

JCWI and RFUK's Valentine's #Haveaheart Campaign

JCWI and RFUK are teaming up to do a #haveaheart campaign this Valentine's Day to raise awareness of the MIR. You can do your bit in the run-up to Valentine's Day this year by taking part in the #HaveAHeart challenge. The idea is simple: get creative and make a heart shape (suggestions below), and share it on social media, asking people to write to their local MP and make much-needed change happen.

There are lots of ways you can take part and create a heart to share.

If you can get outside, take this opportunity to head out into the fresh air and run, wheel, walk or cycle in the shape of a heart! Using a fitness app on your smartphone, you can record the shape of the heart you've created. There are lots of free apps you can use to do this. One popular one is called Strava – there are some instructions on how to use Strava, including how to make sure your privacy is protected, [here](#).

If you're planning to walk in a heart shape, you could give it a try in a local park or open area. Otherwise, have a look at a map of your local area before you head out and identify some streets you could use to create your heart shape. Your heart might not be perfect, and that's OK. Like love, our hearts will come in many different forms and shapes!

If you're not able to get out and about, you can still take part. Get creative and make a heart shape out of whatever you have around you – arrange household objects or get stuck in with a pen and paper. You could even cook something in a heart shape – anything goes!

How can I share my heart?

Once you've got your heart (whether it's one you've mapped out or one you've created at home), take a picture of it. You can then share it on whatever social media networks you use, with the hashtag #HaveAHeart. There are some suggestions for what to post below, but of course feel free to write your own – just be sure to include the hashtag and a link to this **template letter**, so your followers can quickly and easily ask their local MP to take action.

Suggested posts

Check out my contribution to the #HaveAHeart challenge, in support of families divided by the UK's family visa rules. Everyone deserves their loved ones by their side #scrapMIRnow #HaveAHeart [link]

I just took part in the #HaveAHeart challenge – because it's cruel to separate families based on how much money they have. [Tag local MP], will you #HaveAHeart too? #scrapMIRnow

Thousands of people are separated from the one they love right now, because the UK has one of the cruellest family visa systems in the world. To show my support, I created this heart shape – because love in all its forms deserves to be celebrate. Find out more and take action here [link] #HaveAHeart #ScrapMIRnow

I believe everyone has an equal right to love. But right now, Home Office rules mean that some people don't get to have a family life, just because of how much money they have. This is so wrong! I've taken a stand by creating this heart shape – will you #HaveAHeart too? #ScrapMIRnow [Link]

What else can I do?

Firstly, have a cup of tea and give yourself a pat on the back. By taking part in the #HaveAHeart challenge, you've done something absolutely amazing to stand in solidarity with other families affected by cruel spouse visa rules and supporters of the issue. So thank you!

If you want to take it even further, there are a couple of extra things you can do. Firstly, you can write to friends and people in your network asking them to take part in the #HaveAHeart challenge, too. There's some suggested text that you can share by email or WhatsApp below.

I just took part in the #HaveAHeart challenge, to show support for cross-border families like mine who affected by cruel visa rules. Thousands of people are kept from the one they love because, right now, you have to earn a certain amount of money to be allowed to live in the UK with a partner from overseas. I don't think it's right to put a price on my family's love – families belong together, no matter what. That's why I made my own heart shape, to celebrate love in all its forms and call for change. I'd love you to take part in the #HaveAHeart challenge too! Click [here](#) for more information on how you can be part of it.

If you'd be happy to share your story with a local journalist about why you've taken part, the Joint Council for the Welfare of Immigrants can give you some tips on how best to contact your local paper. You can get in touch with them by emailing campaigns@jcwi.org.uk.