



Welcome to the weekly XR Cymru

NEWSLETTER

A place to share information with all rebels in Wales

Saturday January 23rd 2021



DOCTORS FOR
extinction
rebellion

Doctors For Extinction Rebellion - [Website](#)

Ongoing Campaigns

Training Resources

International Solidarity

Please note, some links will not work if you are not signed up to the Hub.

PREVIOUS ISSUES

[Archive of all previous issues can be found here](#)

NEXT ISSUE

Please email your feedback, ideas & news to xrcymru.newsletter@pm.me

ONGOING CAMPAIGNS - [Action Resources](#)

COP26 Mobilisation - [More Info](#)

Support Rebels from the Global South to Access Internet - [crowdfunder](#)

Glasgow Council Looking for COP26 Volunteers! - [Register](#)

Stop HS2/HS2 Rebellion - [More Info](#)

Sign the **NEW** [Petition](#) - Current total 137,411!

Euston Tree Protection Camp STOPHS2 [crowdfunder](#) [video](#)

[CEE Bill Campaign](#) - [More Info](#)

[XR Political Engagement Report](#) 22nd Jan

Local CEE Bill Debates Across the Country on 26th March

Can you organise one in your area? Resources and info to be shared soon.

6 Principles Campaign - [More Info](#) [Video](#) (1.42 mins).



The 6 Principles would achieve for Wales, what success with the CEE Bill in Westminster would achieve.

Sign up supporters through the [Website](#)

Disobey In The Dock - [More Info](#)

Introducing Non-Cooperation in the Courts aka Disobey in the Dock!

Some rebels have started Disobeying in the Dock, acting out of conscience and refusing to cooperate with courts. [Video](#) Please share this info with rebels with court appearances.

Money Rebellion - [More Info](#)



A call to expose and disrupt the economic rules and institutions driving us toward societal collapse: growth, debt, banks, the government...

Induction Mtgs: Tues 6:00 - 7:00 PM GMT [Sign up](#)

Money Rebel Training: Thurs Jan 14 6:00 - 7:00 PM GMT [Sign up](#)

Barclays Repair the Harm - [Action Pack](#)

From [XR Money Rebellion](#) and [Animal Rebellion](#), this action will highlight the wrongdoings of Barclays Bank whilst empowering us as we show that we can take money from destruction and give it to those most affected, in acts designed to repair the harm.

Barclays and HSBC Rebranding - 29th Jan, Twitter Storm 1st Feb 11am

Get your free stickers, download posters and cover your local banks! - [Action Pack](#)

📷 Post photos on social media at 11am on Mon 1st Feb! Monthly action [Crowdfunder](#)

Animal Rebellion's Plant-Based Councils Campaign

This campaign demands that local councils stop serving animal products in their schools and council events to combat the impending climate crisis. 74% of local councils have declared a climate emergency so we think they should begin the "act now" bit.

[Campaign Outline](#) | [Campaign Talk](#) | [Register Interest](#) | Start a local campaign - [Form](#)
[Telegram Chat](#) | [Resource Folder](#): template emails, emissions calculations etc.

Talk/presentation/workshop - Sat 30th Jan, 12-1:30pm [Register](#)

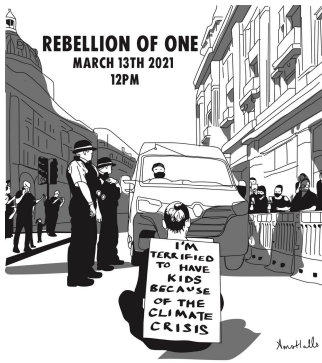
Come along to find out how to get involved in running this campaign locally and join the 15 other XR and Animal Rebellion groups who are already doing this!

Highways to Hell Road Campaigns - [More Info](#)

Get involved in fighting this government's insane road building plans. See the [XR Road Briefing](#) explaining what RIS2, the latest road investment plan for the UK, is all about.

Rebel Responders Group

Affiliated with digital rebellion, rebels from home respond to articles and media about XR. [Telegram](#) [Handbook](#) of ideas and guidance. [Feed of XR news mentions](#)



Rebellion Of One - [More Info](#)

Supported, co-ordinated lone road-blocks occurring all over the UK on March 27th (change of date) at 12pm.

See the [Action Briefing](#) and the R01 [Preparation Pathway](#) which has been created to support rebels at any stage of their journey into NVDA, to take part.

Sky Rebellion - [More Info](#)

Sky Rebellion will draw together all the strands of UK aviation campaigning and act as a central hub for knowledge, media, resources and modular transferable actions.

It is vital we join together and act now on this sector in one voice before flying returns to normal and even more airports get the go-ahead for expansion. Let the birds have the sky!

Free the Press - [More Info](#)

In September 80 people blockaded News Corps printing presses across the UK for 13 hours, an action in defiance of the corrupt billionaire press.

Get your Local Group involved in another big action in 2021.

You Thought Britain's Media was Right Wing, by 2024 it Will Be Much Worse - [Article](#)

XR Rewilding (XRR)- [Facebook](#)

Save the Oaks - [Website](#)

[Crowdfunder](#)

[Help save](#) thousands of oak saplings.
[Article](#)



Eco Action Families - [Campaign Video](#) [Instructions](#) hello@ecoactionfamilies.life

The concept is simple: Choose three friends... Take three actions... Pass it on!



We're inviting you to get involved and start a ripple in your community by sharing the campaign video and taking part from January 22nd onwards.

Together we can create a powerful, rising wave of change!

VOLUNTEER WITH XR CYMRU

Check [Volunteer website](#) email: xrcymru@protonmail.com, DM @dorothy or @djfrance.

XR Cymru Arts - Callout

Are you interested in the role of art, music, singing, writing, dance, performance and craft in activism? DM @hannahpeters or phone Hannah on 07716016743. [More Info](#)

XR CYMRU MEETINGS

Integration Support - Mondays 11-1.45am dm @dorothy

Cymru Media & Messaging - Mon 1st Feb at 14:00 - [Zoom Link](#)

Cymru Action Planners - DM @opheliaoswestry

Cymru Finance - Tuesdays 4.30-5.30pm xrcymrufinance@protonmail.com

Cymru Political Engagement - Wednesdays 7-8pm and Sundays 4-5pm - [Zoom link](#)

Cymru Regen Session - First Wed of Month (Starts Feb 3rd) 6-8.30pm - [More Info](#)

XR Cymru Support & Dev - Fri 6:00-7:00 pm [Zoom Link](#) Mtg ID 996 9078 7214

The Red Dragon Pub - Fri 7pm [Zoom Link](#) Mtg ID 996 9078 7214

XR UK MEETINGS

People's Assembly - Have Your Say on Strategy - 17th Feb 6-8pm.

Our Cymru Rep is @robrenouf. Join the [Cymru Discussion Thread](#).



Working Class Regional Mtg - Tues 7.30pm

Casual meet to discuss all things working class and XR.

[Zoom link](#) no password

xrworkingclassmidlands@gmail.com

TRAINING/WORKSHOPS

What is a Citizens' Assembly? Talk - Tues 26th Jan 7.30pm [Register](#)



Non-Violence and De-Escalation Training - [Fb Events](#)
In one to one situations and with large crowds.



Sun Jan 31st 5pm [Zoom](#).
Deepen your facilitation skills, grow your capacity to support transparent, efficient and inclusive decision making. [Register](#) to receive email updates and further resources.

Legal Observer Training - on request (Put Training as email subject)
Email independentlegalobservers@protonmail.com

Lots more Training! - Keep up to date [XR-UK Talks and Training Facebook](#) and [Act-Now Events](#) [XR Trainings](#) MatterMost Channel

XR Global Talks and Training webpage

A wide variety of ongoing training topics such as taking non-violent action, Citizens Assemblies, regenerative cultures, future democracy etc. [See full list](#).

Rebellion Academy

[Join for access to training materials.](#)

Reset TV

A platform of free online workshops, talks, trainings and more. [Join here.](#)

Extinction Rebellion Talks And Trainings Wales [Facebook page](#)

WELLBEING & REGENERATIVE

Please contact xcymruregen@protonmail.com or DM @heatherbangor

For All Weekly Events - see [here](#)

NEW! Cymru Regen Session - First Wed of Month (Starts Feb 3rd) 6-8.30pm - [More Info](#)

Discussion 6-7, share, suggest and discuss ways of supporting our personal and movement regeneration. 7-8.30pm take part in a regen practice (empathy circle, quiz, mediation...)

Embodied Resilience 4 Day Course - Starts 25th Jan 6.30pm - [More Info](#) [4 Min Video](#)



Mon 25th, Tues 26th, Wed 27th, Thurs 28th 6.30 - 8.00pm

Optional follow up / debrief Mon 1st Feb 6.30pm – 8pm

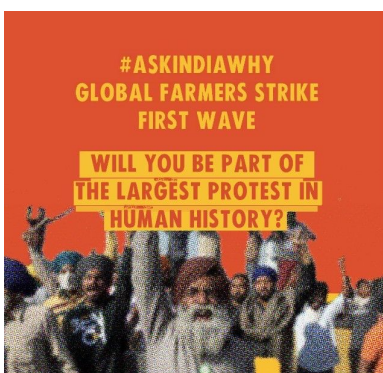
“The complex neuroscience of resilience is explained in a beautifully straightforward and easily understood fashion. The significant additional benefit is the presentation of simple embodied practices that can help us to build our resilience and our joyful engagement with ourselves and others.”

INTERNATIONAL SOLIDARITY [Rolling Resource](#)

[International XR Website](#) [Global Newsletter](#) [XR Global](#) MM Channel [XR World Map](#)

[Partnerships Support Network Telegram](#)

Global Farmers Strike - #AskIndiaWhy - [Action Toolkit](#) | [Action Pack](#)



Global Farmers Strike on 26th Jan

Protest [on-line](#)) to [#AskIndiaWhy](#), XR Global Live at 9:30 am UTC / 3 pm IST farmers at the borders of Delhi and environmental workers & activists worldwide.

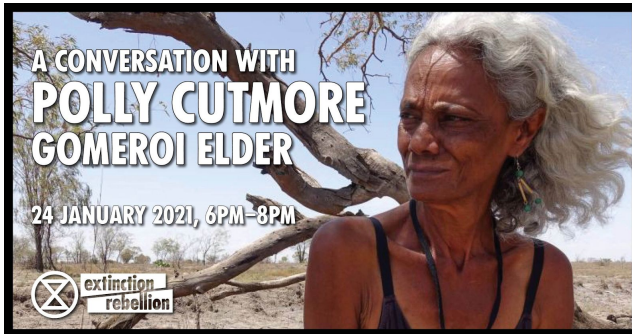
“We hope to help support and amplify the fight for our democracy from within and outside of our XR community, to partner up with all communities and resistances, fighting injustice globally is key.” XR India

The 2020–2021 Indian farmers' protest is an ongoing protest against the [three farm acts](#) passed by the [Parliament of India](#) in September 2020. On 26 November [a nationwide general strike](#) involving approximately 250 million people took place in support of the farmer unions.

Against Oil Exploitation in Virunga National Park (Congo) - [Article](#)

Solidarity With Peaceful Protesters in Nigeria - [Media Pack](#)

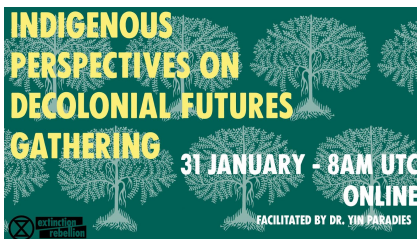
A Conversation with Polly Cutmore Gomeroi Elder - 24th Jan 7am - 9am UTC [Zoom](#)



Polly will be discussing how Australia Day, January 26, marks the beginning of a history of massacres in New South Wales. How local Indigenous groups will continue to defend the sacred Pilliga forest and a personal account of her life. [Facebook](#)

"This is just another example of attempted, devastating colonialism, only now, instead of hiding behind the fence, we're at the table. We are coordinating."

Indigenous Perspectives on Decolonial Futures - [Fb Event](#) Sun Jan 31st 7am UTC [Register](#)



Facilitated by [Dr. Yin Paradies](#). Yin is a climate and ecological activist who is committed to understanding and interrupting the devastating impacts of modern societies.

Free but [suggested donation](#) to Yin Paradies, growing group.

XR International Weekly Meetings

Global Links (Mtg) - Fridays at 14:00-15:30 UTC [Zoom Link](#)

Building a Movement of Movements (Mtg)- Saturdays 13.00 UTC [Zoom link](#)

Rebel Family Weekly Connection (Mtg)- Sundays 13.00 UTC [Zoom link](#)



[XR Global Media Library](#) Add your images to the gallery and let your story be told.

[Catch a training session here](#)

Check out the [quick guide with the upload logins](#).

ANNOUNCEMENTS Click [here](#) for ongoing announcements

Roger Hallam's Global Call on the XR Global Support Conflict - Sat 23rd Feb 8pm (UK)

Open conversation with Roger - creating an inclusive healing culture - [Zoom Link](#)

Join Roger's global call to find out more and ask questions

Watch Roger's video to find out more - [Youtube](#) (6.30mins)

Have you heard of the Anti-Oppression Circle?

We were born from the [#BLM](#) protests last year after a meeting held about race and class within Extinction Rebellion. This is our [shared drive](#). These are the groups available to join for the Anti-Oppression Circle, please share with others who would benefit from these spaces.

[Discord server](#) [Broadcast](#) [Signal Chat](#) [BIPOC space](#)



Support the Nuclear Ban Treaty - [Action Briefing](#)

On 22 Jan the United Nations Treaty on the Prohibition of Nuclear Weapons came into effect, but the UK Government is investing £205 billion in upgrading the Trident nuclear programme.

We are joining with the Campaign for Nuclear Disarmament (CND) and the International Campaign to Abolish Nuclear Weapons (ICAN) to spread the news. ACT NOW!

Justice for Mahamud Hassan - [Petition](#)

24yr old Mahamud Hassan was found dead, at his home in Cardiff, on Saturday 9th January 2021 after being arrested and detained overnight by South Wales police.

BBC [Survey](#)

A good opportunity to tell the BBC that they are not reporting enough on the climate crisis.

BBC [Petition](#)

Demand the BBC have a permanent Climate Crisis tab on website front page.

NON XR EVENTS

The Path to Net Zero [CCC](#) Event series - 13th Jan – 3rd March [Register](#)

Climate Colonialism by Oxford Climate Society - Jan 25th 18.00 UTC [Register](#)

USEFUL RESOURCES Click [here](#) for resources from previous issues

XR UK [REBEL TOOLKIT](#) | [PODCASTS](#) | [VIDEOS](#) | [NEWSLETTER](#) | [REBEL RADIO](#)

Demystifying XR - [Glossary of Terms](#)

Advanced Twitter Training Workshop for XR Rebels - [Youtube](#)

Legal Bid to Stop UK Building Europe's Biggest Gas Power Plant Fails - [Article](#)

The Tyranny of Structurelessness by Jo Freeman - [Article](#)

Written in the 1970's, this article is worth a read, it informs some of the SOS structure that XR uses.



Hope For The Future Climate Charity - [Website](#)

Our vision is to see communities and their elected representatives across the UK come together to take decisive action on climate change.

Summits Don't Work, George Monbiot - [Youtube](#)

News and Articles [Mattermost Channel](#)

Other [Interesting Stuff](#)

Check also the [Resources page on the XR Cymru website](#)

For Website Support -Contact the [Cymru Website team](#) in Mattermost for requests, feedback, to share ideas, report errors or omissions, etc.



[Twitter](#)



[Instagram](#)



[Facebook](#)



Extinction Rebellion [Website](#)

XR International [Website](#)

1. [#TellTheTruth](#)
2. [#ActNow](#)
3. [#BeyondPolitics](#)



Send your ideas & news for the next issue

[Contact us through Mattermost](#)
or email xrcymru.newsletter@pm.me

**In this emergency. Together. Rooted in love.
We are all we need.**