Love and Rage

12th, 13th, 14th September in London

Join us to demand the publication of the full, unredacted version of the National Security Assessment, a plan to address the existential risks it highlights and to demand a UK-wide briefing on the Climate and Nature risks.

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Love & Rage : A Rebel's Tale

Extinction Rebellion (XR) is known for its audacious and carnivalesque street protests, using visual art to capture the attention of the public, the press, the government, and targeted institutions and to broadcast their three core demands to the government: Tell the Truth, Act Now, and Decide Together.

Love and Rage on Monday, September 14th, was no different. XR once again pulled it out of the bag, presenting a visually spectacular, two-mile procession to thousands of onlookers through central London, fostering a profound sense of community, togetherness, and collective effervescence.

The giant pink casserole or crucible filled with a "steaming soup" was carried shoulder-high by rebels like an icon through the streets. Surrounded by “flaming” flags, the casserole was filled with symbolic objects: a large chili to remind us of the record-breaking heat of our summer and the spice of XR; an Atlantic salmon representing endangered sea creatures and warming oceans; a giant potato to symbolize staple foods and famine; and a frog to evoke the "boiling frog" anecdote. The message was clear: we are unable to jump free of our boiling planet, we are all in the same soup, and it is coming to a boil. The climate crisis is quite literally too hot to handle.

Behind the casserole marched the "Redacted Rebels." Dressed in white with their eyes blacked out, they bore placards printed with paragraphs taken from the crucial National Security Assessment document warning of the extreme implications of climate and nature breakdown to our health, food systems, national security and the economy. This alarming report, written by the Joint Intelligence Committee, was suppressed by Keir Starmer. Only a freedom of information request forced its partial, heavily redacted, release.

Stopping outside No. 10 Downing Street, the Redacted Rebels stood in a silent line. Amidst a soundtrack of drummers and a cacerolazo of rebels banging steel pans decorated with XR symbols, and banner declaring “TELL THE TRUTH”, the Redacted Rebels presence demanded the release of the full unredacted Joint Intelligence Committee Assessment document and a clear answer from the government on what they have planned to mitigate the worst effects of climate crisis.

Moving on to 55 Tufton Street, the procession reached a crescendo. Charlie Gardner gave a powerful interview to Etienne Stott on the live stream, leaving no one in doubt about the climate denial activity and dark money flowing through those doors. Rebels from all walks of life joined the procession from across the UK, with estimated numbers at over 1000. There was a large contingent from the North of England and others from as far afield as Wales, Cornwall and Scotland.

In the days following Love and Rage it’s interesting to note that The Guardian used the boiling frog analogy in an article focussing on complacency in the face of climate crisis (see below) and various politicians have raised the issue of National Security in the face of climate collapse, including the Foreign Secretary Ed Miliband debating the threats of climate crisis to National Security at global

level.

While the mainstream press may choose to turn away from our actions for the moment, Extinction Rebellion continues to make a significant impact, and our creativity cannot be ignored on the streets. XR still has the power to cut through the ongoing polycrisis, to stop the public in their tracks, to make them think, and hopefully - driven by Love and Rage - to ACT NOW.

This article was written by Turquoise for the XRUK North Newsletter
Photo : Gareth Morris



Love & Rage Feedback

From the London weekend and actions 12th-14th September 2026

□□ Have your say, whether you attended Love & Rage in-person or not, we want to hear YOUR thoughts.

□□ We value reflecting and learning so we can celebrate what went well, and learn and improve for the future.

There may also be other ways you are asked for feedback, if you were part of a team planning part of the weekend, or in your local group, or you held an action support role etc. This feedback survey is in addition - and is for everyone.

➡ **TAKE THE SURVEY** - closed on 30th Sept

Livestream, News and Press

XRUK Livestream of the Monday action

https://www.youtube.com/embed/sCuHU4kpX94?si=NzVD-zKv_wt4kqvZ

Website

- News post
- Press release

Press

Coming soon - links to external press coverage

Key Info





12th, 13th, 14th September - London

A weekend of discussion with some serious action on the streets leading to a banging finale on Monday. Join and stay as long as you are able.

The focus of Love & Rage is 'Security' which includes the impacts of water, food, energy and heat on our safety.

Earlier this year, and only after a freedom of information request, The National Security Assessment (NSA) was published by the government. It highlights serious threats to UK Security from biodiversity loss, flooding, drought, food shortages, extreme heat and mass displacement of people.

These are a danger to us all and the **full NSA has been hidden, redacted!** What has been published already points to extremely serious security threats to the UK, so what extra information are they hiding?

Our demands are to Government:

- **Tell the Truth** by issuing and publicising the full, unredacted NSA
- Hold a UK wide briefing on the Climate and Nature Risks
- **Act Now** to mitigate against the serious threats to UK security

To build the world we want and need, to build a path for the survival of all life, and for all generations to come, it’s clear society must have a common understanding of the facts. And we are going to insist upon it.

We are all in the same soup and it's coming to the boil!

Get Involved

- Stay connected - Join the Love & Rage Telegram Chat
- Don't like busy chats? Get the key updates on the Rebellion Broadcast
- Volunteer as crew - to support the weekend activities and action
- Donate - L&R link to XRUK crowdfunder

Information

- Saturday and Sunday
- Action - Monday
- Get Creative - share ideas
- Resources for spreading the word

Final Open Call

More updated information about the weekend and the action on Monday.

https://www.youtube.com/embed/EtUtx76eheo?si=sLJp2Y1Y8ewt5Hsy

First Open Call

Recording from Aug 9th 2026 - info followed by a Q&A

https://www.youtube.com/embed/z7QIYR4a2gg?si=NhrL5xZQFmI0dZsd

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General questions - loveandrage@extinctionrebellion.uk

Info about - Travel bursary

For accessibility questions - wellbeing+drn@extinctionrebellion.uk

Why Love & Rage?

Love

Together we shout and sing with all our hearts with Love for the Earth, for Life itself.

Rage

We Rage against those who still deny the science and delay the change that’s so desperately needed. The Government, the security services, the media all know that climate breakdown is happening - yet where is their plan? A plan to secure a liveable future for the British people? The full National Security Assessment has been hidden - redacted. So, to build the world we want and need, to build a path for our children’s survival, it’s clear society must have a common understanding of the facts.

Because we're all in the soup and it's coming to the boil

It's really important to focus on the 'and', the ability to hold both together. **LOVE AND RAGE.**

Together year on year, we have all been witnessing the most immense betrayal of life imaginable, the raging of wildfires across Europe say it all. We know what’s happening, and we know that at massive cost, the climate and nature emergency is being wilfully underplayed and ignored by those in power.

It’s vital that we don’t let anger feed into aggression, violence or more divisiveness. As Extinction Rebellion - we resolutely hold a commitment to stay rooted in love and nonviolence. To do things in a different way, holding by our Principles and Values.

Love is what brings us together. Rage is what moves us.

- XRUK website newspost
- Some extra deep-dive information around the current science.

A Hot Weekend : Sat 12 & Sun 13 Sept

Two days of conversation, community, creativity and action!

Date: 12th-13th September
Venue: Raines Foundation School, Approach Road, Bethnal Green, E2 9LY

More info here about the venue and accessibility.

> Food will be provided at various times over the weekend, but please bring your own mug, plate, bowl, cutlery

Register

To help gauge numbers for food preparation and scheduling activities over the Love & Rage weekend, please complete this simple form to let us know when you're planning to attend via the **WEEKEND REGISTRATION FORM**.

To view the times and details of each activity, go to the **WEEKEND SESSIONS - SIGN UP FORM**.

On Sunday there will be a film screening of **The People's Emergency Briefing** followed by a discussion. **Reserve your ticket here**.

Daytime Programme

Full listings can be found on the sessions registration form, but what to expect from the weekend below. Here is a flavour of what is on offer:

We'll be opening the weekend with a session titled 'What we know about what is in the suppressed National Security Assessment on ecosystem collapse' by Dr. Rupert Read author and co-founder of

Climate Majority Project.

Workshops: Art to Imagine, How to set up a 'Vigil For The Earth', Red Rebels, Climate Choir, Discobedience and more.

Trainings: Know Your Rights, Prepare for Action, How to Become a Spokesperson, Deescalation and more.

Talks: Is AI an existential threat and what can we do about it?, No Just Transition without Demilitarisation, Housing on the front line, The World We Want, A Feminist Take on the Climate and Nature Crisis, How do we stay healthy in a climate and nature emergency? and many more!

Discussions: On Saturday's we're holding a **Community Assembly** and on Sunday it's **The Big XR Conversation**. More details of both of these below.

Panel discussion: 'What does Nature Breakdown Mean for our Society?' with Charlie Gardner and James Bullock from Scientists on Survival.

Action Briefings on both days for Monday's Cacerolazo mass action.

All weekend you'll find our amazing **Creative Community** printing, making, painting in preparation for the Monday action. Plus 'Bookmarks - The Socialist Bookshop', and 'Flapjack Phil's Drinks' (see more info about food and drink on the Practical Info page).

To view the FULL PROGRAMME go to the WEEKEND SESSIONS - SIGN UP FORM.

Evenings

There will be a gap after the daytime events for you to take a break, have a chat or go out locally for food, then please return to the venue for some live music from 19.00:

- On Saturday we'll have **'A Band Named Brian'** with Acoustic folk-punk songs about social justice.
- On Sunday there will be some toe-tapping klezmer from **'Klezjammers'**., **'A Band Named Brian'** (back by popular demand!) and **'Danny Porter'** on the Ukulele.

'Love Rage Dance' action





Saturday 18:00-20:00

Meet from 5.45pm at Pancras Square (Google Maps | What3Words)
Performances from:

- Burning Ballroom
- Planet Medics
- Dancing Pipes

All are welcome. To take part in the Burning Ballroom, **please wear plain black clothing.**

Also needed are banner holders and people to do outreach to engage with the public and to share Love & Rage fliers.

Afterwards we'll go to a church nearby for food.

The Big XR Conversation

Sunday 14:00-16:00

So much has changed since this movement began nearly 8 years ago and it's vital that we take a step back and consider the bigger picture. What does XR mean to us? What sort of movement do we want to be? Are we still needed? And how can we actually make a difference?

Led by the 'Local and Grassroots Support' circle - join us for thoughtful small group discussions about our own movement, reflect together on big questions, hear perspectives from all parts of the movement and share creative ideas for our future.

This is a space for honest, but positive discussions, where we listen deeply to each other and are open to new possibilities. We invite everyone to join us in the spirit of our principles and values.

And don't forget to reserve your place via the WEEKEND SESSIONS - SIGN UP FORM.

Community Assembly Details

Saturday 14:00-17:00
Timings:

- 14:00 - Welcome and introductions
- 14:05 - Speaker 1
- 14:20 - Speaker 2
- 14:35 - Speaker 3
- 14:50 - Main Facilitators - explain the process
- 15:00 - Into breakout groups for discussions
- 16:15 - Return to main assembly
- 16:15-17:00 - Read out top 3 ideas from each breakout group and thanks.

A must-not-miss, in-person Community Assembly where we will all discuss the question:

“How might we restore our failing water systems to secure a long-term future for all people, life and habitats?”

Water touches everything, including our very security... Everyone has a particular perspective from pollution to poverty... It's all connected. Our speakers to help inform discussions will be:

- **Doug Parr,** Chief Scientist & Policy Director, Greenpeace UK.
  Topic: UK water companies, pollution, (lack of) water security and the obvious coming climate problem. And what needs to be done about it and what activists need to be pushing for. Doug takes issue with the narrative that it is down to consumers to save water.

“Of course people should use water carefully during prolonged hot and dry weather. But it’s galling to be told to put away the hose while water companies are losing nearly 3bn litres every day through leaks. Fossil-fuelled climate change is making severe droughts more frequent and more dangerous, so ministers must not treat water security as tomorrow’s problem.” The Guardian, Sat 18 Jul 2026.

- **Dr Lynne Jones,** XR Health and honorary associate professor at the London School of Hygiene and Tropical Medicine and a visiting scientist at Harvard University. Lynne is a distinguished British consultant child and adolescent psychiatrist, writer, and humanitarian relief worker recognized with an OBE for her work in conflict zones.
  Topic: 'Where next for NVDA?'. As floods and fires rage across the planet, ever more people are embracing nonviolent action to achieve political change. Can it work?

Lynne is the author of Sorry for the Inconvenience But This Is an Emergency (The Nonviolent Struggle for Our Planet's Future).

- **Steve Conlon,** XR Dirty Water Campaign
  Topic: Bringing greater democracy to more spheres of life, citizens' assemblies and the power of local voices in policies impacting our lives. Steve lives on a house-boat on the Thames, so is concerned about the wide array of water-related issues. He is currently leading on Dirty Water's 'Water Pressure' campaign, to bring about an ongoing citizens' assembly for water. He is one of XR Dirty Water Campaign's big thinkers.

(The XR Assemblies team are very excited!)

And don't forget to reserve your place via the WEEKEND SESSIONS - SIGN UP FORM.

Post-assembly

To maintain and build momentum after Love & Rage, this Autumn we'll be using the power of 'Polis ', an amazing participatory and inclusive tool that can help bring about system change.

Polis will allow for a wider, online discussion; it will be open for a month, between **Monday 19th October - Thursday 19th November**.

Please look out for our promotional campaign to share with your networks in the coming weeks to bring thousands into this conversation.

Volunteer

Details of roles for the weekend activities can be found on the dedicated volunteering page.

Love & Rage Telegram Chat

Contact loveandrage@extinctionrebellion.uk

Info about - Travel bursary

For accessibility questions - wellbeing+drn@extinctionrebellion.uk

Love, Rage and ACTION : Mon 14 Sept

On Monday 14th we take to the streets. The National Security Assessment has been redacted, hidden. The Government knows that climate breakdown is here, yet where is their plan? How do they intend to secure a liveable future for the British people?

> Food will be provided at the end of the procession, but please bring your own mug, plate, bowl, cutlery

Let us know you are coming on Monday

To help gauge numbers at the Monday action, please complete this simple **registration form** to let us know when you're planning to attend.

There will be noise. There will be love and it will be for EVERYONE
Because we're all in the same soup and it's coming to the boil.

Love & Rage procession

Time: **Midday Start (form up as directed as Stewards from 11:00)**

Location: **North East corner of St James's Park** (Google Maps | What3Words)

The procession will be headed by a creative icon representing global heating and the Redacted Rebels; to be accompanied by the massed crowds of rebels with the Cacerolazo. This is an accessible 2 mile / 3.2 km route visiting key locations in Central London.

Le Crucible

The Procession is led by a large iconic creation carried at shoulder height, "Le Crucible" representing global heating, and the sweltering summer experienced in Europe and UK. The simmering casserole acts as a metaphor for a heating planet from which we cannot escape - we're all in the same soup and its coming to the boil !

The Redacted Rebels

12 rebels wearing white hazmat suits carry large placards with information about the National Security Assessment and the XR Love & Rage symbols. The published details demonstrate an existential risk to life as they stand - but what more is being hidden?

Cacerolazo

A loud, insistent banging of pots and pans, it’s a strong and fairly traditional expression, going back into early 19th century France and it's widely associated with protest in Latin America.

However, ours is a cacerolazo with a difference, it's a symphony of disruption, we're holding that key part of Love & Rage - the 'AND' - so we’ll be alternating short periods of big banging noise with quiet periods, silence, a song, a poem, nature sounds.

Anyone joining the cacerolazo will be situated in front of the drummers. The 'pan-banging' only happens at the three key stops.

We will have a signaller with a big spoon in front of us.

- When the spoon goes up - make a noise
- When you see the big spoon go down - stop banging and raise your hand to help spread the message to be silent
- Once the 2min period of quiet is over the big spoon will be raised again to indicate that it's time to start pan-banging

The plan - At each of the three stop locations there will be a pattern of alternating 2min bursts of pan banging (rage) and silence (love and grief).

- pan-banging
- silence
- pan-banging
- sing together the song Cry Heart initiated by some singers
- pan-banging
- then a short moment of quiet before the drummers start and the procession moves on

Finale

This takes place in Parliament Square. At this point we will sing Let us Stand together.

There’ll be photo and video shoots, and a thank you and finally some music as a signal to gradually gather ourselves and head off to the Earth Love site in St James’s Park, where there will be food and time together, before ending by 5pm.

We aim to leave the location pristine, so please take everything you brought with you and help out.

❤ And love and thanks to us all for stepping up and taking part ❤

What should you bring for the Monday day of action?

Bring a pot or pan and something to bang them with, decorate your pot with XR symbols, stickers or anything your creative minds can think of. Bring your XR flags and pin on your patches and badges.

Make a flame shaped placard, put flames around a hat or wear a heart on your sleeve. See the Get Creative page for ideas.

Don't forget your earplugs!

This action is police liaised, and it is not intended to be arrestable. However, with current protest law this can now never be 100% guaranteed and information to support you can be found here and in the video below.

Earth Love

Time: **10:00-16:00 (gather from 9:30)**

Location: **North East corner of St James's Park** (Google Maps | What3Words)

The EARTH LOVE Action on Monday will be intentionally accessible.

It will take place away from Parliament in a green park and we'll have a Poets Corner, Art Blockers (bring a t-shirt to print on!), DPAC, Quakers and Buddhists and those who choose quieter forms of protest, gathering in a park.

We'll express our LOVE FOR THE PLANET.

Bring your own unique interpretation, colourful outfits, signs and creations to show the beauty of the imperilled natural world. Some are holding small discussions, talking to the public, others like Quakers, Christian Climate Action and Buddhists may hold ceremonies and vigils.

- A roving band of Red Rebels may perform at intervals
- Everyone will join together at the Earth Love location when the Cacerolazo finishes
- A Climate Choir will lead us all in song as we depart in peace
- Our protest is about the need for urgent climate action, leaving no one behind
- We are all Crew. We treat Nature and Life with RESPECT

How can I get involved?

Connect to the **Love and Rage Telegram Chat** to keep up to date with the latest Love & Rage News, information and callouts.

Volunteer

Details of roles for the weekend activities can be found on the dedicated **volunteering page here**.

Coming to a protest for the first time?

Here's a short video with some simple tips to help you approach the day with some awareness of how it might feel for you.

https://www.youtube.com/embed/8fjwbvgcS54?si=IwUJzewRWxfT69-N

Love & Rage Telegram Chat

Contact loveandrage@extinctionrebellion.uk

Info about - Travel bursary

For accessibility questions - wellbeing+drn@extinctionrebellion.uk

Volunteer

XRUK Actions can't happen without the behind the scenes crews. They help to make events safe and enjoyable for all. Our Action Support roles are also designed to be non-arrestable as far as possible.

It's a great way to join a friendly team and make direct, immediate impact.

Training is given for specific roles, usually online before the event, as well as refresher briefings at the start of each shift.

Whilst roles like Stewards and Roadtaking do require mobility we do have some static roles. Time commitment is flexible to suit your availability on the day.

Volunteer for a crew role

Use this sign up form to **volunteer for a crew role** to help make the weekend safe and successful. If you'd like to know more about what these roles are before volunteering **read more about volunteer roles here**.

- **Fri daytime:** Site setup including kitchen
- **Sat daytime:** Assembly facilitator, General Support Crew, Logistics, Sustenance / Kitchen
- **Sat evening:** Steward, Wellbeing, First Aid, Deescalation
- **Sun daytime:** General Support Crew, Logistics, Sustenance / Kitchen
- **Mon daytime:** Steward, Roadtaking, Wellbeing, First Aid, Deescalation, Protest Liaison, Logistics.

Volunteer for Outreach

If you'd like to help engage the public over the weekend, then you can **register your interest in doing 'outreach' activities**.

Briefing Zoom for all crew

10th September 19.00

Briefing for All Crew - please sign up!
The Briefing is for **All Crew** - followed by Stewards Refresher Training.

Practical Info

Find out about travel, accommodation and more.

Saturday and Sunday (12th & 13th Sept) programme will be held in an accessible venue in Tower Hamlets - Raines Foundation School, Approach Road, Bethnal Green, E2 9LY.

Monday (14th Sept) action will be located in Central London.

Rebels with access needs

If you are a rebel with access/accessibility needs, then please connect with us to ask questions and get support via the email below or by joining the Telegram channel.

- Email wellbeing+drn@extinctionrebellion.uk
- Join the Accessibility and Inclusion chat group on Telegram
- Step Free London guide here
- Toilet Map of London (you can filter by 'accessible')

Food

- Simple food will be provided over the weekend, but please **bring your own mug, plate, bowl, cutlery**.
- The weekend venue has a field kitchen serving breakfast at 9.00 and lunch at 12.30 on both days.
- 'Food for all' are providing hot food Sat evening and on Monday afternoon near the action sites on those days.
- Hot drinks available throughout the weekend and you could contribute by bringing homemade vegan cakes, biscuits, jam etc to share. Please list ingredients for the sake of those with allergies.

Travel to the Venue

- The venue is 45 mins walk from Liverpool Street station and also close to Bethnal Green.

- Nearest accessible tube station is Whitechapel, but further away, so perhaps bus/taxi might be needed in addition.
- Bikes can be hired for single journeys through Tfl.

Journey time and options from mainline railway stations

From Liverpool Street Station:
15 minute / 3km bike ride
15 minute tube journey
20 minute bus journey - wheelchair accessible route
45 minute walk
15 - 25 minute drive

From London Bridge Station:
20 minute / 4.5km bike ride
30 minute tube journey
35 minute bus journey - wheelchair accessible route
20 - 30 minute drive

From Kings Cross Station: (inc Kings Cross International for the Eurostar)
30 minute / 7.5km bike ride
35 minute tube journey
50 minute bus journey - wheelchair accessible
40 minute tube and bus journey - wheelchair accessible
25 - 40 minute drive

Marylebone Train Station:
40 minute / 10km bike ride
45 minute tube journey
60 minute bus, or tube and bus journey - wheelchair accessible
45 - 60 minute drive

Paddington Train Station:
40 minuite / 10km bike ride
40 minute tube journey
40 minute tube and bus journey - wheelchair accessible
40 - 60 minute drive

Victoria Train Station:
35 minute / 9km bike ride
45 minute tube journey

70 minute bus journey - wheelchair accessible
40 - 60 minute drive

Waterloo Train Station:
25 minute / 7km bike ride
40 minute tube journey
45 minute tube and bus journey - wheelchair accessible
50 - 60 minute bus journey - wheelchair accessible
25 - 45 minute drive

Charing Cross Station:
25 minute / 7km bike ride
40 minute tube journey
45 - 55 minute bus journey - wheelchair accessible
20 - 40 minute drive

Venue details

- The venue has accessible toilets and step free (ramp) access. It has an accessible lift to upper floors.
- There will be BSL interpreters for the Community Assembly on Saturday and also the panel talk on Sunday.
- Main Hall and library spaces are large and airy so talks will be amplified. There are also smaller rooms with less air-flow and amplification.

Accommodation

Indoor

You can **register as a guest** via the the commUnityHome website to find a place to stay. You can also register as a host if you live in London and have space for someone to stay.

Camping

Apologies if you heard the offer of camping in the Open Call, it has been subsequently decided that we don't have the capacity to offer the safety/safeguarding required to be responsible for a pop-up campsite.

List of Hostels

These are options across London, not necessarily close to the venue.

- Astor Hostel Victoria - There's options for 4, 5, 6, 8, and 10 bed dorms, plus private rooms, so people could book in groups.
- White Ferry House is a pub hostel that also looks like a good option, and there's several hostels from the same brand in London.
- YHA London Central is on the Victoria line, about a 10-15 minute walk from Oxford Circus tube station, which is a few stops away from Victoria station. Good option for people to book in groups.
- Generator London is near King's Cross, which is on the Victoria line. It looks pretty trendy, and has things like a bar and games nights.
- Clink261 is also near King's Cross, and it has a pod room, where you get your own little enclosed bed, so could be good for people travelling alone who want some privacy.
- Zedwell Capsule Hotel in Piccadilly is another Japanese-style capsule hotel where you've got your own little pod. It's a little further away (you'll need to change tube trains) and a little more expensive too, but looks comfortable and private.

Campervans

We do not advise bringing camper vans to London, however if you do contact commUnityHome for possible driveways to park in, or use JustPark.

Love & Rage Telegram Chat

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Info about - Travel bursary

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Get Creative

To CREATE is to REBEL
To REBEL is to CREATE

We need your selfies for a video



Take action right now - let’s visually unite our community to help amplify the Love & Rage action in September.

□□ Create a sign with ‘Tell the Truth’ or ‘Act Now’ in big black letters
□□ Take a vertical selfie of you or a group, the more the better!!
□□ Hold your sign at chest height and your head should be roughly in the top third of the screen
□□ Keep the camera at eye level

□□ Send your photos to digitalrebelxr@proton.me
Deadline: Midnight 8 September

The video will be created and posted online with our demands to the government on the 12th September.

Get crafty! - for the Monday action

Decorate your 'cacerolazo' pan



or make a flame hat!



Make your own content

If you want to promote Love and Rage on your socials, flyers, posters or any kind of messaging locally, you can go to the Resources page for more support.

Join the Creative Community

□□ With fire in our hearts, we will spark and sustain a spirit of creative, nonviolent rebellion to disrupt and pressure the perpetrators of climate and ecological injustice and drive systemic change through equal participation in power.

□□ Together we will make Love & Rage both impactful and beautiful.

Join the others in the Creative Community to discuss creative actions happening at Love & Rage in September. Connect via the Love & Rage Telegram Chat.

> The rage you are feeling comes from the same place inside your heart as the love.
> This is why you refuse to accept a world where cruelty reigns and fire consumes all.
> You have known hope and joy and kindness, like you have known water.
> And justice is a river that demands you do not give up on it. ~ Nikita Gill

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Love & Rage Telegram Chat

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Take action from home

Can't join us in person this weekend?

- Write to the government with this easy template letter
- Watch the Monday action - LIVESTREAMED on YouTube
- Read more about the background of this action on the website news page
- Get involved locally with a slightly different way to push the government to tell the truth with the People's Emergency Briefing film campaign

Resources - design, stickers, flyers, fundraising

We're building resources here both printed and graphics to help you promote Love & Rage.

Stickers and cards!

Who loves stickers? We love stickers!

Time to get stickering, and spread the love! Order your stickers from the lovely volunteers in Outreach on this form and check out the other leaflets and stickers while you're there. Note: you may need to scroll down to find everything you need.

Order Stickers and cards via this form





Design Pack

Create your own content using the design guide and elements for Love and Rage.

- Link to a Canva document with design guide and elements to use
- Or download the guidelines, elements or some ready-to-use graphics from this Cloud folder

Fundraising

We always need to fundraise - to help raise funds for XRUK, to enable us to fund, support and promote actions like Love & Rage.

To help our Fundraising team track what has prompted donations, please use the shortlink (for any Love & Rage themed online communications) or the QR code below (for any Love & Rage themed printed items).

Fundraising Link:
https://xrb.link/ko7sn9G6

Love & Rage Telegram Chat

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Love & Rage Recordings

Love & Rage 2026 Recordings

YouTube Playlist - Watch them all!

1. National Security, Ecosystem Collapse & Building Resilience | Rupert Read | Love & Rage 2026

Opening Address by Rupert Read

Professor Rupert Read opens Extinction Rebellion's Love & Rage 2026 weekend with a talk on the UK's National Security Assessment on Global Biodiversity Loss and Ecosystem Collapse, what it says about the risks facing Britain, and why campaigners are calling for the full assessment to be published.

2. How Do We Restore Our Failing Water System? | Community Assembly | Love & Rage 2026

"How might we restore our failing water system to secure a long-term future for people, life and habitats?

This Community Assembly brought people together to explore the pressures facing our water system — and what needs to change. The session included contributions from:

- Dr Lynne Jones, XR Health; honorary associate professor at the London School of Hygiene & Tropical Medicine and visiting scientist at Harvard University
- Dr Doug Parr, Chief Scientist & Policy Director at Greenpeace UK
- Steve Conlon, XR Dirty Water Campaign

3. Know Your Rights: Protest, Police Powers & Arrest | Paul Stevens | Love & Rage 2026

Know Your Rights by Paul Stevens

"What are your rights when you protest? What can the police require you to do? And what should you know before an arrest, stop and search, or interaction with officers? Retired police officer and protest liaison Paul Stevens gives a practical introduction to protest rights and police powers.

4. Prepare for Action: Nonviolence & Civil Disobedience | Teresa & Julie | Love & Rage 2026

Prepare for Action with rebels Teresa & Julie

How do you prepare to take part in peaceful non-violent direct action — and stay safe, informed and supported while doing it? Teresa has been active with London XR and other climate organisations since 2019.The workshop combines information, discussion and practical exercises to explain how XR's non-violent direct action methods work, how actions are organised, how people support one another and how participants can think about their own boundaries before taking part.

5. Is AI an Existential Threat? | Rob Basto | Love & Rage 2026

What happens if AI systems become more capable, more autonomous and harder to control?

Rob Basto explores the rapid development of artificial intelligence — from chatbots to increasingly autonomous AI agents — and asks whether advanced AI could become an existential threat. Rob argues that the risks go far beyond AI-generated content or job losses. He discusses autonomous systems, manipulation and fraud, military applications, the environmental impacts of growing computing demand, unexpected AI behaviour and concerns about humanity eventually losing control of increasingly capable systems.