



Write to your MP

Step 1:

Find your Member of Parliament (MP) and their contact details by searching with your postcode at: 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 can be found using the link above.

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

Send your letter by either post or email 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.