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To send this letter to your MP, visit www.theyworkforyou.com and enter your postcode to find your MP's name and email address.

What to Include in Your Email

- **Your full name**
- **Your address and postcode** (MPs only respond to constituents)
- **Any personal experiences** (optional) to strengthen your letter
- **The letter above, with your details filled in**

By writing to your MP, you are making your voice heard and pushing for real change. Every letter helps build pressure on decision-makers to take action against racial discrimination and state repression.

Subject: Urgent Action Needed to Address State Repression and Racial Discrimination in the UK

Dear [MP's Name],

I am writing as a concerned constituent to urge you to take action against the systemic racial discrimination and repression faced by Black communities in the UK. Today, on the International Day for the Elimination of Racial Discrimination, I want to bring to your attention the persistent and often hidden ways in which Black people are subjected to state surveillance, workplace retaliation, and institutional barriers that impact our wellbeing.

Historically, governments have used repressive tactics to silence and destabilize racial justice movements—both in the UK and globally. The legacy of such repression can be seen today in the disproportionate policing of Black communities, the targeting of Black activists and professionals, and the ongoing failure of institutions to protect Black people from discrimination and injustice. Many Black individuals experience racial gaslighting in workplaces, educational settings, and legal systems when they attempt to address wrongdoing, only to be ignored or penalized.

This is not just about history—it is about the present. Black professionals in the UK continue to report workplace bullying, wrongful dismissals, and biased internal investigations that fail to hold perpetrators accountable. Black activists and community leaders face surveillance and reputational harm for speaking out. The UK's treatment of the Windrush Generation is a stark example of state-led racial injustice, and yet, lessons have not been learned.

I urge you to take the following actions:

1. **Call for an independent review** of racial bias in workplace grievance investigations.
2. **Advocate for stronger legal protections** against workplace retaliation for those reporting racial discrimination.
3. **Demand transparency and oversight** on the surveillance of Black activists and communities by state intelligence agencies, police forces and private investigators.
4. **Support community-led mental health and wellbeing initiatives** that address the harm caused by institutional racism, with reference to key asks in the [Black Mental Health Manifesto](#).

As my elected representative, I would like to know what steps you are taking to address these urgent issues. I would appreciate a response outlining your position and any actions you plan to take.

Thank you for your time and attention to this matter. I look forward to your response.

Yours sincerely,

[Your Name]