



World Kidney Day meeting toolkit.

Congratulations, you have secured a meeting with your parliamentary representative!

This document provides advice on preparing for the meeting – and covers all you need to know, whether you are meeting your Member of Parliament (**MP**), Member of Scottish Parliament (**MSP**), Member of the Senedd (**MS**) or Member of the Legislative Assembly (**MLA**). We're going to call them your 'representative' in this document.

PREPARE AND PLAN

Get to know a bit about your representative before you meet them:

- Check out their profile on Wikipedia or type their name into Google
- See if they have any interests that relate to health or medical research
- See if they have any official position within the government or on a parliamentary committee

Who might be at the meeting?

- Representatives might ask one or two of their staff to attend the meeting too so don't be put off if there are a number of people on the call
- The staff members are usually from the representative's office and will be doing the follow up actions, so they are important!

How will the meeting run?

- You are likely to be given a 30 minute slot for the meeting
- Politicians are often late, so don't be put off if you're kept waiting and try to clear your diary beforehand in case the meeting overruns
- The representative will probably introduce themselves and any staff members and then ask you what you would like to talk to them about
- Be polite and concise to leave enough time for the politician to speak
- At the beginning of the meeting, you are likely to do most of the talking as you share your story. The second half of the meeting is more likely to be a discussion between you and the representative



67% of kidney patients experience symptoms of **depression.**

WHAT TO SAY

Prepare what you are going to say ahead of the meeting.

Some key messages on kidney disease and mental health:

- Over 3 million people are living with kidney disease in the UK
- Each day around 20 more people develop kidney failure
- Five people die every week waiting for a kidney transplant
- 68% are not being offered mental health support
- One in four kidney patients have considered self harm or suicide as a result of their kidney disease
- 53% find it hard to speak up about their mental health

Share your story of kidney disease

- This is important as it will help your representative understand kidney disease and will motivate them to take action
- Be as open as you feel comfortable
- It doesn't matter if you personally don't have kidney disease. Sharing a story of a loved one is equally powerful

Talk about mental health and kidney disease

- Mental health is our policy focus for World Kidney Day
- If you feel comfortable, talk about any mental health problems you have experienced or share the story of someone you know
- Share any experiences of mental health support you or your loved one has received

Be clear about what you want the politician to do

- Ask the representative if they will write to the Health Minister to ask for better mental health support for people with kidney disease
- To make it as easy as possible for them to do this, we will provide a template letter for them to send
- If you're meeting an MP, ask them to join the All-Party Parliamentary Group on Kidney Disease. This is a group of Westminster parliamentarians with an interest in kidney disease. The group meets regularly to discuss issues of concern to the kidney community.

Please email: campaigns@kidneyresearchuk.org to let us know if they agree to join



WRAPPING UP

Take a screen shot of the meeting to help spread the word

- Check that everyone at the meeting is happy for a photo to be taken
- Make sure everyone is looking up at their cameras
- Take the screen shot – there are different ways to do this according to your device: <https://bit.ly/3HmPZGR>
- Paste the image into a document and save it as a picture

At the end of the meeting

- Thank the representative for their time
- Confirm and write down the action(s) they have agreed to take

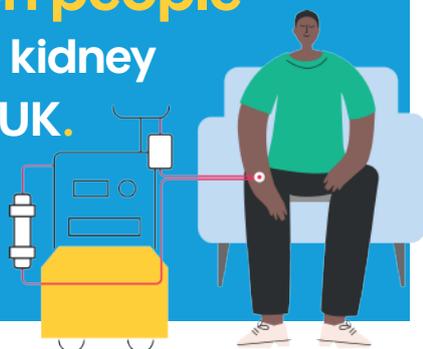
After the meeting

- Send a follow up email to thank them for meeting you and reminding them of the action(s) they agreed to take
- Attach a copy of the template letter to the Health Minister
- Also attach the screenshot so you and your representative can share it on Twitter with a positive message about supporting our campaign on mental health, tagging [@Kidney_Research](https://twitter.com/Kidney_Research) and using the hashtags [#KidneysMatter](https://twitter.com/KidneysMatter) and [#WorldKidneyDay](https://twitter.com/WorldKidneyDay)

IMPORTANT: Please let us know how the meeting went and what your representative agreed to do - email: campaigns@kidneyresearchuk.org

Thank you for supporting our work to raise awareness and campaigning for better mental health support for people with kidney disease.

Over **3 million people** are living with kidney disease in the UK.



**kidney disease
ends here.**