



January 2019 Debate: Call Your MP Toolkit

Find your MP's phone number by searching online [here](#).

MPs offices receive messages about a range of issues every day, and calling the office can help to push your message to the top of their agenda. It is likely to be a member of your MP's office team who picks up rather than the MP themselves, but they are still useful! MP's staff play an important role in setting their boss' priorities.

It's normal to feel apprehensive if you haven't called your MP before. But remember: It's the job of the person on the other end of the phone to listen to what you have to say, and they receive calls like yours on a daily basis.

To make calling your MP as easy as possible we've put together an example phone script, which you can use to guide the conversation:

Hello, MP's office.

Hi my name is _____ and I'm a constituent of [MP's name].

I am calling to ask whether [MP's name] will be attending Carol Monaghan's Backbench Business debate on Myalgic Encephalomyelitis on Thursday 24th January 2019.

It's very important that [MP's name] attend because...

- *I have lived with ME for X years*
- *I am a carer to someone with ME*
- *My friend / family has ME*

...Is [MP's name] able to attend?

Possible answers

1. Yes

Wonderful. Thank you so much for your support of people with ME!

2. I'm not sure. What is the debate about?

ME is a devastating disease that affects more than 250,000 people in the U.K and causes profound and disabling ill-health: one in four patients are housebound or bedbound. There are an estimated 400 patients in each constituency. The quality of life for people with ME is some of the lowest recorded of any chronic disease.

Carol Monaghan's motion calls for the House of Commons to demand the Government takes action in four areas:

- **Increased funding for biomedical research** into the diagnosis and treatment of ME in recognition of the decades of under-investment in biomedical research
- **Updated training of GPs and medical professionals** to ensure they are equipped with clear guidance on diagnosis of ME and appropriate management advice,
- **The suspension of two recommended treatments for ME.** Graded Exercise Therapy, which has been proved to be harmful, and Cognitive Behaviour Therapy, which studies show has no benefit as a treatment for ME
- In addition, the motion calls on the House of Commons to express its concern about the **current trends of subjecting ME families to unjustified child protection procedures.**

3. I'm very sorry, but they can't make it

I'm really sorry to hear that. In that case, I would love to have a phone call or meet with [MP's name] to further discuss these issues, how they have impacted me/my loved one's life, and the steps that [MPs name] can take to create meaningful change for people living with this disease.

If you do set up a meeting please check out our toolkit [here](#) for suggestions and asks for your MP, and feel free to email uk@meaction.net if you have any questions.