

Top 10 tips for contacting your local MP about environmental issues



This resource has been developed based on a PCRS member's experience of contacting their local MP. Some of the examples given are therefore area/MP specific but can be used to inform action you can take in your local area.

✓ 1. Check who your local MP is

Start by confirming who your MP is. You can do this by entering the necessary residential postcode here: <https://members.parliament.uk/FindYourMP>.

MPs only respond to their constituents, so make sure you contact the right representative.

✓ 2. Follow all the instructions

MPs often outline specific instructions to ensure your query is handled efficiently. For example, here's a common response template:

"This is an automated response with important information, so please read it fully. I can only raise cases for residents of the <area> constituency. To check if I'm your MP, enter your postcode here: <https://members.parliament.uk/FindYourMP>. Please ensure your email includes:

- Full name
- Postal address
- Contact telephone number
- Any relevant reference numbers

If these details are missing, I may not be able to respond."

NOTE: Establish if your MP will only deal with one issue per email and plan/tailor your communication accordingly.

✓ 3. Grab their attention

MPs receive a lot of correspondence, so use a compelling subject line, such as:

"Urgent: Addressing climate change, air pollution, and public health"

In your opening paragraph, after introducing yourself, emphasise the urgency of the issue:

"As the effects of climate change and rising air pollution continue to affect public health, we are facing a respiratory crisis that demands immediate action."

Again, if they will only deal with one issue per email, focus your title and opening paragraph to exactly what you want to engage them about.





✓ 4. Structure your argument

Keep your letter clear and concise. Focus on the positive impacts of addressing environmental issues and give local examples where you can. For example:

“According to Asthma + Lung UK, cleaner transport schemes could save the NHS £254 million annually and protect vulnerable children in areas like Greater Manchester.”

Identify these using local news and social media sources. Following organisations such as Asthma and Lung UK, PCRS, Greener Practice and your local council may also be helpful.

You could also signpost to national guidance that supports the issues you are highlighting:

www.gov.uk/government/publications/air-pollution-applying-all-our-health/air-pollution-applying-all-our-health#taking-action

✓ 5. Personalise your message

Make your message relevant to your local area and mention local statistics or personal experiences*. For instance, MP Katie White, who represents Leeds North West, has long advocated for clean air and successfully campaigned for Britain’s first Climate Change Act. Many of her constituents, though, are concerned about Leeds Bradford Airport’s expansion plans, which would increase night flights, disrupt sleep, and worsen air quality.

**i.e. Add a personal connection to the topic of your letter that highlights your passion, commitment and why you care about the issues you are raising*

✓ 6. Ask for specific action

Be clear about what you want your MP to do. For example, you could ask them to support clean transport solutions, engage with community action groups, or endorse specific programs, like Sustrans School Streets. You can learn more about it here: www.sustrans.org.uk/our-blog/projects/sustrans-school-streets/

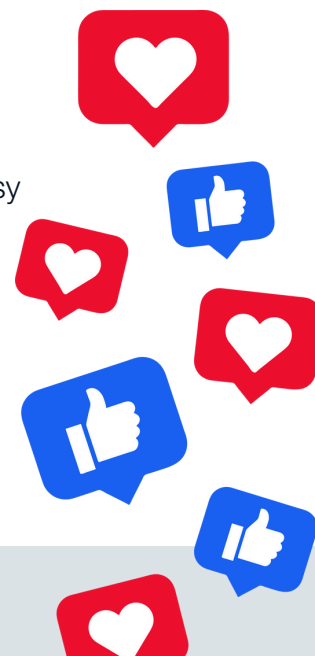
Acknowledgment of any supportive actions they may have already taken – a simple sign of appreciation. More information about their local MP and their voting records can be found at www.theyworkforyou.com

✓ 7. Follow up if necessary

If you don’t hear back after 10 days, send a polite follow-up. MPs have busy schedules, and persistence can help keep your issue on their radar.

✓ 8. Leverage social media

If your MP is active on social media, tag them in posts about your environmental concerns. This can increase visibility, build public pressure, and inspire others to take action.



✓ 9. Stay informed about their position



Research your MP's stance on environmental issues. For example, you could reference Katie White's past actions in Parliament to highlight her support for clean air initiatives, showing that you are informed and engaged.

✓ 10. Share your experience

Whether you receive a response or not, share your experience on social media or with local groups. This helps amplify the issue and encourages others to take action too.



Template letter to your MP on environmental issues

Copy and paste the text below or follow this link: <https://qrco.de/bfYuol> or the QR code to download a Word document version of the letter.



[Your Full Name]
[Your Address]
[Your Postcode]
[Date]

Subject: Urgent Action Needed on Climate Change, Air Pollution, and Public Health

Dear [MP's Name],

I am writing as a concerned constituent from [Your Constituency] to raise an issue that requires urgent attention—climate change, air pollution, and their impact on public health, especially respiratory health in our community.

As you know, air pollution is linked to respiratory illnesses like asthma and negatively affects the quality of life in [Your Constituency]. [Insert a personal anecdote or relevant local example].

Addressing these issues would benefit our community by:

- Creating jobs in green industries and boosting our local economy.
- Improving public health and reducing NHS costs.
- Reducing social inequality, as disadvantaged groups are most affected by pollution.
- Improving public transport in rural areas

I urge you to support stronger policies that reduce emissions, promote clean energy, and invest in local air quality initiatives. I look forward to hearing how you plan to address these pressing issues.

Thank you for your time.

Yours sincerely,
[Your Full Name]
[Your Postcode]
[Your Email Address or Contact Information]

We are grateful to Chiesi for the provision of a grant to support the activities of the PCRS Greener Respiratory Healthcare campaign. The campaign has been solely organised by PCRS and Chiesi has had no input in the content.



This resource is part of the PCRS Greener Healthcare Initiative - learn more on the PCRS website: www.pcrs-uk.org