



# Write a Christmas card to people held in immigration detention



## WHAT IS IMMIGRATION DETENTION?

Immigration detention is the holding of people in prison-like conditions, for the purpose of immigration control.

In the UK, there is no time limit on how long someone can be held in detention. The decision to send someone to detention never goes before a judge.

It is harmful to physical and mental health, and can cause long-term trauma. Some people who are detained have previously experienced torture. Being detained can cause them to re-live previous experiences.



## HAND IN YOUR CARD TO:

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**By writing a Christmas card, you can bring a small bit of comfort, connection and encouragement to people in immigration detention.**

## WANT TO WRITE A CARD? HERE ARE OUR TOP-TIPS:

1. Use friendly, generic address such as 'Dear Friend'
2. Some of the people receiving Christmas cards will have experienced trauma or fled conflict zones. Your message should be one of solidarity for people going through a difficult time.
3. Not everyone receiving cards will be Catholic/Christian, so please make it inclusive for all faiths and nationalities!
4. But do feel free to wish someone a Merry Christmas!
5. Don't include your full name or contact details in the card