

# Start Here

In this book you will find information on different types of assemblies and further reading on more detailed descriptions of these. You will also find practical support on how to set up and run community assemblies.

The XRUK Assemblies team are here to support the movement by ensuring:

- XRUK has the knowledge and support it requires to promote the Third Demand.
- XRUK, Local Groups, Regions and Nations have a broad understanding of the power of deliberative democracy, and have the support they need to run community assemblies as required.

If you have any questions, or need any support, please contact us:

- Email: [assemblies@extinctionrebellion.uk](mailto:assemblies@extinctionrebellion.uk)
  - Mattermost: [UK Assemblies Reception](#)
  - Ask any questions in our [Assemblies Sharing](#) Telegram chat
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