



# Work in the NHS

June 2015/06/1

## STRESS IN THE NHS AN IMPORTANT GMB SURVEY

### GMB Campaign

GMB is launching a campaign to reduce the appallingly high levels of stress across the entire health service. We need evidence to show why action is desperately needed and to highlight the major sources of stress.

NHS workers provide an amazing service to the public. Even with rising demand on the NHS, you have a right to healthy and safe working conditions, and NHS Leaders and the Government need to realise this.

We want to put stress and workload high up on the agenda in negotiations and joint working with employers and other parties.

### GMB "Stress in the NHS" Survey

Individual survey results will be treated anonymously.

GMB will use the overall results to call for investment to improve staffing levels, positive action on staff health and well-being, zero-tolerance of abuse, bullying and violence, and action on whatever other issues the survey brings to light. All completed forms will help us to construct the evidence we need.

If you haven't already received a copy of the survey, please contact your GMB Staff Representative or email: [nhs@gmb.org.uk](mailto:nhs@gmb.org.uk)

Alternatively you can do the survey online at [www.surveymonkey.com/r/GMB\\_NHS\\_stress\\_survey](http://www.surveymonkey.com/r/GMB_NHS_stress_survey)

The results will be posted on the GMB website, [www.gmb.org.uk](http://www.gmb.org.uk)

### ALL NHS WORKERS CAN GET INVOLVED

Joining the GMB is easy, quick and fast. You or your colleagues can join via one of the following methods:

1. Online at [www.gmb.org.uk/join](http://www.gmb.org.uk/join)
2. Complete the GMB application form and post to Freepost RSTL-ULCH-JBET, GMB, 22 Stephenson Way, London NW1 2HD.
3. Ring 020 8971 4268 and ask for the GMB NHS Sector.
4. Email [nhs@gmb.org.uk](mailto:nhs@gmb.org.uk) asking for a membership form.
5. Ask the GMB to visit your workplace and work colleagues. Email [nhs@gmb.org.uk](mailto:nhs@gmb.org.uk) and arrangements can be made to have a face to face meeting.

Ensure your membership details are correct by registering with GMB online: <https://www.gmb.org.uk/login>

### Why Join GMB?

GMB is Britain's fastest growing trade union. GMB is a campaigning trade union; its job is to get the best deal for GMB members at work and is committed to building a strong organisation in every GMB workplace, and so help make every workplace safer. Whoever you are, wherever you work, joining GMB is the right decision.

### GMB Membership Subscriptions:

**1<sup>st</sup> October 2014 rates for GMB membership will be as follows.**

Full time- Grade 1 = £2.80 per week  
(£12.14 per month)

Part time - Grade 2 = £1.65 per week  
(£7.15 per month)

Join online at [www.gmb.org.uk/join](http://www.gmb.org.uk/join)





# GMB—EXPERTS IN THE WORLD OF WORK

It can be as simple as a new manager, or a new way of working that causes you a problem at work. Guard against that day by joining GMB now. GMB membership covers you wherever you work. Only GMB members get GMB help.  
**IF YOU WORK YOU NEED GMB@WORK**

Join now at [www.gmb.org.uk/join](http://www.gmb.org.uk/join) or fill in the form below then hand it to your local GMB representative, or post it—simply write FREEPOST GMB on an envelope—you don't need a stamp or any other address details.  
If you have any questions contact GMB: email [info@gmb.org.uk](mailto:info@gmb.org.uk) or visit our website [www.gmb.org.uk](http://www.gmb.org.uk)

FOR GMB USE ONLY	Section <input type="text"/>	Branch number <input type="text"/>	Membership number <input type="text"/>	Date of joining <input type="text"/>
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## GMB membership application form PLEASE USE BLOCK CAPITALS

### 1 TELL US ABOUT YOU

Surname <input type="text"/>	First name <input type="text"/>	Title Mrs/Ms/Ms/Mr <input type="text"/>	Date of birth <input type="text"/>
Home address <input type="text"/>	Home phone number <input type="text"/>	Mobile number <input type="text"/>	Postcode <input type="text"/>
We ask for your ethnic origins as part of our equal opportunities policy of improving services to all members Bangladeshi <input type="checkbox"/> / Black African <input type="checkbox"/> / Black Caribbean <input type="checkbox"/> / Black British <input type="checkbox"/> / Chinese <input type="checkbox"/> / Indian <input type="checkbox"/> / Irish <input type="checkbox"/> / Pakistani <input type="checkbox"/> / White <input type="checkbox"/> / Other <input type="text"/>			
National Insurance number <input type="text"/>	I agree to abide by GMB rules Signed <input checked="" type="checkbox"/>		Date <input type="text"/>

### 2 TELL US ABOUT YOUR JOB

Employer <input type="text"/>	Your job <input type="text"/>
Address where you work <input type="text"/>	How many hours a week do you work? <input type="text"/>
Postcode <input type="text"/>	Pay number <input type="text"/>
	Work phone number <input type="text"/>
	Pay date <input type="text"/>

### 3 PLEASE SELECT WHEN YOU WOULD LIKE THE DIRECT DEBIT TO BE DEDUCTED FROM YOUR ACCOUNT

If you are paid monthly  1st day of the month\*  15th day of the month\*  Last day of the month\* \* or next working day

OR if you are paid 4 weekly  1st Friday  2nd Friday  3rd Friday  4th Friday

### 4 INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY TO PAY BY DIRECT DEBIT



Please fill in the form below and send to: GMB, 22 Stephenson Way, LONDON NW1 2HD

Service User Number

Name and full postal address of your Bank or Building Society branch

To the Manager of <input type="text"/>	Bank/Building Society <input type="text"/>
Address <input type="text"/>	
	Postcode <input type="text"/>

Name(s) of account holder(s)

Bank/Building Society account number

Bank/Building Society Sort Code

Banks or Building Societies may not accept Direct Debit instructions for some types of account

Instructions to your Bank or Building Society: Please pay GMB Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with GMB and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s) <input type="text"/>	Date <input type="text"/>
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For GMB official use only. This is not part of the instruction to your Bank/Building Society. If your A/C number is not available fill in your address below

Reference number (GMB use only)