**INSERT NAME OF MP**

Houses of Parliament,

Westminster,

London

SW1A 0AA

**Your First Name, Your Surname**

**First line of address**

**Second line of address**

**Town/City**

**Postcode**

**OR/ Sent by email to**: (insert MP’s Email address)

Dear **First name, Surname** MP

I am writing to you as a concerned constituent to raise a matter of utmost importance to making roads in the UK safer: scrapping the out-dated daylight savings regime.

Every autumn when we turn our clocks back, sunset occurs an hour earlier and the evening commute is plunged into darkness. The number of road casualties rises, with the effects being worse for the most vulnerable road users like children, older people, cyclists and motorcyclists.

According to 2019 casualty figures from the Department for Transport, pedestrian deaths increased from 33 in September and 36 in October, to 54 in November and 57 in December.

This seasonal rise in road deaths was recently highlighted in research by The RAC Foundation, which found an appalling 18.93 per cent increase in road traffic collisions in the two weeks after the clocks were turned back from British Summer Time (BST) to GMT in the autumn.

This is an annual tragedy that doesn’t have to happen, and we can put a stop to it by ending the clock change.

The benefits of a change to the current system also stretch far beyond road safety. The increased amount of evening daylight during usable, waking hours means active travel will be encouraged, electricity bills will go down, tourist and leisure facilities will be accessible for longer, and older people who feel “curfewed” by darkness will feel safer and enabled to be outdoors for later into the day.

Since 1960, The Royal Society for the Prevention of Accidents (RoSPA) has campaigned to save lives by altering the daylight savings system. RoSPA continues to advocate for British Summer Time – GMT+1 – all year round. I support this proposal and I hope you feel able to do so as well.

I would be interested to know your views on this matter,

Kind regards,

**First name, Last name**