



MP visit top tips

Useful websites for researching your MP

www.parliament.uk for general information and www.theyworkforyou.com for information on how your MP has voted.

You might like to find out

- Which political party your MP belongs to and what their positions and politics might be.
- If your MP holds any position Government position or is on the Shadow Cabinet.
- If your MP is on any Select Committees.
- Your MP's interests and hobbies.
- What your MP did before becoming an MP.
- How your MP voted recently on cycling and walking – active travel.
- What speeches your MP has made and questions they have asked.
- Is your MP are involved in any All Party Parliamentary Groups (APPGs) or the [All Party Parliamentary Group on Cycling \(APPGCW\)](#).

This will help you to frame your concerns in a way that will encourage your MP to act!

Top tips for writing to your MP

- Remember to include your full name and address so they know you are their constituent.
- Make it local and personal. Explain why the issue is important to you.
- Be clear and concise. Usually a letter or email that will fit on one page is best.
- Include supporting facts to back up your case. Use our [Cycling UK briefings](#) to help. Plus the documents below:
 - Reviving the Road Traffic Reduction (National Targets) Act 1998
 - Budget 2020: A briefing from the Walking and Cycling Alliance
- Ask your MP to do something concrete, such as e.g. write to the Secretary of State for Transport / Treasury to have a meeting.
- Ask your MP to respond and let you know what action they have taken on your behalf.
- If you feel your MP has not given you an adequate response, ask them for more information.
- Don't be dispirited if the first response is unsupportive. Persevere!
- Don't forget to thank them if they've agreed to do something concrete!

Top tips for meeting your MP

Before:

- Write to, email or call their office to arrange a meeting.
- It's useful to meet your MP with other constituents who share your concerns to show that the issue is of interest to a wide range of people and make it a bit less scary! You could go with your fellow local campaigners.
- Research your MP – try and find out where they stand on the issue you're raising. Theyworkforyou.com can help but so can a Google search.
- Research the issue and make a note of the key points you want to raise.
- Think about how your MP might respond and what you might say in return.

During

- Be punctual and polite but be prepared for the fact that MPs often run late.
- Lycra and ride clothes fine if going for a ride, but if meeting in person, it's best to dress smart.
- Keep the meeting on track. If your MP goes off on a tangent, you could say "I know your time is limited, so I'd really like to talk about..."
- Present a personal case. Explain why you care.
- Don't worry if you can't answer a question. Just say so and offer to get back to them.
- Give them a Cycling UK briefing to help them understand the issue.
- Ask them to do something concrete.
- Find out what they think and why.
- Try to build a relationship with them. Look for common ground and shared values.

After:

- Write to your MP to thank them for meeting you and remind them of the action you want them to take.
- Keep in contact with your MP via phone or email. Make sure they have done what they promised and keep building the relationship.
- Let us know what you have done, and how your MP responds.

Contact Details

campaigns@cyclingsuk.org

My local campaigner

Name:

Email:

Telephone: