



**POLLING
STATION**



Later Life Ambitions

2026 Elections

Members' toolkit

Introduction

Later Life Ambitions (LLA) is determined to ensure that the voice of people in later life is heard during the elections taking place across much of the United Kingdom on 7 May 2026.

These elections will determine the composition of the Scottish Parliament, Senedd Cymru (Welsh Parliament), and local authorities across much of England. Decisions taken at these levels of government have a direct and lasting impact on the lives of older people, particularly in areas such as social care, housing, transport and local services.

Our *Budget for Later Life* – launched in Parliament in October 2025 – sets out LLA's vision for a fairer and more sustainable future for the almost 14 million people in later life across the UK. It builds on our previous manifesto and outlines practical, deliverable solutions to the challenges facing an ageing population.

LLA is a joint initiative of the Civil Service Pensioners' Alliance, the National Association of Retired Police Officers and the National Federation of Occupational Pensioners, supported by the Prison Officers' Association. Together, LLA represents the collective voice of over 250,000 older people across the UK.

LLA requires bold and forward-looking action from political leaders at all levels to address these challenges. By 2030, there will be almost 13 million people in later life. The issues we face today will also impact on future generations unless today's policymakers are willing to confront the challenges now.

This user-friendly toolkit has been created to help LLA partners' and supporters' members communicate with their local candidates. It includes guidance on how to find out who candidates are, how to contact them and tips on what to say.

Context: Elections on 7 May 2026

Elections will take place across much of Great Britain on 7 May 2026. These will cover the Scottish Parliament, Senedd Cymru (Welsh Parliament), and 136 local authorities in England, including all 32 London boroughs.

These elections are important opportunities to engage with candidates and parties on the issues that matter most to people in later life. Many of the decisions that affect older people – particularly in relation to social care, housing, transport and local services – are made at devolved or local level.

Scottish Parliament

Voters across Scotland will elect 129 Members of the Scottish Parliament (MSPs).

Elections use a mixed electoral system, combining constituency MSPs with additional regional members elected using proportional representation.

As a result, there will be multiple candidates standing in each area, and voters are represented by both a constituency MSP and several regional MSPs.

The Scottish Parliament has significant responsibility for policy areas that directly affect older people, including health and social care, housing, transport and aspects of taxation. This makes engagement with candidates particularly important.

Senedd Cymru (Welsh Parliament)

From 2026, the Senedd Cymru will consist of 96 Members of the Senedd (MSs) elected using a new proportional representation system.

Wales will be divided into larger constituencies, each electing multiple Members. This means that there will be several candidates standing in each constituency, and voters will be represented by multiple Members once elected. You can find out more about the boundary changes here: <https://senedd.wales/senedd-election-2026/what-is-my-constituency/>.

The Senedd has responsibility for key areas affecting older people, including health and social care, housing, transport and local government. The changes to the electoral system increase the number of representatives and opportunities for engagement.

English local elections

Local elections will take place across much – but not all – of England on 7 May 2026.

A total of 5,014 council seats will be contested across 136 local authorities, including London boroughs, metropolitan boroughs, unitary authorities, county councils and district councils. Elections will also take place for six directly elected mayors.

Local authorities operate different electoral cycles. In some areas, all councillors are elected at once, while in others elections take place by thirds or by halves, meaning only a proportion of seats are contested at each election.

Most council wards elect more than one councillor, meaning there will typically be multiple candidates standing in each ward.

Local authorities are responsible for delivering a wide range of services that are essential to people in later life, including adult social care, housing, local transport and public health.

Councillors and mayors play a key role in shaping and delivering these services, as well as advocating for their communities at a local and national level.

The Budget for Later Life

The LLA [*Budget for Later Life*](#) sets out what is needed to deliver a fair and sustainable deal for older people.

It was launched amidst successful media coverage in Parliament last October, with the endorsement of broadcaster Sue Cook. Since then, it has guided LLA's policy direction and influenced meetings with public officeholders across the UK. It complements and updates many of the asks made in LLA's 2023 [*Pensioners' Manifesto*](#).

LLA is calling on decision-makers at national, devolved and local level to support the following priorities:

1. Protecting the State Pension, including maintaining the triple lock and ensuring it keeps pace with the cost of living
2. Reducing the tax burden on pensions, including addressing fiscal drag and protecting tax-free savings
3. Tackling the gender pension gap, including better support for carers and low-paid workers
4. Supporting older people in the workplace, including tackling age discrimination and improving access to flexible working and retraining
5. Introducing a Minimum Income Guarantee to ensure everyone in later life can afford the essentials
6. Widening access to public transport, including protecting concessionary schemes and improving accessibility
7. Making housing safe, secure, accessible and adaptable, including building to accessible standards and supporting home adaptations
8. Supporting health and social care, including sustainable funding, workforce investment and better integration with health services

Together, these measures form a joined-up approach to ensuring that people can live independent, secure and fulfilling lives in later life.

How you can help

1. Find out who your local candidates are

Candidates standing in the Scottish Parliament, Senedd Cymru and English local elections can be found on the following website: <https://whocanivotefor.co.uk/>.

You can also check your local council or devolved parliament website, which is likely to publish a list of candidates.

A list of all areas holding elections is provided at the end of this toolkit.

2. Write to your local candidates

It is important to write to all candidates in your area, regardless of political party. Email addresses for candidates can usually be found on their websites. If contact details are not available, you may be able to contact them via social media or through their party's local office.

When writing, you should ask candidates how they will support people in later life and whether they will back the priorities set out in the *Budget for Later Life*.

3. Seek a meeting with candidates

In addition to writing, you may wish to arrange a meeting with candidates in your area.

Meeting candidates in person can be particularly effective, as it allows you to explain your personal experience and highlight why these issues matter.

If you secure a meeting:

- Talk about your own experiences
- Explain how the Budget for Later Life would improve outcomes
- Ask what action they will take if elected

4. Attend local events and debates

Hustings and campaign events provide an opportunity to hear directly from candidates and ask questions.

If you are able to attend, you may wish to ask:

- What do you see as the main challenges facing older people?
- How will you improve access to social care and support?
- What action will you take on housing and transport?
- How will you ensure older people are not excluded as services become more digital?

5. Inform Later Life Ambitions of your engagement

Please let us know about any engagement you have with candidates.

You can email laterlife@connectpa.co.uk. We would also welcome photos and feedback from meetings or events.

Template correspondence

The following templates have been designed to be sent to all candidates in your constituency either by email or by post as a letter. The sections highlighted in yellow should be filled in with your details.

Scottish Parliament elections

Dear [insert name of candidate],

I am a resident of [your location] writing ahead of the Scottish Parliament elections on 7 May 2026 to ask how you will support people in later life if elected.

I am a supporter of the Later Life Ambitions campaign, a joint initiative of the Civil Service Pensioners' Alliance, the National Association of Retired Police Officers and the National Federation of Occupational Pensioners, supported by the Prison Officers' Association, representing over 250,000 older people across the UK.

Through our *Budget for Later Life*, we are calling for action to ensure people can live with security, dignity and independence as they age.

As a Member of the Scottish Parliament, you would play an important role in shaping policy on issues that directly affect older people, including social care, housing, transport and public health.

I would therefore like to ask whether you will support the following priorities:

1. Protecting the State Pension
2. Tackling pensioner poverty through a Minimum Income Guarantee
3. Addressing unfair taxation on pensions
4. Tackling the gender pension gap
5. Supporting older people in the workplace
6. Improving transport accessibility
7. Ensuring suitable housing for later life
8. Delivering sustainable, high-quality social care

I would appreciate your response to the issues outlined above.

Yours sincerely,

[Name, address, LLA partner/supporter organisation]

Senedd Cymru elections

Dear [insert name of candidate],

I am a resident of [your location] writing ahead of the Senedd Cymru elections on 7 May 2026 to ask how you will support people in later life if elected.

I am a supporter of the Later Life Ambitions campaign, a joint initiative of the Civil Service Pensioners' Alliance, the National Association of Retired Police Officers and the National Federation of Occupational Pensioners, supported by the Prison Officers' Association, representing over 250,000 older people across the UK.

Through our *Budget for Later Life*, we are calling for action to ensure people can live with security, dignity and independence as they age.

As a Member of Senedd Cymru, you would play an important role in shaping policy on issues that directly affect older people, including social care, housing, transport and public health.

I would therefore like to ask whether you will support the following priorities:

1. Protecting the State Pension
2. Tackling pensioner poverty through a Minimum Income Guarantee
3. Addressing unfair taxation on pensions
4. Tackling the gender pension gap
5. Supporting older people in the workplace
6. Improving transport accessibility
7. Ensuring suitable housing for later life
8. Delivering sustainable, high-quality social care

I would appreciate your response to the issues outlined above.

Yours sincerely,

[Name, address, LLA partner/supporter organisation]

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English local elections

Dear [insert name of candidate],

I am a resident of [your location] writing ahead of the local elections on 7 May 2026 to ask how you will support people in later life if elected.

I am a member of Later Life Ambitions, a joint initiative of the Civil Service Pensioners' Alliance, the National Association of Retired Police Officers and the National Federation of Occupational Pensioners, supported by the Prison Officers' Association, representing over 250,000 older people across the UK.

While some of the issues affecting older people are set nationally, local authorities play a vital role in delivering services, supporting communities and addressing the challenges faced by older residents.

Through our *Budget for Later Life*, we are calling for action across a range of areas.

At a local level, I would like to ask how you will support:

- Access to high-quality social care
- Suitable and accessible housing
- Affordable and accessible local transport
- Reducing isolation and digital exclusion

I would also welcome your views on how you will support and advocate for wider national priorities, including:

- Protecting the State Pension
- Fair taxation of pensions

I would appreciate your response to the issues outlined above.

Yours sincerely,

[Name, address, LLA partner/supporter organisation]

Where are elections being held?

Scotland

- Scottish Parliament (all seats)

Wales

- Senedd Cymru (all seats)

England

London boroughs (all seats)

- Barking and Dagenham
- Barnet
- Bexley
- Brent
- Bromley
- Camden
- Croydon
- Ealing
- Enfield
- Greenwich
- Hackney
- Hammersmith and Fulham
- Haringey
- Harrow
- Havering
- Hillingdon
- Hounslow
- Islington
- Kensington and Chelsea
- Kingston upon Thames
- Lambeth
- Lewisham
- Merton
- Newham
- Redbridge
- Richmond upon Thames
- Southwark
- Sutton
- Tower Hamlets
- Waltham Forest
- Wandsworth

- Westminster

Metropolitan boroughs (all seats)

- Birmingham
- Bradford
- Calderdale
- Coventry
- Gateshead
- Kirklees
- Newcastle upon Tyne
- Sandwell
- Sefton
- Solihull
- South Tyneside
- St Helens
- Sunderland
- Wakefield
- Walsall

Metropolitan boroughs (third of seats)

- Bolton
- Bury
- Dudley
- Knowsley
- Leeds
- Manchester
- North Tyneside
- Oldham
- Rochdale
- Salford
- Sheffield
- Stockport
- Tameside
- Trafford
- Wigan
- Wolverhampton

Unitary authorities (all seats)

- East Surrey
- Isle of Wight
- Milton Keynes
- Swindon
- Thurrock

- West Surrey

Unitary authorities (third of seats)

- Blackburn with Darwen
- Halton
- Hartlepool
- Hull
- North East Lincolnshire
- Peterborough
- Plymouth
- Portsmouth
- Reading
- Southampton
- Southend-on-Sea
- Wokingham

Mayors

- Croydon
- Hackney
- Lewisham
- Newham
- Tower Hamlets
- Watford

County councils (all seats)

- East Sussex
- Essex
- Hampshire
- Norfolk
- Suffolk
- West Sussex

District councils (all seats)

- Huntingdonshire
- Newcastle-under-Lyme
- South Cambridgeshire

District councils (half of seats)

- Adur
- Cheltenham
- Fareham
- Gosport
- Hastings

- Nuneaton and Bedworth
- Oxford

District councils (third of seats)

- Basildon
- Basingstoke and Deane
- Brentwood
- Broxbourne
- Burnley
- Cambridge
- Cannock Chase
- Cherwell
- Chorley
- Colchester
- Crawley
- Eastleigh
- Epping Forest
- Exeter
- Harlow
- Hart
- Havant
- Hyndburn
- Ipswich
- Lincoln
- Norwich
- Pendle
- Preston
- Redditch
- Rochford
- Rugby
- Rushmoor
- St Albans
- Stevenage
- Tamworth
- Three Rivers
- Tunbridge Wells
- Watford
- Welwyn Hatfield
- West Lancashire
- West Oxfordshire
- Winchester
- Worthing



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About Later Life Ambitions

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Further information

More information about LLA can be found at:
www.laterlifeambitions.co.uk

Partners



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