



## **FAST FOR GAZA**

### **Commencing 1/7/2025**

### **Parliament Square, London**

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Palestinians in Gaza are being deliberately starved. When they try to obtain food they are being massacred. Israel is *deliberately* inflicting on Gaza “*conditions of life calculated to bring about its physical destruction in whole or in part*” (Genocide Convention, Article II).

Our friends, families and colleagues in Gaza are not only profoundly suffering but they are also in despair at the indifference of those with the power to stop the slaughter. Now, with Israel’s attack on Iran, the catastrophic situation in Gaza is hardly reported. Many citizens worldwide continue and will continue to protest but are also looking for new ways to register support for the starving people of Gaza.

We in the **UK Palestine Mental Health Network** together with allied solidarity groups will be holding a **Fast for Gaza** in front of Parliament every day for two weeks commencing **Tuesday 1 July**.

We do this to protest the obscene and intolerable conditions forced upon our brothers and sisters in Gaza and to challenge the UK Government’s complicity.

This is modest, do-able public fast (water may be consumed) which will involve four people at a time fasting from 9am to 7pm each day.

It is a symbolic action, designed to be part of a mosaic of small solidarity actions which are happening worldwide to demonstrate that we will never abandon the people of Gaza.

We very much hope you will wish to dedicate one day of fasting to join us in this protest.

Please respond to this address [gwynfast4gaza@gmail.com](mailto:gwynfast4gaza@gmail.com) to register your interest and you will be sent further details and a document on which you can indicate the day/days on which you can join us.

In solidarity,  
UK Palestine Mental Health Network