

GMB@NHS

GMB

GMB@WORK

STRESS IN THE NHS AN IMPORTANT GMB SURVEY

Please complete this GMB "Stress in the NHS" survey. 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.

You can hand your completed GMB survey to your GMB Staff Representative or send it freepost to: FREEPOST GMB. You don't need a stamp or any other address details. Alternatively you can do the survey online at www.surveymonkey.com/r/GMB_NHS_stress_survey.

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.

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.

The GMB NHS National Staff Committee thanks you for completing this survey.

The results will be posted on the GMB website, www.gmb.org.uk.

Yours sincerely



Rehana Azam
GMB National Officer

GMB members experiencing a problem at work can seek advice from their GMB Staff Representative or GMB Officer.

If you are not a GMB member, join now at www.gmb.org.uk/join or fill in the membership form included in this survey.

ONLY GMB MEMBERS GET GMB HELP.

Join online at www.gmb.org.uk/join

UNIONLINE

YOUR TRADE UNION LAW FIRM
0300 333 0303
www.unionline.co.uk

Please complete this GMB survey and give it to your GMB Staff Representative or send it freepost to: FREEPOST GMB. You don't need a stamp or any other address details. Alternatively you can do the survey online at www.surveymonkey.com/r/GMB_NHS_stress_survey. Thank you for your contribution.

Want to sign up for regular updates? Please email nhs@gmb.org.uk

What is your role?

Are you a GMB member? Yes No

During the last 12 months:

Has your job become more or less stressful?

- Much more stressful A bit more stressful Stayed the same
 A bit less stressful Much less stressful

How has your workload changed?

- Increased a lot Increased a little Stayed the same
 Decreased a little Decreased a lot

Have you felt stressed at work?

- Always Often Sometimes Never

Have you taken time off sick because of work related stress?

- Yes, more than a week Yes, less than a week
 No, but I was very close to it No

Do you worry about stress or excessive workload:

affecting your ability to do your job?

- Yes, often Yes, sometimes No Not sure

leading to situations where care cannot be provided to the required standard?

- Yes, often Yes, sometimes No Not applicable

Are you satisfied with your work-life balance?

- Yes No Not sure

Do you think your senior management does enough to tackle stress and excessive workloads?

- Yes No Not sure

Do you think you might need time off sick due to stress, if the situation doesn't improve?

- Yes No Not sure

What are the major sources of stress in your job? Please tick any that apply.

- The demands of the job
 Long hours
 Not enough staff
 Not enough resources
 Increasing workload
 Pressure to meet targets
 Pressure to work excess hours
 Abuse, bullying or violence
 Other (please specify)

Do you feel able to raise these concerns with management?

- Yes No Not sure

Does your shift ever overrun?

- Always Often Sometimes Never

Do you ever work through your allocated breaks?

- Always Often Sometimes Never

Do you feel you have an adequate amount of time per patient?

- Always Most of the time Not normally Hardly ever
 Not applicable

What would help to reduce the pressures on your job? Please tick any that apply.

- More staff
 More resources
 More support from management
 Action to tackle excessive workloads
 Action to tackle abuse, bullying or violence
 Being able to work my proper hours
 Being able to take my breaks
 Having fewer targets to meet
 Other (please specify)

Any other comments?

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. Over 631,000 workers have already joined. Only GMB members get GMB help. **IF YOU WORK YOU NEED GMB@WORK**

Join now at www.gmb.org.uk/join or fill in the form below

then hand the form to your local GMB representative, or send it freepost to: FREEPOST GMB. You don't need a stamp or any other address details. If you have any questions contact GMB: email info@gmb.org.uk or visit our website 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 <input type="text"/>	Mrs / Miss / Ms / Mr	Date of birth <input type="text"/>
Home address <input type="text"/>	Postcode <input type="text"/>	Home phone number <input type="text"/>	Mobile number <input type="text"/>	Email <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 <input checked="" type="checkbox"/>			Signed <input type="text"/>
				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"/>	Postcode <input type="text"/>
How many hours a week do you work? <input type="text"/>	Pay number <input type="text"/>
Work phone number <input type="text"/>	Pay date <input type="text"/>

CHOOSE EITHER 3 AUTHORISATION OF DEDUCTION OF YOUR UNION CONTRIBUTIONS FROM YOUR PAY

Section 68, Trade Union and Labour Relations (Consolidated) Act 1992 as amended

I authorise my employer to deduct from my pay each week/month the sum of £ or other amounts as may be fixed by GMB from time to time.

- Please start the deductions immediately and pay the amounts to GMB. Cash
- I note that this agreement may be cancelled by one month's notice in writing.
- I give permission to my employer to notify GMB of any future change of address.

Signed Date

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

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

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

Service User Number

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)

Date

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)

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