

## Writing to your MP: Information Pack



### Who is my MP and how do I get in touch?

Find out who your local MP is using <https://members.parliament.uk/FindYourMP>

This will tell you their contact email or constituency office address



### Include your name and address

MPs only listen and respond to contact from people who live in their area.

Include your name and address so they know how to reply to you and that they are your MP.



### Make it personal

There are some places in the template for you to add your own information.

This is so your MP can hear why Good Lives is important to you.

A personal letter makes letters stand out to MPs.

Make sure you delete all the bits in brackets before you send it.



### **Keep it brief**

Its important that the letter isn't too long  
Tell MPs the important information rather than telling them everything.



### **Follow up with your MP**

If your MP replies its good to thank them for their support.

If they don't reply, you can follow up with them and check they received your letter.



### **Follow Up with Learning Disability England**

We would love to know if you've sent your MP a letter and how they have replied.

Knowing this helps us plan for what's next

You can let us know by emailing Rachael on [rachael.hall@LDEngland.org.uk](mailto:rachael.hall@LDEngland.org.uk)



As part of your letter you can ask to meet your MP at a **surgery**

A **surgery** is a one-to-one meeting between an MP and a local person they represent.

You don't have to meet your MP if you don't want to- just remember to remove that part of the letter.



This is a good chance to tell your MP more about Good Lives and ask them to take action



## Meeting

Each MP holds surgeries in a different way so you need to check how your MP does it.

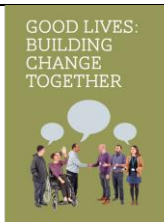
Sometimes you need to book an appointment.

Sometimes you can just drop in.



We wanted to give you some information to help you talk to your MP about good lives

You don't need to know everything about Good Lives and you can ask us questions you aren't sure of the answers to



### **What is Good Lives?**

A coproduced vision and call to action based on what people with learning disabilities has said needs to change to allow them to live good lives.



### **What's next for Good Lives?**

We are building support for the movement for change. People are helping to develop the vision and making the actions happen.



### **Whats important for you?**

Have a look at a chapter that is important to you.

Try to learn a bit about what people have said is important and some of the actions

Your MP isn't expecting you to know everything about Good Lives

But they do want to know why you think they should support Good Lives- this will make it easier to talk about



### **What support do we want from MPs?**

In the letter we have asked the MP to help with 3 actions. Ask your MP again about them during the meeting to see what they can do.



### **Questions for MPs**

- How are you making sure the needs of local people with learning disabilities are heard?
- Are there things me and the people I know can do to help you and your party think about people with learning disabilities more?



## **Support for meeting**

You don't need to meet your MP on your own  
You could meet them with a friend, family member or someone you work with

If you tell Learning Disability England we can ask other local members to join your meeting.