Dear [insert full name of your local MP],

I am writing to ask you to please urge the government to raise benefits in line with levels of inflation.

The cost of living crisis is disproportionately impacting the most vulnerable members in our society and pulling millions of people into poverty. But the welfare system, of which its core intention is to act as a safety net for people in crisis, is proving unfit for purpose as families struggle to put food on the table, heat their homes and access medical services.

Seniors are living in cold and damp living conditions, increasing their risk of illness. Children from low-income households are going to school hungry. People who cannot work due to disability are faced with unprecedented energy bills they cannot afford. The current financial climate is placing an increasing number of people under extraordinary stress, and additional support is needed.

As my local MP, I am hoping that you can raise these concerns and use your voice to encourage the government to increase payments from the Department for Work and Pensions in order to shield people from the brutal consequences of poverty.

Uprating benefits in line with inflation will go a long way in providing vulnerable people with the basic necessities to live.

I am grateful for your support and efforts, and I look forward to hearing from you soon.

Many thanks,

[insert your name]