WRITING TO YOUR MP IN THE UNITED KINGDOM

1. The Elections Act 2022 gave every British Citizen a lifetime right to vote in UK general elections. This can be a powerful tool in our campaign to end the frozen pensions policy. You would be remiss if you did not take advantage of this new right by engaging with your UK MP.

   You can find out more here: https://www.gov.uk/register-to-vote

2. When we ask our members to write to their UK MP, we often get requests from people unsure of what to say. We are asked for a suitable message that can be copied. We have been reluctant to provide a standard message, partly because MPs and their staff will ignore messages with common wording as "campaign letters" and partly because there can be more than one way to engage with an MP.

3. A message from the heart, even if the English is flawed, can often be more effective than a carefully crafted message from a professional writer.

4. The attached messages have been prepared to help you with what to say when writing to your MP. Please feel free to use one or more of them to engage with your UK MP.

5. Which one should you use? The answer is **all** but our advice is not to combine them and not to send them all at once.

   MPs and their staff struggle with more than one concept at a time. These message templates are designed to focus on a single element of our campaign at a time so as not to befuddle the MP or their staff.

6. If you eligible and have not registered to vote in the UK, we urge you to do so now.

   If you attempted to register and were thwarted by a difficult Electoral Registration Office, please persevere.

   If you have not been successful in registering to vote in the UK, please change the words "I am registered as an overseas voter in your electorate" to "I am in the process of becoming a registered overseas voter in your electorate". This can cover all stages in the process of registration without being incorrect (including thinking about registering but not having done something).

7. If you don't know what your UK electorate is, you can enter your last postcode in the UK here: https://members.parliament.uk/FindYourMP.

   If you don't know the postcode for your last address in the UK, you can find it here: https://www.royalmail.com/find-a-postcode.

8. If you live in a country other than Australia, please change the reference to Australia in the suggested messages to the country in which you live.

9. These messages are designed to be sent as emails. You may, as an alternative, send a letter. Emails do not cost anything to send and are as effective as letters sent by expensive and slow post.

10. Do not use these templates as the basis for messages to your federal MP in Australia. We have separate templates for that purpose.

11. Do not use these templates for a letter to His Majesty the King. Our advice is not to involve His Majesty in our campaign. He is constitutionally barred from involving himself in political issues. What will happen is your letter will be forwarded to the Prime Minister or the relevant Minister, and will either be ignored, or you will receive a standard response (making you effort ineffective).

12. Please let us know what response you get (if any).

MESSAGE 1 REQUEST TO JOIN DROP-IN EVENT

Date

Jane Smith MP

email address jane.smith.mp@parliament.uk

Dear Ms Smith,

I am registered as an overseas voter in your electorate.

I currently live in state/territory, Australia but I previously lived at insert previous UK address.

I am aware that the End Frozen Pensions Campaign is holding a Drop-In event on 22nd April 2026 in Portcullis House at 11.00 am.

I urge you to attend this event because it will enable you to understand the frozen pensions policy and its affect on people like me who have contributed to the National Insurance scheme but now find our state pension is not adjusted for inflation merely because of where we live.

If you are familiar with this issue, attendance at this event will demonstrate your support for a change to this unfair and arbitrary policy.

Yours sincerely

My Name

MESSAGE 2 REQUEST TO CHANGE THE STATUTORY INSTRUMENT

Date

Jane Smith MP

email address jane.smith.mp@parliament.uk

Dear Ms Smith,

I am registered as an overseas voter in your electorate.

I currently live in state/territory, Australia but I previously lived at insert previous UK address.

Each year welfare benefits such as Universal Credit and the rate of state pensions are uprated to adjust for inflation. This is done through a Statutory Instrument.

The same Statutory Instrument is used to deny upratings to recipients of state pensions living in selected countries. Australia is one of the countries selected for this harsh treatment.

I believe the combination of these two matters is syncretistic. By combining these two matters, MPs are denied the opportunity to support one matter while opposing the other.

I urge you to write to Sir Bernard Jenkin as Chair of the Joint Committee on Statutory Instruments asking him to call for a separation of the two matters, namely the uprating of benefits and state pensions and the denial of state pension uprating to people living in selected countries, into two separate Statutory Instruments.

Yours sincerely

My Name

MESSAGE 3 LETTER REQUESTING UK TO NEGOTIATE A NEW SOCIAL SECURITY AGREEMENT WITH AUSTRALIA

Date

Jane Smith MP

email address jane.smith.mp@parliament.uk

Dear Ms Smith,

I am registered as an overseas voter in your electorate.

I currently live in state/territory, Australia but I previously lived at insert previous UK address.

The British Government says it uprates state pensions paid to people living outside the UK only when there is a legal obligation to do so. This means only when there is a reciprocal social security agreement.

Australia has made several requests to the UK asking to negotiate a social security agreement.

Australia has the strongest of ties with the United Kingdom. These ties are not just historical. Australia is a partner with the United Kingdom in AUKUS. Australians are prominent in the list of nationalities working in the National Health Service.

It is an abnormality that the United Kingdom doesn't have a social security agreement with Australia. This contrasts with the situation with Mauritius, the Philippines and Turkey which have social security agreements with the United Kingdom.

I urge you to press the Secretary of State for Work and Pensions to accede to the request from the Australian Government.

The citizens of both countries will benefit from a social security agreement between Australia and the United Kingdom. Your constituents will benefit from a social security agreement between Australia and the United Kingdom

Yours sincerely

My Name

MESSAGE 4 LETTER REQUESTING YOUR MP TO SIGN THE OPEN LETTER

PLEASE CHECK THAT YOUR UK MP HAS NOT ALREADY ADDED HIS OR HER NAME TO THE OPEN LETTER – MANY HAVE

Date

Jane Smith MP

email address jane.smith.mp@parliament.uk

Dear Ms Smith,

I am registered as an overseas voter in your electorate.

I currently live in state/territory, Australia but I previously lived at insert previous UK address.

I am aware that the End Frozen Pensions Campaign is asking MPs to add their name to an open letter to Sir Keir Starmer asking the Prime Minister to negotiate a new social security agreement with Australia.

I note that you have not added your name to this letter.

The frozen pensions policy is important to me because I am affected by it.

I am aware that money is tight in the UK and the Chancellor must make unpopular decisions. However, the frozen pensions policy is irrational and leaves people like me struggling in old age merely because of our address. Others who live outside the UK do not suffer the same indignity.

This discrimination is not because Australia doesn't have a social security agreement with the UK. It is purely bloody-mindedness by an uncaring government.

Please help bring about a return to the caring standards we expect of a British government by showing your support for an end to the irrational frozen pensions policy.

Please add your name to the letter by contacting Mya Luggah at Tendo Consulting 07960716356.

Yours sincerely

My Name

MESSAGE 5 LETTER ASKING MP WHAT IS THE TRUE COST OF UPRATING FROZEN PENSIONS

Date

Jane Smith MP

email address jane.smith.mp@parliament.uk

Dear Ms Smith,

I am registered as an overseas voter in your electorate.

I currently live in state/territory, Australia but I previously lived at insert previous UK address.

The Department of Work and Pensions (DWP) publishes two estimates of the cost to end the frozen pensions policy.

On its website https://www.gov.uk/government/statistics/estimated-cost-of-uprating-uk-state-pensions-in-frozen-rate-countries-2024-to-2028/estimated-costs-of-uprating-state-pension-in-frozen-rate-countries-2024-to-2028 the DWP estimates the cost of uprating state pensions in 2027/28 as **£930 million**.

In response to a Freedom of Information request in their letter dated 26th November 2025 (reference FOI2025/108208) the DWP estimates the cost of uprating state pensions in 2027/28 as **£38 million**.

How can you be expected to approve legislation with such divergent cost estimates?

Please ask the Secretary of State for Work and Pensions to explain which is the more realistic estimate.

Yours sincerely

My Name