



URGENT: SUPPORT HUNGER STRIKERS FOR PALESTINE IN UK PRISONS

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LINK TO THIS TOOLKIT: bit.ly/P4PInfluencerSupport

After nearly 50 days on hunger strike, **8 UK pro-Palestine activists face high risk of death, unless the UK government intervenes.** They've been imprisoned for activism, and most have gone over a year without trial.

Doctors say the strikers have reached a critical point. 5 have already been hospitalised. The strikers are all under 30 years old, and the youngest is just 20.

40+ UK politicians across multiple parties have demanded **that Justice Secretary David Lammy** meet with the strikers. He has refused. **All eyes are on David Lammy to act.**

The UK has desperately tried to suppress Palestine activism, including banning the group Palestine Action under an anti-terrorism law. [Over 2,700 people](#) have now been arrested for supporting Palestine Action. *Enough is enough!*

International pressure on Lammy is urgent and essential. Please join us in speaking out!

THIS TOOLKIT INCLUDES (click to jump to page):

- Different ways you can support
- Template language for videos, posts, statements, private messages
- Graphics and posts to share
- Further details on the campaign, if you want to read more!

Your voice will add to our momentum: pressure has skyrocketed from politicians like [Jeremy Corbyn](#) in the UK and [Rashida Tlaib](#) in the US, human rights groups like [Amnesty International](#), [hundreds of authors, artists](#), and [musicians](#), including writer [Sally Rooney](#). Thousands have taken to the streets or dropped banners [across the UK](#) and [around the world](#). It is being brought before MPs at the [UK Parliament](#) and is being covered on prime-time on the [BBC](#), the [Guardian](#), and other large news outlets.

HOW CAN YOU HELP?

We've written template language you can use for all the suggested actions below. For social media posts, don't forget to tag or co-post with us [@prisoners4palestine](#).

If you would like to show support beyond the actions below, please get in touch: contact Amytess Girgis at afmgirgis@gmail.com / +44 07341 377729 (UK) or Victoria Almeida +1 734 680 9428 (US).

(1) Post a Face-to-Camera Video or Photo.

- Your followers are more likely to engage if it's you.
- Algorithms work best with user-generated, non-polished videos. [See the video scripts below](#) for ideas.
- If you are not able to record a video, beat the algorithm by posting a selfie holding a piece of paper that says "I Support The Hunger Strikers." [See photo and caption examples below.](#)

(2) Share our Pre-Made Graphic On Your Story/Grid.

This post is designed to contain **all the information necessary** to spread the word as quickly as possible. It will also send people to our account right away.

Sharing on your story - Share the [Instagram post here](#), with this text on the story:

UK Palestine activists have been on hunger strike for 6+ weeks. They will die soon if @david.lammy and the UK Govt don't agree to meet with them. Support the hunger strikers and follow @prisoners4pal. Link - Take Action [linktr.ee/prisoners4pal]

Posting on your grid/X/etc. - We'd recommend the first slide being a selfie for the algorithm ([see selfie example below](#)) and then posting the graphics on the rest of the carousel. You can find the [graphics in a Dropbox here](#). **Use a caption like this:**

*I'm standing in solidarity with UK Palestine activists who are on day 4X [**update the day from here**] of a historic hunger strike in prison. They've been imprisoned without trial and will die soon if Justice Secretary @David.Lammy doesn't act. Join me and other [artists/ in supporting the hunger strikers and pressuring the UK government to intervene! Lammy must act now!*

*Go to linktr.ee/prisoners4pal to find out how you can help. The link is in @prisoners4palestine bio. Follow them to see actions near you.
#SupportTheHungerStrikers #LiftTheBan*

(3) Amplify Existing Posts about the Hunger Strike.

We've linked some of the best posts to share in the next section.

(4) Make Your Own Statement, Post on Socials, and Send as a Press Release to Your Own Press List

When you make an independent statement, it is more likely to garner additional press coverage. Social media is useful, but **press is exponentially more essential** in pressuring the UK government to intervene.

(5) Most Important: Share these Asks with Your Friends and Colleagues!

- Studies show that people are more likely to take action if they get a direct request from a trusted source.
- Please circulate these asks *widely* to everyone you know who has been supportive of Palestine activism in the past – **especially** individuals who have a large platform and/or networks in your industry.
- Consider organizing a coordinated statement yourself (Ex: Open Letter from [200+ Irish Artists, Athletes, and Musicians](#)). We can supply language or support you in drafting your own.

(6) If You're a UK Resident:

- **Pressure your MP or the Justice Secretary David Lammy Directly**

A guide to this can be found at linktr.ee/prisoners4pal (Support Toolkit: UK Residents). Post saying you have done this and encourage others to do the same.

- **Share our demonstrations!** Protests will be shared on @prisoners4palestine.
- **Attend our demonstrations!** Notify us if you plan to be at an action and are willing to speak or have your presence to be amplified on social media in any way. Consider **posting a face-to-camera video** of yourself at a demonstration as well.

TEMPLATES

Feel free to share as-is, or tailor more for your voice and national context.

- **Video Script: Face to Camera**

[See a great example from Greta Thunberg, 14 December, here.](#)

Right now, the **UK is letting 8 prisoners die on hunger strike**. Why? Because it cares more about supporting Israel than it does about the lives of UK residents. We must pressure Justice Secretary David Lammy to intervene immediately.

The prisoners have not eaten in over 40 days – one of the largest prison hunger strikes in UK history. 5 have been taken to hospital, and doctors say they are at a critical point of no return. All of them are under 30 years old.

They're in prison for alleged acts of activism against the genocide in Gaza. Some have been in prison for over a year without trial and without bail. The strikers demand immediate bail, an end to the repression of Palestine activism, and an end to the UK's support for Israeli weapons manufacturer, Elbit Systems.

Over 40 British politicians, including Jeremy Corbyn, have called on the Justice Secretary David Lammy to meet with the hunger strikers IMMEDIATELY. He has refused. Amnesty International and other human rights groups have called this a grave violation of human rights. I'm joining thousands of others in calling on David Lammy to meet with the strikers. If he doesn't, they will die and leave even more blood on the UK government's hands.

THIS IS URGENT. I'm asking you all to support the hunger strikers. If you're in the UK, attend protests near you and contact your MPs. If you're not in the UK, amplify their campaign and join the huge wave of international pressure.

Go to prisoners4palestine.org and follow [@prisoners4palestine](https://twitter.com/prisoners4palestine) for more information. #SupportTheHungerStrikers #LiftTheBan

• Caption for Any Post

I'm standing in solidarity with UK Palestine activists who are on day 4X [update the day from [here](#)] of a historic hunger strike in prison. They've been imprisoned without trial and will die soon if Justice Secretary @David.Lammy doesn't act. Join me and other [artists/ in supporting the hunger strikers and pressuring the UK government to intervene! Lammy must act now!

Go to linktr.ee/prisoners4pal to find out how you can help. The link is in @prisoners4palestine bio. Follow them to see actions near you.
#SupportTheHungerStrikers #LiftTheBan

• Selfie on Grid

Post a photo of you holding a piece of paper that says I SUPPORT THE HUNGER STRIKERS (see example on left). Use a caption that tags @David.Lammy, such as the following:

I'm standing in solidarity with UK Palestine activists who are on day 4X [update the day from [here](#)] of a historic hunger strike in prison. They've been imprisoned without trial and will die soon if Justice Secretary @David.Lammy doesn't act. Join me and other artists in supporting the hunger strikers and pressuring the UK government to intervene! Lammy must act now!

Go to linktr.ee/prisoners4pal to find out how you can help. The link is in @prisoners4palestine bio. Follow them to see actions near you.
#SupportTheHungerStrikers #LiftTheBan



• **Posts to Share on Your Instagram Story :**

Text for your story: UK Palestine activists have been on hunger strike for 6+ weeks. They will die soon if @david.lammy and the UK Govt don't agree to meet with them. Support the hunger strikers and follow @prisoners4pal.

Link - Take Action [linktr.ee/prisoners4pal]

Great Explainer Videos:

- a. [Palestinian Youth Movement Explainer on the Hunger Strike](#)
- b. [Harriet Williamson \(Novara Media\) on the Reason for the Hunger Strike](#)
- c. [Greta Thunberg Solidarity Video](#)
- d. [Chris Hedges on the Hunger Strike](#)
- e. [Kamran's sister on his hunger strike \(CAGE International\)](#)
- f. [Mothin Ali speaking after visiting hunger striker Amu Gib](#)

Posts with Action Items:

- g. **Our Post:** [Instagram post here](#)
- h. **Great Action Items in the US:** [CodePink Call to Action for Hunger Strikers](#)
- i. [Callout – Demand Hunger Striker Umer Get Immediate and Appropriate Medical Attention!](#)
- j. [Influencer Max La Manna on Pressuring David Lammy](#)

Ongoing Post Sharing

- k. Follow @prisoners4palestine to see announcements about protests, updates about the prisoners, and other calls to action as the campaign develops. **Please share these posts as often as you are able.**

Private Message to Friends, Colleagues, or Other Networks

Sharing this urgent call for support I received from UK Palestine activists. 8 people imprisoned for activism have been on hunger strike. They haven't eaten for nearly 50 days and doctors say they're at a critical point of no return. It's getting a lot of UK news coverage and the Government is feeling pressure – but far more pressure is needed.

International pressure is crucial and has tipped the scales in moments like this before. The activists have asked us to join them and raise our voices, get the UK government to intervene, and stop these hunger strikers from dying. I will be **[recording a video, sharing the posts in this toolkit, writing a statement, etc]**. Could you do the same? I can also connect you with the group if you have any questions. **[Insert the toolkit link or the graphic]**.

• **Longer Statement for Socials and/or Press Release**

I stand in solidarity with the eight UK Palestine activists on day 43 [update the day from [here](#)] of a historic hunger strike in prison. Their health is in critical condition, and they will die soon without immediate action from the UK government and Justice Secretary David Lammy.

Amu Gib, Qesser Zuhrah, Heba Muraisi, Jon Cink, T Hoxha, Kamran Ahmed, Lewie Chiaramello, and Umer Khalid are among 33 prisoners incarcerated for alleged actions protesting Israel's genocide in Gaza. Most have been in prison for over a year without trial.

The strikers demand immediate bail, justice in their own cases, an end to repression of Palestine activism, and an end to the UK's complicity in genocide through the operation on British soil of Israel's largest weapons manufacturer: Elbit Systems.

It infuriates me that the UK government would rather watch these hunger strikers die instead of meeting their demands. It's yet another instance of repression against Palestine activism. In July, the UK banned the direct action group Palestine Action under terrorism legislation in a desperate attempt to shut down protest. Over 2,700 people have been arrested under the Terrorism Act since the ban – all for simply opposing genocide.

As an [artist, concerned Brit, person who cares about human rights...], I join the thousands of people around the world who stand with the hunger strikers. I implore David Lammy to meet with the hunger strikers and respond to the over 40 MPs who have called on him to intervene.

And as always: free Palestine!

#SupportTheHungerStrikers #LiftTheBan

MORE INFORMATION

ARTICLES

Our allies have written excellent summaries of the hunger strike and its wider political context at the [London Review of Books Blog](#) and [Mondoweiss](#). The Belfast-Based Rebel Matters Podcast also [interviewed one of the hunger strikers](#), Amu Gib.

For more information on how the activist group Palestine Action was banned as a terrorist organization in July in an egregious violation of protest rights, read this [Amnesty International statement](#).

For ongoing press releases and media updates, [click here](#).

FULL LIST OF STRIKERS' DEMANDS

1: End all censorship

We demand to be able to send and receive communications without restriction, surveillance, or interference from the prison administration. Freedom of expression is a fundamental human right that is vital for prisoners, whose voices are already systematically silenced. Censorship inside prisons is a tool of control used to punish resistance. Letters, phone calls, political statements, books and all other forms of expression must be respected.

2: Immediate bail

We demand that we be released from custody while awaiting trial. Holding people on remand, in some cases indefinitely, is a deliberate abuse of power, used to punish prisoners before they have even faced a court or been convicted of any crime. Some of us will have been imprisoned for nearly two years without a conviction. The right to a fair trial must include the right to prepare for it in freedom, not behind bars.

3: Right to a fair trial

We demand the right to a fair trial, which cannot happen until all relevant documents related to our cases are released in full. This includes all meetings between British and Israeli state officials, the British police, the attorney general, Elbit Systems representatives, and any others involved in coordinating the ongoing witch-hunt of actionists and campaigners.

We also demand the release of government records of all Elbit Systems UK exports from the last five years. We have the right to know what arms are being made and exported from the UK, especially when they are used to commit genocide.

4: Deproscribe Palestine Action

We demand the immediate dropping of all terror-related charges and 'links', and an end to the use of the Prevent strategy. The government's use of counter-terror laws to target those engaged in protest and direct action is unjustified and unprecedented, and must be stopped.

In light of this, we demand that the British government deproscribe Palestine Action. Direct action is not terrorism. It is a legitimate tactic deployed when democratic channels fail to

reflect the will of the people. When the government breaks the law, citizens have the moral responsibility to act in defence of life, human rights, and collective dignity.

We also demand an apology from Yvette Cooper for spearheading a smear campaign in a cynical attempt to justify her decision to proscribe Palestine Action. Her claim that Palestine Action was a violent organisation “possibly funded by Iran” has no basis in fact.

5 Shut Elbit down

Many of us are imprisoned for allegedly taking action against Elbit Systems, Israel’s largest weapons manufacturer. Since 2012, Elbit has won 25 public contracts in the UK totalling more than £355m. Now, the Ministry of Defence is preparing to sign a £2.7 billion contract with Elbit that would designate it as a “strategic partner” and see the company train 60,000 British troops each year.

We demand that the government does not use taxpayer’s money to fund the machinery of genocide, and scrap this contract. Furthermore, we demand that all Elbit systems’ sites and its subsidiaries in the UK are permanently shut down.

A MORE DETAILED CAMPAIGN TIMELINE

2 Nov: Hunger Strike Begins

- Prisoners linked to Palestine Action begin a hunger strike. [Statements](#) released by the strikers, including Qesser and Amu.

Throughout Nov: Public Support

- Demonstrations take place across the UK and Ireland.
- [Author Sally Rooney](#) pledges solidarity with the strikers.
- Prisoners in [Italy](#), [the US](#) and [Greece](#) undertake solidarity strikes.
- [Georges Abdallah](#), a prisoner of the French state for 41 years before he returned to Lebanon in July, and [Bernadette McAliskey](#), a veteran of the Irish liberation struggle and spokesperson for the Smash H-Block Campaign in 1981, issued statements in support.
- Palestinian prisoners liberated from Israeli jails hailed them as [comrades](#).

25 Nov: Hospitalisation and Parliamentary Motion

- [First striker hospitalised](#); Kamran releases [statement](#).
- MP John McDonnell drafts an [Early Day Motion](#) of concern for the hunger strikers, signed by 47 members of Parliament.
- [Over 100 Medical professionals](#) sign letter of concern for the hunger strikers.

2 Dec: BBC Protests Spread

- [Demo outside](#) BBC HQ sparks **nationwide actions** demanding coverage.

3-9 Dec: Momentum Spreads Among Politicians and Media

- Prisoners' health deteriorates to a critical point.
- [Amnesty International](#) warns of 'crisis point' and states human rights concerns
- [Mothin Ali](#), [Zarah Sultana](#), and [Jeremy Corbyn](#) visit hunger strikers **Amu Gib** and **Qesser Zuhrah** in prison.
- [BBC](#), [Guardian](#), and others report on primetime coverage
- Kneecap, Sally Rooney, and [200+ Irish Artists, Athletes, and Musicians](#) Issue Statement of Support

10 Dec: Parliament Response

- [Jeremy Corbyn announces](#) that Justice Secretary David Lammy refused his request to meet about the strikers.
- After MPs raise it in parliament, [Speaker of the House Lindsay Hoyle blasts David Lammy](#) for his refusal to respond to MPs, calling it "unacceptable."

12 Dec: Activists Escalate Pressure on Ministry of Justice

- [Protestors are arrested](#) for covering the Ministry of Justice in red paint, urging Lammy to act
- Prisoners for Palestine [issues a call](#) for activists everywhere to escalate

Throughout the strike, hunger strikers have experienced:

- A lack of immediate response from healthcare workers within the prison.
- Some have been triple handcuffed whilst receiving treatment in hospital despite giving total compliance with medical professionals.
- Over 12 hour delay of accessing emergency medical care.
- There are redacted documents that would suggest that there is a political and foreign interference in the Filton24 and Brize Norton 5 cases; these need to be disclosed for a fair trial.
- When in hospital, strikers were denied access to speak to their family and solicitors.
- The UK government has not started meaningful conversations to end the hunger strike.
- Umer and Lewie have pre-existing medical conditions. Umer has limb-girdle muscular dysplasia, Lewie has type 1 diabetes.