

Talk.Act.Change.

How and why
to contact your local politicians
to tackle issues
in your community

You have the right to have your views heard

Talking to your local politicians will help them better understand your perspective and experience, and help you have an influence over laws and policies.

When you contact your politicians:

 **Be Prepared**

 **Be Clear**

 **Be Calm**



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Full guide available
on our website:
<http://justfair.org.uk/north-east/resources/>

MPs can...

- ★ ...represent your views in Parliament
- ★ ...support you with different subjects like benefits, tax and immigration
- ★ ...vote on changes to laws
- ★ ...take up local issues up with government departments and the local council

Councillors can...

- ★ ...support people who live in their area and make sure the council's plans suit their needs
- ★ ...talk to residents and community groups about issues or challenges they want to raise
- ★ ...decide how the council will spend money on different services

Contacting them

If you have an issue or a problem that you think a councillor or MP could help with, the next step is to get in touch with them.



To find your Councillors put your postcode into this website:

www.gov.uk/find-your-local-councillors/

To find your MP put your postcode in:

www.parliament.uk/findyourmp



If you don't have access to the internet, then you can find out who your councillor or MP is by going to your local civic centre or county hall. Or you could ask a neighbour – they might know too!

Alternatively, you can call the House of Commons Information Office on 0800 112 4272 or 020 7219 427.

Get involved and join the NE Social Rights Alliance:

Everyone has the right to good education, adequate housing, public healthcare, equality, food, strong social security and a decent standard of living. This is what makes a free and fair society.

In the North East, the Social Rights Alliance is working to improve access to these rights for the people who live here. Anyone can get involved and every voice is valued.

Visit our website: www.justfair.org.uk/north-east

Or get in touch with us by emailing: info@justfair.org.uk

