

How to Lobby Your MP

Guides for Members and Supporters

Find Out Who Your MP Is

If you're unsure who your **state MP** is, [search your electorate](#) on the SA Parliament website. Clicking your representative's name in the search results will give you their details, including their contact information.

If you don't know which electorate you're in, you can search your address or postcode on the Electoral Commission SA's [interactive map](#) to find out.

If you're unsure who your **federal MP** is, [search your postcode](#) on the Parliament of Australia's website. Clicking your MP's name in the search results will give you their details, including their contact information.

Make Contact

You can phone, email, or write a letter to your representative.

If you phone, you may speak to one of the MP's advisors. Tell them about the issue and why you care, and if you are directly affected by the issue, **try to tell your story**. The advisor will relate your key points to the MP.

Similarly, if you are writing an email or letter and have direct, personal experience with the issue, try to share your own story as much as possible. Personal stories are a powerful way of connecting with your representatives, and showing the importance and effects of the issues.

Requesting a Meeting

Your MP represents you, so it is important that they meet with constituents such as yourself.

The best way to lobby your MP is to meet with them in person, especially if you can share your story about how the issue personally affects you, your friends, family, and community.

It is best to **seek the meeting in writing**, either by email or letter, and follow up with a phone call two or three days later. You will need to explain why you are seeking the meeting, and the key points you wish to discuss.

This can be as simple as this example/template below:

Dear [MP's first name],
(If you wish to be more formal, you might like to address them as Mr/Mrs/Ms, etc.)

I would like to meet with you to discuss [issue/s].
(i.e. the low rate of JobSeeker/lack of public housing/need for stronger protections for renters, etc.)

I care about this/this is important to me, because _____.

Please contact me on [email address/phone number] to arrange a suitable time to meet.

Sincerely,

[Your name]

[Contact details]

[Address] (so that they know you are a local resident)

If you get a meeting, great! It's always good to send through some briefing material/resources about your issue to your MP around a week before the meeting. If this is not possible, take the material with you and hand it to them in the meeting. If you are taking someone with you to the meeting as well (which is a good idea), let the MP's office know about this too.

The Meeting

Be sure to arrive on time, but be prepared to wait if the MP is running late.

Introduce yourself and anyone who is accompanying you to the MP and their staff. Explain to them why you have sought the meeting and what issue/s you'll be discussing. You might like to prepare a few written dot-points for yourself, to keep yourself focused.

If you can, it is always helpful to have someone take notes of the meeting. This helps with any follow-up that may arise.

Put forward your key asks in the meeting, and provide the MP with any resources/briefing material you may have brought with you. Explain why you care and why it matters, and if you have a relevant personal story, share this with them here too.

If you feel comfortable doing so, ask if you can take a picture of you with the MP. If you plan to do this, try taking along a sign to hold up! If you plan to post this picture onto social media or share it publicly, let the MP know.

Be prepared to wrap up the meeting after 25-30 mins, reiterate your key ask, and **seek their verbal commitment to take action.**

Follow-Up

After the meeting, it's good to write a follow-up email or letter to the MP.

State that you appreciate their time, recap what was agreed to in the meeting, and ask for an update on their progress with any of the commitments they've made.

It's also a good idea to periodically send further follow-up emails, asking for further updates on any commitments and action they've made.

Tell Us How the Meeting Went

Contact us at info@apnsa.org, to tell us about how your meeting went, any news, and to discuss follow-up activities and action.