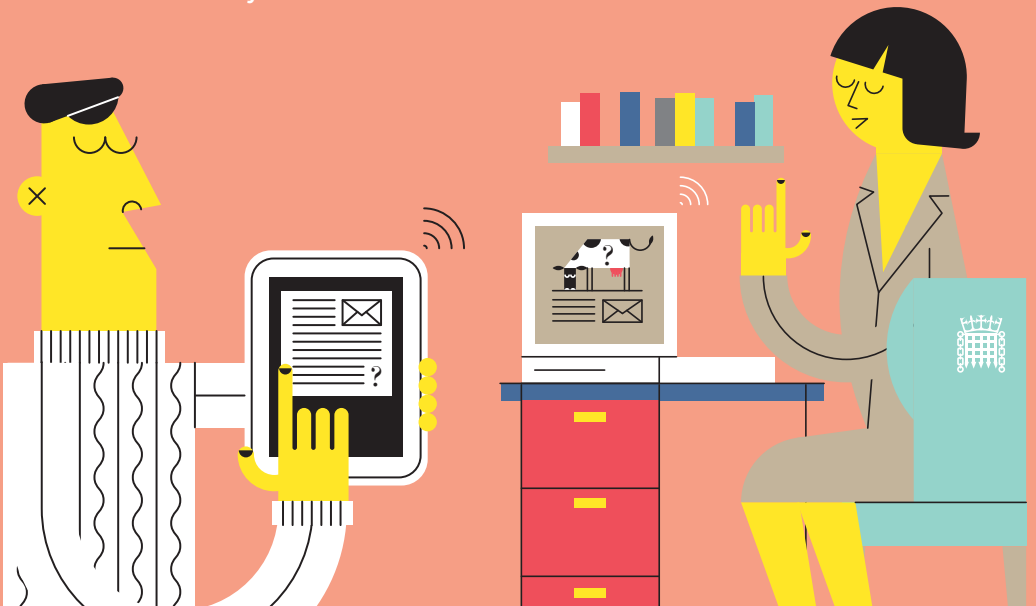# YOU AND YOUR MP

MPs represent all the people in their local area, whether they vote for them or not. MPs can speak out in the House of Commons about issues that matter to you. You may wish to contact your MP when you, or people living in your area, are affected by decisions made by the UK Parliament or by the UK Government.

Wherever you live in the UK you are represented by a Member of Parliament (MP) in the House of Commons.

HOW CAN YOU CONTACT YOUR MP?

Writing is probably the best method, as it provides a written record that can be referred to later.

You can write a letter to your MP at: The House of Commons, London SW1A 0AA.

If you want to email your MP, go to **www.parliament.uk/mps-lords-and-offices/mps** and click on your MP's name. The site provides contact details for their constituency office, as well as information about their website and their presence on social media such as Twitter.

In your letter or email, explain who you are, why you are writing to your MP and what issue you wish to raise.

You can phone your MP at the House of Commons. Call **020 7219 3000** and ask to be put through to their office. If you want to call your MP at their constituency office, contact details are available in your local town hall, library, or on the Parliament website at **www.parliament.uk/findyourmp**

You can also speak to your MP face to face.

Most MPs hold regular sessions called surgeries where they meet constituents to talk about issues of concern. If you go to a constituency surgery, it's best to contact your MP's office first, to find out whether you need an appointment. Your MP's website, your local phone book and your local library will have more information about constituency surgeries.

It will help your MP to help you if you bring along all the documents and information that you can about the matter you want to discuss.

If you wish to meet your MP in Parliament it is best to make an appointment by contacting your MP's office. If you do not have an appointment, parliamentary staff will attempt to contact your MP, but a meeting cannot be guaranteed.
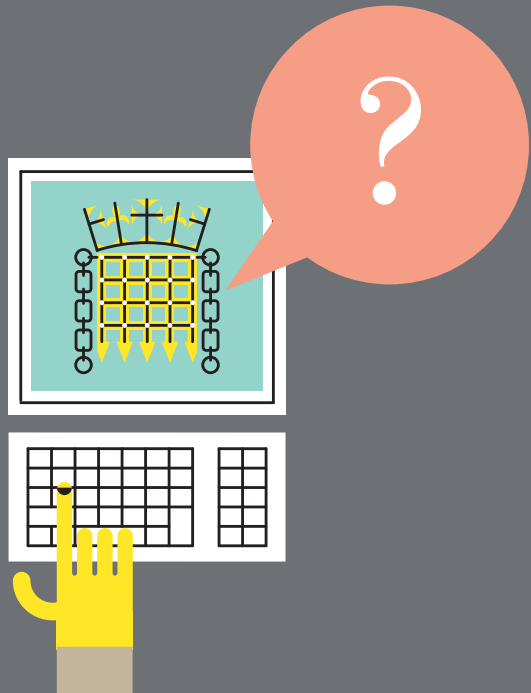
WHO IS YOUR MP?

Who your MP is depends on where you live. The UK is divided into 650 areas called constituencies, each constituency is represented by one MP.

TO FIND OUT WHO REPRESENTS YOU, YOU CAN:

• Visit the UK Parliament website at
  www.parliament.uk/findyourmp

• Ring the House of Commons Enquiry Service
  on **0800 112 4272** (Freephone) or **020 7219 4272**

• Ask in your local town hall or library

Most MPs are members of a political party and the work they do often reflects their party's views and policies.

WHAT CAN YOUR MP DO FOR YOU?

MPs can make confidential enquiries with officials on your behalf. They can also pursue a matter publicly in the House of Commons by raising it in a debate, and by tabling parliamentary questions and amendments to bills.

YOU COULD CONTACT YOUR MP:

- If you feel you have been treated unfairly by a government office or agency

- To let your MP know about a problem affecting people in your local area

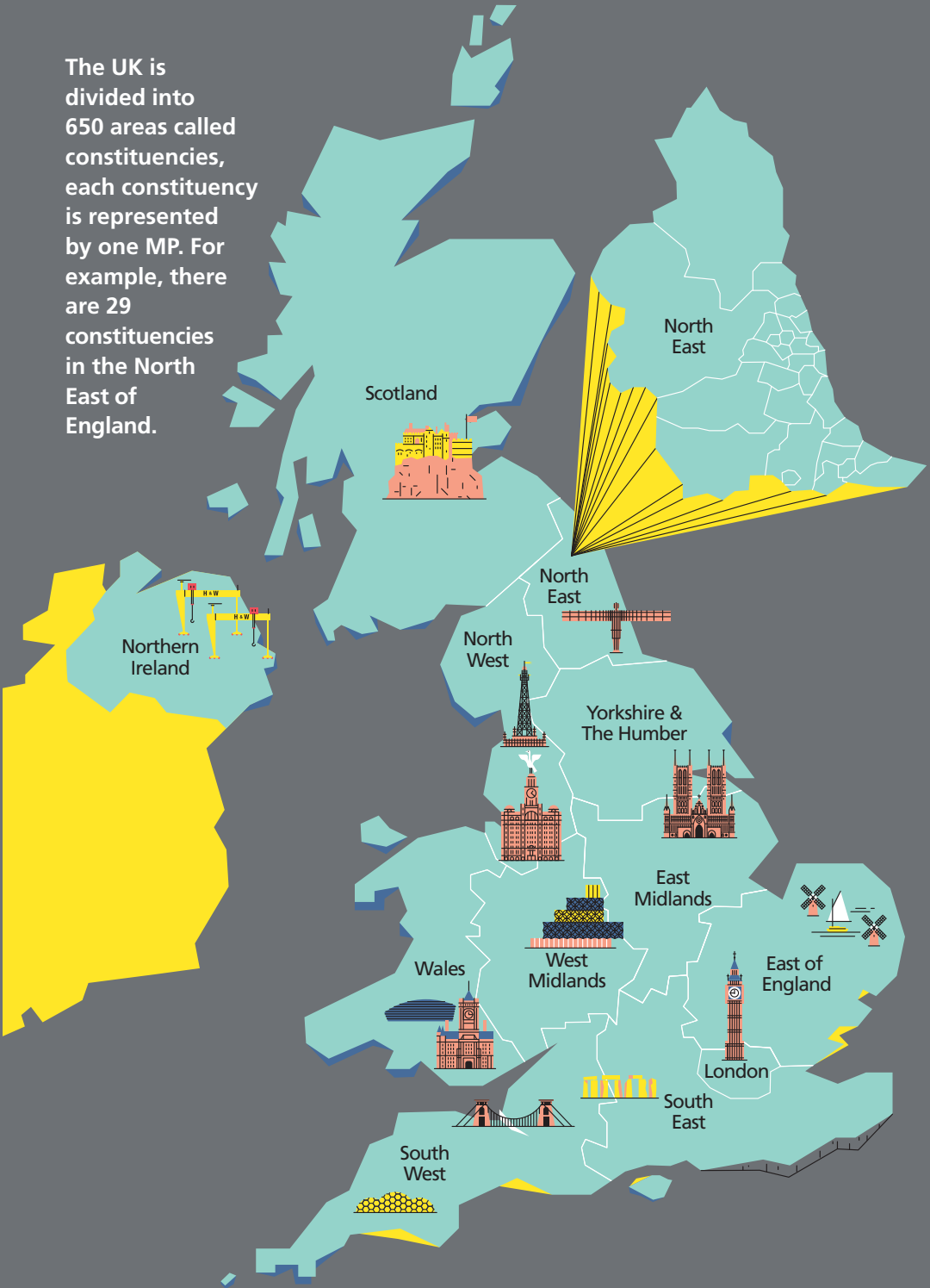- To ask your MP to support a particular campaign that you feel strongly about

Although your MP cannot help in every case, they will usually help to point you in the right direction.

If you ask them to support something that conflicts with their party's policy, or with the interests of other local people, your MP must decide which to support.

MPs WHO BECOME MINISTERS DON'T STOP WORKING FOR THEIR CONSTITUENCY. WHATEVER THEIR ROLE IN GOVERNMENT OR PARLIAMENT, MPs HOLD REGULAR SURGERIES TO HELP THEIR CONSTITUENTS.

The UK is divided into 650 areas called constituencies, each constituency is represented by one MP. For example, there are 29 constituencies in the North East of England.

Scotland

North East

Northern Ireland

North East

North West

Yorkshire & The Humber

East Midlands

West Midlands

Wales

East of England

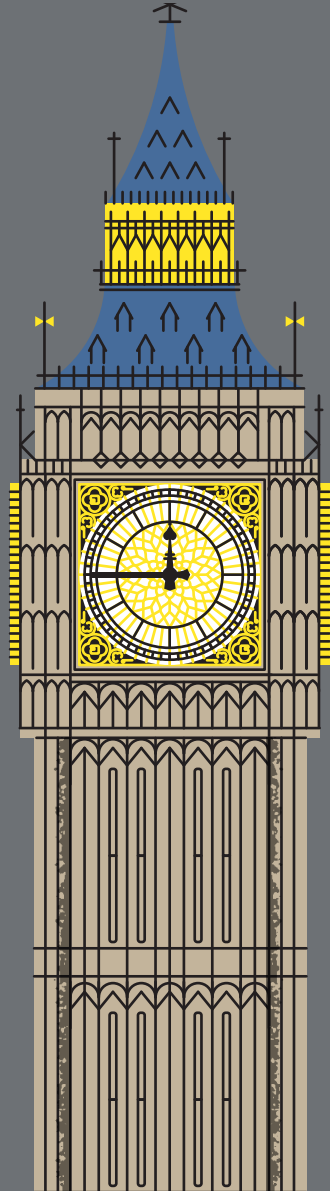London

South East

South West

WHO SHOULD YOU CONTACT?

MPs can offer advice and assistance on matters for which the UK Parliament is responsible, such as the National Health Service, pensions, benefits, UK-wide tax and national insurance, immigration issues, energy, defence and data protection. They cannot interfere in court decisions and they can't help with private disputes.

There are quite a few areas where other people can offer you better help.

Your local council can help if you have concerns about local issues or services, including housing, schools, council tax and potholes in the road.

If you have questions about Government policy, you should get in touch with the relevant government department.
www.gov.uk/government/ organisations

SCOTLAND

The Scottish Parliament deals with matters that have been devolved by the Westminster Parliament. Your MSP **–** Member of the Scottish Parliament can help if you have concerns about matters such as health services, education, justice and transport.
www.parliament.scot/msps/current-msps.aspx

WALES

Welsh Assembly Members (AMs) can help you if you are concerned about issues such as social welfare, housing, flood defences and rural development.
www.assembly.wales/en/memhome/Pages/memhome.aspx

NORTHERN IRELAND

MLAs **–** Members of the Legislative Assembly **–** can help you if you have concerns about matters such as policing and justice, health and social care, tourism and trade and investment.
www.niassembly.gov.uk/your-mlas

EUROPEAN UNION

Whilst the UK is a member of the European Union, you can contact UK MEPs (Members of the European Parliament) if you have concerns about EU-wide issues such as employment and working conditions, consumer protection (e.g. roaming charges for mobile phones) and environmental standards. **www.europarl.europa.eu/unitedkingdom/en/your-meps/uk_meps.html**

WANT TO KNOW MORE?

Contact us if you have a question about the work or membership of the House of Commons.

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@UKHouseofLords on Twitter

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