

*(Write your full address and  
postcode at the top)*

*(Write the date here)*

Dear *(write your MP's name here)*

My name is *(write your name here)*, I am *(write your age here)* and  
I live in *(write the name of your constituency here)*.

I am writing to you because I am worried about the war in Ukraine.  
I would like you to speak up on my behalf and use your influence to help  
the people – including many children just like me – who are suffering as  
a result of the invasion there.

Please can you:

*(Write a list of things you think the UK Government should do to help  
Ukrainians. For example, this could include giving more money and  
supplies to Ukraine or making it easier for Ukrainian people to come  
to the UK.)*

Thank you for taking the time to read my letter. I look forward to hearing  
from you.

Yours sincerely,

*(Write your name here)*