

**12. Ask your MP to table an Early Day Motion**

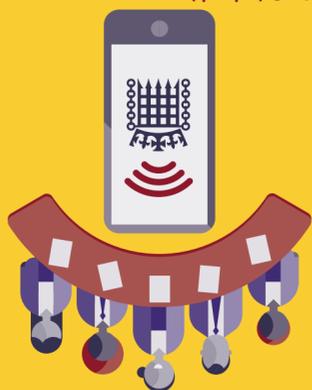
You can ask your MP to set up an 'Early Day Motion', Early Day Motions are proposals submitted for debate in the House of Commons for which no day has been fixed and so very few written questions. However, many attract a great deal of public interest and media coverage. Early Day Motions are used to put on record the views of individual MPs or Ministers about matters for which they are responsible. It takes place in the first hour of each parliamentary day in both the House of Lords and the House of Commons.

**10. Ask your MP or a Peer to write to a Government Minister**

You can ask your MP or a Peer to ask a question in writing to a Government Minister about an issue that is important to you. The Government is required to answer all parliamentary written questions.

**11. In the Question Time debates**

Question Time is an opportunity for MPs and Peers to question Government Ministers about matters for which they are responsible. It takes place in the first hour of each parliamentary day in both the House of Lords and the House of Commons. You can ask your MP or a Peer to raise a question on your behalf during the debates about an issue or cause you feel passionate about.



**9. Submit evidence to a Public Bill Committee**

After the second reading (debate) of a bill, it is customary for it to be referred to a Public Bill Committee for detailed discussion. Committees are named after the relevant bill, e.g. the Equality Bill Committee. This makes it clear that the committee is established purely to consider a particular bill. Public bill committees have the power to receive written evidence from outside organisations and members of the public and to take oral evidence from interested parties. Anyone can submit written evidence through the Parliament website. If you think you or your organisation should be considered to give oral give evidence, you can contact the committee officials responsible for the bill.

**8. Ask your MP or a Peer to speak on the passage of a bill**

A bill is a proposal for a new law, or a proposal to change an existing law, presented for debate before Parliament. Bills are debated several times in both the House of Commons and the House of Lords. During this, MPs and Peers have the opportunity to make changes to a bill, or even reject it entirely. You can find out when Public Bill Committees are sitting and submit written evidence through the Parliament website. If you think you or your organisation should be considered to give oral give evidence, you can contact the committee officials responsible for the bill.

**7. Ask a Peer to propose a question for short debate**

In the House of Lords any member may table (propose) a question for short debate' at the end of the day's business or during the dinner break. The Office of the Government Chief Whip then arranges time in the House of Lords for the question to be debated. Up to four slots are usually available each week. Debates last for up to one-and-a-half hours, or one hour if taken in the dinner break. Questions for short debate are a way that Peers can hold a debate without having something on which the House must decide or agree, and they will also receive a response from the Government.



**6. Ask your MP to request a debate**

At the end of every parliamentary adjournment there is a half hour 'debate' in the House of Commons. Debates also take place several times per week in Westminster Hall. Adjournment debates and Westminster Hall debates are an opportunity for individual backbench MPs to raise an issue and receive a response from the relevant government Minister. They also allow MPs to discuss something in general terms without having a question on which the House must then decide. The subject matter of debates is varied, examples include debates on health services, transport issues and energy supplies. You can ask your MP to request a debate on a specific topic to the Speakers Office. The Speaker chooses the Thursday adjournment debate and you think are most likely to have an interest in your cause.

**4. Find the contacts details for different Peers**

There are around 800 members of the House of Lords. It is independent from, and complements the work of, the House of Commons. Peers share the task of making and shaping laws and checking and challenging the work of the Government. You can find out who the different Peers are, as well as getting their contact details, by visiting [www.parliament.uk/mps-lords-and-offices/peers/](http://www.parliament.uk/mps-lords-and-offices/peers/).

**3. Attend your MP's surgery**

Some MPs from the governing party (or parties) become government ministers with specific responsibilities for certain areas, such as health or defence, but most are not part of the Government. You can write or send an email to your local MP about issues you are concerned about that the Government or Parliament is responsible for. You can also contact [www.parliament.uk/mps-lords-and-offices/mps/](http://www.parliament.uk/mps-lords-and-offices/mps/).

**2. Contact your MP**

MPs can propose and consider new laws, as well as raising issues that matter to you in the House of Commons. This includes asking government ministers questions about current issues, including those which you bring to their attention. MPs are usually keen to find out what sort of issues are affecting people in their area. They will generally only respond to people from their own constituency.



**17. Contact the House of Commons or House of Lords Enquiry Service**

You can find out more information about the House of Commons by contacting the House of Commons Enquiry Service:  
Email: [hcenquiries@parliament.uk](mailto:hcenquiries@parliament.uk)  
Phone: **0800 112 4272**  
Text relay phone: **18001 0800 112 4272**

You can find out more information about the House of Lords by contacting the House of Lords Enquiry Service:  
Email: [hlinfo@parliament.uk](mailto:hlinfo@parliament.uk)  
Phone: **0800 223 0855**

**18. Visit the Parliament Website**

The Parliament website contains timetables of upcoming debates and committees, contact details for MPs and Lords, select committees, lists of APPGs and much more information about how Parliament works.  
[www.parliament.uk](http://www.parliament.uk)

**15. Contact an All Party Parliamentary Group**

All Party Parliamentary Groups (APPGs) are informal cross-party groups that have no official status within Parliament. They are run by and for members of the Commons and the Lords, though many choose to involve individuals and organisations from outside Parliament in their administration and activities. There are over 500 APPG's covering topics as diverse as dementia, women's health and Iraq.

You can visit the Parliament website to see the current list of APPGs. If there is one that links to the campaign you are passionate about you can also contact them for support.

**16. Watch a parliamentary debate**

You can watch a parliamentary debate, committee or question session either in person or via Parliament TV. Entry is free and, with the exception of Prime Ministers Question Time, tickets are not required. You can simply queue up on the day.  
[www.parliament.live/tv](http://www.parliament.live/tv)

**13. Start or sign an e-petition**

Any British citizen or UK resident can create or sign petitions through the Parliamentary petitions website. To create a petition you must get five people to support it. It also needs to be checked to ensure it meets the standards for petitions before it is published.

The Parliamentary Petitions Committee reviews all petitions that are published. They have the power to press for action from Government or Parliament.

At 10,000 signatures a petition will get a written response from the Government. At 100,000 signatures a petition will be considered for a debate in Parliament.

<https://petition.parliament.uk>



**14. Submit evidence to a parliamentary select committee**

Both Houses set up select committees to conduct inquiries into a range of matters, from the conduct of Government to specialist subject areas in science and technology. There are also a few joint select committees, such as the Joint Committee on Human Rights.

Select committees will call for written evidence from outside organisations and members of the public. They also take oral evidence from interested parties. Anyone can submit written evidence and the committee will choose who it calls to give oral evidence.

A select committee can devote several weeks or even months to an inquiry. At the end, they produce a report that the Government must respond to. The report will include recommendations that they want the Government to take up.

You can find out when inquiries are taking place and submit written evidence through the Parliament website. If you submit written evidence you may then be called to give oral evidence.



**Want to know more?**

If you would like to find out the progress of a bill, contact details for your MP and Peers or information about how the Houses of Parliament work please contact:

House of Commons Enquiry Service  
**0800 112 4272 (Freephone) or 020 7219 4272**  
[hcenquiries@parliament.uk](mailto:hcenquiries@parliament.uk)

House of Lords Enquiry Service  
**0800 223 0855 (Freephone) or 020 7219 3107**  
[hlinfo@parliament.uk](mailto:hlinfo@parliament.uk)

For information about how to book a community event or our work with schools please contact:

Parliament's Community and Education Outreach Service  
[outreach@parliament.uk](mailto:outreach@parliament.uk)  
**020 7219 1650**



**Your UK Parliament Take Away Menu**

Got a campaign or cause you care about? Here's how you can engage with the different parts of Parliament





# Ways to engage with Parliament



- Find out who your MP is
- Contact your MP
- Attend your MP's surgery
- Find the contact details for different Peers
- Get in touch with a Peer
- Ask your MP to request a debate
- Ask a Peer to propose a question for short debate
- Ask your MP or a Peer to speak on the passage of a bill
- Submit evidence to a public bill committee
- Ask your MP or a Peer to write to a government minister.
- Ask your MP or a Peer to speak in the Question Time debates
- Ask your MP to table an Early Day Motion
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- Submit evidence to a parliamentary select committee
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