

# ***Are you feeling powerless about the ways in which Australia is dealing with refugees and asylum seekers?***

**Here are 5 THINGS YOU CAN DO to make a difference :**

Don't try to do everything! Best to do a couple of things well. (But we guarantee that doing *anything* at all will make you feel a lot less powerless !)

1. Read the facts then contact your talkback station when they misstate things (as they do). This takes courage, but it gets the word out there. For those shock-jocks who are unrepentant, ring their sponsors and tell them politely that you will not buy their products as long as they let the radio stations tell lies about innocent, damaged people.
2. **Donate** cash, phone cards or travel cards for the Brigidine Nuns' support program. Or cheques can be made out to: '**Brigidine Asylum Seekers.**' And send them to:  
Brigidine Sisters, 52 Beaconsfield Pde, Albert Park, Vic, 3206  
**Donate** money, food and (OK) clothes to: **The Asylum Seekers Resource Centre**, 207 and 211 Nicholson St. Footscray, 3011. Tel: 9687 2134. 9689 5075. Email: [asrc@start.com](mailto:asrc@start.com)  
For Nauru, We are getting many letters politely asking for radios; cameras; light clothing; lengths of cloth to make Kaftans; shoes; newspapers; magazines
3. **Donate** money to:  
**The Refugee and Immigration Legal Centre Inc**, 95 Brunswick Street, Fitzroy, Vic. 3065  
[www.rilc.org.au](http://www.rilc.org.au) or  
**Refugee Advocacy Service S.A Inc.**, PO Box 6662 Halifax St  
Adelaide, SA, 5000  
[www.rassa.org.au](http://www.rassa.org.au)
4. Contact the Hazara Association of Victoria: they need help getting Hazaras from Afghanistan settled in the community: you can befriend them, take them to lunch or the footy – make them welcome. Ring Hamid Saberi on 03 9547 0849 or 0438 895 728.
5. Write **letters to detainees** telling them you welcome them to this country and that we are working to change our Government's policies. Email [help@spareroomsforrefugees.com](mailto:help@spareroomsforrefugees.com) to get advice on how to go about this plus addresses of detainees who'd be delighted to receive messages of support from beyond the razor wire.