



# Bercow: Ten Years On



## Contacting your MP information sheet

### Identifying your MP

Your MP's details are accessible via this link:

<http://www.parliament.uk/mps-lords-and-offices/mps/>

Parliamentary convention means that you should write on a personal basis only to the MP who represents the constituency in which you live. If, however, you are writing in your professional capacity, you can contact all MPs that your professional service covers. For example, if your service covers a local authority area, you can write to all the relevant MPs. The local authority's website may include details of who the local MPs are.

Here is an example:

<http://liverpool.gov.uk/council/councillors-and-committees/mps-and-meps/>

## Getting in touch with your MPs

You can get in touch with your MPs in a number of ways:

- Twitter
- letter
- telephone

### By Twitter

If you and your MP are on Twitter, you can send them a direct tweet asking them what they are doing to support the *Bercow: Ten Years On* report and influence the Government to implement its recommendations.

***Please remember to include the #Bercow10 hashtag and include @ICANcharity and @RCSLT wherever possible.***

### By letter

You can also write to your local MP at the House of Commons:

A N Other MP  
The House of Commons  
London  
SW1A 0AA



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If you have never written to a politician before, you could use our template as a guide.

To maximise the impact of your letter and to make it directly relevant to your MP, where possible and appropriate you should include information about your work. This will help amplify why implementing the *Bercow: Ten Years On* recommendations is important to make sure that children and young people with communication needs in your MP's constituency have better futures.

You can also ask for a meeting with your MP or invite them on a service visit so they can see your work and how you transform lives for themselves.

## **By telephone**

If you have not had a response to your letter within three weeks and are keen to have a meeting with your MP, it would be worth giving their office a call.

Details are accessible on this link and it is probably best to call any constituency number first:  
<http://www.parliament.uk/mps-lords-and-offices/mps/>