Template letter from an individual member to their local MP

I am a (say what job you do) working at (name of trust) and living in your constituency.

For far too many years now I have seen my pay continue to fall behind the

cost of living. Here you should tell your own story on pay – what have you had to cut back on? Are you worrying about paying the extra thousand/s in bills you face this year? How does financial worry affect you at work?

This not only makes it harder for NHS staff to pay their bills, it makes it harder to recruit and retain staff in the NHS, which ramps up the pressure on us existing staff who are trying to fill gaps and deal with the record waiting lists as a result of the pandemic. Patient safety is also at risk if we can’t retain experienced staff and recruit new people to join the NHS team. Give examples of how shortages and unfilled vacancies are affecting you and your patients.

As my local MP I am asking you to stand up for me and thousands of other NHS staff in your constituency to help us get an above-inflation pay rise. Please will you put pressure on government ministers on my behalf? I hope I can count on your support.

Yours etc