

Questions & misconceptions

“Why don't they just eat?”

Prisoners have gone on hunger strike because they have no other way to demand their fundamental rights and secure their/our demands. Their body is their last tool. Hunger strikes have long been a tool of resistance that has forced the occupying power to secure key rights and demands, forged a global solidarity between prisoners and solidarity movements, and refused an unjust world that criminalises action against injustice.

“All prisoners should be treated equally!”

This is something you might have heard from the likes of James Timpson, the UK Minister of Prison, who recently claimed, 'I don't treat any prisoners any differently from any other'. If that's the case, we ask, why have the prisoners not been granted bail? Prisoners have been held on remand (i.e., without trial) for well over the standard custody sentence limit of 6 months (some with trial dates of 2 years after their imprisonment). They haven't been convicted! And why have prisoners been refused family visits through cruel bureaucratic transfers, such as in the case of Heba Muraisi, who was moved across the country where her immediate family can no longer visit? If this is how all prisoners are treated, it's only more reason for us to collectively fight this unjust system!

“How does this help Palestinians?”

Prisoners detained in UK prisons are constantly putting Palestine on the map. Their refusal to comply and accept this genocide, and the UK's complicity in it, is evident in their insistence in using the only tools they have left to demand an end to this horror. Crucially, they've also forced us to take seriously the horrific conditions of Palestinian prisoners (including children)– thousands of which have been detained without trial, with sentences renewed indefinitely. Prisoners in Palestine have expressed their gratitude and solidarity in return. Here is one extract from Palestinian prisoners who have expressed their love, solidarity, and appreciation: ‘... We follow your efforts with pride, and we highly appreciate your support for the prisoners in the occupation prisons, especially the campaign of solidarity with the child prisoners, the administrative detainees and the campaigns of solidarity with sick and ill prisoners and hunger strikers, and with our valiant women prisoners in the prisons of the occupation. We value your principled position in supporting the struggle of the Palestinian prisoners' movement for liberation, as it stands on the front lines confronting Zionist colonialism and its racist settler regime.’

TAKE ACTION NOW!

1. WRITE TO THE PRISONERS
2. CONTACT THE PRISONS
3. CONTACT YOUR MP & LOCAL POLITICIANS
4. CONTACT THE MINISTRY OF JUSTICE
5. SPREAD THE WORD! PRINT & SHARE RESOURCES

*Toolkit, templates, contact information available on prisonersforpalestine.org

RESOURCES

‘I'm on hunger strike in a British prison. This is why’. Amu Gib. (19 Dec 2025).

<https://www.theguardian.com/commentisfree/2025/dec/19/hunger-strike-british-prison-arms-to-israel>

‘On Hunger Strike’. E.S. Wright. (1 Dec 2025).

<https://www.lrb.co.uk/blog/2025/december/on-hunger-strike>

Support the Hunger Strikers zine (including words from hunger strikers)

<https://prisonersforpalestine.org/wp-content/uploads/2025/11/support-the-hunger-strikers-imposed.pdf>

The Best of Us, by Lowkey ft. Mai Khalil:

<https://youtu.be/hd84mRHgImg>

More resources:

<https://prisonersforpalestine.org/read-and-watch/>

FREE PALESTINE FREE THE PRISONERS SUPPORT THE HUNGER STRIKERS



TOOLKIT LINK

[PRISONERSFORPALESTINE.ORG](https://prisonersforpalestine.org)



What's this ABOUT?

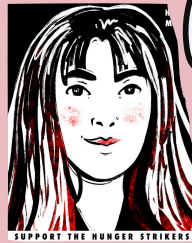
There are currently at least 33 people in the UK illegally detained by the British state for their actions against genocide, and this number may increase as the state implements ever more draconian measures against protest. These measures include the calculated use of counter-terrorism legislation to silence legitimate dissent, which has been widely condemned by lawyers, human rights experts, and international organisations alike.

Elbit Systems is Israel's largest weapons manufacturer. Producing 85% of Israel's drones fleet and land-based military equipment. They consider themselves to be 'the central operating system' of the IOF. The UK 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.

Many comrades now sitting in prison cells are there because they took necessary action to disrupt Elbit's supply chain. The movement to shut Elbit down is a global effort, led by ordinary people who refuse to be complicit in the war machine and who reject the idea that the business of war can continue, un-challenged, on our doorsteps, funded by our taxes. Our responsibility is clear: to interrupt, dismantle, and end this business of death.

Since November 2025, 8 prisoners for Palestine in the UK have gone on hunger strike - using the only tool they now possess to demand their basic rights and an end to genocide: their body. Held on remand (i.e., without trial) for well over the custody time limit of 6 months (some with trial dates of 2 years after their imprisonment), prisoners have been left with no alternative than to strike. Following a long and heroic legacy of hunger strikers that have refused servitude and oppression and demanded liberation, across the world, including in Palestine (where thousands of Palestinians (including children) are detained without trial, tortured and treated in the most horrific ways, with indefinite sentences that extend without limit), the hunger strikers are putting their lives on the line.

This is an open call for the free people of the world to overcome the indignity of feeling helpless. To know that even those who have experienced the brutality of counter-terrorism policing, refuse to be passive in the ongoing genocide. And to reaffirm that the abolition of prisons is predicated upon the liberation of Palestine.



HEBA MURAISI
64+ DAYS



KAMRAN AHMED
57+ DAYS



AMU GIB
50 DAYS



JON CINK
41 DAYS

the HUNGER STRIKERS

+ no of DAYS on HUNGER STRIKE



TEUTA HOXHA
58+ DAYS



LEWIE CHIARAMELLO
43+ DAYS



QESSER ZUHRAH
48 DAYS



UMER KHALID
13 DAYS

DEMANDS:

- 1 END ALL CENSORSHIP**
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. Letters, phone calls, political statements books and all other forms of expression must be respected.
- 2 IMMEDIATE BAIL**
None of the prisoners have been convicted! Prisoners should 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**
To release all relevant documents related to the prisoners' cases in full, including 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.
To release government records of all Elbit Systems UK exports from the last five years. The public must be informed on arms are being made in and exported from the UK, especially when they are used to commit genocide.
- 4 DEPROSCRIBE**
The immediate dropping of all terror-related charges and 'links', and to deproscribe Palestine Action as a terrorist organisation. 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 to stop genocide, and in defence of life, human rights, and collective dignity.
- 5 SHUT ELBIT DOWN**
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. The government should not use taxpayer's money to fund the machinery of genocide, and to scrap the above contract. All Elbit systems' sites and its subsidiaries in the UK should be permanently shut down.

In addition to these demands, the remaining hunger strikers demand the following:

1. Heba to be transferred back to HMP Bronzefield - in order for her fundamental right to family visits be secured. Heba has been moved across the country in a prison transfer.
2. End to all non-association orders
3. Access to all activities and courses