

## What you can do

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The situation in Zimbabwe is worsening by the day. There are several things that you can do to help - you can raise awareness both locally and internationally or you can donate your time and money to help alleviate the suffering of ordinary Zimbabweans.

There are nearly 500 000 Zimbabweans currently living in the UK. Can you imagine the message that would be sent out if just one percent of that number joined us outside Zimbabwe House every Saturday? The most important thing you can do to help Zimbabwe is to start getting involved, there has never been a more important time to stand up and be counted. Your country needs you!

Here are just some of the things you can do -

- **Support the vigil** – every Saturday outside the Zimbabwean Embassy (14.00 – 18.00)
- **Make donations** - [click here](#)
- **Put pressure on government, EU & UN for stronger action**

To find your MP either phone the House of Commons enquiry line on 020 7219 4272, visit [www.writetothem.com/](http://www.writetothem.com/) or visit [www.locata.co.uk/commons](http://www.locata.co.uk/commons)

To find your MEP contact the UK Office of the European Parliament at 2 Queen Anne's Gate, London SW1H 9AA  
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