**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 ADDRESS]*  
*Address*  
*City*  
*Postcode*

*Date [insert date]*

Dear *[insert MP name]*

With the general election fast approaching, I am aware that I may soon be one of your constituents after the 4th of July. As someone who is affected by allergies, I am writing to you with a sense of urgency. The challenges faced by individuals like myself, are too big to ignore. I urge you to support Allergy UK's Election Manifesto, it online crucial calls to action that could dramatically improve the lives of countless people in our community.

The prevalence of allergies in the UK is staggering, with 20 million people living with an allergic condition, making it one of the top three countries in the world with the highest incidence. This situation places a significant burden on our already stretched NHS with 8% of GP appointments relating to allergic conditions and a 110% increase in hospital admissions due to allergic reactions and anaphylaxis since 2002/03.

Despite the devastating impact allergies have on the quality of life for many individuals like myself, allergy is still not taken seriously enough in this country. This is why Allergy UK's Election Manifesto is proposing the following crucial measures:

**1. For every Integrated Care System or equivalent in the UK to have at least one allergy nurse and dietitian at primary care level. Allergy services should not be subject to a postcode lottery – this jeopardises the care and support of those living with allergies.**

**2. A introduce a national allergy register to unify and protect patient data. In this way allergy diagnoses can be tracked, the impact of allergies can be monitored, and accurate data is available to help design the allergy health services required to meet the needs of the population.**

**3. The removal of prescription costs for those living with allergies to address the additional costs people face when managing their allergies.**

As my elected candidate, I urge you to back Allergy UK's calls and advocate for these essential measures in within your party and in Parliament. Meaningful changes such as these will ensure that individuals like myself can receive timely and accurate clinical diagnoses, safe management of our allergies, and positive changes from an early age that can profoundly impact our quality of life.

I would be grateful if you could consider speaking up on behalf of your constituents who live with allergies and support Allergy UK's efforts to improve our lives. Additionally, I encourage you to reach out to Allergy UK for further information or to discuss their Election Manifesto in detail.

Thank you in advance for your consideration and support on this important issue.

Thank you in advance.

Yours sincerely,