

Top Tips for meeting your MP

Research

Check out your MP's website to learn more about their background. Visit www.theyworkforyou.com to find out what issues they have most interest in (eg by looking at what questions they have asked in Parliament).

Talking

Outline your key concerns and the reasons for your visit. You'll probably only have 10-15 minutes of your MP's time, so think about what you're going to say in advance and perhaps make a note of your key points. Try to focus on the points that you think your MP will find most interesting, based on your research (eg cost-effectiveness of investing in WASH or women and WASH).

Listening

Listen to your MP's response and try to make a note of what they say (if you're in a group, nominate one person to take notes). Try to prepare answers to questions you think might come up but don't worry if they ask a question that you can't answer. You can always offer to find out and send a response to the MP after the meeting – contact us to help if you need any extra information.

Securing action

At the end of the meeting get a promise on what action they will take. See your briefing for more details. Writing to your local paper is a good way of holding your MP to account.

Afterwards

Write to your MP to thank them for meeting you. Take the opportunity to remind them of your key points and confirm what action you agreed. Let us know how it went and if anything came up that you found difficult or seemed to particularly resonate.

Remember...

Your MP is only human and they work for you, so don't be intimidated. You have a right to speak to them and they're keen to meet with you. MPs rely on constituents to raise their awareness of the issues that concern them. They have a duty to listen to you – they are there to raise your concerns with the government and use their influence on your behalf.