

Arnold

You are claiming Universal Credit. You had been looking for work in the admin and retail sectors.

Three weeks ago you slipped on the stairs at home and injured your back. At the hospital they said you have not done any lasting damage but it has been very painful and your mobility has been restricted. You have submitted a fit note for 4 weeks.

Although the pain is now not as bad as it was, you do not feel up to going to interviews or starting a job. You have a call arranged with the Jobcentre and you're worried they are going to want you to come in for an appointment or go on a training course and you can't even think about getting on and off buses yet.

Before your accident, you had been trying hard to find work and you will do again because you need the money. But not yet. Besides, you've still got another week of your fit note. They should leave you alone to get better.