

Meet your MP

The power of sharing your story



Your experience is your power. Sharing your story is one of the most powerful ways you can connect with your MP.

MPs want to hear from their constituents. Hearing personal stories can help MPs understand what people would go through if the cuts to disability benefits go ahead. And push them to speak up in parliament to stop the cuts and protect disability benefits.

Meeting with your MP

Through sharing your experience, you can help MPs understand how the cuts will affect you or a loved one.

Meeting with your MP gives you the opportunity to share your message directly.

As MPs are very busy, you'll probably only have a short time with them, so make it count!

Before the meeting

You can arrange to meet your MP in person (this might be somewhere like their office, community centre, or a café), or virtually using services like Zoom or Teams. Your MP's team will be able to let you know what appointments are available.

Your MP won't expect you to be an expert. But they'll want to know why you think this is an important issue for you and other local people.

Think about how you will share your experience. To make the most of the meeting:

- Use your own words – don't be afraid about speaking your truth and being honest
- Be clear and easy to follow - think about the key points you want to share and make some notes to bring with you
- Talk about the problems with the government's plans or how you're worried they will affect you or loved ones now or in the future

At the meeting

Keep the conversation focused on 3 key points:

1. Your experience of disability benefits.
2. How disability benefit cuts would affect you or your loved ones.
3. Be clear what you want your MP to do. Ask them to:
 - Speak out about the impact of the cuts in Parliament
 - Vote against the Bill when it comes to Parliament
 - Write to the Secretary of State for Work and Pensions about their concerns

It might be useful to make notes during or straight after the meeting when everything is fresh in your mind. It's especially useful to record any commitments your MP made to protect disability benefits.

Ask permission to take a photo with your MP. If you have permission, you can then use it in press or social media posts to keep the pressure up.

If your MP disagrees with you, we know that might be frustrating. But they are still your MP and it's their job to listen to you and represent you in Parliament. Listen to your MP but be clear in sharing your experience and why this matters so much to you. And be confident to respectfully disagree – it's still part of keeping the pressure on all MPs.

After the meeting

It's a good idea to send an email thanking your MP for their time. Use this as an opportunity to remind them of any actions you or they agreed to take.

Get in touch with us to let us know how the meeting went so we can keep track of what MPs are saying and keep the pressure up.

Join together with others

We're also working with Parkinsons UK, the Neurological Alliance, the Motor Neurone Disease (MND) Association and the Multiple System Atrophy Trust to show the strength of feeling about these changes and how they will impact people with other neurological conditions too.

If you would be happy to invite local campaigners from the MS Society, Parkinsons UK, the Neurological Alliance, the MND Association or Multiple System Atrophy Trust to join your meeting with your MP, we can help to coordinate that for you. Involving campaigners from the other charities in any meetings with MPs is a great way to show how many people will be affected in their area.

If you have already let us know you'd be interested in doing this, we will help to set it up for you. Or if you have an MP meeting arranged and would like to invite others to join, email us at campaigns@mssociety.org.uk.

Some information about MS in the UK

In the UK, 150,000 people are living with multiple sclerosis. This means that around one in every 400 people in the UK has MS. And each week, 135 people are diagnosed with MS.

In May, we asked the MS community to share views about the government proposals to cut disability benefit. Over 2,000 people completed our survey to help us build up strong evidence to campaign to protect disability benefits.

From our survey and other research we've done into PIP, if the cuts go through as proposed, we've found that:

- 41% of PIP daily living claimants with MS are at 'high risk' of losing money
- 94% of PIP claimants with MS are worried proposals will worsen MS symptoms
- 31% of PIP claimants with MS who are working say losing PIP will force them to stop work

Share your progress with us

Please let us know about any responses or meetings you have with MPs. This will help us shape our campaign and the conversations we have with MPs in parliament. Email us at campaigns@mssociety.org.uk

Need support?

If you need help or advice with any of your campaigning activities, you can get in touch with the campaigns team by emailing campaigns@mssociety.org.uk

If you want emotional support or have practical questions about benefits at the moment, our helpline are here for you. You can call them on [0808 800 8000](tel:08088008000) or email them helpline@mssociety.org.uk.

We're the MS Society.
Our community is here for
you through the highs, lows
and everything in between.
We understand what life's
like with MS.

Together, we are strong
enough to stop MS.
mssociety.org.uk

Contact us

Campaigns team

campaigns@mssociety.org.uk

MS Helpline Freephone 0808 800 8000

(Open Monday to Friday, 9am to 7pm, except bank holidays)

helpline@mssociety.org.uk



Multiple Sclerosis Society

Registered charity nos. 1139257 / SCO41990

Registered as a limited company in England and Wales 07451571

Registered office: Carriage House, 8 City North Place, London, N4 3FU