

What to Do if You Get a Meeting with a Politician

Guides for Members and Supporters

- Try to send through some resources/materials to your MP about a week before the meeting. If this is not possible, bring these with you to the meeting and give them a copy, and/or send them through right after the meeting.
- Make sure you know what you'll be talking about, and you're familiar and confident with your resources.
- If you are bringing someone with you to the meeting as well (which is a good idea), let the MP's office know about this too.
- Be sure to arrive on time, but be prepared to wait if the MP is running late.
- Introduce yourself and anyone accompanying you to the MP and their staff. Explain to them why you have sought the meeting.
- 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, i.e., what are you calling for, what you want them to do. No more than three asks.
- If you have a personal story that's relevant to your asks, it's good to tell this to your MP. Personal stories are a powerful way of connecting with your representatives, and showing the importance and effects of the issues.
- What do you want the politician to do? Be as clear as possible, and repeat yourself if you feel you need to.
- Be prepared to wrap up the meeting after 25-30 mins (though if you are lucky, you might get longer), and repeat your key asks. **Seek their verbal commitment to take action.**
- After the meeting it is good to write a follow-up email or letter to the MP, recapping what was agreed to in the meeting, and asking for an update on their progress with any of the commitments they have made.