

Writing to your MP

If you would like to write a letter to your MP, here are some things you might want to include:

- Your address and a way for them to contact you (usually an e mail address for you or your parent)
- The date
- What you are asking them to do (contact wendy.chamberlain.mp@parliament.uk to express an interest in joining the PANS PANDAS APPG)
- Some information about PANS and PANDAS
- Why it is important that they help
- Ask for a response

If you want to, you could include some thoughts about how PANS or PANDAS have affected you or your family.

Your letter could look a bit like this (change the bits in green!):

77 White Street,
Oxford
OX7 7PP

Youngperson@yahoo.co.uk

Monday, May 22, 2023

Dear (name of MP – you can find out who is your MP [here](#)),

I live in your constituency and am writing to ask for your support.

PANS and PANDAS are medical conditions which affect thousands of children. They cause physical and psychiatric symptoms and happen as a result of infections. PANS and PANDAS are not well-known by the NHS which means that lots of young people are struggling more than they need to. Not being able to get proper treatment means that going to school and having fun with friends can be difficult or impossible. It shouldn't be like this.

You could put something about your experience here if you liked. Maybe something like this:

- I have PANS/PANDAS and have had it since I was X years old. I am now X years old.
- Living with PANS/PANDAS is really difficult because it means I can't do the things I used to love/go to school/play with friends/XXXX.
- Not many doctors know about it so they can't help me. I wish they knew X.

How can you help?

- ✓ Please join the PANS PANDAS All Party Parliamentary Group (APPG) and be a part of making sure that children with PANS and PANDAS get help when they need it. Contact wendy.chamberlain.mp@parliament.uk to register your interest.
- ✓ Please learn [more](#) about PANS and PANDAS and see why it is so important that you help to improve NHS treatment.

I really hope you decide to get involved and can help make change happen. Please could you reply, and let me know if you can help?

Many thanks,

Awesome Young person