

# Welcome to XR

## Hello and Welcome!

You may have been motivated to join us because you've decided that you must take action now. Or maybe you want to find out more before becoming involved. Still, we know that taking that first step can be a challenge. Thank you for being here.

Within XR we acknowledge that our increasing awareness of what we're all facing can be very difficult. However for many of us, making connections with others experiencing the same thing helps hugely; we are not alone anymore. Joining in, and trying to be part of the solution, is empowering and liberating. Action brings hope!

XR is a family with lots of support available when it's needed. You can find these resources in a number of places, but the [Care and Respect](#) page is a good place to start.

## Connect With Us

### Live 'Welcome to XR' talks on Zoom

The talk takes place every Tuesday evening from 19:00-20:30. You're warmly invited to stay until 21:00 as we allow 30 minutes for questions and discussions after the session.

[Register for the Zoom here.](#)

Alternatively, you can watch a video recording - [Welcome to XR \(10th May 2023\)](#)

### Staying in Touch

If you do not already receive emails from XRUK, please join our mailing list! This is the main way we keep in touch and let you know what is going on. Please go to our website and leave your details in the ['Join Us'](#) box on the homepage.

We have a Telegram chat group for people new to XR where you can ask questions, make support requests and chat with other new joiners. We don't post the link publicly but you will be given it when you attend a 'Welcome to XR' talk. If you would like to join it, download the [Telegram](#) app to your phone.

Alternatively, you can contact us directly here: [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk)

---

**More information:**

- [XRUK website](#)
  - [Local Groups map](#) - join a local group
  - [Events \(Actions\) map](#) - find an XR event near you
  - [Events calendar](#) - all XRUK events, including actions, local group activities, training etc.
  - [Volunteer Website](#) - apply for a role
  - [Donate](#) - the generosity of ordinary people forms the bedrock of our funding
  - [Rebellion Academy](#) - take online training in your own time
  - [The Climate Quiz](#) - share with your friends to open a conversation about the emergency
  - [The Rebel Toolkit](#) - XR's online library of resources (the website you're using right now!)
  - [Rebellion Broadcast](#) - key UK-wide messages on actions (Telegram app)
  - [Movement Broadcast](#) - key UK-wide messages on talks, training and workshops (Telegram app)
  - [Digital Rebellion](#) - take action online (Telegram app)
-