

PIP Summer of Action: A step-by-step guide

Starting in May 2018 and continuing throughout the summer, members of the Disability Benefits Consortium (DBC) will be supporting campaigners to meet with their MPs to talk to them about Personal Independence Payment (PIP). This guide will help you arrange and prepare for a meeting with your MP, and also has tips on what to do afterwards.

Introduction

What is PIP?

Personal Independence Payment (PIP) is replacing Disability Living Allowance (DLA) as a benefit that provides extra financial support for disabled people and people with long-term health conditions. It is there to help with the extra costs of their condition.

What are the problems with PIP?

From the experiences of our members and a recent DBC survey of 1,700 PIP claimants, disabled people too often find:

- **The process of claiming PIP is incredibly complex and confusing:** 70% of survey respondents found the PIP application form 'hard' or 'very hard' to complete.
- **Assessments are causing stress and making people's health worse:** over three quarters of respondents agreed that the stress and anxiety associated with their PIP assessment had made their condition worse.
- **Initial assessments are inaccurate:** 65% of PIP decisions which are appealed are overturned in the claimant's favour.
- **People are being reassessed from DLA to PIP and losing support they have been receiving for long periods of time:** 48% of those reassessed from DLA have received a reduced or no award.
- **Shorter awards are meaning people are facing regular assessments** despite no improvements in their condition.

What needs to change?

The DBC thinks urgent improvements are needed to PIP to ensure that disabled people and people with long-term health conditions can access the support they need. The processes and assessments in place to get this support must understand their conditions.

We call on the Government to:

1. **Urgently review the PIP assessment criteria** to ensure these are fair. Any review must involve disabled people and people with long-term health conditions.

2. **Ensure indefinite PIP awards are available for all people with severe, complex conditions** who have no prospect of improvement or whose conditions are progressive in their nature.
3. **Simplify the PIP claim process.** This could be done by introducing forms that don't have to be returned within four weeks. Forms should be simplified and made available in Jobcentres, to download online and in accessible formats.
4. **Improve staff training and guidance for PIP assessors.** This will help them to get decisions right the first time.
5. **Explore ways to improve the evidence gathering process.** For example, there should be clear guidance given to health and social care professionals and PIP claimants on what is good evidence for PIP claims.

What your MP can do:

- Write to the Minister of State for Disabled People, Health and Work - Sarah Newton MP - highlighting the problems with PIP and urging the Government to make urgent reforms to the PIP assessment process.
- If you or someone you know is having problems with PIP, ask your MP to support you with this as well.

Before your meeting

Step 1: Who is my MP and how can I arrange a meeting with them?

Find out who your MP is and how to contact them by entering your postcode on the [Parliament website](https://www.parliament.uk/mps-lords-and-offices/mps/) (<https://www.parliament.uk/mps-lords-and-offices/mps/>).

Write, email or call your MP to request a meeting with them. You can ask what dates they can meet with you.

You can also invite your MP to come along to a group meeting or another event, if you would prefer. If you do this, make sure it is somewhere you will be able to have a proper conversation with them.

When you write to them, include your full address and postcode in your message. MPs only represent their own constituents (someone that lives in the area they are MP for) and so without your postcode they might not get back to you.

Top tips

- In your first message briefly explain what you want to talk about and why it matters to you. This will help make your message more memorable.
- Keep this to just a few lines, as you can say more in your meeting.
- If you're unsure what to say, have a look at the 'Introduction' here for some ideas.

What if I don't hear anything back?

MPs get lots of emails and letters every day, so it can take a while for them to reply. If you haven't heard anything after 3 weeks, you could try sending them a short reminder to check they received your first message.

You could also try calling their constituency office. The phone number for this office (separate to their Westminster office) will be clearly marked on their page on the [Parliament website](#).

Step 2: How do I prepare for my meeting?

MPs try and meet as many constituents as possible so you may only have 10-15 minutes with them.

The most important thing is to share your own experiences. This is what will matter most to your MP. It can help your MP understand the issue and help them realise how it is affecting people in their area.

Your MP will want to know:

- Why this issue is important to you
- How it's impacted you, a family member, or friend
- What the broader problems are with PIP (see 'What are the problems with PIP?' and 'What needs to change?' above)
- What they can do about it (see 'What your MP can do' above).

Make sure you check that your MP's office (or wherever you are meeting) is accessible for you - e.g. if you are a wheelchair user, check there is a ramp.

Top tips

- Prepare a few notes on what you want to say and take them into your meeting to help you remember.
- Check your notes before the end of the meeting to make sure you've said everything you planned to. It's okay to ask your MP to give you a moment to do that.
- Be yourself and don't worry about being nervous. MPs want to hear your views and so should be thoughtful when listening to your story. All the information you provide in the meeting will be confidential.

Wear whatever you feel most comfortable in. The MP will be wearing smart clothes but you don't have to.

Lastly, **please tell us when you have your meeting booked in.** You can contact Action for M.E. by email at policy@actionforme.org.uk, or call us on 01179376223. We want to share where MP meetings are happening across the country - but don't worry, we won't share any personal information about you.

During your meeting

Step 3: What will happen on the day?

Try to arrive a little early, so you have time to get to wherever the meeting is inside the building and still have a few minutes beforehand to relax and prepare.

Your MP will meet you with a member of their staff who usually takes notes. It's an informal conversation, so if you want to you can use your notes to remind you what you want to say.

It's possible your MP will be sympathetic, but not agree with your views. Even if your MP doesn't agree with you, you can still ask them to take action on the issue on your behalf. They might not agree to do what you ask them, but there might be something else that they suggest they could do instead.

If your MP is happy to take action, remind them what they've agreed to do at the end of your meeting.

Take a photo with your MP (MPs love photos!) and share this on social media using the hashtag **#GetAGripOnPIP** to let people know that you're a PIP campaigner!

After your meeting

Step 4: What should I do afterwards?

1. Send your MP an email to say thank you, remind them what they agreed to do when you met, and ask them to update you on any progress.
2. Let us know how it went! You can contact Action for M.E. by email at policy@actionforme.org.uk, or call us on 01179376623. Please include:
 - Who you met
 - If they agreed to write to the Minister / what else they agreed to do

The information you share will help us know how supportive different MPs are of the changes we want to make to PIP. And, if your MP is supportive, we'll be able to ask them for help on similar issues in the future.

Even if your MP didn't seem supportive or you think there isn't much to say, letting us know about your meeting may help us to influence in other parts of the country.

3. If you receive follow-up emails from your MP, please send these to policy@actionforme.org.uk.

If you need any help or have any questions, you can email policy@actionforme.org.uk or call us on 01179376623.