**Write to your MP – template**

***Copy and paste the text below onto your word document or directly into the email you wish to compose and edit where necessary, deleting our prompts in yellow italics.***

Dear [RECIPIENT NAME],

Please introduce yourself and your experience of dementia.

My name is [xxxx] and I live within your constituency. My [INSERT RELATIONSHIP] is living with dementia following a diagnosis [xxxx] years/months ago.

***Explain why you are writing to your MP. We’ve provided some ideas below from our Only together report, so please use this as a template if you’d like.***

I am writing to you because too often people living with dementia are left facing this condition alone, or with inadequate, temporary or sporadic support. When faced with a dementia diagnosis there are often many professionals to meet or involve. For anyone unfamiliar with the health service, this experience can feel bewildering and exhausting. Some families, particularly those with complex needs, also report falling through the gaps between services.

Instead, as a standard, families should have a clinically trained professional as their single point of contact when specialist support and advice is needed. Families should also be provided with information tailored to their needs and circumstances.

***Explain why these issues matter to you personally – how do these things affect you and/or your family?***

E.g. My family and I have struggled to get the support we need, and my mother’s condition has got so much worse without access to specialist support. There was a lack of communication or follow-up after the diagnosis, which made it difficult for us to know where to turn to, or how to access the care and support that we needed.

***Explain what you would like your MP to do. For example:***

You may have received good support from your local GP or specialist dementia support services, and would like other people to get the same support across your local area

However, if your experience may have been poor; let your MP know what changes might be helpful – e.g. more advice and information given early in the process, more support offered to carers

I would be grateful if you could raise these issues with local health commissioners and providers to make specialist dementia support a priority.

Dementia UK is also contacting local GPs and CCGs in England to ask them to share best practice and improve services, as well as offering the charity’s own support, information and services to improve the experiences of families affected by dementia. You can find out more about Dementia UK’s Only together campaign here: [www.dementiauk.org/onlytogether](http://www.dementiauk.org/onlytogether)

Dementia UK is happy to work with you to identify how support can be improved for families affected by dementia in your constituency. Please do get in touch with Faradane O’Callaghan, Campaigns and Public Affairs Manager, at Dementia UK by emailing [campaigns@dementiauk.org](mailto:campaigns@dementiauk.org) to discuss the support Dementia UK can offer.

I look forward to hearing from you.

Yours sincerely,

[NAME]

[FULL ADDRESS] [PHONE NUMBER]