



# Catholic Union Guide to Contacting your MP

*A resource for the Catholic laity and others who want to engage in the public sphere and bring about meaningful change.*

## 1. Research your MP

- Find out who your local MP is, you can do that here:  
<https://members.parliament.uk/FindYourMP>
- Research their background, views, and voting record before contacting them to make sure you know where they stand. You can find these records here:  
[www.theyworkforyou.com](http://www.theyworkforyou.com)



## 2. Research the Issue

- Take time to hone down exactly what you want to communicate to your MP. Do you have a worry about something that has been raised in Parliament? Do you think there is an injustice that needs to be addressed in your local area? Take some time to look at the history of this issue, question how this problem intersects with other potential issues.
- Research whether there are other groups working on the same issue, for example, other faith groups or organisations. Look at whether you can join an ongoing campaign or if they are willing to support you contacting your MP on a certain issue.
- Once you have narrowed down your thoughts, take some time to see what supporting evidence you can provide to emphasise your issue or problem. Are there any stats or testimonies that can be used to support your claims?

## 3. Writing to your MP

- Begin by writing out your concerns in a concise email to send to your MP. Make sure your email is as clear and concise as possible, with clear objectives.
- Be charitable: even if you do not agree with some of the positions of your MP, write with respect, not appearing to make assumptions about their point of view or how they will respond.
- Make it personal: Share why you care about this issue and how it is affecting you, or someone else. Including real life situations will help to highlight the impact and severity of the issue.
- Whilst mass-produced email campaigns have benefits for certain campaigns, there is a chance that your MP may take more notice of a unique email that you have written.

## 4. Meeting your MP

- After writing an initial letter to your MP, you may also want to meet face to face to speak about the issues that matter to you. Most MPs have regular times in the week where they meet their constituents, often referred to as 'surgeries'.
- To arrange a meeting, call your MP's office and book an appointment time to meet. It is important to find out how long the appointment will be so that you can be adequately prepared.
- You might also consider getting together with others and inviting your MP to your local Catholic Church where there is a general concern about an issue. Here you can speak more in depth, whilst also building a relationship with your MP.
- When meeting your MP, it is important that you attend well prepared and clear on the issue you want to present. Similarly to your letter, share how this issue affects you or others on a personal level and be clear on what you would like to see changed as a result.

