

# 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](mailto:xruksocialmedia@protonmail.com)

☐ Email / Newsletter [Mattermost Reception](#)

☐ Press: [press@extinctionrebellion.uk](mailto:press@extinctionrebellion.uk)

☐ Video: [xrvideo@protonmail.com](mailto:xrvideo@protonmail.com)

## National/Regional M&M Teams

## Bristol

- Email: [mediacoordination.xrbristol@protonmail.com](mailto:mediacoordination.xrbristol@protonmail.com)
- [Linktr.ee](#)
- [Website](#)
- Broadcast
- [Facebook](#)
- [Twitter/X](#): XR Bristol
- [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](mailto: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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