

Online survey of disabled people and their allies for Just Fair

September-November 2013 (free text outputs)

Answers to the question:

“Please tell us what impact all these issues are having on your life or on the lives of sick or disabled people you know, giving real life examples”

9	Increase stress, anxiety levels and disruption in daily routine.
10	I'm actually not doing too badly. Yet
11	Living in fear of esa and the wca knowing that this could be the end of any existence you try to have - disability is not a lifestyle choice - one would rather have a life - disability is something one has to try to live with - pain is NOT fun!
12	I honestly fear for my life and that of my daughter who has autism, adhd, ld and what kind of existence we will have, we have already had to make cuts, I stay home most of time now afraid of spending money just in case we lose support. I fear my private landlord raising the rent and kicking us out. I don't see a light at the end of the tunnel.
14	I am disabled but have been put in the work activity group. My real and proven disabilities have been effectively ignored. If I lose my dla which I have indefinitely at the high rate, then my ability to access care and mobility will be drastically reduced. My disabilities are worsening and I am going blind but Atos "Healthcare" has been commissioned to crucify the disabled. Not only am I portrayed as a scrounging liar but I face homelessness as well courtesy of this witch hunt.
15	Sick and disabled people are suffering, losing what little support they have fought for already, losing independence, unable to participate in society, have coffee with friends. Both physical and mental health are negatively affected, lives are lost.
16	Cuts in social care mean it is unlikely I would get a package, hence there is no point applying. Under PIP I stand to lose money. ESA is a permanent nightmare, waiting constantly for the next assessment, and terrified that a wrong assessment will result in a huge loss of benefit whilst awaiting reconsideration. I am currently paying out Â£30 a week due to the LHA, and the chances of a single bed accessible flat or house that comes in under LHA is virtually nil. Thanks to the bedroom tax the chances of getting a social housing 1 bed accessible property is nil. Universal credit will remove the severe disability premium if you notify them of a change, some Â£40 a week, and if you get a job there is no disability tax credit. The closure of the ILF means that although 3 years ago I was assessed as being eligible for ILF, I wont now get it
17	I am stressed with the upcoming change to PIP from DLA. I am worried that I will lose my higher rate DLA when PIP starts in 2015.
18	Massive cut in social care support meaning I hardly get to leave the house - I am expected to be content to be socially isolated and treated as a well-watered cow - as long as I am fed and watered and clean that is deemed to be all I need, and leaving the house once a week for three hours is supposed to meet all my needs for socialising/family/education/work-related activity and community access!! (WTF?) The amount of bureaucracy seems to be growing and the amount of support shrinking, such that far more of my limited capacity is spent on jumping the very many and ever higher hurdles to get what i need to simply be able to live - whether it be DWP or local authority bureaucracy. As a person disabled by illness, the basics of daily living, attending to health needs and the DWP and local authority systems take all of my capacity - this is not life. The bedroom tax has left me paying out Â£200 a month to cover the cost of the additional two bedrooms in my adapted flat - I have been on the waiting list to move to a property with fewer rooms for 4 years and there are none in the borough; I am not allowed to swap eg via homeswapper unless I can find a tenant who is a wheelchair user currently two bedrooms short - there are none, let alone someone whose flat might meet my own complex needs so I am left paying. The ESA form and the experience of friends going though the system left me in dread for over a year- even now I am frightened of the post or phone calls, and I am waiting to be told I must leave my flat/my income will disappear/I will have even less help/I must contribute more financially/I must attend additional assessments with people who do not

	understand either of my conditions nor how hard it is for me to explain my symptoms and struggles...I have lived in fear, and feel my only value would be if I were working. This is abuse. I was a higher rate tax payer for some years before I became ill and I would not choose to live this part-life; I want to feel like a human being, not as tho I am a third-class citizen who does not deserve support
19	My wife has just gone through a lengthy and very stressful Work Capability Assessment being refused a support allocation and placed in work related group based on a falsified report from an Atos nurse. Since this she has been definitively diagnosed with Multiple Sclerosis and is now in the support group but she still has the possibility that she will be reassessed and have to go through all of the stress again. I suffer from bi-polar disorder or to give it it's proper name Manic /Depressive illness (the use of words alter public perception). I face having to go through all the enquiry into my health when my time comes and chances are they will look for a reason to stop my DLA as I will be over 65(call me paranoid because I am) I don't trust any of these "we're all in together politicians" of all colours. A relative struggling with depression has been put through the wringer and still has not got his case sorted out. Another person know to me had his incapacity benefit stopped when he was swapped over. He gave up the struggle and attempted to take his own life through an overdosed. It was a serious attempt leading to liver failure from the tablets he took.
20	i have several disabilities, spinal damage, spinal cord injury and severe nerve disease etc. i dont see why people who have got progressive and chronic probs have to justify why we should be on benefits.the esa and dla are there to help people like myself have some sort of independence. if they take them away then we lose housing benefit and ultimately our homes. thankfully bedroom tax doesnt apply to me but there are thousands of people losing their homes every week.if i was told that i could no longer have esa then i would be expected to sign on jsa. but i would then be told i could not sign on because nobody would employ me due to my umpteen health probs.so i and many people in my position would be stumped. i apologise but i would not be able to give my story in person but i have a serious bowel complaint that would make it difficult for me to attend
21	I am a 49 year old female and I have Multiple Sclerosis, I was diagnosed 10 years ago,while I am still mobile and can maintain my independence,the effects of this illness have changed my life so very much and the Governments way of treating disabled and sick people is an absolute disgrace
23	See my answer above.
24	I am a 39 year old bilateral amputee. I work full time and have three children aged 16, 4 and 2. My partner stays at home with the children since I earn more than him and he can run after the children, and I can't. I work for a medium sized charity and see daily the impact that the cuts are having on sick and disabled people's lives. I see the people who choose between eating and heating, and I am thankful to have a job that pays well enough for us not to have to make that choice. The five of us have just enough from my income to manage. I'm terrified of being called for review when my DLA is replaced by PIP. I know that my disability warrants the higher rate mobility payment, but I have absolutely no faith in the decision makers coming to the right decision, and fear the loss of my motability car, which I use to travel to and for work every day. No bus stops outside my workplace, and even if one did, how exactly would I manage myself plus the spare legs, wheelchair, sticks etc. that I am forced to carry with me every day because of my poorly fitting prostheses (another area that seems to have worsened since the cuts started biting). If I fear losing my car and my job, even more am I saddened and disheartened whenever I hear the disgusting and discriminatory rhetoric used by politicians and the media about people like me, people who are simply trying to live their lives as best they can with the added stressors and challenges of living with a sickness or disability. Is that really where you should be pointing the knife?
26	Even though I use a wheelchair I M afraid of losing my adapted mobility car
27	being disabled through MS, doubly incontinat, registers pathos lily sighted, one eye bling cataract both eyes, they can't operate, because may affect sight I do have left my husband had a stroke wheel chair dependent I'm his personal carer, we have had carers, but standards were to low, so to help him have no stress I do it, I suffer a bad back, through nerve pain, use a walker to get to my garage which is slightly longer that the amount government want, we have two support workers who help me with tasks ie cooking, help me in several ways that I need, every year I pay Â£200 for glass that are thinned down each year, and can help with prescription, but don't know how much longer. I can use my scooter at moment when my site becomes a problem then I will need to stop using it. I got that through DLA, and my husband got his wheelchair with DLA, I do not know how bias the government would be about our situation, this does worry me, I'm 64 and hubby is 65, we would like

	to keep our independence, if we go on to PIP could you see how we would be affected, my MS is progressive, hubby has rheumatoid arthritis he was already disabled before his stroke two years ago. I will just ask that you still look on us human beings, nobody chooses to be ill and just want to survive, in anyway we can, without as much stress as possible, I was examined by a qualified dr who new what the symptoms were for MS he did set me test, and it took 1 and half hours and awarded in defanate this was about 8 years ago if you ask us to go through it again, please make sure the person carrying out the assessment is as professional enough to deal with our complex illness. Thankyou kindly
29	I am to be assessed for ESA and am frightened. The Government has decided how many people can be assisted by how much they are willing to spend on the sick and disabled and I know that it will be a fight to keep my benefits. This is a fight that could cost me my home. My husband is my carer and if my benefits go, then so do his
31	stress and fear. I'm already receiving less DLA than I should, but was too ill (even with Citizens Advice help) to go through the appeals/tribunal process - it's difficult enough to even survive, never mind taking on the stress and extra effort required - and also afraid that my DLA award might be unfairly reduced, if I appeal. Worry about financial security, if I can no longer work, and so need to claim ESA. Therefore push myself to keep going part-time, even though it is having a bad effect on my health. Also how ridiculous is the time limiting of Contribution Based ESA, and the thought that a partner earning £7,501 a year should be required to support you!
33	the stress of having to go through the ATOS system again makes me feel physically sick. my rent has increased by 14% as i need a second bedroom for friends who come and help me
36	it has caused a lot of anxiety, severe stress, fear that the benefit will be taken away or that the support from the council would stop
37	the high stress and deep distress caused by this government assault on my human rights has led to continuing deterioration of my health my dose of medication increased because of the bedroom tax I am in the process of being evicted and the only way to avoid eviction is if I pay it out of my money for food but its vital that I eat well because of my medical condition I dont feel safe and suicide may become my only dignified option
39	after approx 14 years of being told a pack of lies after my atos face to face consultations, i decided to have them recorded to protect myself, i could not believe they had the audacity to lie again when i had recorded proof,when i sent them the recording i recieved a phone call telling me they had not recieved it, i then asked them to send me their copy, which they are required to keep by law, they told me they had lost that copy , i demanded the atos report and was astounded to see it was a pretty fair reflection of the medical consultation, after looking into this further i have realised that atos the firm i have been criticising for years is nothing more than a multi million pound patsy to take the heat of the dwp i urge everyone to demand their atos report and i think you will be suprised between their report and the dwp interpretation
41	I have been on employment and support allowance at low rate for 7 month cant pay bedroom tax and get food and electric and gas and pay bills as well as the bedroom tax ,had difficultys paying bills before the bedroom tax,when winter comes in dont know how i will manage
44	I am very worried about PIP. The change from 50m to 20m in the mobility criterion will see me lose the benefit and with it my Motability car; this will leave me housebound and take away my ability to look after myself. I also will lose out with the removal of lower rate care, which I get as I am not strong enough to cook for myself and use to pay for more expensive prepared food; I will be unable to afford prepared food and therefore will be unable to feed myself adequately
47	I have seen my income reduce, increased stress and worry due to financial worries
50	I am frightened that if I'm denied my motability car because of the way the government has seen fit to move the goalposts when bringing out P.I.P then I will become housebound and their quality of life will become even more dire.I can only walk a few metres with the aid of walking sticks but because I'm not wheel chair bound my higher rate mobility component will more than likely be taken away,its just so unfair.
51	Friends losing their home due to bedroom tax being incorrectly issued. Rent arrears now been solved but landlord fed up of dealing with it all so my friend still has to go through with the eviction. Other people constantly having to endure appeals in order to try and get benefits they are entitled to but not having any advocacy support as services in their local area have been cut. Stress affecting health of friends because of fear of being forced into work when not physically

	able to.
52	As a person who has had Cerebral Palsy from birth and cannot walk or stand unaided. I fear losing my DLA and not qualifying for PIP. I will lose what independence I am able to have. I fear undergoing the WCA. I know it will be stacked against me. I dread and fear it, so much so that I have had nightmares and my anxiety has increased, and with it my pain levels (as muscles tense). My emotional wellbeing and self esteem is very low now. This government and its policies feel like a prolonged attack on me - on all of us. It has to stop.
53	I am struggling with very little financial help (told that the 2 hours help I need a day can be funded by my low rate DLA, I'd like to know how!) Three appeals for higher/middle rate DLA failed. Suspect that I will lose the low rate DLA when it changes over to PIP
54	when you are ill you should be able to concentrate on getting better not thinking about getting work
55	feel my life is over as cant afford to have carers and go out anywhere as cant afford anyone with me for my own safety
56	My nightmare started when i re-applied for DLA and a subsequent visit to my home from an ATOS 'healthcare' worker! After getting me to do several exercises i.e touching my nose with my finger, bending down to touch the floor. After a couple of minutes i began to cry because i was in extreme pain, you see i have Degenerative Disc Disease; Ankylosing Spondylitis; Arthritic joints; Sciatica and other problems as a result of my discs pressing on nerves in my neck and base of my spine. Even though i told the 'healthcare' worker of the pain that i was and do experience, he never once stopped, nor was in anyway sympathetic to my tears. A few weeks later, i received a letter from the DWP to inform me that my disability would probably be better by March 2014, surely the term 'Degenerative' would give them an idea that this is in fact a progressive disease? But not the DWP, they took money off me by reducing the rate of DLA i received which then meant we also lost the Disability Premium on our Income Support claim. In total we lost around £200 per month! Not content with removing part of our much relied upon income, then comes the Bedroom Tax! In 2012 i was awarded a grant of £10,000 to carry out some renovations to my 2 bedroom flat. This work entailed the removal of the existing bathroom and dividing wall between bathroom and toilet, and installation of a level access shower, a 2nd window in the living room was removed and a door, ramp and gate placed so that i did not have to climb the 5 very steep steps outside the building. 4 internal doorways were also widened to accommodate my wheelchair. My question is, if the council and professional health workers for the NHS can see how my disability affects my daily life, then how and why has the DWP decided that a miracle will occur in March 2014?? From the 1st April 2013 and the introduction of the Bedroom Tax, our housing association telephoned us on an almost daily basis demanding the rent arrears which up until that point, we had never had! Now all of a sudden, the prospect of losing our home was and is a very real possibility. When we explained to them about the grant, and the difficulty in re-locating the response was 'you owe us money'. We currently live approximately 5 minutes away from my daughter and my mother and to move away from them means that i become even more isolated than i am now. We do not drive and travel on public transport is both stressful and painful. We have still had to register in order to bid on 1 bedroomed properties, because the DHP runs out in February 2014, and we are not guaranteed to be successful next year, in fact i found the whole thing so stressful, that my Support Worker took over and won our appeal for DHP, because i simply could not cope with endless phone calls and veiled threats of bailiffs and forceable removal. All of this has resulted in some major panic attacks and a return to depression which i was at the very least 'coping' with. It has placed an unnecessary strain on my marriage and quite frankly i am terrified of the future. I DO NOT claim disability as a 'Career' choice, and neither am i a 'Scrounger' or 'Workshy', in fact i am a very proud owner of an Honours Degree in Criminology and had a great future mapped out for my family. I would gladly go back to work and give up my disability benefits, but with that, you can also have everything that i have to cope with every single day with the chronic pain i am in!
57	The sudden increase in the fact that the disabled are bearing the brunt of the blame for the country's woes. Utterly pathetic that we are labelled as scroungers by MPs who claim for sandwiches on expenses and park in disabled bays. Where is anyone in power standing up for us, they are nowhere to be seen
58	we as a family look after kay and she as severe ms only thing she now as use of is her right wrist

	,she cant apply for ilf as its not accepting applications,so we all care for her,night care is provided by a carer we all pay for as a family but its disgusting ,as the ilf would benefit her alot ..she pays for her carers out of her care from her dla,the rest is paid by us her family
59	the main one if FEAR which causes stress, which kills. Fear of the forms, fear of the decisions, fear of the the unnecessary appeals, fear of being cold and hungry, fear of being attacked, fear of being left totally isolated
60	Life with a disabled child is hard enough. Making it worse is just cruel. I would like to present our story but I can't possibly afford the money or time to do so at a scheduled event. Like most of us :(
61	Lots more stress. Lots of pressure to gather research and to understand my own multi-specialist condition so that I can explain it to assessors, doctors etc. These things both impact upon my functionality regarding pain levels and various autonomic symptoms (predominantly brain fog, near-syncope, severe nausea). Concern does not abate because the next wave of assessments comes round so quickly and everything has to be started again from scratch instead of additional information being kept on file.
62	My wife had a head on car accident that was not her fault. She has multiple injuries and disabilities. She was on Incapacity benefit, then had an ATOS assessment last year and was awarded 0 points and found fit for work. We appealed and 13 months later the appeal found in favor of my wife. Trouble is the 12 months WRAG has now ran out. My wife is not entitled to income ESA, and not fit enough for JSA. She now has zero income and feels like finishing herself off. She is almost 61 years old and worked from 13 years old, often holding down 3 jobs whilst raising her 2 sons. The strain in our house is getting unbearable. Nobody in their right mind would deliberately choose our situation.
63	I have various painful conditions, Arthritis in hands, arms & legs, pre-patella bursitis, meniscus problems, chronic coccydynia, carpal tunnel syndrome, incontinence & Asthma. I am prone to falls because my knees give way, recently this happened and I snapped both bones in my ankle which had to have plates & pins inserted and constant pain & swelling & at same time I broke my coccyx causing chronic coccydynia, these problems are worsening as I get older, the only benefit I claim in my own right is DLA (indefinite award after several yearly awards, medicals & appeals) I know this will be changed to pip in the future, I am living in fear of this as my conditions have been declared in-operable and the only medical evidence I now have is the recent treatment mentioned and the medication I am on (daily doses of morphine, tramadol (with paracetamol to stop me vomiting), Naproxen & co-dydramol, I have recently developed high blood pressure with no obvious reason my GP thinks its stress due to worrying about all this austerity, he tells me not to worry but GPs are being told not to write letters for people and I see the reputation ATOS has made for itself if I lose my DLA I lose my only means of getting out of my home, I won't be able to afford the extra costs my disability causes such as incontinence pads, higher fuel bills because I have more washing, bathing & heating needs than able bodied people plus appliances that help me cope like dishwasher & tumble dryer, mobile phone for emergencies etc. whilst the media are portraying people as scroungers for having things like these, they are assisting me to cope with my life. The bedroom tax is affecting me although I don't have to pay it because my husband/carers is a pensioner we are waiting to be rehoused to a smaller home on one level and tenants who have to pay BT are being given priority now & our HA has lowered our priority as well as removing the financial help/incentive to move they used to provide from 1st April this year because they state 'they don't have to provide because tenants now have to move or pay' if I lose my DLA my husband will also lose the carer component he claims for me which will cause us even more hardship. I don't sleep very well anymore and feel like I am just a burden to everyone, I never used to feel like this until this government started these measures. Even though in constant pain I was a happy person knowing that all the bills were paid and my husband could afford to care for me, now my future is so uncertain I am just living in fear
65	I have had a year off work. Sick with Rheumatoid Arthritis. A disease which can disable anyone at anytime. Regardless of age, ethnicity and gender. I returned to work in July and I am appealing a decision to withdraw my ESA one month before I was due to return to work - It was punitive. I am also appealing the decision not to award me any points for my housing needs. Pressures created by policies like the bedroom tax mean I have no priority - even though I am registered disabled and live in a flat with 18 steps to my front door. Instead of focussing my energies to do my best at work, I am caught up in appeals. Humiliating pleas for help. Help that I believe I should have a right to based on hard medical evidence and 20 years of paying into the system. I suffer chronic fatigue

	and chronic pain. I have multiple paresthesias that are being investigated. I have Rheumatoid Arthritis which was so severe, the inflammation fried nerves in my hands legs and feet.
67	I used to called disabled now I am a benefit cheat, sponging off hard working people. I am of no value to the country because I don't contribute to the tax system and only contributors are of value and should be listened to and helped, all others are to be ridiculed, humiliated and degraded where possible
68	The horror stories I've heard about PIP and WCA and the fact that your own Doctors are being instructed to be as un helpful as possible and charge up to Â£50 for copies of your medical records is already causing me stress related worries. I am not due for PIP for about 2yrs but am concerned just how much worse its going to get between now and then. It's beyond me and I'm an educated woman, how a Doctor who just quickly reads a report about you vs a Family Doctor who has treated you for many years is allowed to make a life changing decision about you. The uncertainty about my future financial situation is making me both emotionally insecure and physically unwell
70	My friend and I have copd , I will loose my car under the new pip rules on mobility . Because of this both my friend and I who live in Wales will become house bound. My friend will loose her job . In fact this week she is handing her notice because she knows like myself she will be house bound . We will not be able to socialise any more . I Will need more care like getting my shopping help going to appointments to see doctors/consultants for my illness . In Wales we can travel 45 mins for some appointments and public transport where we are is not good plus I could get to the bus stop because it's over 20 meters and it's up hill . I don't think life is worth living being house bound
71	I am continually fighting to try and get the care I need from the NHS for my longterm Rheumatoid Arthritis. I have had no NHS diagnosis following a heart attack despite having spent 24 hours in CCU at Scarborough Hospital. I have a DVT as a result of an anigogram I did not need and wasn't suitable for because of my family history and am constantly worrying about how my husband and I will cope if the take my ESA and DLA away in the next 2 years. The stress brings on anxiety and panic attacks and angina attacks. I had to see a cardiologist privately to get that diagnosed after 3 trips to A&E. I could see one on the NHS for 13 weeks. I have now been waiting almost 3 months to see a cardiologist on the NHS because a may need a Cardiac MRI Scan for which there will be a further wait of up to 18 weeks.`My GP's surgery was taken over by a private company last Oct and we have not had a replacement GP since the end of Feb. Some of the locums have been really bad and I have complained about their making mistakes on a number of occassions. This governments policies have not just left us with no financial life line but no health services either. Now the Bedroom Tax is also making people homeless. I fel like I and those like me with longterm degenerative conditions are under attack. I can't even use a disabled parking space without being verbally abused thses days because I don't yet have to use a wheelchair. You can't see pain or joints that are being worn away, so why do I have a Blue Badge. I'd happily give them my badge if they'll take my illness too. I work hard when I could, I paid my taxes and national insurance and now when I need help the Tories have taken it away and call me a scrounger. That is not fair and it's made others believe that I don't derserve what little help I get
72	I was found fit for work two weeks before I was scheduled to go self employed on work choice, subjected to a 90 minuet interrogation best describes it for no reason at all as I was already going self employed, and already had a job that I had been doing on higher permitted work on ICB. The DWP then dropped me from work choice support because I didn't meet the minimum income floor, because I was to sick to manage my own business or do enough hours to make it pay, on top of my job. How did any of that help me stay in work? My health has deteriorated as I struggle to work as a lecturer, run my business and care for my husband who has had treatment for bone cancer, MSSA bone infection, blood clots and pneumonia, and care for my son who has SPD. I expect to be dropped from working tax credit when it becomes UC as I will fail to meet the minimum income floor for self employment and I only work very P/T as a lecturer. The minimum income floor for disabled people is 16 hrs minimum wage. This is simply not low enough and there is not enough support for small business run by disabled people. I am a community education lecturer and I run an Art class for people who have MH problems and some physical disabilities. I have two students in particular that have had bad experiences of the WCA for ESA. Student A, has non responsive paranoid schizophrenia and she was found fit and placed in to the WRAG group for ESA, this is a person that cant tell if the voices she hears are in the world or in her head and she works very hard to manage her MH. She was put through a reconsideration which she won and was placed in the support group, but was told she would still have to go to a tribunal

	<p>which was very stressful for her. When she got to the tribunal she was told there had been a mistake and she could go home, no apology no explanation. She was then called in for a work focused interview which she had to fight as she was supposed to be in support group. It effected her MH very badly and she had to go in to respite for a few weeks and it has taken her a long time to get back to any semblance of her normal routine. She had to take a number of weeks off coming to class. She is dreading the next round of assessments and this is a constant worry. She and doesn't feel secure, she keeps expecting the next ESA50 to drop on her door step. Student B has cerebral palsy on his left hand side, severe depression and is prone to periods of self harm. He was assessed for ESA in approximately September last year, he was placed directly in to the support group without the need for a WCA, however the effect on his mental health and his physical health was devastating, he became extremely anxious, deeply depressed more than usual and had a period of self harm that has taken a while to get back under control. His level of anxiety has been difficult to get under control and he remains deeply distressed and worried. Last week he came to my class almost in tears and seriously agitated he had received another ESA50 less than a yr since his last one, I cant express how deeply this has effected him i am seriously worried about his MH, at this point, I helped him do his ESA50 as he cant write very well as he happens to be left handed and his cerebral palsy has become much more pronounced over the last year, things he could manage a yr ago he is struggling with now. On top of this many of my students have been discharged from our local NHS resource centre because of funding, and changes in policy. This have left people with moderate support needs, with no support. Because of the nature of my students I run a small class with usually less than ten students, in the last two years I have lost almost half my class because their MH has deteriorated without support and they can no longer attend my class. Several of those that, have left and some of those that I still have, have been re referred to the MH team because their MH has now become critical, these are people who had managed to remain well enough to have only moderate support needs for over a decade before the changes.</p>
73	Poverty; anxiety, depression & this all negatively aggravates my physical & mental health
74	I live in fear and anxiety which makes me ill and suicidal, particularly the amount of paperwork involved, how complicated it all is and especially the fear of having to go through more WCAs which are like being tortured
75	I live in constant fear of the brown envelope through my door saying I am fit for work and of ending up homeless. I worked all my life and sometimes had three jobs to bring up my family and then I got ill at 54.i have often felt suicidal because of the DWP and Atos. I can barely walk and have lung disease though I have never smoked .I feel like i am being punished for getting ill and my life is worthless.I have worked more years than some of the people that make these decisions have been alive.yet i am treated like dirt.
76	Had to choose between a care package & money for transport to see friends, I chose to cancel my care to save my mental health & emotional support network
78	More than anything, I am afraid. I don't know what will be available next week, never mind next year. Like so many disabled people, my condition will only worsen over time, and with every headline and every cut being announced, I am more and more aware that the government doesn't care about me. Doesn't care whether I bathe daily, or whether I eat anything not cooked in the microwave. I'm afraid because the government has made it very clear that they won't help me do these things any more than is absolutely necessary (and are chipping away even at what is considered necessary) and I am afraid of what that might mean in the future, as I worsen. It could mean support being withdrawn, making me a burden on my family; it could mean being put into a care home by the time I am forty because it is not cost effective to allow me to live independently; being judged as 'not cost-effective to keep alive' by doctors and refused treatment, or asked to pay for life-saving treatments.
81	Sheer terror of the next "groveling to a inappropriate HCP" session. Wholly demeaning nature of the system.
82	When I was unemployed, I found the JSA could not understand how my disability impacted my ability to work - but as I didn't qualify for PIP/ESA or the WCA, they were unwilling (or possibly unable) to consider me as disabled. I am aware the movement to Universal Credit will impact me - but until it does, I have no idea how!
83	My benefits ended due to the Work Activity Group placement and now I cannot even claim JSA. I

	<p>am completely destitute and survive thanks to the kindness of my partner, without whom I would be literally homeless and having to steal food from Tesco or some such. The Job Centre have told me that I am out of luck with regards to any support of any kind they can offer me, and when I asked them if I should just starve, they said there was nothing they could do and that it was somewhat "unfortunate". I have been out of work too long due to illness and as a result I have burnt through all of my "credit" or some such - it was not explained to me very well.</p>
84	<p>My health always suffers when anxiety is high, leading to increased depression, higher chance OCD will reappear & self harm. I have a motability car with indefinite High Rate Mobility component, Low Rate care. Without it I'd be housebound & unable to get to Drs, Hospital, Orthotist & Physio appointments. I use buses rarely as the ride is too bumpy, I can't guarantee I'll manage the return journey & I get hugely anxious over timetables, obsessing with times in my head until the whole experience overwhelms me. Then I start skin picking & ruminating... Flexibility in dealing with disabled people would go a long way to feeling more integrated with society. When the NHS availability is reduced further it'll only get worse. Right now there's a couple of months wait & 6 sessions of Physio & then discharge (unless v lucky & get 2/3 more or referred on to Hydrotherapy or, rarely a specialist), pain management appointments 2+ months after new symptom appears that current strategies aren't working anymore, limited inpatient rehab available (& for shorter duration). I'm lucky to have a good Rheumatologist who understands my condition & got me on one. It's only 1wk now though, used to be 2, before savage cuts & increased pressures on budgets. It's better than many people get but 2weeks made a much bigger difference. I use a local gym when I can, but it's too far for me to get there & back (as well as actually doing the physio exercises, requiring equipment I can't afford at home & occasional Pilates when body is willing). It'd be good if I could cancel for the long periods when I can't go, of course that's not possible unless I leave & have to rejoin when we'll enough again. Resulting in fees & less likely to go back until 100% certain I'll be able to go. That's not happening anytime soon, I'd probably never rejoin & deteriorate even more. It's be even better if local authority sites allowed those there for physio discounts. I know of many disabled people who just can't afford a gym membership. All the research shows higher compliance of exercises leads to improved health (mental & physical), less disability, people see GPs less, take less medication, are more on assertive & informed (so know which treatments are more likely to help, rather than asking for probably useless referrals & low compliance/wasted appointments). They're more likely to be able to stay in work or get a job. For most it's a pipe dream, it's just too expensive. If I lose DLA/PIP I too will be unable to afford it. I'll cost more to NHS as my physio compliance will be low (It's pretty much the only effective treatment other than expensive non NHS treatments such as massage & acupuncture), instead of having annual rehab I'll probably need physio more regularly, I'll be at my GP more frequently, have more mental health issues, need more pain relief as my tolerance increases, more referrals, less likely to get back to work & my finances will become even tighter. My local CCG has removed food on prescription too. I'm coeliac & food prices are high anyway but I have to spend Â£3 for bread! I have a disabled, high functioning autistic friend who until recently only had child benefit to feed her family. Both she & 15yo daughter are affected by health problems, her partner earns too much for any assistance by a very small amount & when she was migrated from IB (which didn't penalise her for having a partner) she was assigned to WRAG instead of Support Group. When the year was up it stopped it emerged she should have been in the other group & therefore not lost the award (due to certain factors of her case) but hadn't been informed so had to fight the decision as it came out after award was ended. At the same time her DLA was up for renewal. One of those forms is daunting enough, add autism, equals horrendous. She tried contacting people to find out which form was most important to be completed first. 'Ours' was the reply. She carried on trying to complete forms without help as local Citizens Advice couldn't help until after the form had to go in. Friends helped as much as possible. It turns out ESA form didn't need completing as Autism is on a list of conditions deemed to require help in these situations. Her MP isn't interested. Then her car broke down & cost more than worth (if she'd had any spare money) to be fixed so had to scrap it. So she finally manages to get DLA off, a date comes back & she has to get 30miles on public transport with a wheelchair to Croydon on a week day. A friend gave her a lift as it'd be too much. In some ways it would've show them how bad she was, it also would've meant she'd be unable to think straight or string a coherent sentence together. With help from the friend (has special needs experience & explained questions that were confusing of answers that made sense to her but not the assessor) & a rare good assessor, who had looked the</p>

	condition up (& didn't try to shake her hand! Most people disregard the impact it has on autistic person if they hate contact.) she was granted DLA at previous rates. Still awaiting ESA decision. This all happened in April/May time. For at least 4 months, food for partner with manual labour job, teenager & herself from child benefit. Partners money went on housing, bills, child support & expenses to get to work (by bus for 6am start). Her dad helped out with clothes for grand daughter & friends offered first refusal on clothes being donated for her. If she needed anything for her health & not on prescription she didn't have it. This is 2013!!!! England!!! It's disgusting.
85	My husband is my carer and our finances are totally dependant on benefits now, we are having to cut down on food, we haven't had a holiday in two years and can't even afford days out due to petrol costs etc. we are also affected by the bedroom tax taking a further Â£57 a month out of our meagre benefits. Life is just surviving, we don't live anymore.
86	My mother suddenly became ill, she owns her own home, she has been in hospital now for 4 weeks and may have to go into care, the worry is paying for it, will she have to sell her property
87	Since receiving the dreaded ESA50 form it's been a constant worry for both my friend and I, on top of dealing with life in general and in a climate hostile and abusive towards disabled people, (something I'll come to later.) We know what is going on and that we are not alone in the worrying problems people are facing and we are preparing for a fight with the DWP & Atos. Even if my friend and I are worrying unnecessarily and he is placed in the support group there is still the DLA/PIP saga to go through which doesn't appear to be any better than WCA. Regarding others I know who are having problems with Atos & DWP, my friend has a beautiful 21yr old daughter with learning difficulties. She has the reading age of a six year old, likewise maths, telling the time etc. and is not capable of using public transport alone or learning to drive, as any six year would. Atos found her fit for work and her benefits stopped. This is despite the people in the local JC+ being totally aware and knowing full well her problems, they even filled in the form. It's almost 12 months since Atos, in their infinite wisdom, found her fit for work and it's still not sorted out. I know a lady that is a helper/carers who has been fighting tooth & nail to help get DLA/PIP for a lady who has gone blind through a degenerative condition and we are flabbergasted that she hasn't been awarded it. Just recently an incident occurred that has left me in despair at the way this country is going. I've been made very much aware of just how bad peoples attitudes are towards disabled and when you hear it from the mouth of a 5/6 year old, it's sickening to the core. A couple of weeks ago my friend and I were out on mobility scooters. I'm able bodied enough not to need a scooter but I have one so that my friend can get out and about a bit further afield than if I had to walk with him to places. We went to the local retail park which is quite a distance so we were just parked up having a minute before going into Tesco. A well dressed, rather haughty looking type woman with a child of 5/6 came towards us. The child started pointing at us and shouting at the top of his voice, "look. look, they are cheaters." The woman tugged at the kids arm to make him shush but he carried on pointing and shouting, "cheaters, cheaters". We were gobsmacked and despite me glaring at her open mouthed the woman made no attempt whatsoever to apologize and instead glared back down at us like we were something nasty on her shoe and possessively flounced by. We were completely aghast and if I hadn't witnessed it myself I wouldn't have believed it. I dread to think what kind of inhuman creature that child is going to turn out to be and what depths of depravity society will have stooped to if parents are teaching their kids to despise others they deem not fit to walk the planet.
88	I am autistic. In physical pain/exhaustion daily but ignored because doctors do not take me seriously... even mu request for an abortion was ignored
89	ESA is problem at moment as going through from IB and nobody knows if I can still do permitted work
92	I'm afraid for my future - without a car I'm trapped in my home, I can't easily use public transport as some days I can't walk more than a few steps. I'm afraid I'll lose it all when I'm assessed for PIP. I have a friend with mental ill health who I support; his ESA interviews are horrid and if he goes by himself he has his ESA stopped
93	My husbands illness is considered to be life limiting. he has undergone 3 heart procedures in the last 2 years. he has had multiple clots in his heart legs and lungs, he has to avoid stress. The new welfare reforms are having a direct impact on our lives and as his wife and carer and fully responsible for sorting out the money , the stress has been immeasurable. My husband does get chest pain when I talk about it. We had the Council come to the house, measure each room and photograph our bedrooms , we had to attend a meeting at the council , then the chief executive of

	the Council inspect our home. it has has been distressing and is not over as we now have the appeal process to go thorough and rent arrears for the first time on 27 years. No one is listening.
94	Cuts to respite care mean my in-laws have to travel further for brother in law to get respite in a less supportive and flexible service. Prospect of PIP is completely stressful for them. As a social care professional, I have witnessed three years of increasing chaos in my authority and others, as we cut back everything to the bone and we have more to do. Staff are stretched to the limit, provider organisations cutting salaries, staff and managers, and services on the ground struggle to provide the quality they should
95	when I was made redundant, I was initially on JSA until I had to go into hospital for an operation. I was told I had to switch to ESA, given no support from Job centre, and effectively had my benefits stopped for 2 months until they processed my ESA application.
96	I have now lost my esa and can no longer pay my rent. I have been ill for 10 years but only came out of work due to ill health on the 15/04/13 I suffer with avascular necrosis in my right hip and right ankle I have Osteoarthritis in my right hip and osteopenia in my right ankle. Daily life consists of pain and the inability to go out. Because of the pain I now suffer with depression. My social life is non existant. Living on my own makes life even more difficult. I cant sleep atnight due to the worry of not being able to pay my bills and now that is getting colder I'm stuck in the old cliché of heating or eating. I was awarded nul points. The Atos examination was inaccurate information was missing I was as good as accused of faking my peak flow test as I am asmatic! This government is making my life less than substandard
98	My anxiety is much worse. Money is tight anyway because of inflation but having to prove that my disability and illness affect my capability to work is very distressing. Waiting for social care assessment. Don't hold out much hope. My partner/carer is very depressed at moment and is not getting the support he needs. Changes to DLA criteria are not fair nor is work capability assessment. My ATOS centre in Hastings has no where to park
99	I have MS and receive DLA (the top rate of mobility and middle rate of the care component) I am extremely worried in case I lose these. Because of my age (I'm a pensioner) so I am exempt from the bedroom tax so far but if we have a change of government this will probably change. It's a horrendous thing to bring about and I know many people effected by this who are struggling. I now have osteoporosis due to all the steriods that I have been prescribed in the past. My husband is my full time carer so cannot work and benefits are our only income. If these were to be cut I do not know how we would manage to live. We dread the postman coming as we don't know what he will bring. The stress of all of this is impacting on my health so much that I am now taking tranquilizers. We were living a very restricted life before but possible future changes will leave us with no life
100	My wife was sent a form in May 2013 to be assessed from IB to ESA in May this year after being on IB since 1999 when she had to retire due to ill health with RSI and early onset degenerative joint disease affecting her spine, her condition has severely deteriorated over the years, she is now also suffering from stress, depression and is being monitored for early onset Alzheimers too. We sent the form back on 17th June, completing it was very stressful, trying to ensure we had included everything needed and correctly worded it etc. We received no acknowledgement that the form had been received, Since then my wife has been worried sick, the stress has made her Arthritis flare and her memory problems deteriorate. She has become depressed and has extreme anger outburst and fells she just cant cope with it all, after having worked and paid taxes for years and being told by a proffesor she can never work again, she should not have to be put through all this. On Monday this week we heard (three month on) that she had been placed in the support group for ESA so that is something, however as she was sent a form to fill in for DLA renewal in July which we had to complete and sent back three weeks ago and dont know if she will have to appeal as she did (and won), when her DLA was turned down at the last renewal, the stress is still extremely high. I find that I too am now very stressed with the whole thing and during all this form filling/waiting/worrying and having to watch my wifes health suffer because of this Governments I am still have to give my wife the care she needs on a day to day basis. It is not surprising people are dying because of these reforms.
104	I am 64 years of age, and have worked and Paid Tax, NI all my life, but had to retire a few years ago because of ill health, In the last 18 months I have had to complete FOUR ESA50 forms and attend THREE ATOS MEDICALS/ASSESSMENTS. I am now waiting to see if I will have to attend another MEDICAL with Attos and I now feel that we are being Pursecuted, and driven to an early

	Grave because of all this constant Stress and Harrasment
106	The cuts and uncertainties cause worry and stress adding to all our existing problems
107	Looking at the ESA form & having to focus on things that are difficult or impossible was a horrible experience. Much lost sleep & many tearful days, had to use extra medication. I had help to complete the form, I'm one of the lucky ones who could get professional help
108	<p>This is how these issues impact me and thousands of others. I would like to share with you my experiences as regards ATOS and D.W.P Firstly a little about me Male 56yrs old I live on what is classed a deprived housing estate and i live with my wife daughter and 4yr old grandson. i have not worked for almost the last 5yrs due to my Disability. My working life has been mainly of a manual nature and for most of the time during my whole extensive working life i have suffered from constant back pain. I have always previously continued to work as i had learnt to block out the pain. The ability to do so diminishes as you get older and so my journey of living with limited physical ability began. Little did i know that the policies of the conservative government would now include attacking and dehumanizing the Disabled in an attempt to pour blame on them for the financial crash in the UK. I believe that you have personally experienced this nasty narrow minded Government and seen its true ugly face. A government that is totally out of control and out of touch with the needs of its people. I not only now have to learn to live with my Disability but also to live with the stigma from society which was fueled by this government. Having waited a year to be seen by a consultant at my local hospital i was advised that a return to my job was not advisable as my Degenerative Disc Disease was classed as chronic symptomatic and expected to be progressive for many years ahead. (by all accounts my condition was quite unusual for a person of my age not only by how extensive but by how symptomatic it had become and still remains so to this day. The first 6 months of SSP was paid by my employer after that i received ESA on the low rate prior to having a Work Capability Assessment it was conducted by someone with no qualification or knowledge of my condition. In fact no letters or medical records are of any relevance to ATOS in their determination of your ability to be able to work or not work. I passed the initial ATOS ASSESSMENT (please note this assessment was prior to DWP changing to the present rules regarding the Work Capability Assessment.) I was put into the WRAG group (work related activity group) as my condition was expected to improve within time (it is possible that my discs will in time fuse together and that may stop the pain but that is not expected to happen until my mid 60s almost a decade away at the time and by then i will be at the retirement age) There are a few practical implications involved with being put into the WRAG group. One is you now find yourself being told to attend a series of interviews to determine the barriers preventing you from working. (remember now ATOS and DWP have not been interested in any medical records or letters from my GP stating that i am unwell and i am under going a series of lengthy back procedures and that i would be expected to remain incapacitated for the foreseeable future) The interview is conducted in a disgusting quickly ill prepared building and the first 20 minutes is spent by the interviewer trying to access the computer. The interview soon turns to farce as i explain that i am unable to look for work for two reasons the first is that i am still employed and that my employer is in the process of looking at my consultants recommendations and only then will a decision be made as to my future employment with the company. (the look of shock on the interviewers face was worth the pain i endured to attend this interview) the second reason i should not have to attend these interviews is because i am to ill and that i was put into WRAG and not the support group. (the support group being a place where you receive more money/support/and qualify for help with you mobility and care needs) I was put into WRAG to appease the public who were up in arms about the amount of people claiming disability not because it was the correct group for me. I heard the building has now shut and my next interview was with a work adviser at my local job centre. The interview took 10 minutes once the adviser saw how bad my mobility was and how much pain i was enduring just to attend the interview. My next interview was booked to happen by phone in 6months.....6months later i received a call i explained that my condition had got progressively worse since i last saw them and this was documented by my consultant following yet another MRI scan. Another interview was booked for 9 months time. These interviews were set up by the government to appease the public so that they could boast that they were doing something to get the disabled off of benefits and improve the public purse. The fact of the matter was that the interviews were inappropriate for my condition and not once has it helped in fact it made me so ill it would take 4 days of bed rest to</p>

	<p>recover after each interview the same apply when i have to attend my hospital appointments. The public were unaware that each time i was interviewed i was clogging up an already full job centre and taking away the help needed from able bodied job seekers and costing the tax payer even more money than if i was placed into the support group in the first place. It could be argued that i should have appealed when i was put into the WRAG group but the fact was that i was just to ill to fight the DWP and my illness at the same time. Also when i was put into the WRAG it then released all my back money owed to me once i passed the WCA i was not the only one struggling i could see my family doing so emotionally and financially and i just knew that that extra little bit of money was needed right now and that neither i nor my family could endure the strain of an appeal after all we were going through at that very moment. Looking back was it the right decision YES we all still believe it was. Some time later the Government/DWP moved the goal post for being able to pass the Work Capability Assessment ATOS were set targets of how many should fail the Assessment and those targets were met regardless of whether that decision was the right one or not. I was now still undergoing treatment at my hospital and taking as i do to this day a lot of heavy medication when i was told i had to attend another Work Capability Assessment in 6 weeks time. I had spent many hours since the last assessment reading and understanding the new criteria that was needed to pass this new Assessment and i was confident that i would pass because to fail me would be illegal due to my conditions. I attended and this time i had sent ahead beforehand to DWP (as instructed by DWP) Gps letter of support saying i was unfit to work and why also a letter from my consultant out lining his findings and that my condition had indeed deteriorated since my last assessment and detailing my list of strong medication and the findings of my 2 MRI scans. To my surprise i was met by the very same assessor as before but this time his face was a little more serious (Oppps he hasn't met his targets i remember thinking) He had recognized me but showed no surprise that i was now using crutches to walk, giving to me by my physio. Assessment over in 20 mins no examination on the table like last time. After a few weeks waiting i received the bad news that i have be awarded zero point and that i may appeal if i wished. I was devastated for a couple of days and then i got very angry and then i decided to fight this and to appeal although it was the last thing i felt i was able to do at the time i knew i had to because there was no alternative i was to ill to work and my family needs money now. With the help of my A star student Daughter i was able to complete my appeal form in just a few days. I attended my appeal and i was treated very well and subsequently awarded 15 points and i left with a letter stating that the court did not want ATOS to assess me again for two years (oct 2014) and i was put back in the WRAG group. Was i going to appeal this decision God NO! Blind people were not even getting these results i was both mentally and physically drained all i wanted was the £900 back money that i was owed because whilst i was appealing i was put back down onto the minimum ESA starting rate and the money was needed by my family ASAP. Just to win was a massive achievement considering how ill i was at the time and also considering that the goverment had not only taken away my and everyones qualification for ALL needed legal aid they also took away all funding for ALL Welfare rights support as well.They planned this well! but i couldn't help but stop and think (something i still do often) what if i had mental issues or i was older and a lot weaker or not as well educated or not in a supportive family environment or i had a drink problem as well. The answer to those thoughts are only to clear when we read of other peoples despair that all to often results in suicide.The Disabled were the first to feel the wrath of the conservative party and little was done to help the weakest in our society in fact the opposite</p>
109	<p>i am currently on esa,expected to get a job within 2 years on the work program.been on it for over 6 months.its usless.i have osteoathritis in spine neck,hips.out of my disability benifits i have to pay 25pounds a week bedroom tax,plus 26pounds a month council tax.i am trying to down size but there is a lack of propertys to down size to and my council is not helpful.no one gives a dam.when i loose my disability allowance,i will loose my home of 17years.my daughter is at university,iam being charged for her room,even though she has a student loan.i live day by day stressed out,worn out through worry not knowing whats going to happen to me ,my home.will i have a roof over my head.gas,electric,food everythings gone up.i dont even know if i will be able to afford to keep warm this winter.that will make my disability worse.my mental health has gone down hill fast,i get more panic attacks caused by the constant stress.doctors answer,more antidepressants.how does that help</p>
114	<p>I feel that every day myself and my wife wake is a day closer to the end of our lives if we lose our benifits yes we feel that strongly no one understands the fear and dred we have for our future</p>

115	The stress of dealing with all of the above is causing added stress and MH issues
116	making life harder stigmaa of being on benefits
117	The WCA is extremely stressful to complete and definitely made my medical conditions worse. At the moment I am in the ESA Support Group and receive DLA High Mobility and High Care. The form is an absolute nightmare to complete with tiny boxes to discourage explanation of how the conditions effect activities. I had to have help completing the form and am still waiting (over 3 months) to hear wether I have to go for a "face to face" assessment. The whole process makes me sick with worry and I am dreading the 'call up' letter. I have received nothing to say the form is being processed. It wasn't supposed to be reviewed until 2014. I was sent the assessment form a year earlier. Basically it's hard enough dealing with my conditions on a daily basis and it feels like I am being victimised for being ill. To make matters worse, I was the victim of a hate crime the other day being called a 'cripple in a spaz mobile.' I feel the government encourage society to be prejudiced against the sick and disabled now and see us all as fraudsters and lazy.
118	Devastating. I will soon be destitute unless a miracle happens. I live alone, am unwell, have no family or friends. My money was stopped in July. I have about 15pounds (no pound symbol on keyboard) left. After that I won't be able to get to food bank. Have said things over and over. Waste of time. There is NO help out there
119	Due to back injury way back in 1972 and subsequent and progressive disc degeneration I became unemployable around 1996 and was signed off work with Incapacity Benefit for chronic back pain and 'fibromyalgia', whatever that is. I received IB for about fifteen years being examined and declared unfit for work by a succession of DWP doctors who weren't interested in any other so called "evidence". In 2012 it all changed. No more DWP doctors doing medical examinations, just a SRN and a quick check-over and suddenly evidence that for years was of no interest was all the rage. But neither the DWP nor ATOS were prepared to follow the correct channels to obtain it. Zero points and my IB was cut by Â£35 per week. I have appealed and await a Tribunal. Prior to all this though the Local Authority cut my housing benefit by a massive Â£20 per week due to the Government caps on so called Local Housing Allowance. This was a massive reduction in income. For the last few years I have been in receipt of a small private pension of Â£75 per week which helped pay the rent but now I have just the pension plus ESA of Â£71 which was terminated on 12.09.2013 after the statutory period and Housing Benefit of about Â£70 per week. My rent is Â£675 per month so obviously it no longer adds up and I am forced to quit my rented accommodation. Cheaper accommodation is obviously the answer but of course there isn't any. And as I receive the private pension I am refused Income Related ESA. I have been deliberately and systematically made destitute but I am still in receipt of a GP's signed Statement of Fitness For Work which states I am 'unfit for any work'! It is mind numbing to consider that the sick and disabled in the UK can be treated like this having paid full national insurance contributions for forty five years. Whilst the rich get richer through tax breaks, tax concessions and rampant tax fraud.
120	I have become a virtual recluse because I can't face the thought that someone might be thinking I'm a scrounger. I spend a lot of time online defending the rights of Disabled people when I'd rather just feel free to enjoy my life.
123	stress
124	Since my mobility vehicle was stolen,I have been a prisoner in my own home which has put enormous stress on my marriage.It may not last much longer,I fear.
125	It's worrying that we could loose money, that helps us have a better independent life. The new PIP. If one looses the higher mobility rate what happens you are confined to home or reliant on getting lifts if you need to go doctors hospital etc. then you have less motability cars being needed which then has a knock on effect in the car manufacturer industry. It seems to me everyone in the country has rights to a decent life except the disabled and sick and pensioner. I'm not being arquard at not presenting my story I can't travel far but good luck,
127	My son who has dyspraxia and aspergers needs support to find a job but is unable to receive this support while we are appealing the decision.
128	I am 64 years of Age, I had to Retire from Work when I was 61 because of ill Health after a lifetime of working and Paying Tax and NI Contributions (15yrs-61yrs). However in the last 18 months I have been hounded by the DWP and ATOS by having to complete Five ESA50 forms, had to attend three Atos Medicals, and had to Appeal a DM Decision in which I won, but this has taken its Toll,

	and I now feel that I am being Persecuted and Hounded, like some sort of Cheat.
133	I have just received my esa assement form and I am terrified all atos and the government are interested in is getting as many people off these benefits by any means necessaryPeople are dying and commuting suicide ever day because of this and they don't care...we are worrying ourselves sick and over this as a government you are supposed to protect the vulnerable in society not persecute them..
137	I feel like committing suicide as i am afraid
143	the impact of these draconian measures are driving people like me (disabled) to utter despair,its not our fault the bankers and dodgy politicians got our country (world) into this mess END AUSTIRTY NOW
145	I have stopped using my mobility-scooter, which was my means of independently transporting myself. Due to constant barrage of abuse only since ConDem coalition, now refrain from using unless someone else with me. thus my independence has been curtailed. NB lived here nearly 8 years; first 4 years were hate-free. I have stopped watching BBC news/listening to BBC R4 to avoid incessant polemic. I am now taking anti-anxiety medication, which I was not prior to ConDems coming to power
146	Been put thru hell by atos, worried sick about bedroom tax, all about ready to let go of pip even thou I am a full time wheelie with MS it's not enough I am not disabled enough I was RRMS in 2010 I was able tO move around my home with a Rollie but with the constant stress I was placed under from the ConDems my MS worsen at a drastic rate and I relapsed constantly until I fell into SPMS and became a full time wc user,
149	The fear of the next brown envelope.The anxiety of when the cuts will affect me. How will I manage in the future?
150	I have completely overhauled by energy usage and have gone cold rather than switch on heating. I have downgraded quality of food to make money stretch further, certainly less fruit and more interesting veg, No luxuries like going to the cinema once every couple of months, or days out. Reduced the amount of help I've paid for such as laundry, ironing, and cleaning services.
153	People are in despair with endless reassessments and beureaucracy taking up all of their limited energy
154	All the cuts and threats are making our lives unbearable, we have enough to manage with being ill and disabled without the threat of having money taken of us to the extent of living in poverty, We have as much right as anybody else to live our lives with a basic standard of living, We do not want to be rich but we do want to be able to live.
155	My father has dementia. Social services wouldn't even assess his needs. The reason they gave? His needs aren't critical. Yes, there's a loophole in the law that if he doesn't appear to be eligible for care, they don't have to actually assess his needs. Then they refused to assess my needs as a carer because they haven't assessed him as needing a carer. Meanwhile, I don't get any support from social services despite having a severe and enduring mental illness. WCA - GPs are swamped with requests for help with ESA. In various parts of the country, medical committees are telling their member GPs to put up notices saying they don't help with benefits appeals (or at all). My GP doesn't. Indeed he employs someone to deal with benefits and housing. Would that all GPs did. I think that my GP can afford to because he's a brilliant businessman and also trains military doctors who, of course, get paid their military salaries so they don't come out of his budget, leaving more money to provide other services to support his patients. But your average GP doesn't have this financial advantage or this staffing advantage. All over the internet you can find GPs posting on their blogs, in social media, on medical forums, how utterly overworked and exhausted they are. Meanwhile, this is made worse by ridiculous targets. If I go to see my GP for an annual rheumatoid arthritis assessment, I don't want a weary GP subjecting me to an

	assessment that is about everything but arthritis because that is what the government has laid down. That acts as a big disincentive to diagnose people with rheumatoid arthritis so you don't get the tests and the DMARDs to prevent deterioration. This means that my GP hasn't tested me to see what sort of arthritis I have in my hands, which long-term may lead to irreversible damage. But it's not about money, it's about his available time
156	feeling like second class citizens. feeling like we're a burden on the state and the attitude that we all have to take cuts even if that means disabled people lose some basic rights like not having to sit in our own urine even when we're continent. unjoined up nHs and social services as well as constantly disablist govt organisations.
157	I view my right to independent-living, very seriously! and as I get DLA*& mobility! I am able to live happily* if however after the WCA* test I find that my benefits are cut* I intend to contact the TV* & paper's and explain my disgust!! my intention then is to, commit suicide by drinking bleach whilst on TV* (completed survey twice – this is text from response # 217): I ws disabled in 1990* since then welfare-reform has kicked-in/ UK* they now refer me as a scrounger! and want me to prove my disability by taking a, work-capability-test* if I fail! my benefits will stop! this has happened to a number of people who have committed suicide! if I find myself in that position my intention is to do the same! but with a lot of publicity!! my suicide will take place on TV* after highlighting the injustice, of the coalition's attitude to disabled I do this because the right's of disabled-people are very important to me* and I do believe that because the UK* signed this convention* they should honour it!
159	It's affecting my ability to manage chronic illness. I want to die and I don't want to be disabled any more. The coalition have created an increased sense of stigma over physical illness and disability
160	Stress and depression constant worry .A lack of money leading to cutting back on basics like food ,heating,clothing etc.All make existing conditions worse.Despair.Attitudes of others where you are regarded as a benefit cheat however bad your condition
163	I have a spinal condition which has been operated on which has not helped the condition and is a degenerative problem. I have been taken off Incapacity benefit and placed on ESA. For this I have had a assessment for work. It appears I am now fit for work and in their words " The customers level of disability would be expected to improve with time and appropriate treatment " Over the years I have had all possible treatment, even surgery. I have appealed the decision with the help of my local CAB and am waiting a appeal date. Latest MRI shows no improvement and not having been seen by the author of the above statement I am at a loss how they make these decisions. I have in the past fifteen years since loosing my job through my condition, have done voluntary work in the first five years as well as updating my skills to try and find employment. During this time my wife and I have been foster carers for the last thirteen years, A thing we enjoy and find it fits in with my condition and allows me to rest etc when needed, Also thought it was a worth while occupation and I was doing something for my benefit and the community. I know I am not alone in this governments mess in their new system but do feel as though I and others in my position are treated like third class citizens and an easy target.
164	i have arthritis in my knees,elbows,both shoulders,right ankle and collapsed vertebral it helped me alot i woz trying save up and get a car wer i dont have a problem getting in i mean a used one not new 1 my other half has to lift me out of the bath its so in embarrassing to me it upset me so much coz im only 39 i had it took of me in 2011 im not getting better im getting worse to me the painkillers are not working to me coz im in pain esp back and knee,s oo and the woman wot stopped it put stuff on the paper wot i didnt say r do and to top it off she woznot a doctor just a nurse
165	making me more ill re mental health
167	Living in dread of the next brown envelope from DWP. Took me months to get ESA reinstated last year.Got to go through reassessment over Xmas.
172	My new GP asked me whether I was retired the first time I struggled into the surgery. One glance made it obvious I was very ill. Yet the same GP refused to defend me against WRAG and Work Programme sentences, inflicted on me when I have Lupus, advanced kidney failure and several other serious degenerative issues - as well as suicidal ideation caused by Jobcentre and DWP bullying and harrassment. I later learned that the main reason I had been repeatedly placed in WRAG was because the GP's responses to DWP enquiries had failed to mention or confirm any of

	the serious (including life-threatening) conditions I suffer from
173	the main impact for my husband and I (both disabled) is the worry about Pip for myself (63) due for renewal next year. Thankfully he is now 66 and doesn't have to worry about Incapacity benefit now and will stay on DLA with a small state pension. Both reliant on blue badges and a motability vehicle, much worry about the future and social care as we deteriorate.
177	MS is a chronic disabling condition which is exacerbated by stress. Like many people with long term conditions, I have other illnesses apart from this, which are as disabling in their own way as MS. I managed to be placed in the Support Group without attending an assessment; but the worry from the initial announcement that all on Incapacity Benefit would be re-assessed, until the telephone call confirming the decision was overwhelming. This carries on even now knowing that I will be reassessed again sometime in the next few years. I feel that the floor has dropped away from beneath me. I have also got serious concerns with regard DLA/PIP as I have an "indefinite" award; for this I was assessed after a medical by a doctor; contrary to the Government's statement that DLA is a paper self-assessment. Neither MS, nor my other health conditions are curable; they are miserable things to live with. But I do, my MS nurse, GP and consultants have commented on how amazingly well I cope, but the reality is I am very, very scared. The diseases themselves are not going away so I have come to terms with them, but if my financial assistance and social care goes too, it will destroy me. My independence will stop and my dignity will be stolen and I will not cope. I am very, very worried. I am a well-educated, fiercely independent woman, who has worked until I just could not anymore. But I would still say that above everything else that has happened, the bedroom tax is the worst, most inhumane, insidious piece of legislation that the Government has come up with and it does NOT affect me.
179	we are unable to pay the rent, we have been declared bankrupt as a result of being unable to pay bills despite having 3rd party payments deducted. We are unable to pay for the heating which we need as it is oil central heating and our landlord won't fix the emersion heater. Often we end up with no food in the house due to lack of money and therefore go hungry and cold. We are unable to shower every day due to the lack of hot water. We are worried about the upcoming winter
184	to provide this money cut backs have to be made. We had no oil for our central heating last year, and certainly can't afford to buy any this
186	No longer have one. Exist in hope get mobility back, scrap bedroom tax, get proper medical diagnosis and evidence and education, help FIND suitable job not mentally unstimulating job away from society (disability apartheid), and medical help overcome unexplained symptoms re breathing and other easily could identify cause if they tried. mobility stopped may 2012. ignored appeal. new decisions sept say pay then dont. nov say fta (waiting appeal so not going atos). Aug 2013 appeal - by which time issued legal for money claim due lack support and no access medical evidence. Never asked look again mobility nor seny lfc or invited send evidence before or after stopped it. As I had car i was unaware pain restriction I would have without it.
187	I am the user of an electric wheelchair. I had a Motability car. I informed Dwp about my worsening condition. They decided I was no longer entitled, stopped my benefit. I appealed. I lost the appeal because they took the wrong notes and thought that my friend, who was there for supports job was mine and that I could preform a job the is a walking job. My job is actually a desk job at the local council. So, they thought I lied and the letter says so. I wanted to complain to someone about the incompetence but everyone advised me against it. So I waited three months to reapply, BUT, I lost my mobility car. I had to scrape together as much money as I could to buy a very old vehicle, having access to work help move the hoist from the Motability car. I was given DLA again. But I had to sell my house, due to health issues and I went part time at work. I do not trust Dwp. I will never get another Motability car as I can not take the chance of losing it. My husband and I live in privately rented accommodation, and will probably never own again. I blame them partly for my situation. I am not as bad off as some. But I am afraid of the future. I am 53, and will probably never have a deposit enough to buy again.
191	I have not had a minute's peace since the Coalition Emergency Budget of June 2010. Right from the start it was obvious they had the sick and disabled as a target. I have been unable to sleep and have nightmares. I started to suffer from depression that I did not have before. I think about and have saved up drugs to commit suicide if I lose my ESA. I cannot work due to multiple physical problems and no amount of bullying and hatred will make that possible. My brother with a severe mental illness died suddenly as a result of the anxiety and stress worrying about losing his

	<p>benefits, not previously known to have any heart problems. I hear almost daily on disability message boards of people driven to thinking about or who know people who have killed themselves. This is going unrecorded and unreported. I have to pay the bedroom tax, having been allocated this property as a single person because nobody else wanted it. If I fail the arbitrary atos test, I will also lose my home. I have no family or friends who I could turn to for help. For over 3 years my life has been governed by fear. This has made my illness much worse and wasted valuable time which could have spent trying to make my health and my life better. I am largely housebound or bed bound due to my illness but on slightly better days I am too afraid to go out, to be seen doing anything "enjoyable", in case I am accused of being a fraud. I can see no future for myself in a country filled with such hatred. I survive day to day, living in fear of the brown envelope coming through the door that I have to be re-tested when there is no effective treatment or cure for my conditions. I cannot believe this has happened in Britain, whilst our politicians preach human rights to the rest of the world</p>
196	<p>The whole ESA/WCA debacle often leaves us so stressed and anxious it makes our illnesses worse. I repeatedly get an ESA50 to fill in every 6 months, why when they say my illnesses are degenerative and will not improve?. It seems as if we are constantly having to justify being sick and disabled. As a result of the last one i had to go for an assessment...3 days after surgery on both eyes. After numerous stressful calls and totally unsympathetic people (oh it's the system!!) i was told i needed a GP letter (at a cost to myself of Â£14 that i could ill afford)to explain exactly why i couldn't attend 3 days after surgery, then 12 and 21 days after..errr i couldn't see, my eyes and most of my upper face was so swollen, painful, bruised and i had stitches in both eyes, and along with numerous other health issues, i wasn't prepared to put my already fragile health at risk, by making an hour and a half bus trip and a 25 min walk, both ways. Sadly with the stress and anxiety of it all i ended up calling out paramedics and going to A/E with a tachy cardy attack and extremely high blood pressure. My GP asked for a home visit but that was ignored, a few weeks later i get a letter to say they took me out the support group and put me into WRAG as surgery had mysteriously cured my eye disease and all other illnesses. Another example of the degrading system we have to endureThe "doctor" at an assessment watched me crawl across the floor in tears of pain, embarrassment and humiliation, then try to manoeuvre myself up using a chair. I had pain and weakness in both knees from arthritis/fibro, my right elbow was painful and swollen with pain radiating all down my arm to my fingers that kept twitching, due to fibro. i could barely put any pressure on my knees, ankles and elbow to get up. Oh can't you get up i should have helped you..nil points for "getting up off the floor unaided." that horror and degradation will remain with me forever.</p>
198	<p>Policies based on "making work pay" applied to two people not expected to work whom by the arrangement save the NHS/SS far more than they receive has led to a severe reduction in income and exponentially so due to uprating.Further under UC as all housing support-IS/SMI-or the equivalent is withdrawn completely-the few hours that were worked for years if recommenced would result in a REDUCTION in income-rather than the supposed purpose(unlike the old/current system).WE happen to be OK due to some savings and family help-far worse for those on their own.The worst aspect is the demonisation,lies and utter waste of money for needless reassessments designed for political gain ,particular as all efforts should be to account for severe disability/illness rather than constantly prove innocence-you are guilty until proved otherwise.</p>
199	<p>I have been left housebound, had my right to independent living curtailed and my weekly outgoings increased as a consequence to criminal damage to my mobility scooter and the theft of my car. I have had my ESA stopped without any prior notification despite fully complying with all that was requested of me. I am currently unable to pay my rent and anticipate being evicted.</p>
203	<p>The constant reassessments are making my life a misery Also the rhetoric by the government that it is our fault we are ill I also am sickened to learn of celebrations that were due to take place at the DWP this week These people are inhumane and heartless I have considered suicide on more than one occasion recently For the first time in my life I have never been afraid of the government but this one is terrifying in my opinion</p>
204	<p>I feel afraid of the governments desire to rid themselves of the needy of any kind. It seems they are using stealth changes until they have achieved their goals of eradicating us from the earth!!!! SOUND FAMILIAR? YES HITLER ALSO RID HIMSELF OF DISABLED, MENTALLY ILL AND ANYTHING THAT WASNT OF HIS IMAGE OF THE PERFECT HUMAN. It has made me ill and very depressed. suicide will be my only way of ending the fear and misery.</p>

205	Since I had a WCA the lies and fraud in the report by atos has made a mild mental health problem very severe. The depersonalisation of our private medical problems is not on, inconinent folk being told to wear nappies/pads so they can work but who is going to care for us at work who will pay for our supportive care in work who will change the pads in work the list is endless. The whole welfare reform has been nothing but eugenics by stealth and pure hatred for the disabled has ensued thanks to the daily mail and the tory rhetoric
206	I used to be a Conservative voter. Since you got back into power in 2010 you have made life hell for people (including myself) who are sick and or disabled. You have treated are all as criminals who sit on our backsides and do nothing for ourselves or our country. No I can not work but I do a lot of volutry work to help others in my community. Reporting from your conference, your message me tells two things :-One was that you deparate to keep your supporters.Two you are showing the country that you are heartless, incompassionate and that is merely a few of the things I could say if I stick to polite.Needless to say I am no longer a Tory Voter.
207	As a full-time carer for my severely disabled husband, the impact and 'discretionary' nature of everything related to decisions regarding the bedroom tax (ie, ambiguous government guidance lacking clarity or consistency) ON TOP OF EVERYTHING ELSE I HAVE TO DEAL WITH pushed me to the depths of despair, and a subsequent suicide attempt at the end of April 2013.
210	mental health has deteriorated since the WCA, and I know I'm not the only one. Several folk I know are affected by the bedroom tax, and are worried about the future changes
212	I live on my own and have had no follow up from my GP after discharge in July. I have an aortic dissection and know he has had a letter about it. Fortunately my son lives nearby, but he knows no more about it than I do.
214	Cutting available funds to have a life. People are existing/surviving, not living! Choosing whether to pay bedroom tax or buy food should have to happen in 2013.
220	SOME TENS OF THOUSANDS OF PEOPLE HAVE BEEN AFFECTED BY THIS "ESA" MESS, IT IS STRANGE HOW THE GOVERNMENT CAN CALCULATE THE NUMBER OF PEOPLE WHO ARE CLAIMING THIS BENEFIT SO THAT THEY CAN BE STOPPED, HOWEVER THEY HAVE NO IDEA OF THE IMPACT THAT THERE ACTIONS HAVE ON THOSE PEOPLE INVOLVED, AND NO RELEVANT FIGURE THAT STIPULATES HOW MANY OF THESE "DISABLED" PEOPLE HAVE MOVED FORWARD TO ANY FORM OF EMPLOYMENT OR INDEED WHAT HAS HAPPENED TO THOSE WHO HAVE NOT AND WHAT IF ANYTHING IS BEING DONE TO HELP THEM, AFTER-ALL HOW CAN THESE PEOPLE BE HELPED IF THE GOVERNMENT DOES NOT BY THERE OWN DEFINITION KNOW HOW MANY PEOPLED ARE INVOLVED OR INDEED WHO THEY ARE?
221	Eighteen months ago I attended an Atos WCA and was found unfit for work.However I only recently requested my medical report and there was no information regarding how many points I was awarded or when I'll be asked to attend another Atos assessment.It's all such a worry.I have no idea when my I'll be called for the PIP asesment.Also the bedroom tax has meant I'm in rent arrears for the first time,currently Â£445 as the HB reduction is a massive Â£26pw.For the first time in my 47 years I'm scared.(I worry that if a Conservative government is elected in 2015 the elderly will be the next group to be targeted for benefit cuts.)My adult son does everything for me and looks after my home yet if anything happens to him, what with Welfare Reform Act,the cuts to Local Authority and the NHS I don't think I'd survive or that I'd even want to
225	As a disabled person the affect of the PIP has been stressful to say the least, without the ability to use a vehicle that has been provided by Motability I would not have ever been able to carry on working. I know that under the new proposal for PIP I would not qualify for the Motability element, which in turn would mean that I would not be able to get to work, this would be a significant loss not only to me but to the wider economy, I would not be paying tax I would not be contributing to the wider state. In fact I would be drawing from the state, I would be claiming benefits, this has to be thought about seriously, the impact of these changes will affect many and will, and I have no reason to doubt this, institutionalise me at home, where my only contact will be with my family, I will be unable to take part in everyday life. I have done nothing but worry since the concept of PIP was introduced, whilst I appreciate that there will always be a need to reform any benefits that the state provide, I think that the impact on the lives it affects are not been measured properly. How many others will end up been left to look for resources that are not there due to the many cuts that local authorities are having to make as funding in these sectors are cut. I fear for my own wellbeing and that of my wife and family, when you take away something that has been the critical link to life and the outside world the pressures that are then brought to bear

	<p>on families, and I have to add not by their own making, forced upon them by Government and these changes could break up family units. Are these cost t the Government of today has factored into its equations, I would suggest not; this could have even wider effects than first thought. Overall my life will change to an unrecognisable event, no one will be aware of the problems and no one will be able to do anything about them, my family life will be changed forever, All I feel is that I will have no option other than to stay at home, draining away myself self respect and self esteem, I will be a drain on the society at large, which I once use to contribute to and all under the guise of reform. I have very little doubt that I will not be the only one affected like this; there will be many hundreds of thousands who will have to suffer the same fate. And as far as I can see we will be forgotten and isolated from our former lives, as I stated earlier in this statement we will become institutionalised in our own homes.</p>
226	<p>three disabled people i know very well have first hand experience of bad feelings towards them it is a sad reflection on this goverment and on the country that ignorant bias people are took in by this nonsense one of my disabled friends is now sadly terminal but has been under terrible stress by the way this goverment have treated disabled bedroom tax wca cuts ian duncan smith really should resign he changes laws to suit his propaganda didnt adolf do this now i know who he reminds of</p>
228	<p>Due to bedroom tax which is coating me Â£33 per week I can not put my heating on as I am using my gas money to pay bedroom ta</p>
229	<p>It adds to my depression and makes me feel under attack. It also has a clear affect on the views of people who aren't disabled - they hear so much about it that they assume all disabled people are swinging the lead, and this is reflected in the way I get treated by pharmacists etc.</p>
232	<p>Suffer from very rare neurological condition which a lot of doctors have never heard of. It is aggravated by stress and disability is progressive so any damage done by unnecessary stress can never be reversed. Having to provide continual proof and be judged by DWP decision makes and Atos who think they know better when they actually know 0 about it and long term effects is damaging my health further regardless of any financial aspect although I do need benefits to survive</p>
233	<p>Got sick 2008 now severely disabled if that wasn't enough bit by bit all my life got ripped apart</p>
237	<p>Disgusted in my treatment I have been reg disabled for life since the eighties I seen many nhs doctors and consultants over the years on my last examination at manchester royal after an MRI scan I was told my back was inoperable and they would only contemplate an op when my bladder and bowel would be fully affected because I could end up with less mobility than I have now in the worse case scenario I could end up in a wheel chair because of the nerve damage which is permanent when to atos awarded 6 points benefits stopped still get industrial injuries benefit and reduce earning allowance if I am fit to work why pay me this my condition has got worse got arthritis in joints affected by nerve damage all I did was To go out to work and through someone else's negligence I am paying the price now my pension credits are being. Denied through no fault. Of my own how can a so called nurse of atos state no muscle weakness when my glutinous Maximo's the biggest muscle in the human body is useless at this moment I am very stress there's more I could write but the hurt and the insult I feel I just can not believe how low people will go to assume that everyone one incapacity benefit are tarred by the same brush i am 55 years old and was born abled bodied and do what I can to the best of my ability to give me some quality of life yet I am cast aside a prisoner serving 27 years sentence would have more support than me but my sentence does not not end there I have got for life but I have had no support nothing just stripped of my benefit appealed told my case was dealt with in December 2012 asked dwp many in all correspondence about my appeal told it could take up to 12 months finally wrote to mr Kelly head of dwp who sent my letter to tribunal services Liverpool who told me the above mentioned date and that all records had been destroyed and could not hep me</p>
239	<p>I no longer have a life....just a daily nightmare. I have lost my DLA which funded over 51 aids, adapations, equipment and supplements. Without them I will not be able to remain alive.</p>
240	<p>I am 60yrs old and disabled. I have to look after my disabled son on my own.who has been extremely ill these past 2yrs. I certainly feel the pressure on me both physically and mentally</p>
243	<p>Making an incurable disease progress faster than might otherwise due to continuous stress due to continual form filling and assessments appeals etc</p>
244	<p>having physical and mobility problems along with mental issues the above issues deflect the true</p>

	existence of who we are in society with stigmatization ruthless bigotry within the government parties the civil servants of dwp and the media on slaught pursued and verbally expressed by those that are chosen to serve the public bring about social ifearior before any cuts are even implimented
250	Cuts in social care - mean I get personal care but still fighting to get hrs for socialisation. Bedroom tax = b/friend and I refused HB for 3 bedroom house (us, adult son plus dialysis room. Home haemo saves the NHS money! Better for health of patient...the words "joined up thinking" seem to be foreign to LEA's
255	Worry and stress about having money cut
258	The goverments "arbeit macht frei" attitude and approach to life in 21st century Britain in general, and its "starving the poor out will make it Great again" policy in particular!
259	the fear of what the combination of all these cuts are going to do to my standard of living, I fear not being able to keep warm, fed and get out to social activities. and will have to stop the small amount of charity giving i have done
260	I was already a victim of bad justice processes, culminating in me having to flee my home and life and go into hiding after fleeing domestic violence (and Im in my 50s so age isn't on my side either!) after years of my husband getting off with untold violence and many other crimes because he was intelligent and cunning and beat the system over and over, along with his corrupt lawyer. I had to move into a place for homeless victims when he was released early from prison, unbeknown to me or others supposed to be protecting me and my son, at the time. Aswell as having a breakdown and being ill I have just been hounded by all these changes that came in just after the time I had to flee my home. I was homed in a home under housing association rented off a private landlord so even had I been 100 per cent fit for work, and there was work for me, my rent was almost Â£1.000 per month. I was just trapped in an ongoing nightmare, culminating in me being made homeless through the bedroom tax (for the 2nd time in 6 years through no wrongdoing or fault of my own!...Again!) my nightmare goes on, too long to say here. Increasing, impossible utility bills etc and I am far from well still whilst being hounded and punished by this brutal unmerciful system