



Write to your MP

Tips to help

MPs need to hear from their constituents about what's important to them and what they want their MP to act on.

How to get in touch

- Write or email (include your address to show you are in their constituency).
- Call their office.
- Arrange a meeting – you can visit them at their surgery.
- Attend events they will be at – you may find this info on their website.



Do some research

It's worth learning more about your MP

- HANSARD: This is official record for Parliamentary debates. It provides information on an MP's voting record and spoken and written contributions.
- See if they use social media and look for their website.
- Sign up to their newsletter if they have one.

What to say?

- Politely explain why the issue is important to you and provide personal experience relating to it, if applicable.
- Try to show how positive action on the matter will be beneficial to you and to others in the area.
- Your MP is your local representative – focus on how your concern is relevant to their constituency.



Check on progress

If you are still waiting to receive a personal response after a few weeks, think about phoning their office.

Don't give up and persevere as a consistent, polite approach will help your MP understand your strength of feeling and encourage them to take your concerns seriously and act on them.

hansard.parliament.uk
theyworkforyou.com/mps/