

Talking to your MP



Engaging with your MP can be a great way to make your voice heard and push for improvements in Government policy or local services. For example, you may wish to ask your MP to support you in calling for better dementia care in your area.

Ways you can contact your MP:



- **by email, phone or letter:** find their details at members.parliament.uk/members/commons



- **via social media**
– but be aware that not all MPs respond to social media contact



- **by booking a face-to-face appointment** with their regular 'constituency surgery'



- **using the template form** at theyworkforyou.com

Please include your home address in all correspondence so the MP's office can verify that you live in their constituency.

Top tip

If you put your correspondence in writing, phone the MP's office a few days later to ensure it has been received and prioritised.

Making the most of speaking to your MP



Prepare what you want to say

For Dementia UK campaigns, we can provide you with key messages and facts about the issues we'd like MPs to understand



Be authentic

Why does this issue matter to you and others in your area? How would the solution you're proposing improve things?



Think long-term

If possible, try to make this the starting point of an ongoing relationship, as you're likely to want to speak to your MP again



Keep it brief

Try to keep your messages short and to the point. Be clear what you want from your MP and why they should support you



Ask questions

It's important to check your MP has understood what you've said and ask what they will now do.



Follow up

Put details of what you and your MP agreed in writing, and then follow up later to check on progress.



Good luck

with your conversations – please do get in touch if you would like any further advice on speaking to your MP

campaigns@dementiauk.org

Find out more about our campaigning work and how you can get involved by visiting dementiauk.org/campaigns