

**My Vote**   
*My Voice*

**How to find out  
who is standing  
for election and  
what they think**





## Why is this important?

In a local election, you **choose who represents you** on your local council.



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



It is important to know **who is standing for election** and what they think about issues that matter to you.



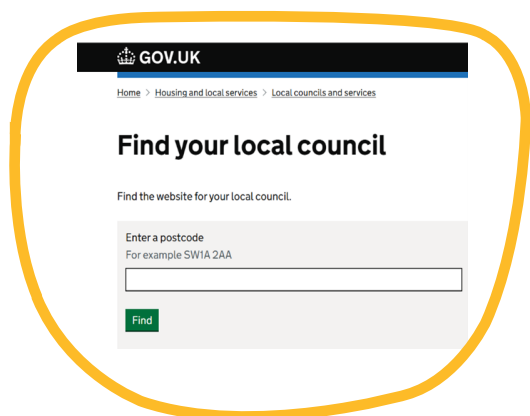
This can help you make the **best choice for you** when you are voting.



## Where can I find a list of candidates?

### Your local council website

– Councils publish a list of candidates in the weeks leading up to the election.



### The Electoral Commission website

– In the run up to elections, you can enter your postcode on The Electoral Commission [website](#) to find out who the candidates in your area are.



Use this space to write down your postcode:

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You can also look up where your polling station is, and who to contact if you need help.



## How to find out what candidates think

Candidates share their views in different ways. You can:



**Look at their website or social media** – Many candidates post their views online.



**Go to a local meeting or debate** – Some candidates talk to people in their community.



**Flyers and leaflets** – Sometimes local councillors will share flyers with their views and plans.



**Ask them questions** – You can send an email or talk to them in person.



**Contact them** – See our other guides to learn how to contact your councillor and how to make the most from talking to your councillor:  
<https://www.myvotemyvoice.org.uk/voting-resources/>



**Getting support to understand candidate information:**

If you need help, ask a family member, friend, or support worker to go through the information with you.



Check out our voting and elections resources library for more Easy Read information about elections and voting:  
<https://www.myvotemyvoice.org.uk/voting-resources/>



Your voice matters!



Knowing who is standing and what they believe helps you make the best choice when you vote.



You have the right to vote and it's important to understand your options.



If you need help, don't be afraid to ask.





Check out our library for more accessible resources about 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](mailto:info@myvotemyvoice.org.uk)  
#MyVoteMyVoice  
#DisabledVotesMatterUK  
#RegisterToVote!



With thanks to The Electoral Commission and Photosymbols