

## **Ways to vote**

In order to vote in a UK election, you must register to vote beforehand if you have not done so before or recently moved home. There is guidance on how to vote as well as information on who is eligible [on the government website here](https://www.gov.uk/register-to-vote).

You can [register to vote online](https://www.registertovote.service.gov.uk/register-to-vote/start?_ga=2.58516457.2126203487.1572974371-2010018081.1572974371), by [downloading a paper form](https://www.gov.uk/government/publications/register-to-vote-if-youre-living-in-the-uk) or you can of course visit your local Electoral Registration Office.

If you’re eligible, you can then vote in the following ways:

**Voting in person**

If you have recently moved house or have never voted before, you need to register to vote. This takes about five minutes and can be done through the government website as mentioned above. You need to register by midnight on 26th November.

Once you’re registered, you’ll be sent a poll card just before the election which will state the polling station you should vote at. If MS makes it difficult for you to vote in person, you should speak to [your local Electoral Registration Office](https://www.gov.uk/get-on-electoral-register) who can help you with physical access, low level polling booths, visual impairment needs, large print and using a device if sight loss is one of your MS symptoms.

**Postal voting**

There are other ways to vote if you might find it difficult to vote in person. If you want to apply to vote by post, you can find the application form to [apply for a postal vote here](https://www.gov.uk/government/publications/apply-for-a-postal-vote).

You must register before 5pm on 26 November if you live in England, Scotland or Wales; or 5pm on 21 November if you live in Northern Ireland.

You will usually receive the postal vote pack quite close to polling day, which will include a free post envelope. You will need to fill these forms out and return them to the return address before the poll closes at 10pm on the 12 December polling day. If you’re too late to post it, you can take it in person to your local polling station.

**Proxy voting**

Voting by proxy is where you can ask someone to vote on your behalf and tell them who to vote for. Both you and the person voting for you must have registered to vote and be eligible to vote in the relevant election.

The deadline to apply for a proxy vote in the UK (except Northern Ireland) is 5pm on 4 December. In Northern Ireland, the deadline is 5pm on 21 November. You’ll need to [download a paper form](https://www.gov.uk/government/collections/proxy-voting-application-forms) to apply for a proxy vote, and further information can be found via the [Electoral Commission website here.](https://www.electoralcommission.org.uk/i-am-a/voter/voting-person-post-or-proxy/voting-proxy)

**Emergency proxy vote**

In certain circumstances, you can apply for an emergency proxy. It is only applicable for medical emergencies or reasons relating to your occupation, service or employment that occurred after 4 December and you were not aware of before the deadline.

These applications can be made up to 5pm on polling day, 12 December.

There is some additional information on the [Electoral Commission website.](https://www.electoralcommission.org.uk/i-am-a/voter/voting-person-post-or-proxy/voting-proxy)

**Further information**

If you would like to speak with a member of the External Relations team about voting, please contact our External Relations Officer, [Joe Brunwin](mailto:joseph.brunwin@mssociety.org.uk) [[joseph.brunwin@mssociety.org.uk](mailto:joseph.brunwin@mssociety.org.uk)]