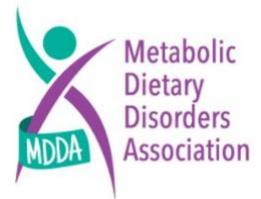


# How to engage your local Federal Member of Parliament

*A guide to interacting with politicians*



## How do I find my local Federal Member of Parliament (MP)?

1. Use the Australian Electoral Commission (AEC) website (<https://check.aec.gov.au/>) to confirm your enrolment and find the name of your electorate. In the lead up to a Federal Election, which must be held by 21 May, it's important your enrolment details are up-to-date and accurate. See below for an example of what you will see when you enter your details.

Check my enrolment x +  
← → check.aec.gov.au

**AEC** Australian Electoral Commission **EXAMPLE ONLY**

**AEC Check my enrolment**

The details you entered were:

Given names:  
Family name:  
Street and Locality:

The details you entered will appear here – along with your Federal, State and Local electorate districts (below)

The electorate you will vote in at each election is listed below:

For the purposes of PKU Advocacy, we are focusing only on your Federal electorate and Member of Parliament (MP) in this instance

<b>Federal Division:</b>	BENNELONG
<b>State District:</b>	RYDE
<b>Local Government Area:</b>	CITY OF RYDE
<b>Local Ward:</b>	EAST WARD

If you have moved, you need to update your address details on the electoral roll. However, if you are overseas or going overseas, please see the information on the [going overseas](#) page of the website.

If you have special needs or there are specific circumstances that may affect your enrolment there are special enrolment forms available on our website for you to complete to update your address details.

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Enrolment data current as at: 28 March 2022

2. OR, use the AEC website (<https://electorate.aec.gov.au/>) to check your electorate using your postcode or suburb. Please note, sometimes a postcode or suburb can have multiple electorates.
3. Once you know the name of your Federal electorate, you can use the Australian Parliament House (APH) website ([https://www.aph.gov.au/Senators\\_and\\_Members](https://www.aph.gov.au/Senators_and_Members)) to find the contact details of your MP.

aph.gov.au/Senators\_and\_Members

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**SENATORS AND MEMBERS**

Australian Parliament House is open to the public.

HOME / SENATORS AND MEMBERS

**Search for Senators and Members**

Type your Federal Electorate name into the search field and click 'Search'

Benelong Search

Browse by states: All, ACT, NSW, NT, QLD, SA, TAS, VIC, WA

Or, search for your electorate by State

Senators  
Members  
Contacting Senators and Members

75 senators 150 members

## Writing to your Member of Parliament

- Introduce yourself as a constituent (a person within their electorate, who they are elected to represent), or a concerned member of the public.
- Let the MP know if you have previously met or voted for them, or assisted with their election campaign.
- Always be polite and courteous. Never be rude, condescending or confrontational.
- Always use your own words and personal story to portray your own views and experiences.
- Clearly state the purpose of your letter. For example:
  - *'I am writing to ask for your support for/opposition to...'*
  - *'I am writing to ask you to support/ oppose...'*
- Focus on one issue only – e.g. for all Australians with PKU to have equitable access to treatments that have been proven to be safe and effective, as they become available. Explain your concerns and how they impact the wider community and you as a voter. Where possible, support your personal views and experiences with facts.
  - *Don't allow your letter to become longwinded.*
  - *Stay focused and stick to your main points.*
  - *Sample letters, postcard campaigns and emails are usually considered to be less effective than a personal (either typed and printed, or handwritten) signed letter.*
- Ask for a response to your letter.
- Encourage others who feel strongly about PKU to also write to their local MP.
- Encourage local MPs who support your position by sending them a thank-you letter as a follow-up.

## Talking to a Member of Parliament

- Remember – politicians are normal people!
- Telling a story will capture their attention and put your personal experiences into a real-life, emotional context.
- Always refer to the politician as “Mr/Ms/Mrs” if they are an MP (unless they are also a Minister).
- If they are a Senator, you must address them as “Senator”; or as “Minister” if they are a Minister.
  - Details of any Ministerial roles they may hold are available on the APH website (link below).
- Parliamentarians meet with their constituents on a regular basis. They will encourage you to relax and have an open discussion.
- As elected representatives, they are there to help you. So, be clear about your key messages and tell them how they can help.

## Preparing to meet or speak with a Member of Parliament

- Use the [APH website](#) to research who you are meeting with.
- The website provides a great overview of each MP (and Senator's) background, a link to their local electorate website, as well as a photo of them – so you are familiar with them prior to meeting.
- It always helps to be clear about what you wish to tell the MP when you meet with them. You may wish to take a one-page document with your key points and relevant real-life examples, which you can refer to during your meeting.
- Politicians are people too! They can show empathy and support in response to someone's personal story. Connect with them on a human level (e.g. as a parent; someone's child, someone's sibling, etc).
- Remember, it is your personal story and experiences that you are relaying to them. You own this insight and information; no one else does.

## Political advocacy during the 2022 Federal Election

- A Federal Election must be held by, or on, Saturday 21 May 2022. This will determine who will form the Government (and Opposition) of the 47th Australian Parliament, including the Prime Minister.
- While Prime Minister, the Hon Scott Morrison MP, has not yet officially announced the Election, this is expected to happen very soon.
- Once this announcement is made, all current MPs (and half the Senate) who would like to remain in Parliament, will go back to their electorates to campaign for re-election.
- At the same time, current 'sitting' MPs will be faced with "competition" from other candidates who are looking to secure enough votes to represent each electorate in the 47th Parliament.
- All election candidates must be part of a registered political party, or may choose to stand as an 'Independent'.
  - A list of all registered Australian political parties can be found on the AEC website: [https://www.aec.gov.au/parties\\_and\\_representatives/party\\_registration/Registered\\_parties/](https://www.aec.gov.au/parties_and_representatives/party_registration/Registered_parties/)

### Finding the political candidates for your Federal electorate at the 2022 Election

- As the Election has not yet been called, some political parties (particularly Liberal and Labor) have not yet declared who will be representing them in each of the 151 electorates in the House of Representatives.
- Once the Election is called, you can visit the ABC's Election 2022 website to find out the details of all candidates, and the parties they represent, looking for your vote in May:
  - <https://www.abc.net.au/news/elections/federal/2022/guide/electorates>
  - All Federal electorates are listed in alphabetical order, and information on the candidates will be updated regularly.

### Engaging political candidates during the 2022 Election

- During the Election campaign, all candidates in your electorate will be vying for your vote.
- This is an important opportunity to raise awareness and understanding of PKU with the leading political candidates for your seat, as they may get elected and have a voice in the Australian Parliament.
- Political candidates will be present in your electorate at numerous local venues (e.g. schools, shopping centres, town centres, clubs, etc.) throughout the campaign, so will be highly visible and accessible.
- If a candidate is in your area, and you feel comfortable to do so, you can introduce yourself to them and tell them about your story and the issues that matter to you – including the importance of securing equitable treatment access for all Australians living with PKU.
- By 'making some noise for PKU', we can ensure this becomes an important issue on the political agenda, once the new Parliament is elected.