

**My Vote**   
*My Voice*

# How to contact your councillor





## What is a councillor?

A **councillor** is a person elected by people in your area to represent them on the local council.



Councillors make decisions about local services like housing, social care, and transport.



They are there to listen to your views and help with issues that matter to you.



For more information on how to get the most from talking to your councillor, please see this guide: <https://bit.ly/3DhcjEM>

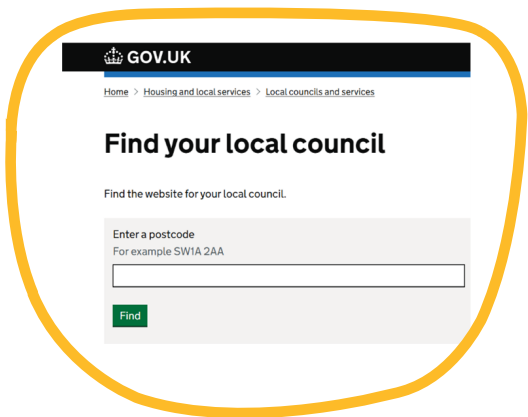


Some areas are also looked after by Combined Authority Mayors. Read our guide to learn more about this: <https://bit.ly/4knpzZ8>



## How to find out who is your councillor and how to contact them

Go to your local council's official website.



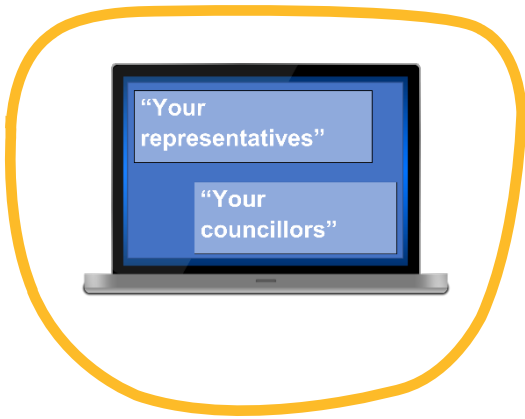
If you are not sure what council area you live in, you can ask someone you trust for help to use this gov. uk tool: [www.gov.uk/find-local-council](http://www.gov.uk/find-local-council)

You'll need to know your address or post code.



Use this space to write down your postcode:

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Look for a section on the website called something like "Your Councillors" or "Representatives"



If there's a search function, enter your postcode.



You can also just call your local council's main phone number and ask for your councillor's contact information.



## Ways to contact your councillor

### Email

Send them an email explaining your issues.



### Letter

Write a letter and post it to their office.



### In Person

Attend their **“surgery”** sessions, where you can meet them face-to-face.

A surgery is a time when some councillors meet with residents to hear what they think.



You can find out when and where these are held on your council’s website.



### Phone

Call them to tell them what you think.



**Use the space below to write down your councillors contact information:**



Name of your councillor:

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Email:

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Their phone number:

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Their address:



Dates and times of their surgeries:



Check out our library of accessible resources on voting!

<https://www.myvotemyvoice.org.uk/voting-resources/>

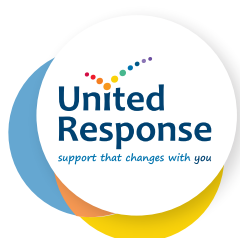
**My Voice My Vote is on a mission to encourage people with learning disabilities and autistic people to vote in the Local Elections.**

**Visit [www.myvotemyvoice.org.uk](http://www.myvotemyvoice.org.uk) to find out more.**



## **Get in touch:**

info@myvotemyvoice.org.uk  
#MyVoteMyVoice  
#DisabledVotesMatterUK  
#RegisterToVote!



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