A community based on resilience and kindness when the world around us vilifies and ostracises us. PIP is the only remaining lifeline that our community has to enable us to participate in society. To work, to volunteer, to create, to be an impactful members of society. Without PIP, we cannot engage.

We have just had a pandemic which increased our numbers by a million more disabled people to our community. There are 16 million disabled people in this country. That's one in every five of us in the UK, but only 3 million of us receive PIP. It is the most vulnerable of our community that they are trying to decimate.

We're talking about 35,100 disabled people working age who receive PIP each month. So don't say this is about getting us back into work. And remember that access to work has over a year's backlog.

The extra cost of disability is equivalent to 63% of household incomes after the cost of living, after the cost of housing. An average household with one disabled adult spends £634 on disability a month and these figures have already taken into account the support that PIP provides to address these costs.

The narrative that is being played is that disabled people are living the high life. The last time the government came for disabled people, you left people sitting in incontinence pads who aren't incontinent because you took away the help to get to the toilet.You left people having to go to Tesco’s to ask someone to put a straw in their cup so they could have a drink. Under these new proposals, people who need help showering or dressing their lower body or who need to be prompted to prepare food or help to engage with others will not qualify.

How dare you even suggest that these are not basic human rights? And how dare you make us stand here to have to fight for something so fundamental and necessary to life. You forget that we are valuable humans, we have ideas, create and invent things, typewriters, electric toothbrushes, speech to text, voice recognition, audio books, the three dots that you wait when someone is texting or typing all came from our community.

So do not stifle us to a point that we cannot exist, let alone contribute. Let me remind you that only 20% of the 16 million disabled people in this country receive PIP, those of us who need extra support to survive.

There's been many tears and terrified sleepless nights in the last few weeks in my community. People not knowing how they’ll survive and fearful for their existence if their ability to work and participate in society will be taken away from them.

PIP has no fraudulent claims, it is the most difficult benefit to get and it's an absolute lifeline for those of us who get it. Every one pound taken away from PIP will cost £1.50 to local authorities. This does not make financial sense. This is a way to vilify our community.

You don't see us as I do. You've never taken the time. This isn't dignity. And don't use those words to cover such barbaric intentions.