

How do I write to my MP?

Find out who your MP is and how to contact them using the [Parliament website](#).

If you're new to writing letters/emails to an MP and need support, here [is a handy guide](#) on how to go about it, with ideas for talking points below.

Talking points

- Cutting the aid budget will make an insignificant difference to our national finances, but will have a huge impact on life-saving programmes in lower- and middle-income countries.
- 150 million people look set to be pushed into extreme poverty because of the pandemic – right now the UK should be championing an international, collaborative response to COVID-19.
- We are proud of aid and know it helps countries become more self-sufficient. Since 2015, UK aid money has helped 15.6 million children to gain a decent education and saved 1.4 million lives through essential vaccinations.
- With years of progress on health and education in lower- and middle-income countries in danger of being reversed due to the knock-on effects of COVID-19, UK aid is needed now more than ever before.
- Sticking to 0.7% was a Conservative Party manifesto commitment and going back on this is a broken promise to those living in poverty. It also casts doubt on the Government's other commitments to improving girls' education and ending preventable deaths of mothers and children.
- With the UK hosting of the G7 and the UN Climate Conference (COP26) next year, as well as co-hosting the replenishment of the Global Partnership for Education, reducing our aid spending now sets a poor example to other countries.

How do I get published in the media?

Working on getting a media published can take a little more time to get right than an email, but if you succeed, your message will be read by a wider audience and can help show your MP what local constituents care about at the moment. If you missed our webinar 'Cutting through the noise: Media and Social Media campaigning' with guests from Global Citizen and Change.org, [watch the recording back](#) to learn why media campaigning can be really effective. More details on getting published in our ['Writing a Letter to the Editor Guide'](#)

- Step 1. Look into the local papers in your area. Check they have a 'Letters to the Editor' section, (sometimes called local voices, views or opinions), and if they have guidelines for how to submit one.
- Step 2. Get writing. Think creatively about things the readers have in common with people elsewhere in the world – children, health, education. Use some of the talking points highlighted above, choosing the arguments you think will resonate with the audience of the publication. Keep it short – no more than 300 words. Avoid development jargon and keep the language simple. People often don't realise the impact that UK aid has in the world, and this can sometimes be more persuasive than simply outlining the need in the world. Don't forget the power of your own story. Why does ending poverty matter to you? The people reading your media piece won't be policy experts, and telling a great story will make your message more impactful than statistics alone.

You might find the following tips on a [Gentle Protest approach to letter writing](#) come in handy.

- Step 3. Contact the publication via email, include your piece in the body of the email and also as an attachment. Say who you are and why your piece is timely. Say you're open to any feedback that may increase your chances of getting published. BCC the RESULTS team as well. Follow your local media outlets on Twitter and when appropriate mention them (by tagging their @ handle) with information about your piece. If the content you tweet is interesting, they may follow you back and ask for more information.
- Step 4. Follow up with the publication, sending another email a few days later. Keep checking to see if you were published, as they won't always get back to you to inform you.
- Step 5. If you were published, congratulations! If a couple of weeks have gone by and your piece wasn't published, why not self-publish it on a site like [Medium](#) and share with your networks? Either way you should share a link with your MP to your piece via email and on social media. Ask them to share and amplify your views as a passionate constituent.

Looking for more inspiration? Check out the following:

A [recent piece](#) from Gill in Stort Valley group was published in the Independent Catholic News. It's written perfectly for the audience and draws strongly on the moral case for scrutiny around aid and 'playing an active part in public affairs'.

The Brighton group recently collaborated on a piece which was [published in student newspaper The Badger](#), with a really well researched piece on the Sustainable Development Goals.

Fiona from London's [first piece](#) was published in the South London Press (p.16). Her piece is well researched and will reach a wide audience.