**Template Letter to your LOCAL MP**

**This is a suggested template. We would recommend making your letter to your MP as personal as possible.**

*[INSERT YOUR ADDRESS]*  
*Address*  
*City*  
*Postcode*

*Date [insert date]*

Dear *[insert MP name]*

I am writing to ask you to support Allergy UK’s Patient Charter. As a *[insert own story/condition/experience here]* this is particularly important to me.

The UK is one of the top three countries in the world for the highest incidence of allergy with 20 million in our population living with an allergic condition. This creates a significant burden on a stretched NHS. Data shows that 8% of GP appointments are in relation to allergic conditions and statistics released by the MHRA in 2023 highlight there has been a staggering 110% increase in hospital admissions related to allergic reactions and anaphylaxis since 2002/3. The cost to the NHS on allergy related prescriptions alone is nearly £1 billion a year.

Yet despite the devastating impact that my allergies have on my quality of life and these overwhelming figures, allergy is still not taken seriously in this country. A recent survey of the allergic community, conducted by Allergy UK, indicates that 61% of people want the Government to do more for people with allergies. I am one of those people which is why I am writing to you today.

The charity Allergy UK has developed the first ever Patient Charter for those living with allergies. Its aims are to promote better awareness and understanding of allergy. It also provides solutions to policymakers on what changes can be made to improve the experience of those who live with allergies.

As a constituent and someone who is living with allergies, I am asking you to consider backing Allergy UK’s calls for:

1. **Each ICS to have a fully funded specialist allergy service with one specialist allergy nurse and one specialist dietician.**
2. **All schools to undertake mandatory Allergy UK training**
3. **Transparent labelling with specificity of ingredients of all pre-packaged food sold in the UK**

As my MP, I would be most grateful if you would consider speaking up on my behalf to the Government.

A meaningful change in legislation across the health, food and schools' sector, such as Allergy UK’s calls, will ensure [I/my child/my friend/people with allergies] can receive timely and accurate clinical diagnosis, safe management of my/their allergy/allergies and effect change from an early age that which can have a profound effect on quality of life.

In addition, I know that Allergy UK would be delighted to meet with you to discuss their Patient Charter, why the campaign asks are important and what more you can do in Parliament to improve the lives of your constituents living with Allergy.

If this is of interest or if you require any further briefings on the campaign asks, please reach out to [daniella.rotimi@allerguk.org](mailto:daniella.rotimi@allerguk.org) / [allergyuk@connectpa.co.uk](mailto:allergyuk@connectpa.co.uk)

Thank you in advance.

Yours sincerely,

[Insert name]