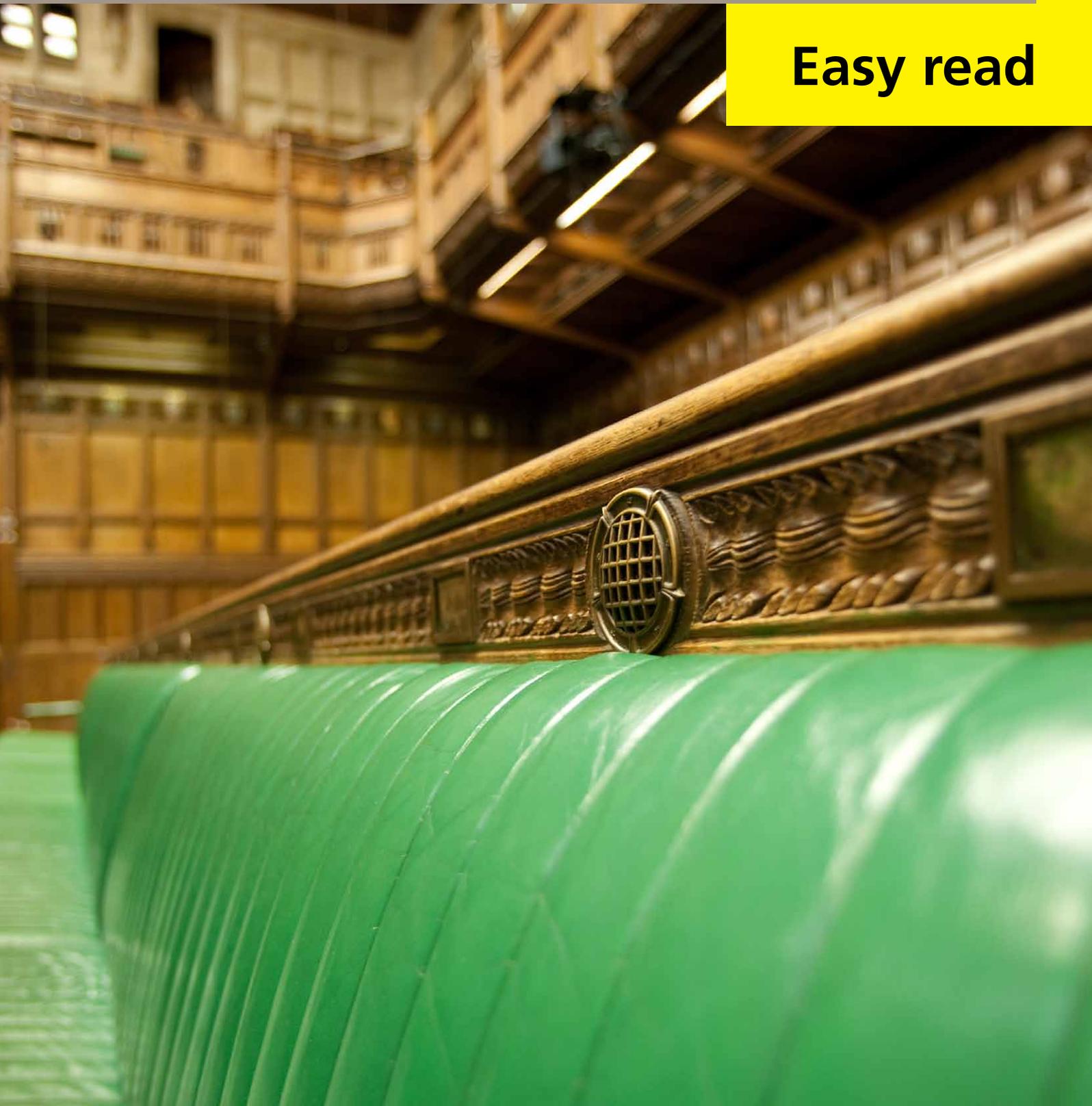




HOUSE OF COMMONS

You and your MP

Easy read



About this booklet



This leaflet tells you

- about MPs
- what they can do for you.

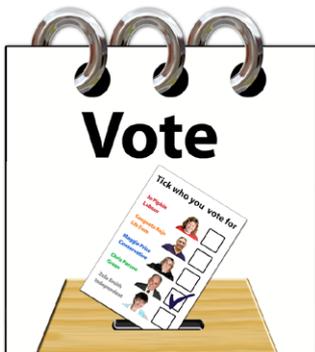


MP is short for **Member of Parliament**.

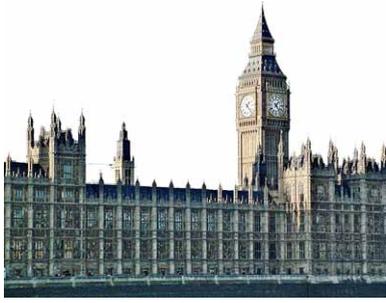
About MPs



Your MP is there to speak up for people in your area.



You and people in your area choose the MP you want by voting for them.



Your MP works at **Parliament**.



Parliament is a group of people who make laws and check what the Government is doing.



Your MP can speak up in Parliament for what people in your area need.

How your MP can help you



Part of your MP's job is to help people in your area with problems.

MPs want to help where they can.



For example, they may be able to

- write to someone for you
- ask the Government for help
- support your campaign to change something.



But your MP cannot help with everything. And they cannot solve all problems.



Your MP must decide what they can help with.



Before asking your MP for help, you should try to solve the problem yourself.

Problems your MP can help with

Your MP can help with problems with things like



- ✓ NHS health services like hospitals and doctors



- ✓ tax and National Insurance. This is money you pay to the Government when you work



- ✓ benefits. This is money you may get like Disability Living Allowance or Income Support



- ✓ pensions. This is money you save for when you are older



✓ immigration. This is when people leave their country to live in our country



✓ big problems with schools. For example, schools closing down.

Your MP is not the best person to help with things like



✗ problems with neighbours



✗ problems with your employers. They are the people you work for



✗ family problems



✗ problems with landlords. They are people you rent a home from



✗ companies who have sold you something that does not work



Court

✗ decisions a court has made



Council

✗ things your local council are in charge of.

Help with things your local council is in charge of



Your MP cannot help with all problems.

For problems to do with the job of your local council, you can speak to someone called a councillor.



A councillor is someone you and people in your area vote for.

They work for your local council. They make big decisions about your area.



You can speak to them about things like

✓ council tax



✓ dustbins



- ✓ housing repairs if your home is owned by the council



- ✓ social services. They are in charge of making sure people get the support they need



- ✓ day to day problems in schools.

Scotland, Wales and Northern Ireland



Scotland, Wales and Northern Ireland can make their own laws and decisions about some things.

For example, health and education.

There are people a bit like MPs who can help if you live in Scotland, Wales or Northern Ireland and have problems with these things.



In Scotland they are called **MSPs**.



In Wales they are called **Assembly Members**.



In Northern Ireland they are called **MLAs**.

If you are not sure who to ask for help



You can ask a group of people in your area called the **Citizens Advice Bureau** what to do.

Who your MP is



You can find out who your MP is by



- asking at your local library or town hall



- phoning our information line on **020 7219 4272**



- going to this website **<http://findyourmp.parliament.uk/>**

Type your postcode into the search box. Then click on **Find MP**.

This will also tell you your MP's website address if they have one.

How to get in touch with your MP



Write to them at

House of Commons
London
SW1A 0AA

Write your MP's name at the top of the address



Phone them on 020 7219 3000

Ask to be put through to the office of your MP.



Email them

Many MPs have an email address. It should be on their website. Or you can phone our information line on **020 7219 4272** to find out.



Go to see them

You may be able to talk to your MP face to face.

Find out when you can do this by

- asking at your local library
- looking on your MP's website
- phoning your MP's office.