

Top tips for meeting with your MP

A guide for supporters

As a constituent, you can meet with your Member of Parliament (MP) to discuss issues that affect you or your local area.

Perhaps you have had difficulties in accessing treatment or care or would like to share your experience of living with endometriosis and its impact on you. These are the kind of issues you can talk to your MP about.

Step 1: Making Contact

1. Find out who your MP is [here](#).
2. Contact your MP's office asking to arrange a meeting to discuss your issue. Make sure to include your postcode so they know you are their constituent. MPs also hold drop-in meetings called **surgeries** that you can attend that are usually held on a Friday in the constituency. Email their office and ask when their surgeries will be. *Or use our template email below.*
3. If you are successful in securing a meeting with your MP, please let us know by emailing and we would be happy to have a call with you to offer any advice.

Step 2: Prepare

Don't be afraid to make some notes on what you want to say and take them with you. Your MP will be interested in your personal experience, so it's a good time for you to share your story of endometriosis, if you would like.

Your notes could look something like this:

- **My main issue** - *e.g. long waiting times in your local area, or the impact of endometriosis on your education or career.*
- **My story...**
- **How my MP can help** - Think of a clear outcome you would like for the meeting. *See our section on what an MP can do.*

You can refer back to these points during the meeting to make sure you get the action you are hoping for.

Check if your MP is a Minister. Ministers are the key decision-makers in Parliament and have a lot of power and connections. If your MP is the Health Minister, for example, they are the person best placed to deal with your issue and make a difference.

Step 3: The Meeting

- Try and stick to talking about **your experience**, rather than discussing wider issues. Your MP will be keen to know what they can do for you and for your area.

- Stay **focused** on your aim and discuss solutions, not just problems.
- Remain **polite and open**. Even if you don't personally align with their politics, it is important to try and remain impartial as this leaves the door open for further engagement.
- At the end, thank them for their time and write down any **agreed action points**.
- If they are happy to take a photo with you, you can post this on **social media** afterwards to promote that you have met them.

Step 4: Follow-up

- **Send a thank you email** to your MP with photos and action points, if there are any.
- **Let us know** how the meeting went and what you talked about.

Appendix:

Template email to MPs

'Dear x

I live in [name of constituency/town] and I would like to set up a meeting with you to discuss [issue].

I have endometriosis, the second most common gynaecological condition that affects over 1.5 million people in the UK. [Personal story].

I would like to talk to you about my experience and discuss how we may improve things for others in [constituency] who are also affected by the disease.

When and where do you hold surgeries?

Many thanks,

[Your name]'

How your MP can help

Meeting with your MP can help your issue to get attention. By understanding what they can do for you, you can come up with a reasonable ask that is within their power.

What your MP can do for you

- Help you get information from the government
- Talk to other MPs about your issue
- Write or talk to a Minister about your issue
- Ask questions or raise issues in Parliament and other decision-making forums
- Submit your issue to a parliamentary committee
- Take your issue to the media
- Help to build ties with other groups in your community

Endometriosis UK

www.endometriosis-uk.org

Registered Charity in England and Wales 1035810

Scottish Charity Registration number SC051651

Company number 02912853