

Tips for meeting your member of parliament

Easy Read guide 2023



How to use this guide



The Commons librarians wrote this guide.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.



If you would like this guide in an alternative format please contact us.

Contact details are at the end of this guide.



You can ask for help to read this guide. A friend, family member or support person may be able to help you.

What is a Member of Parliament?



A member of parliament is a person you vote for at election time.



An election is when people vote to say who they want to make decisions.



Members of Parliament are people who:

- make new laws
- speak up for their local area
- check that the government is working properly



In this guide we will call Members of Parliament an MP.



You can meet your member of parliament.

Why meet your MP?



Knowing your MP can help your campaign.



You can meet your MP to talk about many things.



You can:

• Talk about your campaign

• Talk about an organisation you work for or with

• Ask for things

Before the meeting



You can learn:

- what the MP looks like
- what they are interested in
- news about the MP



Do any group members know the MP?



Does the MP already know your group?



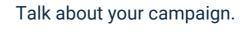
Write your key points on 1 or 2 pages.

At the meeting



Say hello and be polite.







Ask your MP to say yes to a goal.



Give your MP your 1 or 2 pages.



Listen to your MP.

After the meeting



Email your MP saying thanks.

Remind them about:

- your key points
- what you are doing
- what they will do





Email again if they don't reply.

Write some notes about what you talked about for you and your organisation.

Keep going



Stay in contact with your MP.



Ask your MP about what they are working on.



Tell them your group cares about the issue.



Tell them your group is growing stronger.

Summary



Meeting your MP can help your campaign.



Learn about them and what they do.

Tell them about:

- you and your organisation
- the changes you want
- your key points



Stay in contact with your MP.



Good luck with meeting with your MP.

Contact us



You can email us.

You can write to us.

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More information

This guide was based on <u>Tips for Meeting MPs</u> by the Online Progressive Engagement Network.



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