

Need help appealing your disability benefits?

At Z2K, we can help you to take your case to tribunal. We provide a free service. We can help you once you have received a Mandatory Reconsideration notice. The earlier you get in touch with us, we can assess your situation and let you know if we can help you.

We work to help as many people as we can but we cannot guarantee we can take on your case before we have assessed your claim. We are usually unable to help when you have a tribunal hearing date already.

To get help....



Complete online form at
www.Z2K.org/get-support



Call helpline
020 7259 0801

Monday-Friday 2-3pm & press option 2

Come to a drop-in session at:

- **Beethoven Centre**
Mondays 2-4pm
- **Church St Library**
Wednesdays 10:30-12:30pm
- **Churchill Gardens**
Thursdays 10-12pm



Or if you are already linked to another charity that is helping you, why not ask them to refer you to Z2K? Simply visit :



www.z2k.org/make-a-referral/

Charity number: 1110841

Registered address: 10 Buckingham Palace
Road, London SW1W 0QP

Z2K
Fighting
poverty