



Disabled People Against Cuts

No Money, No Food, No Heating: Testimonies of disabled people who have had their social security payments stopped

Summary

This document contains anonymised emails and posts to the Disabled People Against Cuts website from 2013 mostly relating to disabled people whose benefits have been sanctioned (stopped) and where they have been left with no money, food or heating.

Prepared by the DPAC Research Team, May 2014

Disabled People Against Cuts:

DPAC is a grass roots campaign body. It was formed by a group of disabled people after the first mass protest against the austerity cuts and their impact on disabled people held on the 3rd October in Birmingham 2010, England. It was led by disabled people under the name of The Disabled Peoples' Protest. DPAC has over 20,000 members & supporters and an outreach of over 45,000 disabled people. DPAC works with many anti-cuts groups, Universities, Disabled Peoples' Organizations, and Unions

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Table of Contents

1 Introduction.....	2
2 Personal Testimonies.....	3
3 Further Reading.....	14

Abbreviations Used

ATOS - a private company which has been contracted by the DWP to perform ESA Assessments, known as the Work Capability Assessment (WCA)

ESA – Employment and Support Allowance – UK Government Disability Benefit

BMA – British Medical Association

DWP – Department for Work and Pensions - UK Government Department

GP – General Practitioner (Medical Doctor)

HMCTS – Her Majestys Courts and Tribuneral Service

NAO – National Audit Office

JSA – Job Seekers Allowance

MP – Member of Parliament

WCA – Work Capability Assessment – test for claimants right to claim the ESA Benefit

WRAG – Work Related Activity Group

DLA – Disability Living Allowance, a UK Disability Benefit which being replaced by Personal Independence Payments (PIP)

PIP – Personal Independence Payment, a UK Disability Benefit which is replacing Disability Living Allowance (DLA)

1 Introduction

ESA sanction rules changed from December 2012. The sanctions can be longer, and for a greater financial amount. The changes are explained in full here: [ESA and sanctions – more hard times ahead](#)¹

Since the new JSA sanctions regime started, sanctions referrals to decision makers have increased by 30%. This follows a doubling of referrals that had already occurred under the Coalition.

53% of reconsideration requests and appeals against JSA sanctions are successful.

1

<http://www.cpag.org.uk/content/3-year-benefit-ban-hits-120-disabled-people-under-new-sanctions-regime>

120 disabled people who had been receiving Jobseekers Allowance have been given a 3-year fixed duration sanction since December 2012.

This document contains anonymised emails and posts to the Disabled People Against Cuts website from 2013 mostly relating to disabled people whose benefits have been sanctioned (stopped) and where they have been left with no money, food or heating.

2 Personal Testimonies

Note: The testimonies included in this document are presented completely un-edited, except to remove personally identifiable information.

Many of these testimonies are extremely distressing, and where people have expressed anger and frustration at their situation by use of extreme language, this has been left in the testimony, un-modified.

I am awaiting a decision on whether I'll be sanctioned for 4 weeks (that's a "fine" of £246.80). I was notified to attend an interview with a Careers Advisor for a "skills assessment". When I attended I was given a form to sign that gave them the right to share my personal details with anyone, it was literally that broad. I refused to sign the form, but said I was willing to sign a modified form giving consent for my details to be shared with those having a good reason for knowing them. The advisor didn't pursue this option, but simply said that without the form signed, she wouldn't do the "assessment" as they (the Careers Service) "wouldn't get paid" otherwise. Around 2 weeks later I received a form asking for my account of why I hadn't "attended and completed" the "skills assessment". I was confused and angered by this and went to the Jobcentre to discuss it, as I knew I had attended the interview. It was only then that they explained to me that not signing the form was the reason they'd sent the form. It seems to me they are making up any silly "reason" they can to deny people the money they are entitled to. I have filled the form in and I am now awaiting the letter from the "decision maker". To say I'm totally outraged and disgusted would be a serious understatement.

I to have recently fell foul of the legalised bully system and now without any money at all, I am on my last sclice of bread and electric and gas about to run out and just been told that I wont get any of the hardship allowance that I have been awarded untill the next time I sign on which is next week, as they dont give hardship for the 1st 2 weeks.

Mine all started with technical issues with the UJM account and my jobcentre not helping me to get it sorted and takink into consideration that I had aske for help for excess of 10 weeks,

I was eventually able to use the link to universal.jobmatchgg@dwp.gsi.gov.uk and inform them of the issue/s I eventually recieved an email back from them which states, "We are aware that there are some technical problems with the system which is preventing some users from accessing their accounts, The service now runs a regular 'fix' within three weeks of this mail that clears the email addresses of people like you who have told us they cannot get into the service."

and even with proof of my advisor still sanctioned my claim and set me up a fake account by resetting the account by changing the prefix of my email from to .com which is a non existant email, and worse case scenario could already be assigned to someone else breaching security protocol.

I would like to share a document I found online called Jobcentre Plus "Our Service

Standards"

PDFhttp://www.direct.gov.uk/prod_consum_dg/groups/dg_digitalassets/@dg/@en/@benefits/documents/digitalasset/dg_202270.pdf

i am have been suction and. i have not got any way of money. what should i do i dont know

Ive just been sanctioned for 4 weeks. I work 8 hours a week, have a reduced income from JSA as they take my wages into account and Im still job searching. The adviser who sanctioned me said I had not done the 20 searches I was supposed to do, i had only 10. This is because my job searches are for school and the schools had been shut as it was the six weeks holidays. This adviser was not even my regular one, she would not listen to me and was very dismissive. My usual adviser was really upset by what had happened but her hands were tied and she could not help me. Ive filled in an appeals form but don't hold out much hope of winning it. I can understand if I had done anything wrong previously but I haven't. This is tough tactics and if i could sign off I really would but that little bit of money i receive is so needed. They need to have a system where you could get a verbal warning, then a written warning and then sanctioned. Not just have your money stopped then and there. My daughters birthday is soon and Ive had to put it on hold as I barely have any spare money now because of the money Im losing out on. But as a single mum I will have to make do

I had a phone call yesterday to say I didn't get enough points so no more money so what am I going to live on for the next few weeks no more crisis loans where do I go ?

I myself suffer from borderline personality disorder, along with server depression and self harm at the age of 20!!, I have found this process taunting!! I was so taunted by the fact of going to tribunals and fighting my case, i forced my self into work! Which caused great stress into my life!! I was taking constant panic attacks, and self very annoyed with my self as I wasn't getting the help I needed, One day in despair and having a very bad day, I walked out of work, I have no been left nearly 5 weeks without money even with having a 12 week sick line from the doctor stating my condition and awaiting a second psychiatric appointment, I feel as if people with mental health issues are just ignored, and most of them end up very lonely and feeling trapped without any money or help! I think the term fit to work (Physically) isn't right, if you are unable to work mentally, which trust me is very hard with all these thoughts and anxiety running through your head!! The Government really isn't doing enough to insure that the mental health cases put towards Employment support are properly looked at by mental health professionals, And if the case comes where we aren't entitled to Employment support surly we are entitled to disability allowance. This whole change in the system as lifted my feeling mentally unstable and very trapped, I've even been refused Welfare Help (Food..And Tokens), Because I'm not on Benefits even though I have been refused them.

I am being sanctioned for failure to attend an appointment at the work programme I was never told of this appointment and having told the DWP this I am still being sanctioned

but no one has explained how I attend an appointment I was never told about

Talking to job centre staff I was told that this is happening all the time people are being sanctioned for appointments they could not attend as they were never told about them

I was advised to appeal but as I can't prove I was never told about this appointment I will lose

So even if you follow all the rules do everything you are told to do

You are still sanctioned ?

It's a disgrace!

I have a condition called Ankylosing Spondylitis that has fused the discs in my spine together. It is both painful and immobilizing. 1 in 400 men get it usually aged between 20 - 30, and about 1 in 800 women. It's incurable and gets steadily worse. Some days I am in so much pain I cant leave the house. ATOS found me fit for work, I have recieved no benefit whatsoever since november 2012. If it wasn't for the good fortune that I have a loving family I would be homeless,starving and suicidal.

In my tribunal appeal the "independent" doctor and judge admit I am ill but not enough to claim ESA. How am I supposed to prove how much pain I'm in? This means I cant claim JSA either as I am not A1 fit.

As far as im concerned Ian Duncan Smith, his SS henchmen and ATOS should be put on trial for crimes against humanity.

To label disabled people as scroungers and liars is slanderous, immoral and disgusting! The persecution of those unfortunate enough to be unemployed or disabled is as evil as the persecution of the Jews in nazi Europe during the 30's and 40's. What's next? Workhouses? Enforced 'on benefits' identification on clothing? Gas chambers?

The lack of coverage in the mainstream media - particularly from the BBC, and the indifference of those who are moronic enough to think they are immune from redundancy or ill-health astonishes me.

In the future, when this social crime has been documented in the history books those who stood by and did nothing to oppose this fascist government will look back on these evil times with a sense of shame.

Hi, here is my latest situation regarding my ESA. theyve suspended my ESA because i moved address! i told them over the phone about the move, but now theyve stopped my payments, leaving me with no money or food until i complete a form that they are sending out, because they need "more information"! how much more info do they need than "ive moved bloody house"!!!

I failed to attend my atos work Assessment due to being ill with a flu virus. I wrote alerting them my reason why I didn't attend.On reviving a letter regarding my work assessment I was told that my benefit will cease 30 days from the letter dated. Could you please can you give me some info and other stats on what has seen my life turned upside down currently on Inc All

Inc Will All.I Am also in receipt of High Rate Mob & Middle Rate care component. .(WHICH IS PLACED AS INDEFINITE) BUT with being advised to ask for a mandatory Reconsideration In to my reason why I harden attend work assessment due to. Being beded down with a flu virus .In which I had already written as to why I couldn't attend But on writing the mandatory reconsideration I was advised by DHS worker when I had just received there letter stating I didn.'t give a valid enough reason...This time I wrote why again only this tme I was advised to put it in writing and in morep detail of which I have done .Now I'm waiting on a decision from them to see if they have reconciddesired their decision .I write to your in the hope I can be given somekind of positive info on this considstation process I find myself. having to fight for another appointment Atos work assessment that I will attend barring Any illness.I fear I've lossed. my right to my Inca all and severe disability income support and I'm still at a LOSS AS TO HOE I CAN BE TOLD I WILL LOSS MY BENEFIT DUE TO BEING ILL AN UNABLE TO ATTEND THE SAID WORK ASSESSMENT.NOW I FEAR I WILL LOSS MY SKA NGOS OF THIS INJUSTICE OTHEY HAVE PLACED UPON ME .I AM AT AN ALL TIME LOW. .FEELING STRESSED .WORRIED SICK I FEEL. I PRAY AND HOPE YOU CAN GIVE ME ADVICE ON WHERE I STAND .THIS IS A CHRISTMAS I WON'T TO FORGET COS OF AMOS DECISION ..SHAME ON ATOS

I have oesteo arthritis and depression because of chronic pain and mobility problems. I have had my ESA reduced pittance stopped in November. It was my only income. I had to reclaim, only had one weeks payment of 76 pounds in November so I

fell behind with council tax payments. I had a nice Christmas gift from the council yesterday. A court summons for January and 60 pounds court costs. They are demanding the full lot of 500 pounds plus the court costs. They are a nightmare. I do not have this money. Only debt. After I have paid for rent, water, electric, and heating not much is left from my pittance of 76 pounds a week. There is NO money left for food. Have not eaten properly since they reduced my ESA last year. I told this to the council and a lady on the phone said "why are'nt you dead then?" I was shocked at this comment. Very sarcastic and nasty. Can not afford to heat my home either and when you suffer arthritis this makes it so much worse. I have had to fight all year to keep this reduced pittance ESA up and running. The constant sending of medical certificates and work related activity is making my condition worse. I feel I have been hounded this year and the court summons just in time for Christmas is the lot for me. Not sure how I will ever be able to pay all this. I actually know its impossible, because I need an operation and can not work now. I am shocked at what this government is demanding. Reducing sick benefit and taking chunks of that back too.

Hi my JSA has been stoped till the 24th December i feel like ending it all please

I just got this information from a nurse freind of mine last night.....a man who has diabetics type 2 and severe copd was brought in to hospital last night.....aged 61 his esa was stopped 8 weeks ago after being found fit 2 work..... it turns out he has been eating dried corn flakes for the last 5 weeks and has no electric on for 5 weeks..... he has had no heating or even able to boil a kettle for a hot drink.....he was not even able to use his nebulizer without electric.....the cold has got to his lungs and his blood sugars have gone dangerously low as type 2 diabetics must eat 3 times a day 2 keep blood sugars level.....the nurses have chipped in to get him a bottle of squash and some fruitapparently this gentleman is very unwell at the moment and if the Tories and Lib Dems find peoples hunger something to laugh at will they also find this funny? The sick and venerated will end up in hospital beds if they cant eat and stay warm.....this mans situation is just a taste of what the future holds for thousands.....peoples health will suffer and any savings made on welf

I signed on Monday with the same advisor I had previously, I believe that she has a problem with me personally, she basically told me I hadn't done enough to look for work and that she was referring it to a 'decision maker', I went to the bank to see if I had been paid 3 days later on the payment day, and I had nothing from them, I called the job centre+ and asked what had happened, they told me that as far as they are aware I hadn't been sanctioned, they also told me that the decision making team hadn't received a referral? does it not seem to anyone that the advisor hates me and clearly doesn't want me to find work she just wants me off benefits, how is that helping me to find work?? they also expect me to go on another college course starting in 5 days, but I have no money for dinners or bus fare to travel, please can someone help give some advise on what I can do about this ive tried speaking to managers there and they all seem to work against you give give you the same bullshit as everyone else??

Im disabled and have been for 8 years now and my experience is that not everyone within the system is to blame i believe that there is people who are put there to sabotage people benefits, not just in the Benefit department but also in the n h s as well. For over 3 years i was being poisoned by an incompetent doctor so we moved and now the Doctor i've got now is wicked I'm now on new medication stronger medication, morphine Patches and other tablets, i need to eat with them but can't because the d.w.p have stopped my Claim not only that our housing benefit and council tax. We've got a good new year ain't we. I'VE had no money since the 30/12/2013. I think. It's definitely needs to change before people die or is that what the D.w.p wants. I would like to talk to one of these people who says is ok. People. Should do what I've done and buy a dictaphone you will be surprised what you hear if i can help please get back in touch

Hi guys... You've probably had a few complaints already, so I really am sorry, but I need to unwind... Would it have caused that many issues for the DWP to release our disability payments a few days

early, and in time for Xmas this year? I struggle to feed myself as it is, and my payment is due this Friday, the 27th. I have no food in my fridge, nor my freezer, and none in the cupboards...I honestly do not know what I'm gonna do for food between now and Friday... Is the Government that much out of touch with the people? I have no family to whom I can turn for help... What am I going to do? I remember a time when payments were made available early, to cover such occasions... What's happened? I suffer from osteoarthritis, which is aggravated by my hypertension, and one out two other complaints. I'm unable to walk far, and I have no transport. I thought I had a friend, until I found out just how self-centered he is...Now it's clear that I'm on my own. Is there any wonder people withdraw and become isolated from society if this is what's on offer? Sorry for bring the bearer of such bad ridings, and I sincerely hope you have a great time. Thank you for taking the time to read this email.

Bromley Food Bank Dec. 24th

Today at the foodbank in bromley over 200 families received help to eat over Christmas. Many of their stories were horrendous. Three of them am going to share with you now.

The 89 year old man, in hospital with malnutrition, freezing in his home, kicked out of the PRUH for bed blocking, sent home to a freezing cold home, and no food. Tonight he has food, carers are going in, and someone is going to spend christmas with him. He has money on the gas and electric, the local shops made sure of that with donations. It was heartbreaking to see him cry and thanking us all. He hasnt had a decent cup of tea at home for the last 4 weeks, he told us. I just wanted to do more to help, but now the agencies in the area have swung into action to help.

Of the family with a three week old baby, her father sanctioned this morning for a year. The job centre said he came on the wrong day, he showed them the letter for the day to see them today, the jcp changed it and did not tell him. Then as they sanctioned him they wished him a Merry Chrismtas and smiled at him. He cried on my shoulder, his family affected by the bedroom tax, no food, nothing. So we applied for DHP for him, and for hardship payments, his baby called chole has a few toys for christmas and some clothes and baby milk, some of the shops in the area donated for them.

Of the man homeless who walked four miles in the driving rain to the foodbank today. The local church clothed him, got him hot food, and he is in a shelter for the next few months.

Going thru the exact same thing nyself right now my jsa. Claim has been suspended for missing a work programe appoitment I was ill with a stomach bug and there was no way in hell I was able to atend that day so I notiyfied the advisor this was in october its now december and they have decided to suspend my claim a week before xmas and the job center has informed me I can't claim hardship payment until january so now I have a xmas to look for- wrd to with no food no gas and no electricity i am required to attend the work programe once a month and the one appointment I haved missed results in a very bleak looking xmasif I could of got a doctors note for having diorrea I would of but it takes 3weeks to get an appointment and I was better ihope this helps somone who may find them- selves in this positon. Plus if anyone knows weather dwp have to inform you of decisons by law please let me know

I hope someone can advise me. I signed on JSA in September after finishing a college course. I've been doing everything I can to find a job. I attend all my advisor meetings. Attend courses they send me on & apply for jobs through my internet account. My advisor told me of a job in my account to apply for. When I got home my mum had put her laptop in to be repaired. My library wasn't open so I couldn't apply for two days until we got the laptop back. When I did the job was expired. I continued applying for other jobs & attended my weekly course. This week I found out by letter that I've been sanctioned for 3 months for not applying a job in my account. Even though I explained why I couldn't. I'm in shock. I've never had a warning or a two or four week sanction. Straight to this. My mum will be expecting her keep

on Friday. She won't be able to keep me as she is on Income Support. It's nearly Xmas & I'm worried sick. I put in a letter for a reconsideration yet have heard nothing back. As I live at home it's doubtful that I'll receive a hardship payment as I'm single with no children. I can't believe this can happen when I've done everything asked of me except apply for one job. After reading other people's comments I fear I'll have nothing for three months & my mum will kick me out. It's awful when prison suddenly looks appealing

my benefits are sanctioned over Christmas for arriving to a work programme 5 mins & 15 minutes late on 2 appointments. I've got no money until the 5th January as I cannot get a budgeting loan as they say I owe them too much. Already I have no food, no electric, no heating & 2 young children in a desperate need of some form of help. Is there anything I can do?

I have been signed off for severe depression and anxiety since February, and as a result of my illness and associated symptoms I was sacked from my job of 14 years in May. I claimed ESA but this has been stopped due to me failing my WCA (they stated they hadn't received my form which was sent back 3 months before the WCA). I have asked for a mandatory reconsideration and have been told that there is no time limit for this to be looked at. I was told to claim JSA in the meantime. I went to my local jobcentre to claim JSA today, but was told I was ineligible because I am unable to look for work. I was also told that there is no other benefit I can claim. I've had no payments of any sort since November 15, and this was only £55. How am I supposed to eat, pay bills, pay my rent?? Starve say the DWP..... Not to mention the detrimental effect this is having on my condition. This government is killing people with their archaic benefit reforms

I have just been sanctioned.

Apparently I have not been doing enough to find a job ... despite the fact I have a job to go to in January.

When I mentioned this, I was told ... but what if for some reason, that job falls through.

WHAT IF ??? can you imagine the hoops we'd have to jump through if we put on the jobsearch record ... what if I got a job by sending out CV's to companies that don't exist yet.

I got sanctioned because I was too ill to attend the activity for work programme. They now send me £16 pw which is taken by my bank for charges. I've applied and been refused a hardship payment and I've had no money or food in my flat for 4 weeks now. So I'm off shoplifting in Asda now coz I'm starving. I've never been a thief but my own government have forced me to do this. I have pancreatitis so if I don't eat I am in absolute agony. So for the £10,000 they have saved in benefits, it's now going to cost them £400,000 to keep me in prison.

Recently I had to take a significant amount of time off of work due to my mother suffering a massive stroke and having to deal with everything that followed. Settle bills, chase banks, move her property, etc, etc. Due to this and not ringing up work everyday to update I was laid off. Now finally after two long emotional, stressful and cold months I have been able to get on the job hunt again. I haven't received much money owed by ex employer, what I did the bank ate for late fees. As per my fellow writers above I am penniless, electric is all but gone, gas isn't used due to I would rather a down and out mug me than some pompous fat twat, who spent £100,000 ish having a heated pool built last year in winter. (Eon CEO), my supplier thinks my meter is broken. I think their calculator is, cause the rates are astronomical. Anyhow, food situation low, although I have two dogs. May have to go the Korean way if desperate, 😞. I have applied for an advance on JSA but was turned down, the council said I was not eligible for a hardship loan until I had received a JSA payment. All they can do is give me a food bank letter for Monday, the day I applied was Wednesday prior. I know I have joked a bit but if I didn't I would probably get worked up and do something silly in order just to have the very basic of needs. What else is there that I can do?

Hi I've just been recently sanctioned from 31st October till 27th November but now they're saying I can get sanctioned from 27th November for another 4 weeks. All because I never filled the expensation form out in which I never received. I also applied for hardship but haven't heard anything back. I'm so desperate for food, electric and gas and I'm also afraid of the dark since I saw a figure in my hall passage. I feel that desperate I've been thinking of robbing someone or breaking into houses. I suffer with depression and I've also been in hospital for trying to take my own life because things got too tough like what I'm going through now. Can anyone help me in what I could do and I also would like a number to contact the hardship fund department. Thanks for taking your time out to read this and thanks Jason T

P.s I'm a 26 year old man from Leeds and need help with rent also already in arrears as well and been court twice over rent being stopped cos I been sanctioned b4.

I was put on mandatory work activity, just before it started my advisor said that I do not have to come and sign on my signing on days while I am working there. So I did not and they stopped my money. I participated in a programme I completed it, I was starving, I went sick and I was forced to be walking ten miles twice a day just to get there and go home as I lost my half price bus pass and I could not afford another one and as I am single and have nobody to ask for help from any other source. This is an absolute and utter abuse. This is a criminal Nazi government and Human Rights organizations and the UN should start looking into this matter. When I requested backdating they received it, they said they need 2 weeks to make the decision when I contacted them about the outcome they said "I understand what you are saying, but there is nothing on the system". The rent is unpaid, if not for the fact that the rent is low and I could pay it from a new claim today I would be homeless despite working really hard during that period. It is similar to the racist approach, that they in their heads assume that everybody is a fraud and they try to kill them psychologically and physically. Nazi state.

am a 23 year old male with A levels and a degree.

Unfortunately I have been forced to sign on. My "Advisor" has put me down for picking/packing work and cleaning.

Not only that, I was sanctioned for not attending a group session. The reason for this is because I met up with a guy who interviewed me for a job. I told the job centre the reason and told them to ring the guy. I even got him to write them a letter. The PROOF is there. How can they sanction money for trying to get a job???????? Its ridiculous. They cant make ONE phone call. Its all computerised and robotic in today's world so we don't even stand a chance.

Why are they sanctioning innocent people?

The UK is meant to have a system in place to help those in need. I'm not a bad person. I have saved lives, raised money for charities and even worked voluntarily. I am treated with disgust by our system. I can now see why a man set himself on fire outside of the Selly Oak job centre!

I have lost weight. I have depression. My motivation is zero. I am in a pit. As I write this, suicide is in the back of my mind because I feel helpless. The support is not there and it never will be until there is a major change. Would me taking my own life be enough to make the system change? Sadly I think it will. It

always takes somebody's life to make people realise.

I have waited over 8 days for a hardship fund. I am living on old biscuits which I had from Christmas 2012.

Just thought I'd post this I found, then read it again, this is the "care" cancer sufferers get

Dear Mr Cameron,

Chester and Ellesmere Port Foodbank (Wednesday, 6 November 2013): 'Jenny shared her story with one of our volunteers, and requested that we share it with you (everyone). We are privileged to do so.'

Jenny

Jenny came to the Chester and Ellesmere Port Foodbank last month, having been diagnosed with terminal Cancer. Her prognosis was three to six months. She already suffered with several chronic illnesses preventing her from working over the last two years and was in receipt of Disability Living Allowance. Having no family she was trying to "put her house in order", ensuring all her bills were paid and saving up for her funeral. Her DLA was stopped; the reason given was that as she was not expected to survive the required time, she did not qualify for this benefit!

She came to the Foodbank not for herself but to bring a neighbour who had mental health issues and short term memory problems. He had been 30 minutes late for his appointment at the Benefit office (he had forgotten the time!) and had therefore been sanctioned. He had not eaten for three days. They were both given a meal and the time to talk of their problems and referred to the appropriate agencies for food vouchers and further support and help. Several weeks later Jenny came to the Foodbank to thank everyone for the help and food that was given and the kindness and support that was shown in their time of need. Jenny died three weeks later.

Where did Jenny fit in your striver/scrounger world, Mr Cameron? Evidently she did not fit at all, she was abandoned to die in poverty as a direct result of your government policies and in particular the welfare policies of Iain Duncan Smith.

Yes but today I had my claim suspended because I was applying for jobs out their perceived "skill range" and out their perceived "distance range", no shit ting kidding either, they are moving the goal posts at every opportunity, if your only applying for 8 jobs a week its a sanction, if your applying for too many jobs but out of travel range (their travel range I might add) then that's a sanction... Stopping your 'jobseekers allowance' for 'jobseeking' its pathetic.

I've got no food rent is due also got an appointment 20 miles away on Tuesday at a local hospital with atos to see if I can get PIP don't get paid ESA until next Thursday already had budgeting loan 3 months ago suffer with recurrent depressive disorder care cluster 3 and severe anxiety

I got sanctioned by xxxxxxxxxx at stafford jobcentre for applying not on my agreement he scrubbed them jobs off and said I didnt apply for enough jobs I checked them and there were still enough jobs that I can do even discounting them that xxxxx said didnt count have got appeal in. These sanctions need to go to court as we are allowed minimum to live on by law and baldy duncan smith is breaking the law sanctioning people

Well done to the coalition government for completely sticking to the side of employers in this, the time of austerity and hardship. I have been fighting with the Job Centre since August the 22nd to secure contribution based JSA... I

have before this time worked for 5 years straight, and with only a few gaps before that. My previous employer lied about the reasons why I left my job and despite me sending hard evidence as to the reasons why I left (harassment, bullying, ostracism and discrimination) the wonderfully intelligent people who make the decisions in Newcastle (WTF? Why get people from the most miserable city in the UK to decide whether to ruin people's lives or not?) have decided that an employer making someone ill isn't enough of a reason to leave that job in search of another. So they have sanctioned me from.... August the 27th, through to December the 27th. Meaning that I will be on the streets very soon. In fact, anyone want to buy this laptop I'm writing with?

I have explained to my adviser that I can't attend interviews 12 miles away as I don't have any money to travel, eat, drink or even to keep warm with. I have run out of options and I feel very negative towards this ConDem govt that is ruining the lives of millions of people. At least in Syria they're quick about killing their citizens. They don't try to starve them to death slowly but surely, all the while stating that they look after the poor and needy. F*#k you Tory Gov, and f*#k you Clegg for turning your coat to show your true colours.

i really need some money beacuse i have no food and i need to pay rent and i need gas and eletric i cant get help nowhere and i have been to the food bank 4 time AND you can only go 3 time they cant help no more

Another morning off having no money just sat here no food ,still on anti depressant tablets,i was wondering is there any food values in them,,?

I've been on JSA for just 6 weeks and have been placed on sanctions. Why? because I had applied for so many jobs in my first 4 weeks I had run out of suitable jobs to apply for in the last two. I put that in my UMJ record and immediately got hit with sanctions. Asked what I was supposed to do if there were no suitable jobs and they said there were. I'm 39, 4 stone over weight and they said a suitable job to apply for was apprentice fitness instructor.

have not a penny for food or rent to get my daughter bk im in a big mess

No jsa no food no lecky, gas, no Crosses loan what the fuck is going on poll,hungry cold,its time to stand as one take in force as on fight as one for wr will be damed in poverty while these fat big wig poloticians sleep well and destroy us

im hoping someone can give mw so advice im 31 weeks pregnant I was claiming esa wen I got told to transfer my claim to income support I was due to get a payment off esa on friday now im worried I wont get any money till my claim for income support goes through I have a flat to run running out of things really dont no wat to do

I am awaiting a decision on whether I'll be sanctioned for 4 weeks (that's a "fine" of £246.80). I was notified to attend an interview with a Careers Advisor for a "skills assessment". When I attended I was given a form to sign that gave them the right to share my personal details with anyone, it was literally that broad. I refused to sign the form, but said I was willing to sign a modified form giving consent for my details to be shared with those having a good reason for knowing them. The advisor didn't pursue this option, but simply said that without the form signed, she wouldn't do the "assessment" as they (the Careers Service) "wouldn't get paid" otherwise. Around 2 weeks later I received a form asking for my account of why I hadn't "attended and completed" the "skills assessment". I was confused and angered by this and went to the Jobcentre to discuss it, as I knew I had attended the interview. It was only then that they explained to me that not signing the form was the reason they'd sent the form. It seems to me they are making up any silly "reason" they can to deny people the money they are entitled to. I have filled the form in and I am now awaiting the letter from the "decision maker". To say I'm totally outraged and disgusted would be a serious understatement.

ive been on sick for 14 years last 5 changed over to esa which ive had medicals from 1998 and alwys scored 15 points june 2013 wnr for esa medical with letters of support and up to date sicknotes got letter turned down still being paid 31 pound sick moneysince june done 2 appeals which made me more ill with syicata and manic depression and artristus in both thumbs,have anxiety pannack attacks too in august got letter took off esa and they told me I cant appeal again this lead to me taking overdose in bathroom found of floor with no pulse brought bk to life after this I got another letter to put in new chaim for jsa if I don't I wont get any money and yet ive done without for 3 weeks and only for having 2 girls I wouldn't claim jsa so not got to go this Tuesday and I just wish I could never wake up!!!!

i was sanctioned on 1 august because i did not attend mwa the manager was very rude to me and told me to push off on my first day. i am struggling on 43 a week, while on a sanction i was put on another of these slave labour schemes. nothing related to my work as a graphic designer, i have been out of the work place due to looking after my elderly father therefore saving the dam country money. i was placed in yet another bloody charity shop this time a sally army dump in catford the manager was rude and i was vwey concerned about hte safety while toiling away one being a three legged fan nearby when i anm using an electrical steamer, i am not going to be electrocuted for 43 a week. i have since informed the salvation army of this noresponse not very christian i left after an arguement with the romanian manager, noe being sanctioned for another 9 months, i signed on monday and was not told that i would have to reapply for hardship payments so left without income for two weeks

i have to cancel my appointment for atos for the second time and they said if i donot attend my benefits would stop... I will kill myself soon and leave my beautiful daughters. i have had enough.. i cant say how shit i feel about my body that lets me down so much my daughter has become my nurse and when they stop my benifits i wont be able to to get my kids to school as i have to get a taxi.. im also going to be put out my house as they wont pay for extra room for carer .. THEY MAKE ME FEEL LIKE A BEGGER ... I CAN NOT DO THIS ANYMORE IVE EXHUASTED ALL THE HELP AND THEIR IS NONE EVEN THE DOCTOR SAY HE CANT GET INVOLVED FUCK THIS MY POOR GIRLS THEY ARE SO GIFTED ONE OFF MY KIDS IS AN AMAZING PIANO PLAYER TEACHER SAYS SHE IS GIFTED CHILD .MY OTHER DAUGHTER IS SO ATHLETECE AND COULD DO ANYTHING IN SPORTS OR DRAMA,DANCE.. THEIR TALENTS ARE LIMITLESS. I HAVE NO JOY LEFT IN MY HEART THE MISERY AND PAIN IS TOO MUCH

hi I was on employment and support thay took me off it thay say im fit for work ive got artherites and deprestion I was due to get paid on Tuesday ive phoned to re applied but im waiting to get the form but as not come yet so what am I going to do with no food I have not got nothing to eat and got no money in my bank

I had a phone call yesterday to say I didn't get enough points so no more money so what am I going to live on for the next few weeks no more crisis loans where do I go ?

HOUSING

I am close to suicide due to the threat of eviction due to not being able to pay council tax or the bedroom tax!

I have applied for a DHP and been refused, I also have a carer overnight which I have to pay £400 per month for and they use one bedroom but this is not being counted,I also have a room that is used for medical equipment such as a scooter, wheelchair toilet rolls and paper towels and washing tablets as I have bowel problems due to cancer treatment, and also the bed is used as a massage bed due to alleviate my pain due to arthritis, and also facial masks and filters for my CPAP machine and a facial steamer which clears my air passage at night and massage equipment! This was scoffed at as being a room for medical use

Pregnant woman and child

I read your story on disabled people against cuts and I have to say that I have something of a similar story but deffinetly not as bad. I am 4 months pregnant and I have been forced to sign on to Job seekers Allowance after some time on being on Income Support. I have 3 year old girl and I recently got shared custody so I have been left without Child Benefit which is why I am being put on JSA. Anyways, I have a personal advisor in North Kensington Jobcentre who thinks all my time should be spent in job centre or on stupid courses he wants to send me on, after numerous times explaining to him that I need to be at the times to pick her up and no I do not have anyone to pick her up or no I should not have to cut my time with my child

so he can be difficult and give me all the running around to do but also I have numerous hospital appointments and other appointments. He also wants me to come now on days after I pick her up to come to job centre to run around after a 3 year old because he can't be bothered to call me to confirm an appointment. Considering that I have housework, a 3 year old to run around and several appointments on weekly basis, I also am still very tired whilst I am pregnant and I have really bad back and knee pains. On Friday I also have to pick her up from the nursery and bring her back. On a first day of signing he said to me employers are expected to take heavily pregnant women to work and that they are expected to work. He criticised me for forgetting to bring court order within a week of him requesting to do so, etc. I have only been signing on 4 weeks and I really do not want to go back to this guy, I requested for a change of personal advisor.

I am in a very sticky situation would I be eligible for a hardship loan I have no food and nowhere to stay I really need money for food ?

Hi. My son is 19. He is still at home. He finished college last September and had to sign on jobseekers. He got sanctioned for a month for failing to do a course. Now he is sanctioned again for 13 weeks for being 5 minutes late. Not only is it affecting whole family but is dad is having liver treatment and I am sick it is affecting our housing benefit. The arrears are growing into hundreds. Nobody gets DLA. I helped my husband to apply in october due to he is soooo ill but they have a backlog.

Is it really true my son can get a nil income housing benefit form? The first sanction had me speaking to the manager of our council offices. He said its £73 non dependant deduction a week. He said if I wanted to find some advice that could reverse this to feel free and get back to them as he was not aware of anything.

Trying to help husband get well and its been the worst ever time. Sons 2nd sanction few days before christmas. If husband had any kind of help given from dla I was going to find out if our son could claim carers because we are literally relying on him a lot. We are virtually housebound. We have two other children.

hi my money has stopped because it has been sancation because i didnt go for two interviewi did explain why i could but this adviser is so rude at minehead her name is sarah oi do everything right job hunting etc but no plz in her i do volunteering work she nt happy with that i have no money and disgusting as young living like this perhaps u try with no money food etc i must gt some money hardship etc this day and age ., i kill myself nt worth living i hope yr children gt treated the same way .,

Hi I had a nasty road accident and suffered back injuries and I have black outs depression and self harm I reguly have taken overdoses and have behavior disorder along with mental health issuse's , I have been on esa for over a year now and need help daily from family and close friend to complete day to day living and to make sure I don't hurt myself when feeling depressed or have a black day or feel as if I'm going to ! I recently choose to try working but after 4 days I found myself feeling extremely poorly and choose to stop before I relapsed . When I spoke to an advisor at the job center about my claim and my plan on he said if you feel you can work safely then close your claim after your first week and explain. I take anti depressents and have pain killer and pills to help me sleep plus I have a heart monitor but have been failed by the nhs and mental health tbeing monitored. I am feeling suicidal once again and now my esa has not been payed I have not had any letters and I'm now worried that I have been miss informed and worry I have made a mis-

take in not telling whoever it is that I worked 4 days but stoipped for feeling unwell and confused . What should I do please help

im 49 years of age and suffer with depression,liver,kidney,chronic bronchitis,alcohol and drug problems also attempted suicide,i have been sanctioned basically because a person at lmd does not believe I was in hospital at time I said I was,now I feel like like taking my life as I have no heating or electricity as I got pre payment meters ive also got no food,i have wrote to dwp but basically been laughed at and getting nowhere no help whatsoever,i cant carry on like this,my life has been destroyed by this government no safety net for me had enough

Hi There I was wondering if you could send out an SF500 form if that is possible. I am currently waiting for my appeal decision regarding my Income Support benefit being stopped and hoped you could send me out a form so i could apply for some funding until that decision is sorted out. I suffer from Crohns Disease and i have been left with no income at all which is making me more stressed out and making my illness worse. Thanks Best Regards Allan

Good day my name xxxxxxxxx. I turn to ask why not granted me the first esa and now jsa. I am now after kidney removal surgery before I was a long time esa with my partner and received money all the time until my partner is not left with jsa on My favorite was the claim. I am now without a partner I have to pay the house, eating just about anything and I'm destitute. I'm sick which I sent earlier to esa which it to me, lost its what I have to do now. please reply. thank you.

please help urgently i cant even phone anyone to help me out.could you contact me on this [number removed] be very gratefull or could you even contact DWP to phomne me as amatter of urgency im ready for giving up n doing away with myself PLZ HELP

Jsa sanctioned n I have four kids

I appealed agest a decision they made for sanctioning me money till may two weeks ago shud of been paid today n haven't I applied for a hardship payment on thu n haven't got one of them aswell how am I suppose feed me kids with forty pound I have gas electric n bills to pay what am I going to do ?

3 Further Reading

- [Food bank Britain: life below the line](#)
- [Do cuts kill?](#)
- [Citizens Advice sees 60 per cent increase in problems with JSA sanctions](#)
- [Shocking Extent Of Sick And Disabled Benefit Sanctions Revealed](#)
- [Food Banks: One In Six GP's Say Patients Have Asked To Be Referred For Food Packages](#)
- [Household Food Security in the UK: A Review of Food AidFinal ReportFebruary 2014](#)
- [Benefit Sanctions briefing, on DWP stats release of 19 Feb 2014 by David.Webster@glasgow.ac.uk](#)
- [Benefit sanctions compounding welfare reform misery - report](#)
- [DWP Benefits Farce Leads To Overdose For Blind Heart Attack Victim](#)
- [Extended benefit sanctions push up numbers seeking advice on paying bills](#)
- [Independent review of Jobseeker's Allowance SanctionsJoint submission from DrugScope & Homeless Link-January2014](#)
- [More JSA stories from jobcentres: "It's impossible. You're trapped."](#)
- [Thousands of young people forced to go without food after benefits wrongly stopped under 'draconian' new sanctions regime](#)

- [Unjust benefit sanctions and employment failures plague Jobcentre](#)
- [Unnecessary suffering](#)
- [Voices from the Frontline: JSA sanctions](#)
- [Welfare state presides over 'culture of fear', charities say](#)
- [Thousands of HIV patients go hungry as benefit cuts hit](#)
- [Punishing Poverty: A review of benefits sanctions and their impacts on clients and claimants](#)
- [Camden primary teachers bring food into classes to feed hungry pupils hit by benefit cuts](#)
- [Benefit cuts explicitly linked to mental health problems](#)
- [Hundreds diagnosed with malnutrition in Wales amid anger over dependence on foodbanks](#)