



KEY THINGS TO REMEMBER

- **Be personal** – Share why the issue matters to you or those you are about; real stories stay with MPs even more than statistics.
- **Stay focused** – Keep to one or two clear points, use the [policy briefing](#) to help you.
- **Be respectful** – Calm, polite conversations are more effective.
- **Make a specific ask** – One clear action they can take.
- **Follow up** – A short thank-you email reinforces your message and your desire for further action to be taken.



BEFORE THE MEETING

- **Know your MP** – If you can, check their interests, roles, past statements or voting records by searching <https://members.parliament.uk/members/Commons>
- **Prepare your story** – Keep it short, human, and relevant.
- **Decide your ask** – Choose one action you want them to take, use the [policy briefing](#) to help decide what you care most about, tied to your personal experiences.



DURING THE MEETING

- **Remind them you're a constituent** – This matters to MPs as it is their job to listen to your concerns and advocate on your behalf.
- **Share your story first** – It sets the tone and builds connection.
- **Flag others likely affected** - note that 100s if not 1,000s of their constituents are likely affected too.
- **Listen and respond calmly** – Even if you disagree.
- **Repeat your ask** – Make sure it's clearly heard before you leave.
- **Secure contact details for their assistant** - helpful to follow-up later
- **Thank them for their time** - let them know you're keen to work with them.



AFTER THE MEETING

- **Debrief with a member of the3million staff** - let one of us know what was discussed and how you are feeling.
- **Send a brief thank you** – Restate your key point and your ask (don't forget to cc info@the3million.org.uk).
- **Keep the relationship going** – Share updates or invite them to local events.