

Support from your nation/region/XRUK M&M teams

It can feel overwhelming for small local groups to start a Media & Messaging working group as it involves a wide range of skills that your rebels may not have. Fear not! As well as the resources in this shelf of the Toolkit, there are experienced rebels in your national/regional team as well as in XRUK's M&M team who can answer your questions and support you with your work.

XRUK support for your action

If you're looking for media and messaging support for your action from XRUK, read [Getting support from XRUK](#) in the Actions shelf.

The XRUK M&M Broadcast

The XRUK M&M team maintain a "M&M Broadcast" channel, for M&M organisers throughout the movement, where the XRUK social media team share a round up of key posts so you can make sure you don't miss the most important moments. You can join it [here](#).

Contacting XRUK M&M

☐ Media & Messaging [Mattermost Reception](#)

☐ Social Media: xruksocialmedia@protonmail.com

☐ Email / Newsletter [Mattermost Reception](#)

☐ Press: press@extinctionrebellion.uk

☐ Video: xrvideo@protonmail.com

National/Regional M&M Teams

Bristol

- Email: mediacoordination.xrbristol@protonmail.com
- [Linktr.ee](#)
- [Website](#)
- Broadcast
- [Facebook](#)
- [Twitter/X](#): XRBristol
- [Instagram](#): xrbristol
- Youtube

Cymru Wales

- Email
- [Linktr.ee](#)
- [Website](#)
- Broadcast
- [Facebook](#)
- [Twitter/X](#): xr_cymru
- [Instagram](#): xr_cymru_wales
- [Youtube](#)

East of England

- Email
- [Linktr.ee](#)
- [Website](#)
- Broadcast
- [Facebook](#)
- [Twitter/X](#): XR_EoE
- [Instagram](#): xr.eoe
- [Youtube](#)

London

- Email: london+media@extinctionrebellion.uk
- Linktr.ee
- Website
- Broadcast
- Facebook
- Twitter/X: XRLondon
- Instagram: xrlondonuk
- Youtube

Midlands

- Email: xrmidlandsmedia@protonmail.com
- Linktr.ee
- Website
- Broadcast
- Facebook
- Twitter/X: MidlandsXR
- Instagram: xrmidlands
- Youtube

North (NW & York)

- Email
- Linktr.ee
- Website
- Broadcast
- Facebook
- Twitter/X: Rebellion_North
- Instagram: xrnorth
- Youtube

North East & Cumbria

- Email: xrne.media@protonmail.com
- [Linktr.ee](#)
- [Website](#)
- Broadcast
- [Facebook](#)
- [Twitter/X](#): XRNE_UK
- [Instagram](#): xrne_uk
- Youtube

Northern Ireland

- Email
- [Linktr.ee](#)
- Website
- Broadcast
- [Facebook](#)
- [Twitter/X](#): xr__ni
- [Instagram](#): xr__ni
- [Youtube](#)

Scotland

- Email
 - [Linktr.ee](#)
 - [Website](#)
 - Broadcast
 - [Facebook](#)
 - [Twitter/X](#): ScotlandXr
 - [Instagram](#): xrscotland
 - Youtube
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