

Benefits and work guides available to St Albans M.E Group members to help with benefit claims and appeals

To obtain any of these guides please email stalbans.m.e.group@gmail.com stating which guides you would like.

Employment and Support Allowance (ESA) resources

1. Employment and Support Allowance claims on physical health grounds: a guide to the work capability assessment. This is a fully comprehensive guide to the assessment procedure for the work-related activity group and the support group on physical grounds.
2. ESA and UC Claims for Mental Health and Learning Difficulties: a guide to the limited capability for work assessment. This is a fully comprehensive guide to the assessment procedure on mental health and learning difficulties grounds for employment & support allowance and universal credit.
3. Permitted work: A guide to doing permitted work whilst claiming ESA or incapacity benefit.
4. Ways to prevent and overturn ESA sanctions 30 page guide to ESA sanctions ESA appeal

ESA Appeals

1. Employment and Support Allowance mandatory reconsiderations and appeals 43 page guide to mandatory reconsiderations and appeals for ESA, for decisions made on or after 28 October 2013.
2. Employment and Support Allowance Mandatory Reconsideration and Appeal Submissions 26 page guide to writing mandatory reconsideration requests, completing ESA appeal forms and writing submissions for an ESA tribunal
3. Letter asking for your medical to be recorded A 2 page letter you can copy and paste to send to DWP/Atos requesting that your medical is recorded. This letter is also included in the WCA guides above. This Word version may be easier to copy and paste. DWP ESA Resources

DWP ESA Resources

1. Performance Measurement Guide and Performance Measurement Letter The PMG and letter give information about who may receive an

- unnannounced visit from the Performance Measurement team and what right you have to refuse to see them unless they make an appointment.
2. WCA Handbook : 257page guide to carrying out work capability assessments for use by healthcare professionals. This document tells you how health professionals are supposed to assess you and how the DWP/Maximus interpret the law often wrongly in our view. Remember, this guidance isn't the law, only what the DWP/Maximus think the law should be. We refer to extracts from this Handbook throughout our guides to claiming, alerting you to areas where we think you will be incorrectly assessed and telling you what to do about it.
 3. Benchbook: 190 pages A4, dated August 2006 the tribunals service refuse to release newer editions. A very useful resource. The Benchbook is a practical guide to what should happen at tribunals which every chairman is expected to use. Everything from what to do if the claimant doesn't turn up to whether to allow tape recording of hearings.
 4. DWP Evidence Based Protocols and Training Materials Hundreds of pages of guidance for health professionals carrying out work capability assessments Personal Independence Payment (PIP)resources

Personal Independent payment resources (PIP)

1. Guide to PIP claims and reviews. 88 page guide to PIP claims, medicals and the PIP AR1 review form.
2. I've been awarded PIP, what else can I claim? 14 page guide to other benefits you may be able to claim if you are awarded PIP.
3. PIP diary extracts and templates 6 sample diaries and a diary template. Sample diaries for health conditions: Anxiety & depression; Arthritis & obesity; Chronic Fatigue Syndrome; Fibromyalgia; mobility problems and; Schizophrenia
4. PIP Sample medical report Our own sample version of a PIP PA4 medical report form PIP Appeals

PIP Appeals

1. Guide to PIP appeals :A 26 page detailed guide on challenging PIP decisions through Mandatory Reconsideration and Appeal.
2. PIP mandatory reconsideration and appeal submissions. A 33 page guide to PIP mandatory reconsideration and appeal submissions and sample submissions for health conditions: Chronic Fatigue Syndrome; Anxiety &

- depression; Schizophrenia; Mobility problems; Fibromyalgia; Anxiety disorder, depression & agoraphobia and; Osteoarthritis & obesity
3. Submission re: preferring Judge Agnew over Judge Jacobs in relation to planning and following journeys This document is in Word format so that you can alter it to suit your specific circumstances, if you wish. There have been two conflicting decisions about who qualifies for points in relation to the mobility activity 'Planning and following journeys'.
 4. Submission re: planning and following journeys. This document is in Word format so that you can alter it to suit your specific circumstances, if you wish. It is intended for use at appeal stage if you have a mental health condition which means you need someone with you for journeys but have been awarded only four points.
 5. Best possible ways to challenge a PIP medical report: A 24 page guide to challenging a DWP Health Professional's PIP medical report, includes over 50 grounds for appeal and sample text.

PIP DWP Resources

1. PIP Award Review (AR1) form This is a sample copy of the 12 page form being used by the DWP where a time limited PIP award is due for renewal or where there has been a change of circumstances.
2. PIP assessment guide. 164 page guidance document for health professionals carrying out PIP medicals.
3. PIP 58 Personal independence Payment Assessment Tool :92 page facilitators guide for training health professionals to use PIPAT, the software used to carry out PIP assessments.
4. PIPAT Guidance for Assessment Providers 103 page guide for Atos and Capita to using PIPAT assessment software.