

Press contacts lists

This is a list of all the media lists for the UK Nations & Regions currently held by XRUK M&M.

These spreadsheets are "read only" to avoid anyone messing with them but they are collaborative tools. If you want to edit one, please get in touch with your regional [Media & Messaging coordinator](#) so they can give you editing rights on them.

- London - [click here](#)

- Manchester - [click here](#)

- Midlands - [click here](#)

- North - [click here](#)

- South-East - [click here](#)

- Wales - [click here](#)

If you live in a Region or Nation not list above, please contact your regional [Media & Messaging coordinator](#) for advice.
