



**Carla Denyer MP**  
Member of Parliament for Bristol Central  
House of Commons, London SW1A 0AA

Dear Constituents,

### **Taking a leave of absence**

I've worked in politics for over a decade: as a Councillor, for an MEP, as the Co-Leader of the Green Party, and now it is a privilege to serve as the MP for Bristol Central.

Over the last few years, I have been struggling with persistent health issues and I have been trying to manage these alongside the long hours and significant responsibility my work entails. It has become clear that this is not an effective strategy and that doing so is inhibiting my ability to recover. Having taken advice from my doctor, I will be taking several weeks off in order to try to get back to full health.

I want to be open about the fact that what I am suffering from is [burnout](#) – and the mental and physical symptoms that arise from it. Burnout is a condition that does not tend to get better on its own. If left unmanaged, it can worsen and increase your risk of long-term health problems.

This is something that I know will be familiar to many people in all walks of life, especially those working in high-stress environments and in people-facing professions such as nurses, teachers and social workers. But it is also something that too often is not openly discussed. I hope that by sharing my own struggles, I can help in some small way to combat the stigma around it, and contribute to a more open conversation.

Making the decision to take time off for my health was incredibly difficult. It is an honour to represent the people of Bristol Central. And I know that by stepping back for a little while now, I will ultimately be able to return as a better champion for the community that means so much to me. I am grateful for the kindness and understanding I know my constituents will show if they see me out and about while I am recovering.

I want to say a huge thank you to all of my colleagues in the Green Party, in Parliament and in my Constituency team for their understanding and support. I also want to thank Nadia Whittome MP for the leadership she showed in 2021 when she took a leave of absence for her own recovery. Her openness then helped make it possible for me to do what's best for my health now.

During my time away, my Constituency office will be functioning as usual and will be there to support all my constituents who need help, so [please don't hesitate to get in touch](#).

Thank you in advance for your understanding.

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Bristol Central  
Parliamentary Issues: [carla.denyer.mp@parliament.uk](mailto:carla.denyer.mp@parliament.uk)  
Local issues & Casework: [bristolcentraloffice@parliament.uk](mailto:bristolcentraloffice@parliament.uk)  
Constituency Office Phone: 0117 440 3977