

original decision as none of the activities set out in Schedule 3 of the ESA Regulations apply to you based on the evidence I have detailed above.

I have also gone on to consider Regulation 35 of the ESA regulations and the evidence does not suggest that you have a condition which means there would be a substantial risk to your or anyone else's health if you were not found to have Limited Capability for Work Related Activity. This includes the journey to and from any work related activity.

You have not provided any evidence to suggest that you have a substantial functional disability for you to meet the strict criteria of the Schedule 3 descriptors and be placed in the Support Group.

The types of work related activity available to you in your district on 12/12/18 have to be considered.

I can see from the Jobcentre records that you attended an appointment on 18/12/18 with a Work coach and it was noted that you were to engage with probation and to start a 'thinking skills' course due to this. You were signposted to talking change

There are different types of work related activity that may be available to you. I have to consider what types of work related activity you might reasonably be expected to undertake.

An example of the least demanding type of work related activity could be to make a list of your hobbies, things you enjoy doing, or things you used to enjoy doing.

This would be the least demanding as you could do this in your own home

An example of the most demanding type of work related activity could be to receive help and support from the mental health team. Jobcentre records state that you are now waiting to see the mental health team again

This is the most demanding for you because of your health conditions

A third example within this range could be to consider doing permitted work. Jobcentre records note that permitted work details have been issued to yourself

In addition to the selection provided; the Secretary of State can agree discretionary tasks such as establishing keeping a daily diary, daily routines, setting individual goals such as exercise routines or visits to places and obtaining access to internet services by registering at a local library if appropriate.

Partaking in any work related activity would follow an initial consultation with a personal advisor, in which activities appropriate to your circumstances including your state of health will be considered. The activities must be reasonable, appropriate and flexible enough to tailor the right support for each person. You can be accompanied to these consultations or they may be done by telephone.

I am considering the activities that you are able to do in your typical day which include being able to use a mobile phone and a computer. You are able to attend appointments as needed and you walk to the co-op. You will go to places you haven't been to before as needed, despite some anxiety

Taking this into account, I consider that there is no evidence that finding you capable of work