



How to advocate for Ukraine in the UK

Put simply, UK advocates serve Ukraine by being its voice here in the United Kingdom.

We uphold shared values of democracy and freedom and boost awareness of Ukraine's interests and needs.

Our work may involve some or all of the following activities:

- *raising public awareness of causes and organisations working to support Ukraine and Ukrainians*
- *participating in public debate, including contacting public figures and urging support for upcoming legislation*
- *countering disinformation on social media channels*
- *building and maintaining relationships with other advocates, both in the UK and across Europe and America, to strengthen and coordinate support for Ukraine*

The UK has a proud tradition of supporting Ukraine in its fight for freedom. Advocates play an important role in maintaining and enhancing that support.

No previous experience or qualifications related to advocacy are required to become an advocate. If you are engaged and motivated to support Ukraine, we are keen to hear from you!



Lobbying politicians

As a leading military and economic power in Europe, the United Kingdom and its elected representatives wield considerable power.

However, we should not forget our own influence as voters and citizens: it is our responsibility to ensure that our politicians recognise, understand and act upon the issues that we are concerned about.

- Contact your MP, either by writing or attending a constituency surgery. Remain concise and respectful, but be clear and firm about your expectations.
- Emphasise the UK and Ukraine's shared values: the recently-agreed 100 Year Partnership is a vivid example of the close ties that exist and are being forged between two countries that have fought and are still fighting for democracy and freedom.
- And remember, if at first you don't succeed, try, try again: a polite but repeated message shows the strength of your commitment and attracts attention.

Every letter, every meeting, every public statement brings Ukraine closer to a shared European future.

"Don't be afraid to speak publicly about Ukraine."

Useful tips for persuading in the United Kingdom

- Rely on universal values: solidarity, freedom, and justice.
- Engage history and culture: Ukraine is engaged in a fight against tyranny similar to that experienced by Britain during the Second World War. The bravery and heroism of the Ukrainian people experiencing daily drone and missile attacks and yet continuing their everyday lives evokes memories of the 'Blitz Spirit', which is still seen as a national characteristic in the UK.
- Be respectful but persistent: politeness opens doors, and consistency makes you heard.
- Connect Ukraine to the European continent's destiny: show that helping Ukraine strengthens all of Europe.

Practical roadmap for every engaged citizen

- Clarify your objective: do you want to raise awareness, influence policy, or directly help refugees?
- Identify your allies: associations, local elected officials, journalists, public figures.
- Hone your message: formulate two or three clear, factual arguments rooted in shared values.
- Act regularly: write, participate in events, relay information.
- Join collective actions: petitions, campaigns, demonstrations.
- Stay informed: follow debates in both Houses of Parliament (the Commons and the Lords), read the press and respected sources of information on social media.
- Persevere: change is often slow, but each action adds up to the others.



Directly support Ukrainian refugees

Welcoming and supporting refugees means transforming solidarity into concrete actions. It's also a powerful form of advocacy, visible and human.

- Welcome families via official government portals such as <https://www.gov.uk/register-interest-homes-ukraine>.
- Offer your skills: translations, administrative support, help with job searches or academic monitoring.
- Make useful donations: clothing, food, medicine, school supplies—often collected by town halls and local associations.
- Create meeting spaces: organise cultural evenings, charity concerts, or coffee gatherings to promote integration and keep Ukrainian culture alive.
- You may also wish to consider volunteering your time to offer English language tuition with an organisation such as ENGIN (<https://www.enginprogram.org/volunteer>). You don't need teaching experience and can help to provide hope, support and friendship for Ukrainians who find themselves in new and unfamiliar communities abroad or who are still living in Ukraine.

Every smile welcomed, every hand extended builds a bridge between our societies.

Support organisations based in the United Kingdom

There are many organisations either based in the UK or with connections to it that are devoted to helping Ukraine. Advocacy can help to raise awareness of such vital initiatives, and participation in them strengthens your own actions in relation to the Ukrainian war effort.

A few examples can be found below:

- **UK4UA.org** (<https://uk4ua.org>)— an organisation that helps to deliver much needed medical and humanitarian aid to Ukraine.
- **Association of Ukrainians in Great Britain** (<https://www.augb.co.uk/>) — works with charities to get medicines, food and other much needed supplies to Ukrainians in need.
- **Surrey Stands with Ukraine** (<https://surreystandswithukraine.org.uk/>) – funds, collects and distributes humanitarian aid.
- **Stand for U** (<https://www.standforukrainebnh.org/>) — an organisation that provides humanitarian aid to Ukraine.
- **Front Line Kit** (<https://frontlinekit.org/>) — set up by a British volunteer, this organisation builds and supplies drones and drone-jammers to front-line forces, as well as medical equipment, and even helps to import 4x4 vehicles for the war effort.



Conclusion

Ukraine's struggle is a fight for democracy and freedom and for a future shaped by Ukrainians themselves.

It is not a struggle that we have to helplessly watch from the sidelines, though.

We can get involved and we can help the Ukrainians to victory.

Contacting MPs, supporting organisations devoted to assisting Ukrainians both in and outside Ukraine and raising awareness in our communities are very powerful tools in our armoury.

We are not powerless. Every voice counts.

It's time to stand up and make your voice heard! Ukraine is fighting for the values shared by all Europeans, and your voice can help transform public will into political action.

**Sign up today and join the movement that is calling on
European governments to do more!**

<https://europeanactionforukraine.org/uk-ua-advocacy-hub/>



Useful Resources for Action

To turn your commitment into concrete action, here is a selection of organisations, official portals, media outlets, and accounts to follow. Each of these links is a gateway to solidarity and action.

NGOs and other fund-raising organisations

- United 24 (<https://u24.gov.ua/>) - this is Ukraine's main fund-raising platform initiated by the Ukrainian President, Volodymyr Zelenskyy.
- UK4UA.org (<https://uk4ua.org>)
- Association of Ukrainians in Great Britain (<https://www.augb.co.uk/>)
- Surrey Stands with Ukraine (<https://surreystandswithukraine.org.uk/>)
- Stand for U (<https://www.standforukrainebnh.org/>)
- Front Line Kit (<https://frontlinekit.org/>)

Official institutions and portals

- Contact information for MPs and Lords: <https://www.parliament.uk/get-involved/contact-an-mp-or-lord/contact-your-mp/>
- The UK government's 'Homes for Ukraine' scheme: <https://www.gov.uk/register-interest-homes-ukraine>

British media to watch

- BBC : www.bbc.co.uk
- ITV: www.itv.com
- Channel 4 : www.channel4.com
- Sky News: <https://news.sky.com>

Accounts to follow on social networks

- Embassy of Ukraine to the UK: [@UkrEmbLondon](#)
- UK Ministry of Defence: [@DefenceHQ](#)
- UK Defence Secretary, John Healey: [@JohnHealey_MP](#)
- UK Foreign Secretary, Yvette Cooper: [@YvetteCooperMP](#)

Journalists

- Oz Katerji (a British/Lebanese journalist reporting from Kyiv): [@OzKaterji](#)
- Caolan Robertson (a journalist and documentary maker about Ukrainians' experience of war): [@CaolanReports](#)
- James Waterhouse (BBC's Ukraine Correspondent): [@JamWaterhouse](#)
- Anne Applebaum (The Atlantic)

Practical tip: Subscribe, share, and interact with these accounts regularly. Each share helps increase Ukraine's visibility in the British public sphere.