

FOA

P R I

L E T T E R O F

S O N

S O L I D A R I T Y

E R S

OVERVIEW

Why?: Across the UK, 33 political prisoners remain behind bars for their activism in solidarity with Palestine. Many of them are now enduring severe state repression within the prison system, facing censorship, and restrictions on communication.

At this crucial moment (10 November 2025), four prisoners have begun a hunger strike to demand basic rights:

- Fair trials
- Immediate bail
- An end to censorship and isolation
- The right to free association

This hunger strike marks a turning point. It highlights not only the courage of those detained but also the urgent need for a collective show of solidarity from all who believe in justice and freedom of expression.

OBJECTIVE

Through collective letter-writing, we aim to:

- Show support and remind prisoners they are not forgotten.
- Raise awareness of the growing repression against Palestine activists in the UK.
- Educate communities on the history of political prisoners, both in Palestine and here in Britain.
- Demonstrate visible, practical solidarity with prisoners and their families.
- Build public understanding of the Filton 24 and related cases, and the wider pattern of repression.

FORMAT

1. Introduction & Context

Before you begin, take a moment to read through the short background on the Filton 24 and the wider issue of political prisoners in the UK. Understanding their situation helps ground your letter in solidarity and compassion. (Please see page 14 for an example script). You can find more information at www.prisoners4palestine.org

2. Learn & Reflect

Read the short piece on the history of political imprisonment in the Palestinian struggle. This will give you wider context and help you connect your letter to a long tradition of resistance, dignity, and global solidarity. (Please see page 15 for an example script)

3. Write Your Letter

Use the letter templates and reflection prompts included in this pack to guide your writing. (Please see page 5-7 for an example script)
You can:

- offer encouragement
- send strength and solidarity
- share why you chose to write
- let them know they're not alone

Keep your message positive and supportive, and avoid discussing legal details or court cases.

4. Personal Reflection

After writing, take a moment to reflect on the experience. You might want to write a short note to yourself, say a prayer, or simply sit with your thoughts. If you'd like, you can also write a second letter to a family member of a prisoner using one of the provided templates.

5. Share Your Support

If you feel comfortable, you're welcome to take a photo of your letter (without showing personal details) or a short clip expressing solidarity. These can be shared in HD format via the official FOA WhatsApp channel on 07542 132163.

LETTER TEMPLATES

Template 1: Letter to a Political Prisoner (General Support)

Dear [Name of person],

I am writing to express my solidarity. Though we may not know each other personally, please know that you are not forgotten. Across the country, so many of us stand with you and recognise your courage.

Your sacrifice and commitment remind us all that the struggle for justice does not end, even behind prison walls. We see your strength, your resilience, and your belief in what is right.

I hope this letter reaches you in good spirits and reminds you that people across the UK and around the world are thinking of you, speaking your name, and continuing the fight for freedom and justice.

Stay strong. Stay hopeful. You are part of something much bigger than these walls.

In solidarity and respect,
[Your first name]
From [Town/City, UK]

Template 2: Letter to a Hunger Striker or Detainee Facing Repression

Dear [Name or "Comrade"],

I am writing to you with deep respect and solidarity during this difficult time. Your courage in standing up for your rights and for the rights of others inspires all of us on the outside.

We know about the hunger strikes, the unfair treatment, and the isolation you face. Please know that we are speaking out and taking action to demand justice for you and every political prisoner.

You are not alone in this struggle. Your bravery gives strength to people everywhere who believe in justice for Palestine and in the right to protest without fear.

Thank you for your sacrifice. We will keep raising our voices until you are free.

With solidarity and care,
[Your first name]
FOA supporter – [Town/City]

Template 3: Letter of Reflection and Solidarity

Dear [Name of person],

As I sit to write this letter, I'm thinking about the strength it takes to hold on to your beliefs when the system tries to break you. Your courage reminds us that the fight for justice doesn't stop at the prison gates, it continues through every act of resistance, every word, every heartbeat that refuses to give up.

Please know that there are people outside who see you, who care, and who are inspired by your resilience. What you are enduring is not in vain. Your struggle is part of something much greater, a struggle that belongs to all who believe in freedom and dignity for Palestine.

Hold on to hope. We are with you, and we will not stop speaking your name.

In solidarity,
[Your first name]
From [Town/City, UK]

Template 4: Message of Hope

Dear [Name of person],

I wanted to reach out and send you a few words of strength and hope. I can only imagine how difficult things must be, but I hope you know that so many of us are thinking of you and standing with you.

Your bravery gives courage to others. You remind us that even in the darkest of times, there are people who will always speak out for what's right.

Please take care and know that you are not alone, there's a whole community out here keeping you in our thoughts and carrying your message forward.

In peace and solidarity,
[Your first name]
From [Town/City, UK]

Template 5: Letter of Gratitude

Dear [Name or "Friend"],

I wanted to write to thank you, not just for your sacrifice, but for your courage in standing up for justice when it's hardest to do so. Your actions speak louder than any words.

Many of us have been inspired by your strength and the principles you stand for. Because of people like you, the truth about what's happening is being heard and seen by more and more people each day.

We're continuing the fight on the outside, pushing for justice, and calling for your freedom. You've given us all a reason to keep going.

With deep respect and solidarity,
[Your first name]

Template 6: Letter to Lift Spirits

Dear [Name of person],

I hope this letter reaches you on a day when you need a reminder that people care. We might be separated by walls, but our hearts and our purpose are connected.

I can't imagine how hard it must be, but please remember that you've made a difference. Every act of courage, big or small, creates ripples of hope far beyond where you are.

Stay strong, stay grounded, and hold on to the thought that the world you believe in is being built because of people like you.

Sending warmth and solidarity,
[Your first name]

Template 7: Reflective Letter

Dear [Name of person],

I've been reflecting on how much strength it takes to stay true to your beliefs in a world that tries to silence justice. Your courage shows the rest of us what conviction really means.

When we gather, march, or write your name, we're reminded that the struggle for Palestine is built on people like you, people who refuse to turn away from truth, no matter the cost.

We're with you in spirit every day, and we'll keep fighting until freedom and justice are achieved for all.

With solidarity and respect,
[Your first name]

REFLECTION PROMPTS

How to Use the Reflection Prompts

These reflection prompts are here to help you pause, think, and connect emotionally before writing your letter. You don't need to go through all of them, just choose one or two that speak to you and let your thoughts unfold naturally.

You can use the prompts in a few ways:

Take a quiet moment to reflect before you start writing.

Choose a prompt as the opening idea for your letter.

Use them to help you focus on solidarity, care, and justice.

There are no right or wrong answers. They're simply here to guide your thoughts and help you write from the heart.

**WHY IS IT
IMPORTANT THAT
WE CONTINUE TO
WRITE, SPEAK, AND
ACT, EVEN WHEN
THE SYSTEM TRIES
TO SILENCE US?**

**WHAT ROLE
DOES
COMPASSION
PLAY IN
MOVEMENTS
FOR JUSTICE?**

**HOW CAN
LETTER
WRITING BE A
FORM OF
RESISTANCE?**

**WHAT DOES IT
MEAN TO STAND
WITH SOMEONE
YOU'VE NEVER
MET?**

**HOW DO ACTS OF
SOLIDARITY, EVEN
SMALL ONES,
HELP TO BUILD
COLLECTIVE
POWER?**

**WHAT DO YOU
HOPE A
PRISONER MIGHT
FEEL WHEN THEY
RECEIVE YOUR
LETTER?**

**WHAT INJUSTICES
OR STRUGGLES IN
YOUR OWN LIFE
HELP YOU
EMPATHISE WITH
THOSE
IMPRISONED?**

**WHAT LESSONS
CAN WE LEARN
FROM POLITICAL
PRISONERS ABOUT
ENDURANCE AND
FAITH?**

**WHAT DOES
SOLIDARITY
MEAN TO YOU
PERSONALLY?**

**HOW DOES
HEARING ABOUT
POLITICAL
PRISONERS IN
THE UK MAKE
YOU FEEL?**

**WHY DO YOU
THINK SOME
PEOPLE ARE
WILLING TO RISK
THEIR FREEDOM
FOR JUSTICE?**

**WHAT CONNECTS
THE STRUGGLES
OF POLITICAL
PRISONERS IN THE
UK TO THOSE IN
PALESTINE?**

**HOW CAN
ORDINARY
PEOPLE SHOW
COURAGE IN THE
FACE OF
INJUSTICE?**

**WHAT EMOTIONS
COME UP FOR
YOU WHEN YOU
THINK ABOUT
PEOPLE BEING
IMPRISONED FOR
THEIR ACTIVISM?**

**HOW DOES THE
HUNGER STRIKE
HIGHLIGHT THE
STRENGTH AND
RESILIENCE OF
THOSE DETAINED?**

**WHAT MESSAGE OF
HOPE OR STRENGTH
WOULD YOU MOST
WANT TO SHARE
WITH A PRISONER?**

**HOW DOES STATE
REPRESSION IN
THE UK REFLECT
WHAT WE SEE IN
PALESTINE AND
ELSEWHERE?**

**HOW CAN WE
SHOW LOVE AND
SOLIDARITY
WITHOUT EVER
MEETING THE
PEOPLE WE'RE
SUPPORTING?**

**WHAT WOULD
YOU WANT
SOMEONE TO
WRITE TO YOU IF
YOU WERE IN
THEIR POSITION?**

**HOW CAN WE MAKE
SURE OUR
SOLIDARITY
DOESN'T STOP
TODAY BUT
CONTINUES BEYOND
THIS EVENT?**

**HOW CAN WE
KEEP THE STORIES
OF THESE
PRISONERS ALIVE
IN OUR
COMMUNITIES?**

**WHY IS IT
IMPORTANT TO
CONNECT THE
STRUGGLES
HAPPENING HERE IN
THE UK WITH THOSE
HAPPENING IN
PALESTINE?**

**HOW CAN WE USE
OUR VOICES AND
PLATFORMS TO
CONTINUE THEIR
MESSAGE OUTSIDE
THE PRISON
WALLS?**

**WHAT KIND OF
WORLD ARE WE
FIGHTING FOR,
AND WHAT WILL IT
TAKE TO GET
THERE?**

**WHAT INSPIRES
YOU MOST ABOUT
PEOPLE WHO
CONTINUE TO
RESIST, EVEN
WHEN THEY'RE
IMPRISONED?**

**HOW DO YOU
THINK SOLIDARITY
ACTIONS LIKE
THIS AFFECT THE
MORALE OF
PRISONERS?**

**IN WHAT WAYS
DOES
IMPRISONMENT
AIM TO SILENCE
ACTIVISM, AND
HOW CAN WE
COUNTER THAT?**

**WHAT KEEPS YOU
MOTIVATED TO
STAND UP FOR
JUSTICE, EVEN
WHEN PROGRESS
FEELS SLOW?**

**HOW CAN WRITING
A LETTER BE BOTH
A PERSONAL ACT
AND A POLITICAL
STATEMENT?**

**WHAT EMOTIONS
DO YOU WANT
YOUR LETTER TO
CONVEY TO THE
PERSON
RECEIVING IT?**

**HOW CAN OUR
COMMUNITIES
SUPPORT
FAMILIES OF
POLITICAL
PRISONERS MORE
ACTIVELY?**

**WHAT DOES
“FREEDOM”
MEAN IN THE
CONTEXT OF
POLITICAL
STRUGGLE?**

PRISONERS ON HUNGER-STRIKE

HMP Pentonville, Caledonian Rd, London N7 8TT, England

Prisoners:

Kamran Ahmed - A9280FE

HMP Petersborough, Saville Road, Westwood, Peterborough, PE3 7PD, England

Prisoners:

T Hoxha - A9261FE

HMP New Hall, New Hall Way, Flockton, Wakefield WF4 4AX

Prisoners:

HM - A9275FE

HMP Wormwood Scrubs, Du Cane Rd, London W12 0AE

Prisoners:

Umer Khalid - A4415FH

HMP Bronzefield, Woodthorpe Road, Ashford TW15 3JZ

Jon Cink - A1063FH

Qesser Zuhrah - A9259FE

Amu Gib - A1064FH

SAFEGUARDING

When writing from home, please follow FOA's basic safeguarding and legal guidance to ensure your letter is safe, respectful and appropriate.

Legal Boundaries

Avoid mentioning ongoing court cases or sharing unverified details. Keep your message supportive and positive.

Privacy

You do not have to include your personal contact details. You may sign with your first name only if you prefer.

Letter Guidance

Your letter should focus on solidarity, hope and encouragement.

Please avoid:

- Case details or legal discussions
- Anything that could be seen as incitement
- Criticism of individuals or prison staff
- Keep your words simple, warm and human.

Photos

If you share your support online, do not show full letters or personal information.

Optional Replies

If you would like to give the prisoner the option to reply, you may include a stamped, self-addressed envelope and a blank sheet of paper. Please note that you may not receive a response.

FILTON24

The Filton 24 and the Wider Issue of Political Prisoners

Welcome everyone, and thank you for joining us today.

Before we begin the letter-writing session, we want to share some context about why we're here and who we're writing to.

Across the UK right now, there are 33 political prisoners being held because of their activism for Palestine. Many of them have been arrested under heavy counter-terror powers, denied bail, and kept in conditions that are far harsher than necessary. They are not criminals, they are people who stood up against injustice, against the arms trade, and against Britain's complicity in Israel's attacks on Gaza.

Among these prisoners are the group known as the Filton 24.

They were arrested after taking direct action at a site linked to the weapons industry. Since then, many have faced long periods of pre-trial detention, strict restrictions, and increasing repression inside the prison system. Some have even started hunger strikes to demand basic rights: fair trials, access to communication, and an end to isolation.

Their cases highlight something much bigger, the growing attempt to silence and punish people who speak out for Palestine in this country. Political imprisonment has always been used by states to weaken movements, from South Africa during apartheid to Palestine under occupation. And now we are seeing echoes of that here in Britain.

Our role today is simple but powerful:

to remind these prisoners that they are not alone.

To show them that people on the outside care deeply about them.

And to let them know that their courage has not gone unnoticed.

By writing these letters, we are breaking the silence that prisons depend on. We are sending strength, solidarity and humanity straight to the people who need it most.

HISTORY

History of Political Imprisonment in the Palestinian Struggle

I'd like to share a short overview of political imprisonment in the Palestinian struggle. This history helps us understand why solidarity with prisoners, wherever they are, is so important.

Since the beginning of the Israeli occupation in 1967, it's estimated that over one million Palestinians have been detained. That means nearly every Palestinian family has been affected by imprisonment in some way, a father, a mother, a child, a neighbour, a friend.

Many of these arrests happen without charge or trial. Israel uses something called administrative detention, which allows people to be held for months or even years on secret evidence. People often don't know why they've been arrested, and their families may not know where they are.

Inside the prisons, Palestinians have continued to resist. They organise classes, study groups, political education circles, they refuse to let the occupation break their minds or their hope. Prisons have become places of learning and strength, even under the harshest conditions.

One of the most powerful forms of resistance has been the hunger strike. Palestinian prisoners have used hunger strikes for decades to demand basic rights:
the right to family visits,
the right to proper medical care,
the right to humane conditions,
and sometimes the right to their own freedom.

These hunger strikes have inspired the whole world. They show that even when someone is locked away, their spirit can still challenge injustice.

Political prisoners became symbols of the Palestinian struggle, not because they sought heroism, but because their suffering reflects the suffering of their people. Their endurance, their sumud, has carried the movement forward.

And when we support political prisoners here in the UK, we join that same tradition of solidarity. We connect our struggles, we honour their history, and we stand with everyone who has sacrificed for justice.

This history reminds us that prisons can take away freedom, but they cannot take away dignity, not when people refuse to be silent, and not when communities like ours continue to stand beside them.

CONCLUSION

A Message of Solidarity

The prisoners we are writing to have risked their freedom for truth and justice. Writing from home is one way we can stand beside them and remind them that they are not alone.

Every letter sent is a quiet act of courage. It tells our prisoners and the wider world that the movement for Palestine will not be silenced.

By taking part from your own home, you're joining people across the country in a shared moment of solidarity, strength and care. Together, our voices form a national message of hope and resistance.

CONT- ACT US

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For any questions, support, or guidance, your FOA coordinator is your first point of contact. We're here to help and support you in making your volunteering experience meaningful and impactful.

FOA