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## Getting a meeting – our top tips

01

Find their contact details on the [UK Parliament website](#)

02

Check how they like to be addressed

03

Email or call, it's up to you! Try to reach the Diary Secretary

04

Be clear about why you want to meet and that you're a constituent

05

Be flexible about the day and time you meet – if you can

06

Ask the Campaigns team if you need help or advice

Always remember to let us know as soon as you've got a date in the diary so we can share any useful information we might have to help you prepare.



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## Meeting your MP – our top tips

01

Be prepared – know the campaign and know your MP as best you can

02

Elevate your pitch – practice it and keep it punchy

03

Make it memorable – share your story to bring the policy to life

04

Make it local, use your constituent knowledge and our [local stats data](#)

05

Have a clear action – either a political ask of your MP or a promise to follow up

06

Ask the Campaigns team if you need help or advice

Always remember to let us know how it went so we can update our records and advise you how you can follow up.