



# Write to your MP

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## Step 1:

Find your Member of Parliament (MP) and their contact details by searching with your postcode at: [members.parliament.uk](https://members.parliament.uk)

## Step 2:

Contact your MP

You can write to your MP at:

House of Commons  
London  
SW1A 0AA

You can also email them, using the contact details that you'll find online.

## Step 3:

Your message

You can use the wording that we have suggested on our letter templates as a starting point for setting out, concisely and clearly, your thoughts and what you would like your MP to do on your behalf.

## Step 4:

Add your details

Remember to add your full name and postal address, whether you are writing a letter or sending an email. This is really important so that your MP can check that you live in their constituency.

## Step 5:

Send your letter

Press 'send' or put your letter in the post and remember to follow it up if you have not had a reply after a couple of weeks.

## Tips:

Attaching a formal letter to an email as a PDF is likely to help you get a better response!

And remember, you will not get a response unless you include your full postal address in your email or letter.