Bad enough that we have a DWP Health Assessment process that seeks to go out of its way to award zero points wherein even if you arrive by taxi and use a walking aid and demand a chair with arm supports that the report typed by the Nurse who Examines you ignores this and types a report that mentions none of this.

I say Nurse? because there is none of the caring or compassion you would expect from someone with this title.

I say Examine? because there is no examination whatsoever.

Even the so called Tribunal? supposedly there to ensure fairness goes out of their way to call you a liar and defend the process.

You get the distinct impression that you are being treated as a serious offender and awaiting punishment.

Despite the fact that your family doctor, after conducting a full and proper examination, signed a legal document stating that you are 'unfit for work' a lesser qualified nurse can ignore this and declare you capable of work.

Even if you manage to stay on ESA the requirement for training will have you sent to one of these new highly paid training agencies such as Ingeus who immediately tell you that you will be required to look for work and apply for jobs and attend interviews and stress that zero hours contracts are the best jobs to get you started.

Anyone stupid enough to do all of this will end up legally fully employed but with no hours and no pay and unable to quit or the DWP will sanction them on all other benefits.

Thankfully I had a copy of the DWPs own document stating that it is totally illegal for anyone claiming ESA to look for work or apply for jobs, attend interviews or do any kind of work while claiming ESA. Despite this many of the people that are also on ESA had been tricked into this illegal behaviour.

One phone call later from Ingeus to the DWP and I was sent for re-assessment and struck off ESA. The ignorance of the ATOS Nurse shows itself in her comment that I could not possibly be in any real pain or I would be taking high strength Co-Codamol 500/30.

My family doctor rightly said that they are not going to turn me into a codeine addict just to satisfy some DWP nurses reasoning that real pain must require really strong
pain killers. My drug treatment is balanced out to favour my stomach, hernia and intestine difficulty which has seen me rushed off to emergency on several occasions.

My brother unfortunately took the alternative route of the really strong pain killers Co-Codamol 500/30 and now despite the fact that he has never smoked or drank alcohol has had a heart attack and several stents inserted plus is on heart drugs for life now. His blood due to the paracetamol has become thick and sticky with large platelets plus his arteries and veins are thinned and shrunken.

Note: This is a new major health scare being highlighted in America while Britain is trying to keep it low profile until the NHS can move people off long term high strength Co-Codamol without having to tell them the damage the drugs have done to them. The so called safe daily limit of paracetamol taken over a one month period will double your risk of heart attack and stroke plus prolonged use beyond this will treble the risk.

He has my sympathy because until the press breaks this story people such as him who have been incapacitated by the NHS, their doctor and the demands of the DWP and their health assessors cannot get any recompense for the enormous damage done to them.

One last example of why the work programme cannot work:

While on jobseekers for a while I heard a woman complaining to the DWP staff that despite doing a full years work in ASDA for the so called valuable work experience and getting a glowing work reference from them when she finally applied for the full time position she was told that she was 'Unsuitable'.

This proves that employers consider the long term unemployed as unsuitable but will use them as slave labour if the DWP is also willing to pay them for doing so.