

12 THINGS YOU CAN DO London

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 with our network of **volunteer actors and musicians**. 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.

www.iceandfire.co.uk/outreach

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

We are always looking for volunteer performers (with professional experience) 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 at

www.iceandfire.co.uk/outreach

3. **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.

4. **If you are a student**



Join Student Action for Refugees (STAR) a national network of student groups working to improve the lives of refugees in the UK through volunteering in their local community and campaigning on refugee and asylum issues. For more info visit 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 ... www.star-network.org.uk

5. **Offer your time and skills**

Praxis are a fantastic London based charity delivering a range of services for refugees and people seeking sanctuary and are always looking for volunteers. Their *Food, Football, Friendship* project has many exciting events to get involved in! To find out more contact 0207 729 7985 or visit www.praxis.org.uk

Refugee Council are always looking for people to get involved campaigning, fundraising and volunteering. To find out about the many ways you can offer your time and skills visit www.refugeecouncil.org.uk/volunteering

Migrant and Refugee Communities Forum MRFC is a hub of community organisations working to promote the rights of migrants and refugees. There's lots of ways to get involved either in advocacy, advice, research or mentoring. To find out more visit www.mrcf.org.uk/whatwedo/mentoring

Jesuit Refugee Service London runs befriending schemes as well as volunteer programs for visiting people in immigration detention. To find out more visit www.jrsuk.net or email uk@jrs.net

NOACCOM is the national network of agencies providing accommodation for destitute asylum seekers and other migrants. Currently there are 26 projects in 21 towns and cities across the UK. If you can offer space in your house for someone who is destitute for a night, a week or a month! To find one near you visit www.boaztrust.org.uk/get-involved/naccom/ or email davesmith@boaztrust.org.uk.

6. **Support people in detention**

Medical Justice exposes and challenges inadequate healthcare provision for detainees, provides medical reports on evidence of torture and campaigns nationally for rights of all people seeking asylum. Medical Justice are always looking for volunteer health professionals to get involved. For more info www.medicaljustice.org.uk/

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.

National Coalition of Anti-Deportation Campaigns (NCADC). Your time and skills are always welcome in **anti-deportation campaigns**. See the <http://www.ncadc.org.uk> for more details. For North West email ncadc-north-west@ncadc.org.uk

Bail for Immigration Detainees supports immigration detainees to make bail applications and lobbies the government on detention issues. BID is always recruiting volunteers to help them with their case work <http://www.biduk.org/>

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



CITY OF SANCTUARY

City of Sanctuary is a movement to build a culture of hospitality for people seeking sanctuary in the UK. If you would like to find out how to start a city of sanctuary in your town or city go to www.cityofsanctuary.com.

8. 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.

9. Network!

By building links with local refugee support organisations and refugee community organisations.

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 (RCO) 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.

10. Campaigns

There are many effective national campaigns you can support.

National Coalition of Anti Deportation

Campaigns anti deportation campaign
www.ncadc.org.uk/

Amnesty International Still Human Still Here

campaigns to prevent destitution for people seeking sanctuary <http://stillhumanstillhere.wordpress.com/>

OutCry! Campaign to end immigration detention of children and families www.childrensociety.org.uk

Church Action on Poverty – Living Ghosts To change government policies that make people seeking asylum destitute

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

Citizens for Sanctuary campaigning to secure justice for people fleeing persecution

www.citizensforsanctuary.org.uk/

Strangers Into Citizens campaigning for pathway into citizenship for long term undocumented migrants

www.strangersintocitizens.org.uk

11. Donate

Non-perishable foods to local projects supporting destitute asylum seekers.

Money There are many organisations in and around South Wales that need your help. Many of the organisations listed on this sheet would welcome donations however big or small.

Your time or expertise to local charities assisting refugees and asylum seekers. Many need people with experience of providing advice in legal, housing or employment, events and campaigning experience or media skills.

12. 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!

There's a wealth of information on the web that you can check out with a few hours spare. Have a look through these as a start;

Refugee Action

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

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

Information Centre About Asylum and Refugees

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

Refugee Studies Centre <http://forcedmigration.org/>

UNHCR www.unhcr.org.uk

Refugee Week www.refugeeweek.org.uk/

Thanks for taking the time to read this. It is not an exhaustive document! There are many more local organisations to get involved with so just pick up the phone, search the web or chat to someone to find out what's happening near you. **Most of all, stay inspired! We MUST insist on a better deal for those seeking sanctuary in the UK.**