

## A Guide for inviting your MP to a Mencap 75th craftivist event

Members of Parliament are there to represent us and address the things we care about. It's part of their job! We need to make sure they know what issues matter to us.

Most people never contact their MP. When you write a letter to an MP, you can make a difference. Imagine what meeting your MP in person can do!

Why not invite your MP to Mencap's 75th craftivist activity, so they can meet people with a learning disability and understand what local issues they face?

Here are some tips to help you in inviting your MP:

- An MP is very busy and may not always be free. You will want to reach out to the MP early in planning your event, so that you can arrange a time and date that works.
- Most MPs are in their constituencies on Fridays to meet local people, so maybe arrange your event to be on a Friday.
- MPs always appreciate good publicity, so offer to take photos on the day and share the photos with their office – and cake always helps, too!
- Don't get upset if your MP can't attend; offer to meet with them in future. Maybe you can think about someone else attending, like a councillor, or a healthcare professional.

**You can find out who your MP with your postcode and this link:**

<https://members.parliament.uk/FindYourMP>

**You can use the following template to write to them:**

Dear *[Name of MP]*

*Mencap is celebrating 75 years of enabling people with a learning disability. Mencap works to protect and improve the lives of 1.5 million people in the UK who have a learning disability, as well as the wellbeing of their families and carers. To celebrate, I am organising an event with craftivism activities with *[name who is attending – for instance, local campaigners, carers and people with lived experience]*. We will be meeting on *[date and time]* at *[location]*.*

*We would like to invite you along to the event to meet constituents who have lived experience with learning disability and learn more about the local issues that they face *[you may want to mention something specific here, for instance, transport]*.*

*Mencap's work is important to me because *[tell the MP why you care about Mencap's campaigns and work – this can be as personal as you like.]* Please do let us know if you are able to attend our special event.*

*Best wishes*

*[your name, email address and postcode]*