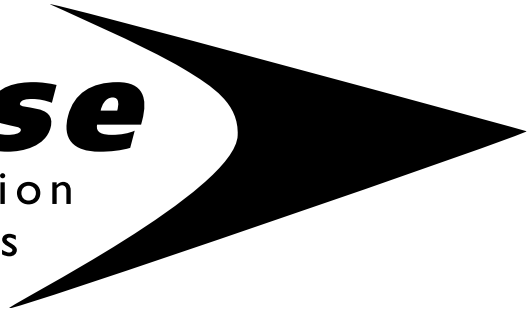


Mobilise

End age discrimination
in disability benefits



How you can help

The *Mobilise* campaign needs you.

If you support the cause of ending age discrimination in disability benefits please act now. The *Mobilise* campaign wants to end the unjust age bar to claiming Disability Living Allowance after reaching the age of 65.

Lobbying your MP

You can support the campaign by writing to your local MP asking them to sign the *Mobilise* Early Day Motion and pledge their support for scrapping this anachronistic age bar.

This pack contains a postcard that you can send – just fill in your name and address. However you might prefer to write your own letter out, or to add your own comments to our postcard. Your letter will have more impact if you add a personalised message.

To find the name of your local MP there are a number of options available:

- Phone the House of Commons Information Office on 020 7219 4272 and they will be able to use your postcode to find the name of your MP.
- The internet: visit <http://www.locata.co.uk/commons/> and type in your postcode.
- Visit <http://www.faxyourmp.com> and send your comments to your MP by fax.

Most MPs hold regular surgeries for constituents to discuss issues of interest. These are usually held in local offices or community venues. You may wish to visit your MP to ask them to support the *Mobilise* campaign. Details of when surgeries are held may be displayed in your local newspaper, or local library or may be posted on the internet, if you MP has a website.

Using the local press

You might also consider sending a letter, from your local group, to the local paper. The pack contains a sample letter to send. Find out where to send it by checking the letters page of your local paper.

Sharing your experiences

You might wish to become a case-study for the campaign. Real life examples are vital to making politicians and the media understand the issue. This pack contains a form for you to fill in if you would be prepared to speak to the media about your experiences.

Getting further information

If you want to find out more about the campaign or want to get more copies of this pack or the postcard then call the *Mobilise* campaign on 020 7843 9422.

Details of the campaign are available on the Help the Aged website at www.helptheaged.org.uk/campaigns where you can also email the *Mobilise* postcard to your MP.

The *Mobilise* campaign cannot give advice on benefits or care services. If you need advice about benefits or your personal financial situation then you should contact your local Citizens Advice Bureaux. Their number will be in the phone book under 'C'.

Which organisations support *Mobilise*?

Mobilise is a coalition of over 20 organisations working in the fields of disability and ageing. These organisations include:

Action For Blind People	Empower
Age Concern Cymru	Help the Aged
Age Concern England	Leonard Cheshire
Arthritis Care	Limbless Association
British Polio Fellowship	Motor Neurone Disease Association
Carers UK	National Federation of Post Office and BT Pensioners
Citizens Advice	Parkinson's Disease Society
Civil Service Pensioners Alliance	RNIB
Contact A Family	Spinal Injuries Association
Dial UK	The Royal British Legion
Disability Alliance	TUC
Disability Rights Commission	