

# 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 & the North [click here](#)

☐ Midlands [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.

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