

Dear **[insert MP name]**,

I am writing to you as a constituent in **[constituency name]** to ask you to take action regarding Scotland's immigration removal centre (IRC), Dungavel House in South Lanarkshire, as well as address the wider use of indefinite detention and IRCs throughout the UK.

Conditions in Dungavel remain lacking with detainees having inadequate access to their support network, legal services, and healthcare services, especially in regards to mental health services. Furthermore, the UK is the only country in Europe where indefinite detention in immigration centres is permitted, causing added stress and anxiety which has been found to exacerbate detainees' mental health issues. For more information on the conditions of Dungavel, here is a recent [briefing by Peace & Justice \(Scotland\)](#). Conditions in the other six IRCs throughout the UK are also substandard.

As your constituent, I urge you to raise these issues in Westminster and to pressure the Home Office to move away from immigration detention in favour of community-based alternatives and to limit immigration detention to 28 days. I also urge you to advocate for better living conditions and expanded access to legal, paralegal, and healthcare services for detainees in Dungavel and the other IRCs.

Sincerely,

[your name here]