Want to apply to the Parole Board to get your licence ended but not sure what to say? Fill in our template email below and send it to info@paroleboard.gov.uk

Not sure if you are eligible? Read our guide first – [click here](http://www.ungripp.com/ending-your-ipp).

To the Parole Board,

My name is **{YOUR FULL NAME}** and my prison number is **{YOUR PRISON NUMBER}**. I am serving an IPP sentence and it has been 10 or more years since I was first released from prison. I would like to apply directly to the Parole Board for a review of my licence, and I would like to have it terminated.

The reasons I would like my licence terminated are *(mention things like your progress since release, how you have addressed your risk factors, what your life is like at the moment, how things have changed for you, and how you plan to manage your risk in future):*

Please let me know what will happen next. My contact details are **{YOUR CONTACT DETAILS}**.

Yours sincerely,

**{YOUR NAME}**