

August 2026



Stand up for Multicultural Australia and rights for people seeking asylum.

The Letter Kit is available to download:

<https://aran.net.au/resources/letter-writing/>

For information about the ARAN Letter Writing Network

contact: austrefugeenetwork@gmail.com

WHY IT'S IMPORTANT TO WRITE NOW

With Labor now proposing changes to limit family reunion, reduce the refugee intake and take away legal and work rights for people seeking asylum¹, it is more important than ever to urge our government to resist the political pressure of One Nation, and continue welcoming migrants and refugees. We must urge the Labor Government to manage immigration in a way that actively strengthens the foundations of our multicultural society and fosters a more cohesive society.

Sadly, immigration has become a primary focus of political debate, here in Australia and abroad. In the US President Trump was elected on an anti-migrant platform, and rightwing parties in Europe and elsewhere are pushing anti-migrant sentiment. In Australia, Pauline Hanson and One Nation have enjoyed a brief surge in popularity ostensibly due to their anti-immigration and 'monocultural' rhetoric, stimulating fear and a rush to the right in the major parties. Ironically, the recently lauded FIFA World Cup highlighted the cultural and ethnic diversity of most countries' teams – a direct result of immigration.

Our nation is built on immigration and our successful multicultural society is recognised as a unique feature of modern Australia. We have welcomed over 1,000,000 refugees since the end of WW2.

Write to the Prime Minister, Minister for Home Affairs, Minister for Immigration, and your local MP and federal senators (Labor, Greens and progressive Independents) to urge action on these issues. Contact details are listed below. *We recommend selective targeting of your letter, as in the current climate we fear that Coalition and Nationals politicians (and others) may mount a campaign against the actions proposed in this letter.*

Included in this kit is the information you need to create your own letter or email:

- Background notes prepared by ARAN's Letter Writing Network.
- Sample letter or email to politicians
- Contact details for MPs and Senators

Personalised letters and emails are best –

You might like to use the AIDA principle in drafting your letter

- **A - Attention** - grab the recipient's attention. Say something positive about the reader that is directed towards the focus of your letter. Stimulate the recipient's curiosity
- **I - Interest & Information**- encourage the recipient to read on.
- **D - Desire** - Getting the reader to want to do what you are seeking - in their interest to do so.
- **A - Action**- inform the reader of the action you want them to take.

¹ ABC report: <https://www.abc.net.au/news/2026-08-04/tony-burke-national-press-club-migration-cuts/106996936> Media release: <https://asrc.org.au/2026/08/05/labor-must-not-capitulate>

BACKGROUND

Australia has always been a nation of immigrants, and it has always been multicultural. In answer to Pauline Hanson's divisive comments, Senator Malarndirri McCarthy, Minister for Indigenous Affairs, joined other First Nations leaders asserting that even before British settlement, Aboriginal and Torres Strait Islander communities were culturally diverse and existed mostly in harmony for over 65,000 years.

Australia's migration history began with British convicts and settlers, and following the end of the 'White Australia Policy' in the 70s ² Australia's population has become more multicultural; now over 32% of Australians are born overseas, and nearly half have at least one parent born overseas. ³ Following the pause in migration during the Covid pandemic, there was a spike in immigration numbers, though these are now decreasing. People have always migrated to Australia to escape war, persecution, disease, drought and poverty, and to seek better economic opportunities for themselves and their children. Migration is a key driver of economic growth in Australia. Climate change will increasingly be a driver for migration in the near future. Australia's recent immigration policy has focused on meeting skills deficits and boosting the economy and includes family reunion provisions. Humanitarian visas (refugee quota) have been capped at 20,000 for the last 3 years, raised from 13,750 by the Labor Government. It is concerning that Minister Burke recently suggested Labor may reduce the refugee quota, despite a previous Labor commitment to progressively raise the quota.

All Australians with the exception of some Indigenous Australians have migrant forbears. Immigrants have made huge contributions to this country. Famously among them are the over 90,000 immigrants from 30 different countries who built the Snowy Mountains Scheme between 1949 and 1974. Immigrants are contributing an estimated \$330 billion annually to Australia's GDP. A report by Settlement Services International demonstrated that the Australian economy would be boosted by \$9 billion/year if migrants and refugees already here could use their full skill set. By 2050, migration is projected to contribute over \$1.5 trillion to GDP. ⁴ Without migrants, the ratio of working-age Australians to retirees would plummet, placing enormous pressure on our health and social security systems. Fertility would also drop markedly. Immigrants are the backbone of our agricultural and hospitality industries, as well as the caring services – aged care, childcare, health care – and contribute to the social fabric as our friends, neighbours and colleagues. Without them, our human services would be struggling to operate at current levels.

Refugees and humanitarian entrants make up roughly 9-10% of our permanent migrant intake, accounting for 20,000 places out of the currently capped 185,000 migration places per annum. Since the end of WW2 a million refugees have overcome massive hardships to settle here and contribute to Australian society. Many work in key industries, including doctors, humanitarians, artists, athletes, etc. Some have been recognised for heroic acts, and many are contributing to voluntary groups in local communities – one well known example are the Sikhs who assist communities in disaster recovery ⁵. They come from many countries and many walks of life. Some well-known Australians from refugee backgrounds are listed in attachment 1 below.

Soccer has proven so effective in social integration that 44% of first-generation migrants credit an involvement with soccer as significantly aiding their migrant experience. The FIFA World Cup has highlighted the diversity and cohesiveness of sport, with our own Socceroos team made up of at least 15 cultural and ethnic backgrounds, including 5 former refugees. Three additional players were born overseas, and there are 6 players who are first generation Australians whose parents were born overseas. As stated by Mainul Haque, OAM, 'The World Cup has shown Australia that our national

² <https://digital-classroom.nma.gov.au/defining-moments/ending-white-australia-policy>

³ <https://www.abs.gov.au/media-centre/media-releases/2021-census-nearly-half-australians-have-parent-born-overseas>

⁴ [Immigration in Australia: Debunking Myths and Celebrating Economic Contributions](#)

⁵ www.sikhvolunteersaustralia.org

identity is about diversity not uniformity...‘the Socceroos’ greatest legacy from this World Cup ...the reminder that a strong and confident Australia is one where people from different backgrounds can unite around a shared purpose without giving up who they are.’⁶.

“Australia’s one millionth refugee is not just a number – it is a testament to what this country is capable of when it chooses to welcome.” Refugee Council of Australia (RCOA)

TAKE ACTION NOW

1. **Email your letter to the PM, Minister for Home Affairs and Labor, Greens and progressive Independent MPs and Senators – individualised letters & emails are preferred !** See email addresses (postal addresses) below.
 - Let Labor MPs and Senators know that you do not approve of changes designed to reduce the annual refugee intake quota, limit the work rights of people seeking asylum, or restrict family reunion.
 - The proper assessment of asylum claims is important – more resources need to be allocated to ensure the processes are thorough and completed in a reasonable time frame.
 - People seeking asylum need the right to appeal negative decisions, and to work and live in dignity while their claims are being assessed or appealed.
 - Let politicians know that you value and appreciate the immense contribution that migrants and refugees make to our cultural and economic wealth - Keep the refugee quota at 20,000 places
 - Urge our Senators and Members of Parliament to continue opening our doors to support multiculturalism and to ensure we continue to welcome people of all races, ethnicities and religions, and offering sanctuary to those fleeing war, persecution and other threats to life and freedom. Reject anti migrant rhetoric.
2. **Complete the proforma online email per the ASRC call to action re Labor’s possible changes to Migration :**
 - **Online letter to Labor re proposed changes:** <https://action.asrc.org.au/call-alp>
 - Media release: <https://asrc.org.au/2026/08/05/labor-must-not-capitulate> (jointly with RCOA, HRLC, and RACS)
 - ABC reports: <https://www.abc.net.au/news/2026-08-04/tony-burke-national-press-club-migration-cuts/106996936> and <https://www.abc.net.au/news/2026-08-05/labor-migration-policy-tony-burke-partner-visas/107000272>

⁶ Pearls and Irritations July 11, 2026

SAMPLE LETTER

Remember to make this letter your own, with a few tweaks etc .

Note addition in the last paragraph when sending to local MP and senators

If you are posting a letter, either print off, sign and send, or hand write your letter.

If you are emailing, just copy the letter into an email – remember to sign off with your name and address, so it is clear you are a constituent (can be checked against the electoral roll)

Dear Minister/local MP/Senator

I strongly disapprove of Labor's proposed changes which would see fewer refugees welcomed to Australia, and which would make it more difficult to seek asylum here in Australia.

Now is not the time to weaken our commitment to migration and humanitarian resettlement. To do so only gives credence to the anti-immigration discourse and looks like political expediency. I expect Labor and all fair-minded politicians to stand up for our modern multicultural and multifaith Australian society. This is our strength and unique national character – it is a mark of pride and needs to be defended.

As a signatory to the UN Refugee Convention Australia must continue to honour these important human rights commitments. We can and must play our part in making the world a safer and fairer place for people who do not enjoy the freedom and safety that we take for granted.

Migrants and refugees are our neighbours, colleagues, and community volunteers. We all benefit from Australia's robust immigration system. We must remain committed to celebrating our diversity, embracing our differences and remaining united. Our cohesiveness is fostered by our shared experiences. This was demonstrated by the Socceroos' team composition and performance in the World Cup. It was heartwarming to see so many Australians celebrating our diversity.

I urge you, as an elected representative, to reject the ugly politics of division, and to embrace a balanced and non-discriminatory approach to immigration. Criticism of our successful approach to multiculturalism is divisive and unjustified. Nearly one in three Australians were born overseas, and nearly half of us have a parent who was born overseas. All of these people have every right to feel they belong in our communities. Our laws provide the guardrails within which we live, expressing our shared values. We are all equal before the law, and this is the basis of our successful multicultural and multifaith communities.

Although we have recently surpassed 1,000,000 refugees (since the end of World War 2), refugees make up a tiny fraction of Australia's population. Refugees and humanitarian entrants make up roughly 9-10% of our annual migrant intake, currently accounting for 20,000 places out of the current 185,000 places capped per annum.

Migrants and refugees contribute economic benefits in our communities, and so much more, including excellence in sport prize-winning contributions to the arts, and community service contributions. We must not allow these valued members of our communities to be demonized.

Please, stand up for an Australia that welcomes migrants and refugees, and benefits mightily from their contributions to our nation. Let us celebrate our diversity and continue to foster a vibrant, cohesive society with a bright future.

[add this to letters to MPs and Senators] Please convey my concerns to the Prime Minister and the Minister for Home Affairs.

Yours sincerely

[Name]

[residential address and email]

POLITICIANS to write to: CONTACT DETAILS:

If posting letters:

Prime Minister: PO Box 6022, Parliament House, CANBERRA ACT 2600

Minister Tony Burke: PO Box 6022, Parliament House, CANBERRA ACT 2600

Members of the House of Representatives: PO Box 6022, Parliament House, CANBERRA ACT 2600

Senators: PO Box 6100, Parliament House, CANBERRA ACT 2600

Your local MP – find their electoral office address at [Search for individual MPs & Senators here](#)

Sending your letter by email:

- Minister Home Affairs, The Hon Tony Burke: Tony.Burke.mp@aph.gov.au
- Assistant Minister Immigration, The Hon Matt Thistlethwaite
Matt.Thistlethwaite.MP@aph.gov.au
- To find details for individual MPs and Senators use this link to [Search for individual MPs & Senators on the Parliament House website](#)
- You might find this listing helpful: [Listing of all MPs and Senators May 2026](#). Please download the spreadsheet if you want to sort etc for your own use. This spreadsheet was updated in May 2026. If you find any errors, please email info@refugeeadvocacynetwork.org.au and we'll make corrections.

Senators by State

ACT: ALP: senator.katy.gallagher@aph.gov.au;

IND: senator.david.pocock@aph.gov.au;

NSW: ALP : senator.ayres@aph.gov.au; senator.mcallister@aph.gov.au;
senator.oneill@aph.gov.au; senator.sheldon@aph.gov.au;

GREENS: senator.faruqi@aph.gov.au; senator.shoebridge@aph.gov.au;

LIBERAL: senator.bragg@aph.gov.au; senator.kovacic@aph.gov.au;
senator.sharma@aph.gov.au;

NATS: senator.cadell@aph.gov.au

NT: ALP: Senator.McCarthy@aph.gov.au;

LIBERAL: senator.nampijinpaprice@aph.gov.au;

QLD: ALP: senator.chisholm@aph.gov.au; senator.mulholland@aph.gov.au;
senator.green@aph.gov.au; senator.watt@aph.gov.au;

GREENS: senator.allman-payne@aph.gov.au; senator.waters@aph.gov.au;

LIBERAL: senator.scarr@aph.gov.au;

LNP: senator.mcdonald@aph.gov.au; senator.mcgrath@aph.gov.au;

PHON: senator.hanson@aph.gov.au; senator.roberts@aph.gov.au;

SA: ALP: senator.walker@aph.gov.au; senator.farrell@aph.gov.au;
senator.grogan@aph.gov.au; senator.marielle.smith@aph.gov.au;
senator.wong@aph.gov.au;

GREENS: senator.hanson-young@aph.gov.au; senator.pocock@aph.gov.au;

LIBERAL: senator.antic@aph.gov.au; senator.blyth@aph.gov.au; senator.liddle@aph.gov.au;
senator.mclachlan@aph.gov.au; senator.ruston@aph.gov.au;

TAS: ALP: senator.bilyk@aph.gov.au; [senator.; carol.brown@aph.gov.au](mailto:senator.carol.brown@aph.gov.au);
senator.polley@aph.gov.au; senator.urquhart@aph.gov.au; senator.dowling@aph.gov.au;
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GREENS: senator.mckim@aph.gov.au; senator.whish-wilson@aph.gov.au;

LIBERAL: senator.askew@aph.gov.au; senator.chandler@aph.gov.au;
senator.colbeck@aph.gov.au; senator.duniam@aph.gov.au;

JLN: senator.lambie@aph.gov.au;

IND: senator.tyrrell@aph.gov.au;

VIC: ALP: senator.ciccone@aph.gov.au; senator.darmanin@aph.gov.au;
senator.stewart@aph.gov.au; senator.walsh@aph.gov.au; senator.ananda-rajah@aph.gov.au;

GREENS: senator.hodgins-may@aph.gov.au;

LIBERAL: senator.henderson@aph.gov.au; senator.hume@aph.gov.au;
senator.hume@aph.gov.au; senator.paterson@aph.gov.au;

NATS: senator.mckenzie@aph.gov.au;

UAP: senator.babet@aph.gov.au;

WA: ALP: senator.cox@aph.gov.au; senator.ghosh@aph.gov.au; senator.lines@aph.gov.au;
senator.sterle@aph.gov.au; senator.whiteaker@aph.gov.au;

IND: senator.payman@aph.gov.au;

GREENS: senator.steele-john@aph.gov.au;

LIBERAL: senator.brockman@aph.gov.au; senator.cash@aph.gov.au;
senator.matt.o'sullivan@aph.gov.au; senator.smith@aph.gov.au;

PROGRESSIVE INDEPENDENTS

Allegra Spender allegra.spender.mp@aph.gov.au Suite 302 Level 3 179-191 New South Head Road, Edgecliff (PO Box 545) NSW

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Zali Steggall Zali.steggall.mp@aph.gov.au; P O Box 450, Manly, NSW 2095

GREENS POLITICIANS

Leader of the Australian Greens: - Senator Larissa Waters (Qld): senator.waters@aph.gov.au

Senator David Shoebridge (NSW): senator.shoebridge@aph.gov.au