I lost my job during the pandemic. I work in beauty and had a part time job. I was on furlough but when the first lockdown ended my employer wrote to me to say there was no longer a job for me for health-related reasons. I do have a number of hidden conditions and my work did cause me pain but I only had a maximum of two days sick leave over the course of several years. I was devastated. I signed on for Universal Credit. My work coach knew all about my conditions and my pain and the fact I had to shield. I was made to job search in return for my benefits. I asked my work coach what I should do if I got invited to interview. I am not qualified for any jobs where you can work from home so I could only apply for jobs where I would need to go into a work place. My work coach said to apply and then if I was invited to interview I would have to turn it down. That didn’t make any sense to me but I had to do it or my benefits would have been stopped. Luckily I was able to get vaccinated before I was called up for an interview and it all worked out. Actually the job suits me really well because it is flexible and is much better for my physical conditions. My health has got better through having suitable employment and I have been able to increase the hours I am working. If I had had to take a job that wasn’t suitable for me like a full time job to start with I could have got worse instead of better. The work coach never told me that disabled people can go through an assessment to apply to get let off job search activities that are not suitable for us. I only found that out from friends later. Jobs that are right for you make all the difference. You need time to find them and the right support. I don’t feel I got the right support but I was lucky enough to find something that suits me down to the ground.