

Tips for meetings with MPs

- Be polite but persistent - having your key messages decided in advance can help.
- If you're meeting your MP with a group of people, organise a pre-meeting call to work out a running order and what each person will speak about.
- Make sure there are some of the MP's constituents in the meeting and make them aware if there are people joining from outside their constituency.
- If possible, ensure one or more people with lived experience of the asylum system are able to speak. We hope to ensure as many MPs as possible have the opportunity to engage with people with direct experience of the asylum system. These testimonies are undoubtedly the most powerful.
- If it's a first meeting, you might want to limit yourselves to raising a limited set of points and trying to secure one action by the MP which takes them one step on from where they currently stand (which of course will vary greatly between different MPs). But while you need to be realistic about what to expect given what you know about your MP, remember they are there to represent their local constituents regardless of their views. View the meeting as the beginning of a conversation and a way to develop a longer term relationship.
- If you're asked something you don't know the answer to, it's completely reasonable to say you'll follow up with further information after the meeting.
- At the end of your meeting, request a follow up meeting and, if possible, set a date!
- Email or call to follow up with a thank you and further information, such as reports on the topic you discussed.
- If you are holding the meeting online, make sure that everyone has the right equipment and information to participate. Consider which platforms people are most familiar with.