

Brexiquette; The New Code of Conduct for MPs

Submitted by: Forge Communications

Sunday, 27 January 2019

Monday 28 January 2019 – Tomorrow brings another evening of nail biting viewing as the country waits the results of MPs voting. Can MPs put aside their differences and do as Her Majesty, The Queen has asked; decorum in the House of Commons? With this in mind, TV etiquette expert and Royal commentator has created 'Brexiquette' - a new set of rules for politicians to keep calm and 'do the right thing' as the heated drama boils over at Westminster.

William Hanson, who regularly appears on This Morning and BBC Radio, claims some MPs have lost sight of the traditional way of behaving correctly as the clock ticks down on Britain's exit from the EU in nine weeks.

Tutting, scowling, shouting and whipping-up a media frenzy are commonplace in Parliament right now - but show a basic lack in classic British behaviours, which have been lost amongst ongoing Brexit negotiations.

Working with Lizi's Granola, Hanson has compiled a list of how politicians could redeem their sense of decorum in the House of Commons and make for a whole lot better Brexit - including showing more kindness, respect and cooperation for fellow members.

Hanson says, "etiquette may be a word that many associate with old, dusty grand houses and stiff upper lips, but it actually has more to do with good old fashioned manners, respect and a healthy lifestyle."

Read the full list below:

What goes around comes around

Good manners are all about looking after others - they are self-less not selfish. Invest in some quality time sitting down, conversing with your fellow colleagues to see if you can help them with any of their own problems and come up with a sensible solution. A problem shared, is a problem halved, remember. They'll pay back the kindness and generosity in spirit when the time comes...maybe at the next vote!

Smile more and say hello

Spread the positivity by changing how you acknowledge strangers. No need to say hello to every one you pass, but give a polite smile to most and say good morning/afternoon to at least four people a day.

Tut less

There's lots of pantomime noises that come from Parliament, but tutting is the worst! Curb the semi-silent, passive aggressive rebuke – it will only get the oppositions backs up.

Be thankful

Nothing is nicer for someone than receiving a handwritten thank you letter or card in the post. A text or email that you may have written after you've left the green benches is not the same thing. Write short missives to those who gave you support.

Connect with a colleague

When at work, try to make friends with a colleague you don't know overly well. Find out more about what makes them tick and what irks them. You may find you have more in common with them than you think.

Meet up for breakfast

Arrange to see people for breakfasts out and about. They get you up and out the door, ready to tackle the day sooner.

Limit the liquor & don't head to the Cheshire Cheese before a vote

Save yourself a sore head by cutting back (or even cutting out) alcohol.

Change up breakfast, get some good 'mood food'

As we all know, breakfast is the most important meal of the day. Introduce a new option for your morning fuel, such as Lizi's Granola, to give your mood that extra lift and for slowly release energy to keep you going throughout the day. Will definitely keep the 'Commons Grouch' away!

For further information, images or samples, please contact

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