

## Top 10 Tips for Engaging Parliamentary Candidates

### 1. Introduce Yourself Clearly

Let candidates know who you are and that you're a local voter. If you are writing to them, remember to put your postcode in the email.

### 2. Keep It Short and Focused

Stick to one or two key issues so your message is easy to understand.

### 3. Share Why It Matters to You

Personal experiences make your message memorable.

### 4. Make a Clear Ask

Tell them exactly what you want—sign a pledge, meet you, attend an event, etc.

### 5. Be Polite and Respectful

A positive tone increases your chance of a reply.

### 6. Send Invites Early if You're Hosting an Event

Candidates' diaries fill up fast during campaigns, so invite them as early as possible.

### 7. Invite All Candidates

Reach out to all candidates standing in your area, regardless of their party, and avoid playing favourites. We want all the candidates to sign our pledge.

### 8. Prepare Your Questions in Advance

For hustings or public events, plan short, neutral questions to encourage clear answers.

### 9. Follow Up After the Election

The relationship doesn't end on polling day—stay in touch with whoever is elected.

### 10. Let us Know

If you've had any positive support or conversations with a candidate, be sure to let Coeliac UK know by email or by tagging us on social media, so we can follow up too.