

Template e-mail to send to MPs:

An e-mail or letter does not need to be extensive or long. It should succinctly outline your grievances and the steps you would like the MP to take.

Below is a template with information that you could use as a basis for writing your e-mail.

Template information to add to your e-mail

Dear *[Insert the MP's name]*

As my local MP, I wanted to raise to your attention an issue that is deeply affecting my health.

Introduction:

- I am currently unable to receive *[insert treatment, e.g. emollient bath/shower preparations/silk garments]* for my *[severe]* eczema.
- This is because of the outcome of the recent NHS England consultation, 'Items which should not routinely be prescribed in primary care: an update and a consultation on further guidance for CCGs'.

Health effects:

- Without proper treatment I have *[extensively outline all health outcomes, e.g. severely dry and itchy skin, painful skin, constant discomfort, lack of sleep]*
- *[If applicable]* Eczema is also linked to *[insert e.g. stress, anxiety and suicidality]* which I experience and which is being exacerbated by not having adequate treatment.
- The condition is miserable to live with, but too often I feel like my needs are not being listened to or met by the NHS.
- *[Please add any personal experience or any other relevant information about why this is important to you]*

If applicable, self-medicating information

- My GP has instructed me that *[insert treatment e.g. emollient bath/shower preparations/silk garments]* are available over-the-counter; however, I am unable/struggle to afford these expensive treatments, which cost *[insert figure]* every *[insert duration of time]*.
- I am having to self-medicate on the ineffective therapies that I can afford. *[If applicable]* These sub-optimal treatments are significantly less effective than the treatments recommended for my condition by my dermatologist.

Argument for getting treatment

- I am at a loss to understand why the advice of leading clinicians in the field of dermatology is being ignored by NHS England and CCGs.
- Cost explanations are particularly short-sighted since without appropriate treatment my skin is getting worse. This might ultimately lead to my needing more expensive treatment for my eczema than the original *[insert treatment, e.g. emollient bath/shower preparations/silk garments]* that I have been denied.

Other possible message:

- I appreciate the need for the NHS to achieve value for money; however, value for money does not always mean the cheapest option. Providing patient access to early and effective treatments can reduce the burden put on the NHS by the patient in subsequent years.

MP actions

- I would greatly appreciate it if you could raise the issues I have outlined to representatives of my local CCG and keep me informed of the outcome.
- Since this is a broad issue facing a number of patients, I would also welcome your involvement within Parliament on the issue. I am aware that the All Party Parliamentary Group on Skin is seeking to get broad parliamentary support around the lack of access to dermatology treatments. If you could send a couple of written parliamentary questions to the Department of Health and Social Care on this, it would greatly help the cause.

Thank you in anticipation of your help.

Yours sincerely,