



# HOW TO ARRANGE AN IN-PERSON MEETING WITH YOUR LOCAL MP, MS, MSP OR MLA

Meeting face to face with your local parliamentary representative is a great way to make a real impact, and can be a powerful tool to get issues you care about taken to parliament. Devolution in the UK has created a national Parliament in Scotland, a Welsh Parliament (or 'Senedd'), and a National Assembly in Northern Ireland. As farming, food and the environment are devolved issues, this means that depending on where you live and what issues you want to discuss, you may want to contact either your MP (UK-wide/England), MS (Wales), MSP (Scotland) or MLA (Northern Ireland).

## HOW TO FIND YOUR LOCAL MP/MS/MSP/MLA

If you don't know who your local parliamentary representative is, simply click on the following links and enter your postcode:

- [🔗 For House of Commons MPs \(UK/ England\)](#)
- [🔗 For Senedd MSs \(Wales\)](#)
- [🔗 For Scottish Parliament MSPs \(Scotland\)](#)
- [🔗 For Northern Ireland Assembly MLAs \(N.Ireland\)](#)

Most MPs/MSs/MSPs/MLAs will have their own websites with information about how to contact them, news about their recent activities and updates

## HOW TO CONTACT THEM

The easiest way to contact your MP/MS/MSP/MLA is via email. However, if you'd prefer to speak to them directly on the phone, you can try request to be put through to their office via the parliamentary switchboards - although it is more likely you will get passed on to an assistant or have a message taken. The phone numbers for the parliamentary switchboards are as follows:

- 📞 House of Commons (MPs): 020 7219 3000
- 📞 Welsh Senedd (MSs): 0300 200 6565
- 📞 Scottish Parliament (MSPs): 0800 092 7500
- 📞 Northern Ireland Assembly (MLAs): 028 9052 0700

## WHERE TO MEET THEM?

The best place to meet your MP/MS/MSP/MLA is either at their constituency office or at one of their advice surgeries. Most MPs/MSs/MSPs/MLAs hold at least one surgery a month and these are often held in public places such as local libraries. You can find out more about surgeries on their respective websites. It is much better to arrange a meeting in advance, as this will guarantee a meeting with them and give you time to prepare.

## WHEN TO ARRANGE A MEETING?

Fridays are usually the best day to try and meet your MP/MS/MSP/MLA in your constituency. This is because parliaments rarely sit on a Friday and representatives will usually spend the day in their constituencies attending local events and meeting their constituents. It's also important to note when parliaments are in recess (i.e. on holiday) as during these periods representatives are more likely to be in their constituencies. You can find out parliamentary recess dates by clicking on the following links:

- 📅 [House of Commons \(MPs\)](#)
- 📅 [Welsh Senedd \(MSs\)](#)
- 📅 [Scottish Parliament \(MSPs\)](#)
- 📅 [Northern Ireland Assembly \(MLAs\)](#)

### TOP TIP!

It's always more impactful if you write to arrange a meeting with your MP/MS/MSP/MLA collectively as a group - e.g. from your CSA or food hub, or writing as a group of new entrants with shared interests.

### TOP TIP!

August is usually the best time to meet your MP as parliaments take a long recess over summer - typically the end of July to the beginning of September.