

BUDGET HEADING	AREA / ELIGIBILITY	2021-22 BUDGET	2022-23 BUDGET
Accommodation	London	£23,290	£25,080
	Constituency (outside London)	£16,320	£17,840
Accommodation – associated costs only	(Non-London Area MPs only)	£5,480	£5,910
Accommodation uplift for dependants	Per eligible dependant (max of three uplifts)	£5,500	£5,720
Office costs	London Area MPs	£30,400	£31,620
	Non-London Area MPs	£27,470	£28,570
Start-up supplement	Newly elected MPs	£6,000	£6,000
Staffing costs	London Area MPs (including Covid uplift)	£218,430	£237,430
	Non-London Area MPs (including Covid uplift)	£204,300	£221,750
London Area Living Payment (LALP)	96 London Area MPs	£4,140	£4,310
Additional LALP	London Area MPs of 23 outer London constituencies	£1,470	£1,530
MP parental leave and absence cover	(Pro-rata for period of absence)	£60,000	£61,800
Hotel nightly cost limit	London / Europe	£175/night	£190/night
	Rest of UK	£150/night	£150/night