

ASK YOUR MP: WILL YOU STAND FOR A FUTURE WHERE POVERTY CAN'T KEEP ANYONE DOWN?

Action: Send your MP a postcard or email asking them to make tackling and ending poverty a core priority ahead of the next election.

Your message is more likely to have an impact on your MP if you use your own words to share why you are asking them to take action. Here are some ways you could personalise your message:



ME

Tell your MP why you are motivated to see an end to poverty in the UK

If you have personal experience of struggling against poverty, you could share an image or description of what this feels like for you.

If you have volunteered or worked alongside people struggling against poverty, you could share what you've seen.

If you are motivated by your faith or belief to tackle poverty, share why and how this influences you.

e.g. "My faith as a Christian means I want everyone to know life in all its fullness, not to have to worry all the time about how to pay the next energy bill or afford new shoes for their children."

e.g. "I've experienced poverty and this is a chance for me to try to end it with other people who are experiencing the same now."



US

Make it about your community

Your MP represents your community, and is keen to know about the experiences of the people they represent. If you volunteer, worship or work in the community, tell your MP about the experiences of the people you know who are struggling against poverty.

Include relevant statistics about poverty in your community. [Click here to search for your constituency and find out what percentage of children live in poverty.](#)

e.g. "I volunteer at the local warm space, where we see how people's mental health is hugely impacted by worry about money and the future."

e.g. "Our local foodbank has seen a significant rise in need, and more and more people are becoming dependent on emergency food parcels."

e.g. "In our constituency, more than 1 in 5 children live in poverty."



NOW

Share your vision for change

What does a UK where no one is held back by poverty look like to you? Share your hopes and aspirations for change by describing a practical or social change you hope for. Tell your MP why now is the time to make this change.

e.g. "I want my neighbours to trust that their children will have the same opportunities in the future as their peers, and not be held back by hunger or isolation."