

Ten top tea time tips for meeting with your MP



Remember, you'll receive a briefing on the day which will give you three clear questions to ask of your MP.

Meeting your MP – some tips

- 1 **Keep to time: it's worth confirming at the start how much time you have available. Make sure you keep to it.**
- 2 **Make sure you've got your most important questions first.**
- 3 **Taking along a petition signed by other constituents will strengthen your call. Download yours from www.teatimeforchange.org.uk and get friends to sign.**
- 4 **If you're asked a difficult question, don't worry. Offer to find out and come back with the response.**
- 5 **Take notes so you can follow up important points, or nominate a note-taker.**
- 6 **Keep the discussion on track! On the day, we'll give you a briefing and a special tea cup to help keep the discussion focused.**
- 7 **Make sure you ask your MP whether they will take the 3 key actions you are calling for.**
- 8 **Ask your MP to keep you updated on any work they do that is related to the lobby asks – that way he or she will know you expect to see some action!**
- 9 **Check our party briefings online for some background on how Conservative, Liberal Democrat and Labour parties have responded on our issues.**
- 10 **If your MP has a little more time, why not take them to the Issues Rooms to give them a chance to explore the issues in more depth?**

Things you could say

"Thank you for meeting us. It's taken us [x] hours to get here, but we wanted to come because this issue is so important to us."

"I've got a long term concern for this issue. I've been meeting MPs for international development issues since [] – and I'll keep on doing so!"

"It's my first time. I wanted to come along because I feel strongly about this issue."

If your MP is changing the subject: "That's very interesting, but I'm aware of your valuable time, and I want to make sure we focus on what we've come to talk to you about."

If your MP is avoiding making any direct commitments: "Thank you for making the time to listen to us. Can I just ask you specifically whether you will agree to take action on these three points?"

"I'm going to be writing to the local press about our meeting today. Can I send them a quote from you about your response to these issues?"

Elisabeth Martin, 23, lobbied her MP in 2010 for World Water Day.

"I was quite nervous beforehand but on the day the 10 minutes flew by. Before our meeting I read around the issue and memorised the most important statistics. I had a great conversation with my MP who put me at my ease, seemed really interested in what I had to say and asked me a few questions. I explained why the issue was important to me and handed over some more information for him to read. Most importantly, I asked him to write to the Secretary of State for International Development

to urge him to increase funding and support international efforts to address this issue. A few weeks after our meeting I received a copy of his letter."

