



12 THINGS YOU CAN DO

There are plenty of ways to make a difference:

Don't try to do everything! Best to do a couple of things well

1. **Bring *Asylum Monologues* or *Asylum Dialogues* to your area/school/church/festival/workplace/conference/pub (!)**

Our productions draw much of their power from their simple and direct staging. They are easy to produce and **can be performed anywhere around the UK at any time**. If you would like to bring a production to your area, simply go to the booking page on our website to find out what is involved in hosting a reading

www.iceandfire.co.uk/afhr

For more info about staging regional performances, contact our Regional Coordinator Clea Langton via actorsnorth@iceandfire.co.uk. For London and the South-east, contact AFHR Director, Christine Bacon via actors@iceandfire.co.uk

2. **Donate to Actors for Human Rights**

justgiving

If you don't have the time to organise a performance, you can always support our work with a donation. Please visit our Just Giving site to donate whatever amount you feel you can offer

www.justgiving.com/iceandfire

The great thing about this site is that your donation will automatically entitle us to 28% in Gift Aid from Inland Revenue as we are a registered charity. £50 suddenly becomes £64!

£20 will pay for the travel costs of one cast member

£50 will pay for travel costs of two cast members

£100 will pay for travel costs for the whole cast

£150 will pay for printing and distribution costs of publicity material for a small-scale production

£250 will pay for most of the related production costs for one performance

3. **If you are an actor or musician - join Actors for Human Rights**

We are always looking for volunteer performers for our growing national network. There are plenty of ways to contribute, from a single performance to producing a show. If you would like to get involved, just register your interest with Clea or Christine (details on left). Directors, producers, filmmakers, and other 'arty' types also welcome! www.iceandfire.co.uk/afhr

4. **Spread the word!**

Talk to friends, family and colleagues about refugee and asylum issues and try to answer any questions or concerns they may have. Refugee Council and Refugee Action have a list of FAQs and myth-busting literature on their websites to help you do this.

As well as giving them the facts, encourage them to use their "empathic imagination"... what would YOU do if this happened to you... how would YOU feel if you were treated this way?

Challenge any myths or rumours you hear about refugees and asylum seekers at work, in social situations, in taxis, in the shops, on the streets or in the pub. It may seem simple, but it's one of the most powerful things you can do.

5. **If you are a student**



Join Student Action for Refugees (STAR), which is made up of 35 student groups across the UK which promote awareness of refugee and asylum issues with their peers and in the local community; support asylum seekers and refugees through volunteering in their local community and campaign on refugee and asylum issues. www.star-network.org.uk

If there is no STAR network at your university – why not get one happening? The lovely people at STAR will tell you how

6. **If you want to speak out and get involved locally....**



City of Sanctuary is a movement to build a culture of hospitality for people seeking sanctuary in the UK. Ten towns and cities around the UK are becoming recognised as places of safety and welcome for people in danger.

If you want to get involved or if your town or city doesn't yet have a City of Sanctuary group and you would like to find out how to start one, go to

www.cityofsanctuary.com

7. **Show public support**

Write to your local newspaper if there is an article you wish to respond to. While letters are better than emails, you can also comment on local newspaper articles online. Do this as soon as possible after you read the article. Don't worry if they're not published

Phone into local radio discussions or debates on asylum and have your say!

Start a local media monitoring and response group on asylum. You can take it in turns to write into newspapers when you see inaccurate or unbalanced reporting, or if terms and definitions are used inaccurately, you can even contact the Press Complaints Commission www.pcc.org.uk or by calling their helpline on 0845 600 2757.

Offer the media positive stories from your neighbourhood or project. If you have a have an interesting story to tell about what that your group is doing to support refugees and asylum seekers or what is being done in your community to welcome newcomers, it may be worth getting your local newspaper or radio station interested by contacting them and telling them about your work.

8. Befriend a refugee

Time Together is an excellent initiative which matches UK citizens in UK cities in one-on-one mentoring relationships with refugees. Mentoring is one of the most effective ways of overcoming the difficulties and barriers faced by refugees in the UK. Mentors support, encourage, motivate and guide their mentee as they seek to achieve their goals in education, employment and integration www.timetogether.org.uk. Another London-based mentoring programme, Face to Face, is run by the Migrant and Refugee Communities Forum www.mrcf.org.uk/#face. Contact Natasha David to find out more natasha@mrcf.org.uk



9. Support people in detention

The Association of Visitors to Immigration Detainees (AVID) is the national umbrella charity for groups visiting immigration detainees. The groups which visit detainees are all independent and have different organisational structures and ways of working www.aviddetention.org.uk. You can also get involved in **anti-deportation campaigns**. See the National Coalition of Anti-Deportation Campaigns (NCADC) <http://www.ncadc.org.uk> for more details

10. Join the campaign to end the detention of children



Every year around 1,000 children in the UK are locked up in immigration detention. If you think detaining children is simply wrong, please add your voice to the Outcry campaign. It's a partnership between Bail for Immigration Detainees (BID) and The Children's Society. The campaign is funded by The Diana, Princess of Wales Memorial Fund. www.childrenssociety.org.uk

11. Network!

By building links with local refugee support organisations and refugee community organisations you can learn more asylum issues and ways in which your group can support refugees and asylum seekers locally. **Subscribe** to any newsletters produced by refugee agencies or community groups and keep up to date with local issues.

Contact local refugee support organisations and refugee community organisations to find out about any

projects, events or activities that you can participate in or support.

Ensure that these organisations have you on their database of contacts.

Invite representatives from local refugee support organisations and refugee community organisations to any local events you are involved with.

12. Donate

Non-perishable foods to local projects supporting destitute asylum seekers. The destitution project at The Red Cross is a good place to start. It offers destitute asylum seekers a food parcel, toiletries and money for a weekly bus pass. There are also lots of local initiatives which provide similar support.

Money (and GiftAid it!) to local projects, organisations and campaigns that support asylum seekers and refugees

Your time or expertise to local charities assisting refugees and asylum seekers. Many need help with websites, design, event coordination and media skills Do you have a **spare room** in your house you could offer to an asylum seeker? If so, contact Chris Gwyntipher chrisg@renwealramp.org.uk or on 0795057256 or 07950571256 who runs Spare Room. This organisation is seeking to recruit hosts for asylum seekers who have no tolerable legal means of support. Hosts are asked to provide rooms and support for a time limited period. All potential guests are assessed and accepted if they meet Spare Room's criteria.

Thanks for taking the time to read this. It is not an exhaustive document and there are many more ways to help asylum seekers and refugees living here. Here is a list of websites that you might want to check out if you have a few hours to spare. Stay inspired! We MUST insist on a better deal for those seeking sanctuary in the UK.

National Coalition of Anti Deportation

Campaigns <http://www.ncadc.org.uk/>

Refugee Action <http://www.refugee-action.org.uk/>

Refugee Council <http://www.refugeecouncil.org.uk/>

Church Action on Poverty – Living Ghosts campaign

www.church-poverty.org.uk/campaigns/livingghosts/

Information Centre About Asylum and Refugees

<http://www.icar.org.uk/>

Bail for Immigration Detainees

<http://www.biduk.org/>

Medical Justice

<http://www.medicaljustice.org.uk/>