



# LET'S FIGHT FOR OUR PAY RISE TOGETHER

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## 5 REASONS WHY YOU AND ALL NHS STAFF DESERVE A PROPER PAY RISE

- 1 You've earned it** – NHS workers have battled on the Covid-19 frontline, worked over a million hours of unpaid overtime and risked your lives to save ours. You deserve better than 1%.
- 2 We can afford it** – This government has spent billions of taxpayers' money on failing contracts, so we know it can afford to do better by our NHS workers.
- 3 A decade of pay cuts and pay freezes** – Pay for many NHS staff has fallen by 19 per cent in real terms since 2010. A 15% pay rise or £3,000 is affordable and will go some way to undoing the damage done.
- 4 You spend locally** – a proper NHS pay rise will help our communities recover. Giving NHS staff a substantial pay rise will boost spending in every community in every part of the UK, providing much needed revenue for our country's struggling shops and restaurants.
- 5 Too many healthcare workers are leaving** – forced out of the job you love because of low pay, stress, long shifts and the treatment you received during Covid. Overstretched and undervalued, you deserve so much better than this.

## 5 THINGS YOU AND YOUR COLLEAGUES CAN DO TO HELP

- 1 Talk to your workmates, friends and family** – Because we're all in this together. Together we can put the pressure on our MPs. Together we will be heard. You can find our 'Top Tips for talking to colleagues' at <https://unitetheunion.org/NHSPAY>.
- 2 Keep up to date with the campaign** – make sure your Unite contact details (Name, employer, work address, job title and home address, email and phone number) are up-to-date. It's quick and easy. Simply log on to MY UNITE. You'll need your Unite membership number and you're good to go. <https://myunite.unitetheunion.org/login>
- 3 Write to your MP and keep lobbying together and on your own!** – you will find a 'how to lobby your MP' guide and email your MP action tool at <https://unitetheunion.org/NHSPAY>
- 4 Put up a poster** – turn this over and it's a poster too to put up in your window at home or on your workplace notice board. Take pictures of yourself or you and your work mates with the poster and share it on social media using the hashtags #NHSPay15 #WithNHSStaff
- 5 Get involved** – check your emails, take the survey, join the zoom workshops and rallies, go to your local Unite branch meetings, keep talking to your colleagues, get active on social media. SPREAD THE WORD.