

Essential info for completing ESA50 forms

When you claim Employment and Support Allowance (ESA), the amount you receive is only an 'assessment rate' until the DWP have assessed how your health condition affects your ability to work.

You will be asked to complete an ESA50 form to explain your situation. The form is long and looks daunting – if possible, seek help to complete it. You can usually ask for an extension to the deadline for returning it if you are waiting for an appointment to see an adviser.

If you are completing the form yourself, remember to:

- ❖ Outline your health conditions and treatment in detail. **It is important to detail both physical and mental health conditions.**
- ❖ Explain how the conditions impact on your day to day life and your ability to work
- ❖ Outline the help and support you receive in detail – include help received from friends and family as well as from professional services
- ❖ Include details of everyone who helps you so that the assessors can contact them directly if necessary
- ❖ Describe how you would manage without such support in place
- ❖ Describe your situation on a bad day and highlight how frequently you are affected in this way

Once your form has been received you will be sent an appointment for an assessment. You may have to wait a few weeks for this. It is important to attend the appointment and to provide information consistent with what is written on the form.

If you 'pass' the medical, the amount of ESA you receive will increase.

If you need help with an ESA50 or to challenge an ESA decision, speak to a member of the Recovery Essentials team.

E: recovery-essentials@evoc.org.uk

T: 0131 555 9100

Recovery Essentials advisors are based at the agencies below. If you would like to refer yourself or a client and are not currently engaged with any of the organisations listed, you can either email us at recovery-essentials@evoc.org.uk or visit during the drop in at The Grassmarket Community Project. If you or your client are already visiting one of these agencies, speak to reception or a support worker about making an appointment with an advisor.

Agency	Location	Number	Appointments
The Big Issue	31 Queensferry St, EH2 4QS	0131 225 6714	Appointments available for Big Issue vendors
The Castle Project	2 Craigmillar Castle, Rd. EH16 4BX	0131 661 5294	Appointments available for Castle clients
Circle Scotland	18 West Pilton Park, EH4 4EJ	0131 552 0305	Appointments available for Circle clients
Crisis Skylight		0131 209 7700	Crisis clients can be referred to a Recovery Essentials advisor
Edinburgh Young Carers Project	Norton Park, 57 Albion Rd., EH7 5QY	0131 475 2322	Appointments available for EYC clients
The Food Station (Fresh Start)	22 – 24 Ferry Road Drive, EH4 4BR	0131 476 7741	Appointments available for Fresh Start clients
Grassmarket Community Project	86 Candlemaker Row, EH1 2QA	0131 225 3626	**Drop in available for anyone to attend: Mondays 16.00 – 18.00
NEDAC	10 Pennywell Court, EH4 4TZ	0131 332 2314	Appointments available for NEDAC clients
Serenity Café	8 Jackson Entry, EH8 8PJ	0131 556 8765	Appointments available for Serenity clients
Simpson House (Crossreach)	52 Queen St, EH2 3NS	0131 225 6028	Appointments available for Crossreach clients
Spittal Street Centre	22 – 24 Spittal Street, EH3 9DU	0131 537 8300	Appointments available for Spittal St. clients
Turning Point Scotland	5 Links Place, EH6 7EZ	0131 553 2222	Appointments available for TPS clients
Transition	156 Cowgate, EH1 1RP	0131 260 9721	Appointments available for Transition clients