Rosie Philomena

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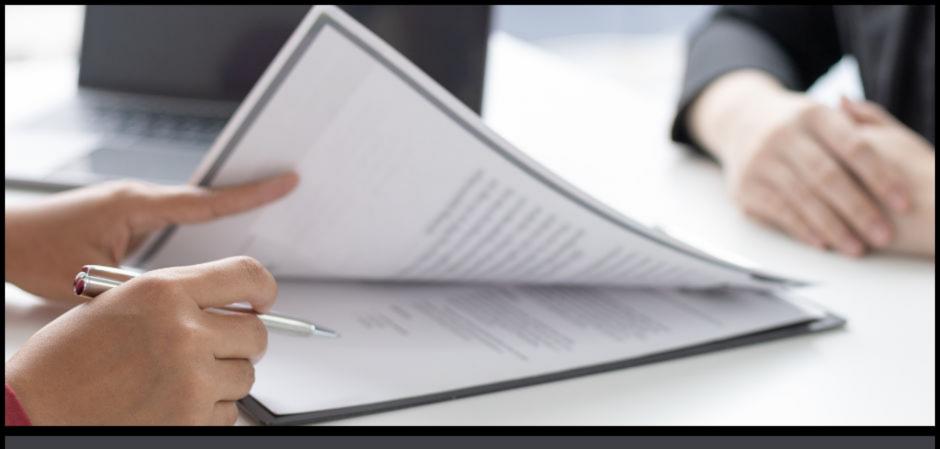
Now you know right before you walked in there

It's unlikely you'll meet the criteria

And no matter what illness you came with

It's perceived as a form of hysteria

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x	***************************************
x	
x	
X	



You brought proof from consultants and doctors
Who have treated you now for some time
But those letters just don't carry weight here
They're convinced that it's all in your mind

SO YOU WAIT FOR YOUR TURN TO BE CALLED IN AND YOU'RE HOPING THAT THIS IS QUITE SOON THEN THEY SHOUT OUT YOUR NAME AND OBSERVE YOU AS YOU MAKE YOUR WAY UP TO THE ROOM



ROSIE PHILOMENA

Seems they've already measured the distance

That's to see just how far you can walk

Now you're already feeling quite nervous

You're like prey being watched by a hawk

Once you get to the room you are seated

And they watch how you sit in the chair

Every movement you make, they're observing

Of you're actions you're made more aware



Rosie Philomena

With assessments like this there's a problem

They don't see you when you're at your worst

This brief snapshot of time's what you're judged on

You might as well say, you've been cursed



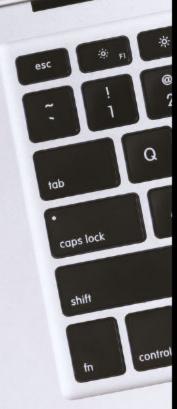
<u>Rosie Philomena</u>

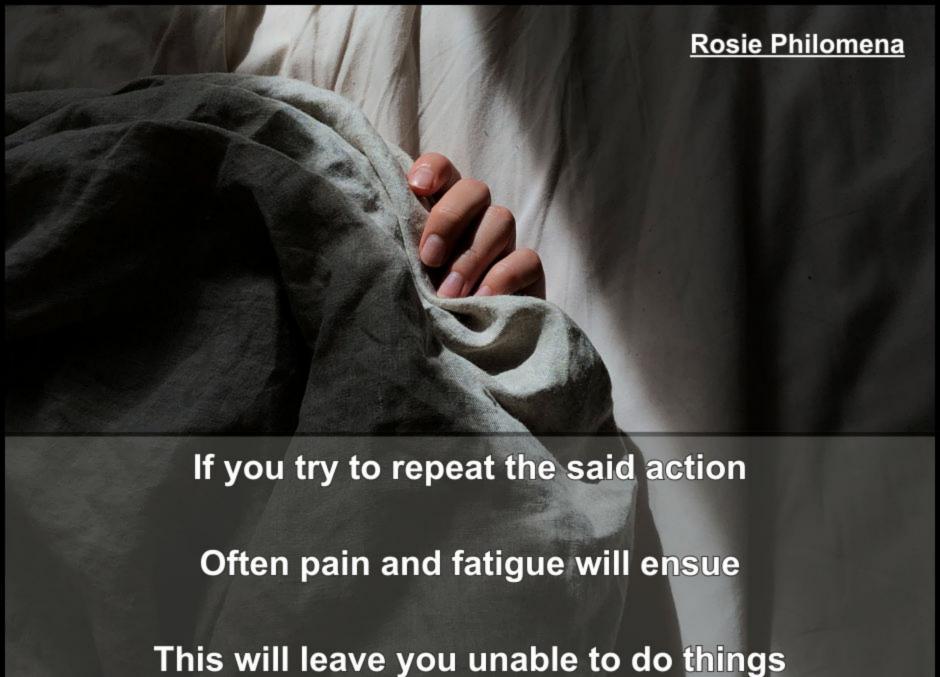
You could find that you manage to do things

As a one off, or single event

Then they type that you're able to do it

But this isn't at all what you meant





For the rest of the day you are screwed

They will ask you to copy their movements

As you try, they are looking impressed

Even if you are stumbling or shaking

The whole way through the various tests



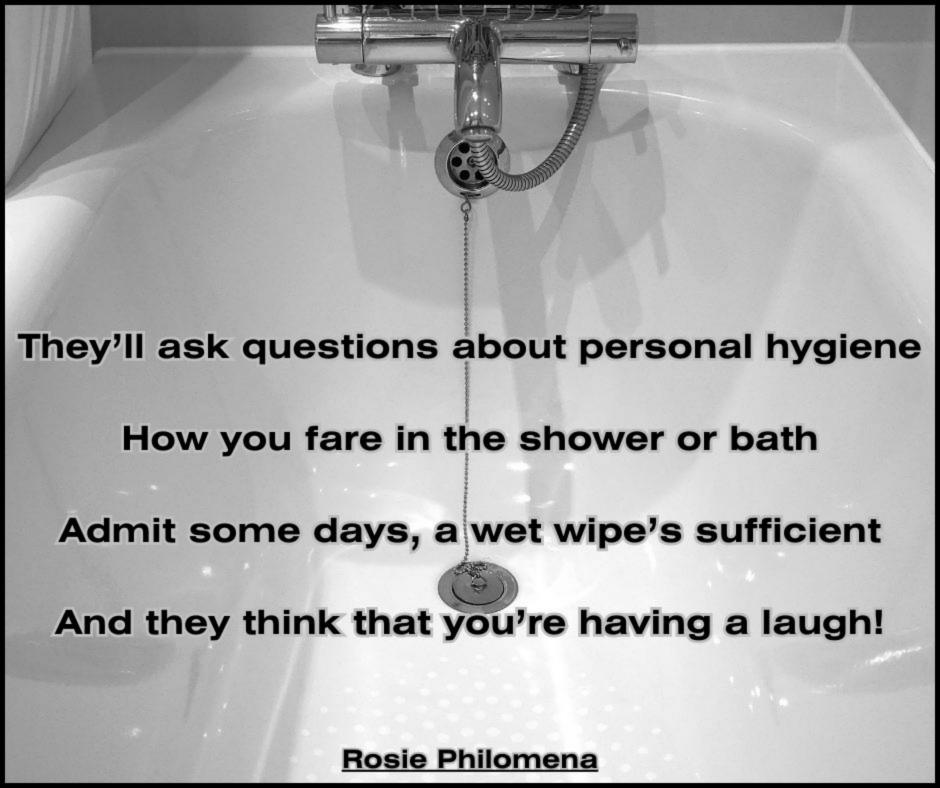
Rosie Philomena



You're bombarded with questions galore

You're acutely aware it's not over

Still more grilling you'll have to endure





DRY SHAMPOO TAKES THE PLACE OF A HAIR WASH

IT'S THE LENGTH OF TIME THIS PROCESS TAKES

DUE TO PAIN IN YOUR HEAD, NECK AND SHOULDERS

AND THE ENERGY FOR GOODNESS SAKE!

ROSIE PHILOMENA

"Can you cook for yourself" Is the next one

"Well, a microwave meal now and then

I eat sandwiches, toast, bowls of cereal

Cuppa soups, are we including them?"





Rosie Philomena

They will ask about interests or hobbies

If you've none, they will say you're depressed

Say you have and they dig a bit deeper

By this time, you are feeling quite stressed



"I make cards whilst in bed for distraction

From the pain and the sickness I feel

It can take me a whole day to make one

Concentration remains a big deal"



Rosie Philomena

If you don't see your friends or your family

They imply that you need to get out

Now by this stage you're feeling frustrated

And trying desperately hard not to shout!



If you do, then they say you can mix well

But that isn't the whole truth at all

You're not comfortable being near strangers

And your friend circle is rather small



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It's so hard to convey how you're feeling

This is really not much of a life

And this isn't what you had signed up for

Being ill comes with upset and strife



Rosie Philomena

By the time that you leave, you're exhausted

It will take a few days to recover

But the saga's not over, far from it

What they've written you're still to discover

Medical Assessment Report

"Had no issues with bathing or cooking

And appeared to be clean and well dressed

Had no problems with answering questions"

Then you're dreading to read what comes next

Medical Assessment Report

"Had good range of movements when examined She could bend, had good grip and can lift And got up from the chair with no problems" With the rest of the feedback you're miffed

They've not witnessed you trying to vacuum

Simple jobs like this can take all day

You try pacing yourself, being careful

But with pain and fatigue you will pay



You can sit for a time, but get restless

Your sciatica's starting to twinge

They won't see that in just one appointment

As I read on, I'm starting to cringe



They don't see if you're out doing shopping

From the toilets, you mustn't stray far

It's a full-time job being so poorly!

And you're not always, blessed with a car

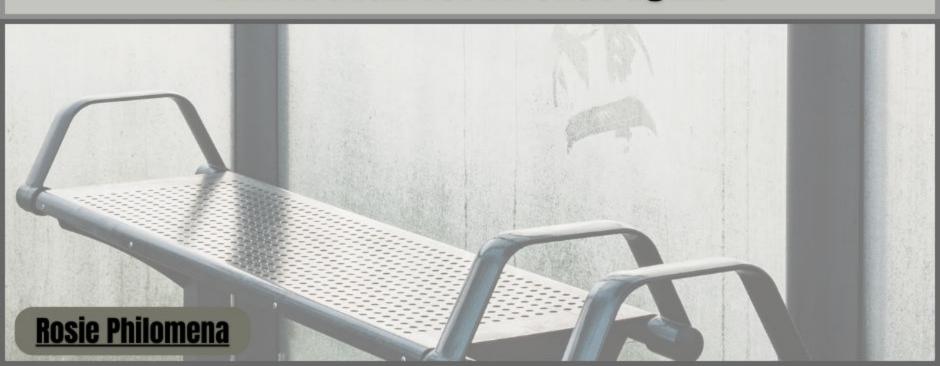


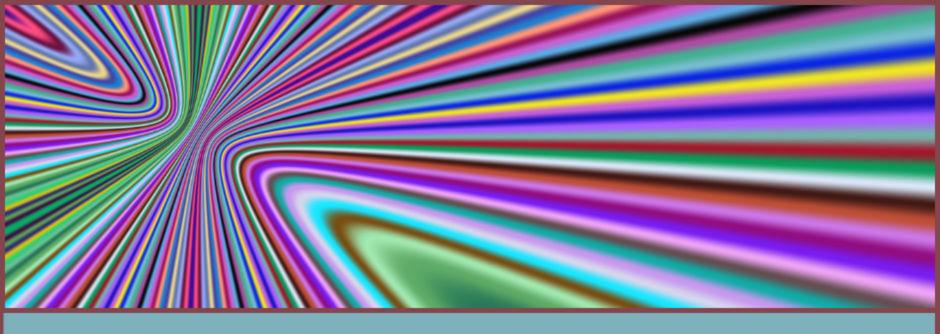
Have to pace myself for those brief outings

Search for seats for relief from the pain

I've used walls, even bus stops with benches

Before I can set off once again!



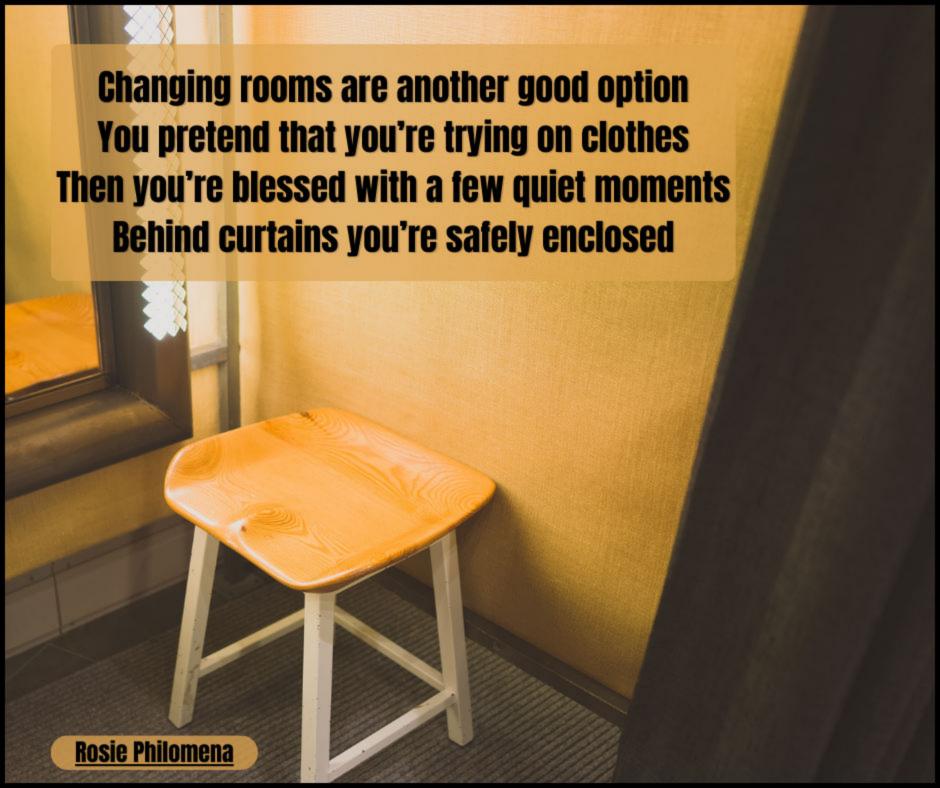


I've been forced to sit down whilst out shopping

Found a corner and sat on the floor

Feeling faint, didn't want to fall over

Things like dizziness can't be ignored



You can sit for a while now in private

From the rest of the world hide your face

You can take medication discreetly

A few minutes in this warm, safe space



Heating soup on the hob is an issue

So I use a chair, feeling so ill

I can sit, rest my head on the worktop

And ensure the pan's contents won't spill



I'd a kettle installed in my bedroom

And pot noodles in bed I would make

For my lunch, even tea on my worst days

They don't see this though, for goodness sake!



The assessment won't show the adjustments

You require just to get through the day

But they've already made their decision

And you're waiting to see what they say



IF IT'S 'NO', YOU CAN ALWAYS APPEAL IT

THEY WILL LOOK ONCE AGAIN AT YOUR CASE

THERE'S A SLIM CHANCE IT GOES IN YOUR FAVOUR

AT LEAST THIS STAGE IS NOT FACE TO FACE!



ROSIE PHILOMENA

If they don't change their minds with that process

You will have one more chance at tribunal

With a panel deciding the outcome

Now you pray your case meets their approval

APPROVED

You are questioned some more by assessors

As this is the final submission

Now all you can do is be patient

And just wait for the final decision



Rosie Philomena

The day finally comes and you're nervous

As the letter arrives in the post

You read on and it's now quite apparent

That your hopes of success are now toast!!



Medical Assessment Report

"We're not saying you don't have health issues
They are complex, on that we agree

But your daily life isn't affected

Well, not to a significant degree!"

Declined

The Assessment

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