

# What is a Local Group?

Extinction Rebellion organising in autonomous groups distributed around the world. We are working to build a movement that is participatory, decentralised, and inclusive.

**Local Groups** bring a feeling of togetherness and shared purpose to local people and a great way to connect a local area to the wider XR community. Local groups also provide a crucial mechanism for planning and implementing actions, growing XR, and building links with other sympathetic groups to create a movement of movements.

Local Groups in the UK are connected via their Nation or Region to XRUK. They follow the [Principles and Values](#), and take action towards [XR's three demands](#).

You can also learn more about how [Local Groups fit in to the structure](#) of XRUK.

## **Principle 10: WE ARE BASED ON AUTONOMY AND DECENTRALISATION.**

We collectively create the structures we need to challenge power. Anyone who follows our core Principles and Values can take action in the name of Extinction Rebellion.

## Why do we need Local Groups?

Local Group supporters help in a number of ways. Ideally, we do need people willing to protest in London since that is where the main seat of political, financial and media power exists. But we also need people to put pressure on institutions in the local area, and to spread the word locally. Those who cannot travel to London can [support from home in various roles](#) and by doing outreach or taking action locally.

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