

Email contacts for MPs can be found [here](#) or use <https://www.writetothem.com>.

“Dear [Name of MP] MP

As your constituent, I would like you to take note of the #HungerForFreedom strike that is occurring in Yarl’s Wood Detention Centre. There are 120 women and men who are on hunger and work strike demanding significant, wide-reaching and reasonable changes to detention policy.

Their demands were as follows [1]:

1. Shorter bail request periods

Legally it should 3-5 days, however it can take anywhere up to 21 days, or even a month before you get a bail hearing date

2. Amnesty for those who have lived in the UK 10 years and above

3. End indefinite detention

Detention periods shouldn’t be longer than 28 days

4. End Charter flights

Charter flights are inhumane because there are no prior notifications, or only an oral notification with no warning. They give no time to make arrangements with family.

5. No more re-detention

Redention should not be allowed – if you have been detained once, you should not be re-detained if you are complying with the laws they have applied. This is a contradiction, you are being punished for complying with the law; it ruins the whole purpose of expecting compliance

6. End systematic torture

Systematic torture takes place in detention – at any point an officer could turn up and take your room mate; you’re constantly on edge, not knowing what will happen next. Those who are suicidal now have their privacy taken away because they are being watched – you don’t know if an officer is coming to check on you or coming to take you away. Our rooms are searched at random and without warning; they just search first and explain later

7. Stop separating families

Separating families is inhumane – people in here are married or have British partners and have children outside, and they are denied their right to private life and right to privacy; their Article 8 rights

8. No detention of people who came to the UK as children

Young adults who came to the country as minors should not be detained, deported or punished for their parents’ immigration histories

9. The beds need to be changed

Some of us have been here for a year on the same bed; they're the most uncomfortable beds

10. LGBT+ persons' sexuality be believed

It should be understood that explaining your sexuality is difficult

11. Fit emergency alarms in every room in the detention centre

Only some rooms have them, and there have been a lot of cases of people being very ill in places where they can't call for help

12. Give us access to proper healthcare

13. Give us proper food to look after our diets

14. Release people with outstanding applications

15. We want to speak to Alistair Burt MP for the constituency

In a further list of demands they also state:

'We want an end to the Home Office's of employing detainees to do menial work for £1 per hour, it preys on the vulnerable and forces them to participate in their own detention.' [2]

Please also note how important it was for some of those demonstrating that Diane Abbott MP was able to visit, hear their demands and to campaign for a radical shift of policy and approach towards migrants. [3]

I request that you do the following:

- a) Publicly support the policy proposals set out in the demands.
- b) Email Alistair Burt MP and request that he attend Yarl's Wood and speak to the protesters.
- c) Email Amber Rudd MP and request that as Secretary of State for the Home Department she acknowledge the protest and respond to demands.

Yours sincerely,

[Name]

[Post Code]

[1] <https://detainedvoices.com/2018/02/22/the-hunger-strikers-demands/>

[2] <https://detainedvoices.com/2018/02/25/the-strikers-demands/>

[3]

<https://detainedvoices.com/2018/02/23/she-managed-to-see-us-diane-abbott-the-shadow-home-secretary-was-here-this-morning/>