



Tips on using social media

Not so familiar with posting on social media?

Here's how to tag your MP to an image of your walk.

To find your MP's social media page or profile

Google your MP's name online followed by the word 'Facebook' or 'Twitter'. You should see your MP's account name come up, and it will show you what to look for later.

It will look like something this:

for Facebook: MP's name (followed by 'Facebook')

for Twitter: @MP's_name (followed by 'Twitter')

for Instagram: @MP'sname (followed by 'Instagram')

If you click on the name you'll get through to your MP's social media page in each platform.

To tag your MP to your walk photo

Start from your own social media profile/page.

When you add your image in a post on your own page, there's the option to type some text with your post. That's where to type @your MP's name, as you saw it on their page. You might see their name appear in a list of other names. Just click on the right name in the list.

Add what you'd like to say about doing your walk, why it was important to you. Don't forget to check our template if it helps you come up with ideas.

Congratulations! Your MP will now see your post, and the image from your walk.