

AMINA MUSLIM WOMEN'S RESOURCE CENTRE

Information Fact Sheet

Benefit money and community support for families Fact Sheet 3.

How to appeal benefits decisions:

If you apply for benefit money and you were refused or you haven't been given the amount you believe you should have got then you can appeal. You can try this yourself or if you need help there are many organisations who can help you appeal including Amina MWRC financial advocacy service. If you want to do this yourself:

- 1.** Check you have given all the right information and haven't missed anything important out
- 2.** Ask for an explanation.
- 3.** If you don't understand the explanation or you got a letter you don't understand then you can ask a support service if they would explain
- 4.** Some benefit appeals ask you to request a Mandatory Reconsideration. This is usually the first stage of an appeal and it is best to put your reasons for asking them to look at it again in writing.
- 5.** If your Mandatory Reconsideration is not successful, then you may be able to take your appeal to a Tribunal. A Tribunal has the powers of a Court, so it is essential to be well prepared and follow the instructions you are given. You would need to have evidence to support your appeal so this could be information from your doctor and/or another professional, evidence of your income, letters from other people depending on which benefit so it could be an employer or even friends who can talk about you. Getting help from a welfare rights worker or other professional can be really helpful for Tribunals although aren't always necessary