR actions. Look out for us in our blue hi-vis. In our teams we also have qualified First Aiders who wear green tabards.

Action Wellbeing provide water, hand warmers and snacks (chocolate!), as well as a listening ear and a friendly smile. Rebels come to us for all sorts of things, including: information on the nearest toilets, rain protection, conversation, blankets and pillows, warm tea, songs and chants, support during arrests and countless other useful things!

Designated First Aiders are typically needed when:

- over 50 people are attending an action,
- the action is a high physical risk environment.

Wellbeing is typically needed when:

- arrests are likely,
- an action may last for a long duration,
- larger numbers of people are attending.

Wellbeing is essential for actions that include lock-ons, glue-ons, or occupation.

Contact us wellbeing+awb@extinctionrebellion.uk.