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# Advocates to attend Tribunals and Appeals

Unfortunately The ME Association is unable to provide someone to attend a hearing at a tribunal or other appeal process where personal attendance is required. The detailed knowledge required for benefits and appeals is such that advocates to help people at a tribunal are few and far between.

The cost of employing, training and insuring advocates is also beyond the means of most charities. The regulations concerning benefits change frequently and it is usually only Government or Local Authority-funded bodies such as Citizens Advice that can afford to keep up to date with the legislation. We only wish we could help but the cost is prohibitive and skilled persons scarce.

## WHERE TO ASK

We suggest that you first approach your local **Citizens Advice** bureau. Details of your local office can be found in Yellow pages, at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or by enquiring at your local authority offices. In Scotland you can contact **Citizen's Advice Scotland** and again the address of your local office can be found in Yellow Pages, at [www.cas.org.uk](http://www.cas.org.uk) or by telephone on 0131 550 1000. Both organisations sometimes have advocates within their offices or can find one.

An alternative is to contact **Scope DIAL UK** who give advice and information on all aspects of benefit. [www.dialuk.info](http://www.dialuk.info) Telephone 01302 310123 for details of your local service. If using Text Phone, please use voice announcer.

## WHEN YOU FIND AN ADVOCATE...

You will need to give an advocate some background about how ME affects your ability to perform everyday tasks together with general information as to the fluctuating nature of the illness and the fact that exhaustion can last several days after exertion. The MEA can help by supplying leaflets on these subjects,



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**MOST OTHER THINGS WE CAN HELP WITH**