Template e-mail/letter to MPs for Through The Roof campaign

This is our standard message for you to customise for MPs in your local area – the sections in italics show you where you’d need to change the text or pick an option.

Don’t forget to add in any relevant information from your research into the MP - there’s an example on page 3 to give you inspiration! And you can of course add more to give it the personal touch, for example talking about your own MND story if you feel comfortable doing so.

Dear *[NAME]* MP,

*Intro option A - I am contacting you as a constituent to highlight findings from the new report from the Motor Neurone Disease (MND) Association, Through the roof: The experiences of households affected by MND during the cost of living crisis.*

*Intro option B - I am contacting you on behalf of the local NAME branch/group of the Motor Neurone Disease (MND) Association, who support people affected by MND in your constituency. I would like to highlight findings from our new report Through the roof: The experiences of households affected by MND during the cost of living crisis.*

The report shows that people affected by MND have been disproportionately affected by the crisis and face paying excessive energy costs as a result of their condition.

The MND Association found, on average, people spend up to £600 a year on electricity costs associated with using and charging assistive equipment – equipment that keeps them safe, well, and independent. There are also some families spending up to £10,000 a year on electricity costs alone because of MND.

Unsurprisingly, these costs have forced people to make difficult, and sometimes impossible, choices between spending money on essential living expenses or their own health and wellbeing. Over a quarter (28%) of people said they have reduced their use of assistive equipment in the previous 12 months in response to rising energy costs, placing their health at significant risk.

For people with MND, these costs are inescapable. You can read the report in full here: [www.mndassociation.org/throughtheroof](http://www.mndassociation.org/throughtheroof).

To show your support, please represent *[me/local people affected by MND]* at a meeting of the **APPG on MND** on **Wednesday 15 November 2023**.

The meeting will be held in **Room R** **in** **Portcullis House from 14:45 to 15:45**. It will focus on what more can be done to ensure people living with MND are not plunged into financial hardship because of their condition.

Please RSVP to Ellen McLean, Senior Public Affairs Adviser at the MND Association at **mndappg@mndassociation.org** or by calling **0203 8758911**.

If you cannot attend, I’d appreciate you helping to raise awareness by posting about the findings on social media. More information and sample posts can be found here: [www.mndassociation.org/MPresourcesTTR](http://www.mndassociation.org/MPresourcesTTR)

*And if you would like to find more information about our local branch/group and its activities you can do so at [link to website or provide contact information]*

Best wishes,

*[name]*

*[address if constituent]*

Example message

Dear William Pitt MP,

I am contacting you on behalf of the local Barsetshire branch of the Motor Neurone Disease (MND) Association, who support people affected by MND in your constituency. I would like to highlight findings from our new report *Through the roof: The experiences of households affected by MND during the cost of living crisis.*

The report shows that people affected by MND have been disproportionately affected by the crisis and face paying excessive energy costs as a result of their condition.

The MND Association found, on average, people spend up to £600 a year on electricity costs associated with using and charging assistive equipment – equipment that keeps them safe, well, and independent. There are also some families spending up to £10,000 a year on electricity costs alone because of MND.

Unsurprisingly, these costs have forced people to make difficult, and sometimes impossible, choices between spending money on essential living expenses or their own health and wellbeing. Over a quarter (28%) of people said they have reduced their use of assistive equipment in the previous 12 months in response to rising energy costs, placing their health at significant risk.

I am aware that you have asked questions about rising energy costs in Parliament and are keen to promote support available local people. For people with MND, these costs are inescapable, so I hope that you will find the Association’s report of interest. You can read it in full here: [www.mndassociation.org/throughtheroof](http://www.mndassociation.org/throughtheroof).

To show your support, please represent local people affected by MND at a meeting of the **APPG on MND** on **Wednesday 15 November 2023**.

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And if you would like to find more information about our local branch/group and its activities you can do so at www.mndassociation.org/barsetshire.

Best wishes,

Jay Person