



Guide to meeting with your MP

Meeting with your MP is a great way to raise an issue you care about and ask them to take action.

Arranging your meeting

MPs are generally in the Westminster Parliament from Monday to Thursday, and in their own constituency or region from Friday to Sunday. You can arrange to meet them in either location.

Arrange a meeting by emailing your MP or by phoning either their Westminster or their constituency office.

Before your meeting

Find out a little about your MP. Do they have any particular interests in climate or environmental issues, or have they taken any action to protect green spaces in your local constituency?

You can find this out by looking at their website, social media pages, speeches in Parliament, questions and motions they've lodged, and their party manifesto. (Conservatives, Labour, Green, Lib Dems, SNP, Plaid Cymru)

You will find their contact details on the [Parliament website](#) and through the [They Work for You website](#). You can also call the House of Commons Enquiry Service on 020 7219 4272 and ask to be put through to your MP's office. When you get in touch, let them know you are a constituent and what you want to discuss when you meet, so your MP can prepare.

If it is difficult for you to meet your MP at Westminster or at their constituency office, you can ask to meet them in a location that is closer to you or arrange a telephone or online meeting.

Planning what you're going to say

Think about a few key points that you want to make and / or commitments that you want from your MP. Some things to consider:

1. Ask at the start how much time they have - meetings can be around 10 minutes, but sometimes you'll get longer.
2. Try not to be nervous. Your MP is there to represent you and they should be pleased to meet you to hear your concerns.



3. The meeting is a chance to establish a rapport with your MP, present evidence to back up your arguments, and find some common ground. It's still worthwhile even if you don't get them to immediately agree with everything you want.
4. Start by telling them why you care about forests, wildlife and climate change. Your message will be more powerful if you can make it personal.
5. Be passionate but also polite. You might not agree with your MP on everything, but you're more likely to get your point across if you remain calm.
6. Take some notes with you including the key points you want to express, and relevant evidence or arguments to back it up
7. It's fine to take notes on the discussion, especially actions your MP agrees to take.
8. If you can, ask your MP to commit to doing something before the meeting is over. This could be signing [Early Day Motion 1771](#) or the [Open Letter](#), asking a question in Parliament or writing to the Government.
9. You don't need to be an expert but remember if you have read up on the issue, you may well know more than they do.

You can give them the [Biofuelwatch MP briefing](#) at the end of your meeting and if you don't know the answer to something, don't worry - just say so.
10. You might like to ask your MP for a photo together which you can share on social media or send to your local paper.

After your meeting

After your meeting, it's a good idea to contact your MP to thank them for meeting you and to provide them with any relevant information.

Remind them of any action they said they would take and say that you would like to contact them again in a week or two to check their response.

Feel free to [get in touch with Biofuelwatch](#) at any point for support and let us know how you get on.