

## How to write to your MP

1. Either write you own personal email to your MP or use the template below. If you do use our template, please try and add a few comments to make it personal and say why this issue matters to you, this will increase the chances of the MP taking the time to respond to your message.

You do not have to be claiming benefits to write to your MP, you can simply be a person who cares about the issue and is concerned about your community and those most vulnerable.

*Dear XXXXXXXX MP,*

*I am writing as someone who is on **Universal Credit/Working Tax Credit OR ESA/JSA/Income Support** to urge you to ask Rishi Sunak & Thérèse Coffey, to do the right thing by making the recent £20 uplift to Universal Credit & Working Tax Credit permanent and extend it to families on legacy benefits too.*

***(If you're Universal Credit allowance has increased because of the uplift, write a few words about the kind of impact the additional £20 has had on you)***

***9If you haven't had the uplift, or if you are not currently on benefits, write a few words about why this issue is very important to you)***

*Please urgently write or speak to Ministers and ask them to keep the lifeline and ensure those on legacy benefits are not left behind. I would appreciate a response and thank you for your time.*

*Yours sincerely,*

2. Click [HERE](#) and enter your postcode. Scroll down to find 'Your MP', click on their name.

3. Copy and paste the letter you have drafted.

4. Follow the instructions on the website to send your letter.

Please let us know if you have written to your MP and if you get a response from them. You can share any responses with us at [alessandras@svp.org.uk](mailto:alessandras@svp.org.uk). It may take a few weeks for them to get back to you, but you should hear back from them.