# Template Letter to MP – PIP 4-Point Rule Concern

[Your Name]

[Your Address]

[Postcode]

[Email]

[Date]

[MP’s Name]

House of Commons

London

SW1A 0AA

Dear [MP’s Name],

I am writing to you as a concerned constituent regarding the proposed changes to Personal Independence Payment (PIP) that will be introduced from November 2026, specifically the new rule requiring claimants to score at least 4 points in a single activity to receive the daily living component.

Recent figures released by the Department for Work and Pensions show that this change would result in 87% of current standard rate daily living claimants losing their award on review — that’s over 1.1 million disabled people, many of whom rely on PIP to maintain a basic level of independence, nutrition, and dignity.

This is a drastic and unacceptable cut to disability support. It will disproportionately harm people with conditions such as autism, severe mental illness, functional neurological disorders, ME/CFS, and other invisible or complex conditions, where points are often spread across multiple descriptors but rarely reach 4 in a single one.

I am especially concerned about the impact on claimants who cannot advocate for themselves. Many people affected by this are vulnerable, isolated, or too unwell to engage in lengthy appeals. The assumption that people will "fight harder" to retain their entitlement is not just unrealistic — it’s cruel.

I urge you to:  
  
1. Publicly oppose the implementation of the 4-point rule.  
2. Raise the issue in Parliament, particularly the disproportionate impact on people with mental health conditions and fluctuating disabilities.  
3. Call for a full impact assessment before any changes are implemented.  
4. Press for genuine consultation with disabled people and carers.

These changes risk deepening poverty and hardship for those least able to bear it. I ask you to stand up for your disabled constituents by challenging this policy before it is too late.

Yours sincerely,

[Your Name]