[Name of MP]  
House of Commons  
London   
SW1A 0AA

[Your address, postcode and contact details. Your MP needs to know that you are a constituent]

EMAIL: [see [here](https://members.parliament.uk/FindYourMP) to find an email address]

[Date]

Dear [name of MP],

**Re. British Nationals Imprisoned in Iran & Egypt**

As your constituent, I am writing to ask you to call on your government to secure the immediate and unconditional release of British nationals Alaa Abdel Fattah and Mehran Raoof and to develop and deploy a coherent and effective approach for ending arbitrary detention of British nationals overseas.

Alaa Abdel Fattah, a 42 year old British National, is a writer and a father who has been unjustly imprisoned in Egypt since September 2019. This is not the first time he has been unjustly imprisoned, having received a five year sentence in 2015 for organising a political protest. He has been an advocate for human rights in the country, and has been detained for his human rights work. In 2022, Alaa went on hunger strike to protest his detention and the UK government’s lack of action to secure his release.

Mehran Raoof, a 66 year old British-Iranian national and a labour rights activist, is being arbitrarily detained in Tehran’s Evin prison. Revolutionary Guards agents arrested him on 16 October 2020. In August 2021, Raoof was sentenced to ten years and eight months on national security-related charges after a grossly unfair trial.

At present, the government has no consistent approach for how it responds to the arbitrary detention of British nationals overseas. When these cases arise, support for individuals and their families is inconsistent and British nationals are spending years arbitrarily detained. As stated by the government, the provision of consular assistance is at their discretion. This approach can and has resulted in inconsistencies regarding how the UK government supports individuals arbitrarily detained abroad, and thus leaving UK citizens at risk.

I am asking you, as my MP, to show your support for Alaa and Mehran - two British nationals - by

* Urging your government to do everything in its power to secure Alaa and Mehran’s immediate and unconditional release.
* Urging your government to develop and deploy a coherent and effective approach for ending arbitrary detention of British nationals overseas.

Do contact me if you need any further information.

Yours sincerely,