



**Inclusion Ireland**

The National Association for People  
with an Intellectual Disability.

# Budget 2026: Make Your Voice Heard

## Email Campaign Guide



# Budget 2026



# What is the Budget?



The Budget is **the Government's plan for how it will spend money in the year ahead.**



The Budget for 2026 will be announced on **7<sup>th</sup> October 2025** by the **Minister for Finance.**



The Budget is important because it:

- Pays for services like health, schools, and housing.
- Helps disabled people get the support they need.
- Can help make life better for everybody living in Ireland.

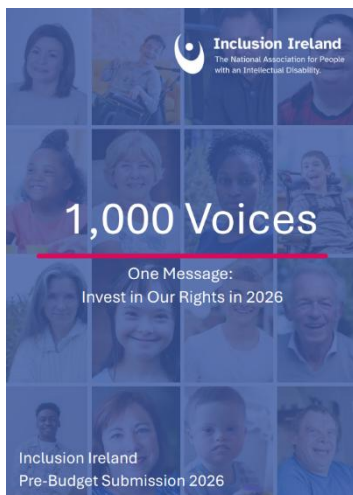


# Why are Inclusion Ireland Doing This?



In summer 2025, Inclusion Ireland asked people with intellectual disabilities and their families across the country to share their views.

Over 1,000 people took part in our consultation.



What people told us shaped our Pre-Budget Submission for 2026.

**Now we want to bring those ideas to life by asking our members to contact their TDs.**



Together, we can make sure the Government listens to our community.

# Inclusion Ireland's Asks for Budget 2026



- Raise Disability, Carer's and Domiciliary Care Allowances by €50 and a permanent Cost of Disability payment.



- Fund supports for independent living and personal assistance to help move 300 people into their own homes.



- €1 million for disability and human rights training for teachers and SNAs.



- €1 million for the National Advocacy Service.

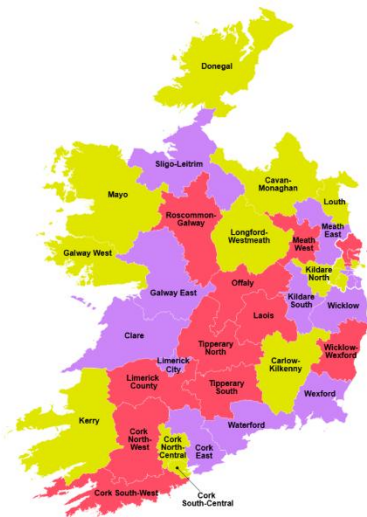


# Who are My TDs and Where Do I Find Them?



To send your email you will need to find out who your local TDs are.

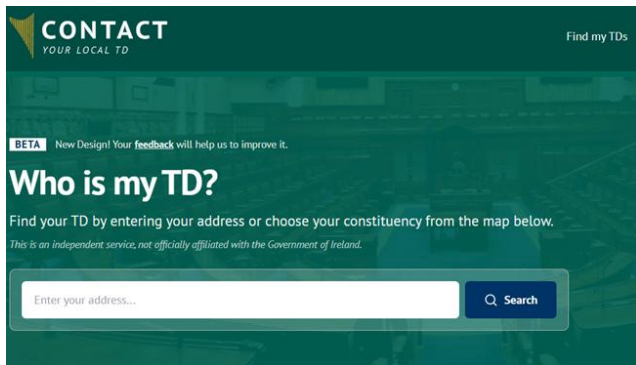
A **Teachta Dála** (or **TD** for short or **Deputy**) is a person who is elected to **Dáil Éireann**. Dáil Éireann is part of the Irish Parliament.



TDs represent people in their local area. This area is called a **constituency** and the people that live there are called **constituents**.



It is a TD's job to help make laws for the country and to speak up for their constituents who elected them.



Every constituency has 3 to 5 TDs that represent them.

**You can find out which constituency is yours and who your TDs are by visiting [www.ContactYourTD.ie](http://www.ContactYourTD.ie).**



You can also [use this link](#) which has a Spreadsheet of their names and email addresses.

## Writing and Sending Your Email



When you find out who your local TDs are, **you can contact them using their email addresses.**

Use our email template to write to them. You can find it using this link.



When writing to TDs, you can tell them your story and why you believe Budget 2026 should invest in people with intellectual disabilities.

**You don't have to share anything you don't want to in your email.**



When writing your email, please **remember to include your full name and your constituency's name.**

You can send the same email to each TD in your constituency.



If you would prefer to send a letter instead, you can post it to your TDs at this address:

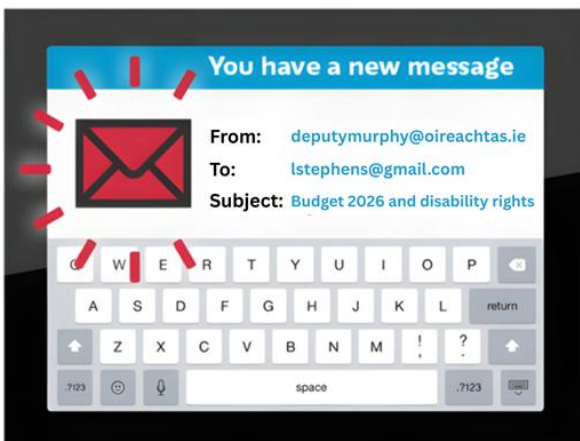
**[TD's name]  
Leinster House  
Kildare Street  
Dublin 2**

# What Happens Next?



TDs receive a lot of calls, emails, and letters from their constituents every day. They may not reply to you right away.

**It is important to be patient.**



If a TD replies to your email, they might:

- Say they agree.
- Say they will raise your issue with a Minister or colleague.
- Ask you for more information.



If you get a reply, you can:

- Say thank you.
- Stay in touch with your TD.
- Tell your family, friends, or support group.





If you don't get a quick reply, that is normal. **Do not worry.**

You can send a reminder after 2 weeks or ask a family member or supporter to help.



If you get a reply, **you can share it with us at [info@inclusionireland.ie](mailto:info@inclusionireland.ie).**

If you would prefer to keep it private, that is okay. **You don't have to share it with us if you don't want to.** It's your choice.

## The Final Steps



Send your email or letter to your TDs before **25<sup>th</sup> September 2025.**



If you have any questions, email us  
at [info@inclusionireland.ie](mailto:info@inclusionireland.ie).