



## Preparing for Tribunal: - checklist

- Who can I ask to help me with my appeal? : Contacts below.
- Is it worth appealing? – We can always talk this through with you on our advice line. If you believe, or you have been advised that you have a case, then absolutely -Yes
- Try and arrange for someone to go with you. (It's always nice to have support.) - You can take a friend, a relative, a support worker, a representative. (Probably a maximum of two people is sensible.)
- If you have a representative – they will usually write a statement (submission) that tells the tribunal what the difficulties are and this may mean less questions for you to answer on the day.
- What else can I take that might help? – If you have reports from your doctors, a statement from people who know you, diaries you may have written showing the problems in your day – take these with you, or you can send them in beforehand. (If you have a representative, or a support worker, they may do this for you)
- Getting to the Tribunal if *no one* can take me? - You can ask the tribunal to organise a taxi for you but you will need medical evidence to support your need for this.
- But what if I cannot leave my house because of e.g. agoraphobia or severe mobility issues? -Tribunals can arrange to hear your case at your home (a domiciliary hearing) but you would need **strong evidence** to support the need for this.
- Remember you can always ask for advice before and during the process, from any of the contacts below.

- ❖ Mind in Croydon – Welfare Benefits Advice Service - 0208 763 2037
- ❖ Hear Us – 0208 681 6888
- ❖ Citizens Advice Bureau – 0208 684 2236
- ❖ Croydon Council Welfare Rights Advice Line – 0800 731 5920