

Guidance Note: Supporting a Friend or Family Member to Write to Their TDs About Budget 2026

This short guide is for friends, family members, or support staff who want to help a person with an intellectual disability share their views with their local TDs about Budget 2026. Everyone's voice matters. Here's how you can support them to have their say.

Start with a Conversation

- Ask the person what matters most to them – public services, housing, education, work, or other supports.
- Talk about why the Budget is important: it decides how much money is spent on disability services each year.
- Use simple language and check they understand what a TD does (you could say “TDs are people we elect to make laws/decisions for our community”).
- Respect their choices: support them to express their own opinions, and do not change their words without checking with them.

Prepare Together

- Go through Inclusion Ireland's Easy Read guide or key points about what we are asking for in Budget 2026.
- Help them pick one or two issues that matter most to them.
- Write down some of their own experiences in a few short sentences – this makes the letter personal and powerful.

Support With Writing or Typing

- You can help type or write the email/letter but let the person use their own words where possible.
- If they find writing hard, you can use bullet points or short sentences.
- Read the letter back to them and check they are happy with what it says before sending.

Example Email

Subject: Budget 2026 and People with Intellectual Disabilities' Needs

Dear Deputy [TD's Surname],

My name is [Name]. I live in [local area/constituency]. I am writing to ask you to support more funding for [chosen issue]. This is important to me **because [short personal story, 2 – 3 lines]**.

Please raise this with the Minister for [relevant Department] and support better services for people with intellectual disabilities.

Thank you for your time, Deputy [TD's surname]. I look forward to hearing from you.

Yours sincerely,

[Name]

Finding the TDs

- Log on to www.ContactYourTD.ie or www.Oireachtas.ie/en/members to find your constituency and local TDs.
- Help them copy the TDs' email addresses into their message.

Sending the Email or Letter

- You can access the template email [here](#).
- Encourage them to press "send" or put the letter in the post themselves if they would like to.
- Aim to send the email or letter **before 25th September 2025** so TDs have time to raise these issues before the Budget is announced.
- Let them know they have done something important by sharing their views with their elected representative.

If They Get a Reply

- Read the reply together and explain what the TD has said. For example, a TD might say: “I will raise this with the Minister” or “I will contact you after the Budget.”
- Help them think about next steps:
 - Say thank you to the TD.
 - Share the reply with Inclusion Ireland so we know what TDs are saying.
 - Decide if they want to write back or meet the TD in person.

Encourage and Celebrate

- Remind them that their opinion matters.
- Celebrate that they have taken part in making change happen!

Need Help?

If you have any questions or need support, email info@inclusionireland.ie and we'll be happy to help.