



15 for #NHSPay15

ORGANISE

BUILD

WIN

**NHS PAY
JUSTICE**



WHY JOIN GMB

GMB will only ever be as strong as the members that we have in membership. The more members we have then the better we are able to negotiate with employers and the more we are listened to by those in power.

Reasons people join GMB

A voice at work	Being in a union makes sure that you are heard.
Help with problems	The union represents you if you have a problem at work.
Better pay and conditions	Union members on average earn 16% more than non members.
Safety at work	You are significantly less likely to have an accident at work if your workplace is unionised.
Legal protection	GMB won £14 million for members last year through legal action.
More holidays	Union members on average get more holiday.
Better job security	Union members are half as likely to be sacked than non-members.
More training	On average, union members get more training.
Greater equality	Pay differences between men and women are narrower in unionised workplaces.



15 ways to fight for 15%

**NHS workers have carried the nation through the pandemic –
applause does not pay the bills.**

NHS workers have suffered a decade of real terms pay cuts.

It's time for the government to show they value you by putting a fair and decent pay offer that recognises your contribution and sacrifice on the table.

We have to take the campaign to the government to make that happen.

Here are 15 ways to fight for the 15% pay rise we're asking for:

**NHS PAY
JUSTICE**



MAKE OUR VOICES LOUDER!

The more of us there are, the more power we have. Get more involved and ask your colleagues to join in too.

1. **Recruit a friend to GMB** – the more of us there are, the harder it is for the government to ignore us. We need every member possible to be in GMB. Visit the NHS Pay Campaign Hub and share by WhatsApp/Text/Email/Twitter/Facebook.

[GMB.ORG.UK/NHS](https://www.gmb.org.uk/nhs)

2. **Become a GMB Rep** – help us organise our campaign, get trained to support your colleagues in the workplace.

[GMB.ORG.UK/BECOME-WORKPLACE-REPRESENTATIVE](https://www.gmb.org.uk/become-workplace-representative)

3. **Follow GMB Campaign sites** on every social media platform you use and join the #NHSPay15 Social Media Actions.

[FACEBOOK.COM/GMBUNIONNHS](https://www.facebook.com/gmbunionnhs) – [@GMBNHS](https://twitter.com/gmbnhs) on Twitter!

4. **Hold 15-minute local events at 15:15pm** on the 15th of every month to show why we deserve 15%. If possible, book room 15.
5. **Organise a workplace meeting** to discuss the campaign with your colleagues and advise them how they too can do these 15 things.

**NHS PAY
JUSTICE**



MAKE OUR VOICE HEARD!

We need to make sure that every single person who can help us, has heard from us. Let's build support and increase the pressure on the Government.

6. **Write to your local MP or Representative** and ask for them to support the campaign, and during important **votes** and **debates**.

[MEMBERS.PARLIAMENT.UK/FindYourMP](https://members.parliament.uk/FindYourMP)

[WRITETOTHEM.COM/lords](https://writetothem.com/lords)

7. **Ring a radio-station phone-in** to talk in support of the campaign (and then let us know!)

For Example: BBC RADIO, LBC, TALKRADIO

When the NHS is in the news, make sure your views as NHS Staff are represented too!

8. **Write to your local paper** (and if your letter gets published let us know!)
9. Share your story – so many people have already shared their stories and we know that when we show the world what you've done, the public will always support you. Share your experiences by emailing **NHS@gmb.org.uk**

**NHS PAY
JUSTICE**



SHOW SUPPORT, GET THE MESSAGE OUT!

Small acts in everyday life can help us get our message across.

10. **Wear a campaign badge every day at work** (but especially on Wednesdays):

GMB-SHOP.ORG.UK/NHS

11. **Get your kids to make an NHS PAY 15% poster** to put in your window at home and then tag us in to your photos on Facebook @GMBUnionNHS or Twitter @GMBNHS

12. **Download the poster** from the GMB website and put it in your car

GMB.ORG.UK/POSTERS

Car flags and car stickers also available at

GMB-SHOP.ORG.UK

13. Ask local shops and businesses to **display a poster** for the campaign (and then send us a photo)

GMB.ORG.UK/NHS/POSTERS

14. **Sign the online petition** and ask others to sign it too:

GMB.ORG.UK/CAMPAIGN/GIVE-OUR-NHS-HEROES-PROPPER-PAY-INCREASE

Finally: Share this booklet with 15 people and ask them to help us Fight for 15%!

**NHS PAY
JUSTICE**