

How to Contact Your MP

If you don't know the name of your MP, then you can go to the "Find Your MP" service, this is available from the BBC website at: (if you're reading this online click on the links to open the web pages)

http://news.bbc.co.uk/1/shared/mpdb/html/err_postcode_unknown.stm

Once you have this information, you can do a Google search on the name of your MP and you will find a whole list of contact opportunities.

Alternatively, you can go to www.theyworkforyou.com where you can enter the name of your MP, as well as searching for the name of your MP. This site will provide you with your MP's background and parliamentary career to date. It will also link you to "How Your MP Voted" and their contact details (often provided by the Guardian).

These contact details usually include the following:

- ◆ *Constituency address for letter writing*
- ◆ *Constituency telephone number*
- ◆ *Constituency e-mail address*
- ◆ *Constituency surgery days/dates*
- ◆ *Parliamentary address, telephone number and email address*

You should try to talk face-to-face with your MP, then you will get a much better response, but it is also worth contacting them by email. It is very seldom that you will be able to talk to them directly on the telephone, although their secretaries can often provide the information you require.

When you write to your MP, always ensure that you keep a copy of the letter so that you can refer back to it when necessary – and it will be necessary, believe me!

Remember always be polite and don't add too much detail to your first query they may well put off the reply; ensure you get the ear of your MP before going into any real detail.

You haven't got internet access? Then the Yellow Pages and/or the Citizens Advice Bureau can always provide you with these details.

Finally if you still have difficulties in finding the contact details for your particular MP, or even MEP, then just contact the Freedom2Choose team and we will be only too pleased to assist.

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