I'm not shocked that this government has proposed cutting key and essential benefits for disabled people. Nothing in politics shocks me anymore. I am sad. I am angry and I am frightened for my community with these cuts.

This government promised to work with us, to hear us and end 15 years of brutal austerity. With these welfare cuts, they will be quite literally be throwing us all under the bus. Cutting essential benefits will not create growth or get disabled people into work. It will drive us further into poverty, ill health and disappear.

They say we aren't going to abandon you to a lifetime worth of benefits, I couldn't be more clear in saying that those benefits don't abandon us. They are a lifeline for most of us. That's the reality.

The government's refusal to engage with that reality is breathtaking to me. PIP is not a benefit that is connected with working, it is a benefit that financially supports thousands of people and recognises that being disabled in a system and a society that is massively inaccessible to us, costs more. Disabled people who receive PIP use this money in all sorts of ways in order that we don't fall deeper into the cuts created by the systems that exclude us.

Thank you, Labour for believing us. Believing in us. We highly appreciate it.

But believe in us and wishing us and incentivising us to get into work by cutting essential lifeline benefits will not magic up a new reality of what it's like to be on the ground and how much it costs to be disabled in the UK.

Incentive and magical, this magical new reality will not remove the physical or logistical access barriers of public transport systems, making it easier to get from A to B, whatever reason we are traveling. It will not reduce waiting time of our essential consultations, treatments, surgeries and ongoing care. It will not create secure, accessible, working, flexible opportunities for disabled people.

Giving us a work coach and a pep talk will not take away the fact that we can't get financial help for wheelchairs and aids that suit our needs and prepare us for independence.

It will not provide us with safe and accessible housing. It will not provide a reliable way for us to get help via access to work when we do want or need to work. A magical reality that doesn’t exist. Incentive, a work coach will not help us pay people to assist us, meet our very basic needs to eat and to wash and to move and to communicate in order to live our lives.

It will not remove the torturous and exhausting slog, it is to face fight, societal, medical, attitudinal, cultural, systemic, discrimination on a daily basis. Disabled people are absolutely terrified.

These cuts and the hostile rhetoric around them combined with the attempt to legalise assisted suicide, you are giving us the right to die at the same time removing key benefits that go towards helping us have a right to live.

We can hear you loud and clear. The government views our life as disabled people as a massive drain on the system and a burden on our society, we must and will fight back.