

**GMB**

**U N I O N**

# **GMB @ DURHAM COUNTY COUNCIL**

## **Welcome to the GMB Local Authority Branch Summer 2020 Newsletter**

### **In this Summer edition you will find:**

|                                |             |
|--------------------------------|-------------|
| Coronavirus                    | Pages 2-5   |
| Have Your Say On Pay           | Pages 6-7   |
| Social Events 2020             | Page 8      |
| Keeping Safe At Work           | Page 9      |
| Branch Donations               | Pages 10-11 |
| Pride 2020                     | Page 12     |
| Working From Home              | Page 13     |
| GMB Benefits & Services        | Pages 14-20 |
| Social Media                   | Page 21     |
| Keeping In Touch/Section 188's | Page 22     |
| Contact Details                | Page 23     |
| Application Forms              | Pages 24-25 |

**Welcome to the Summer 2020 Newsletter containing advice and support for members during the Coronavirus pandemic**

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## **Controlling the risk of the Coronavirus**

**>> WHAT MEMBERS NEED TO KNOW <<**

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. This particular coronavirus now has the formal title – COVID-19.

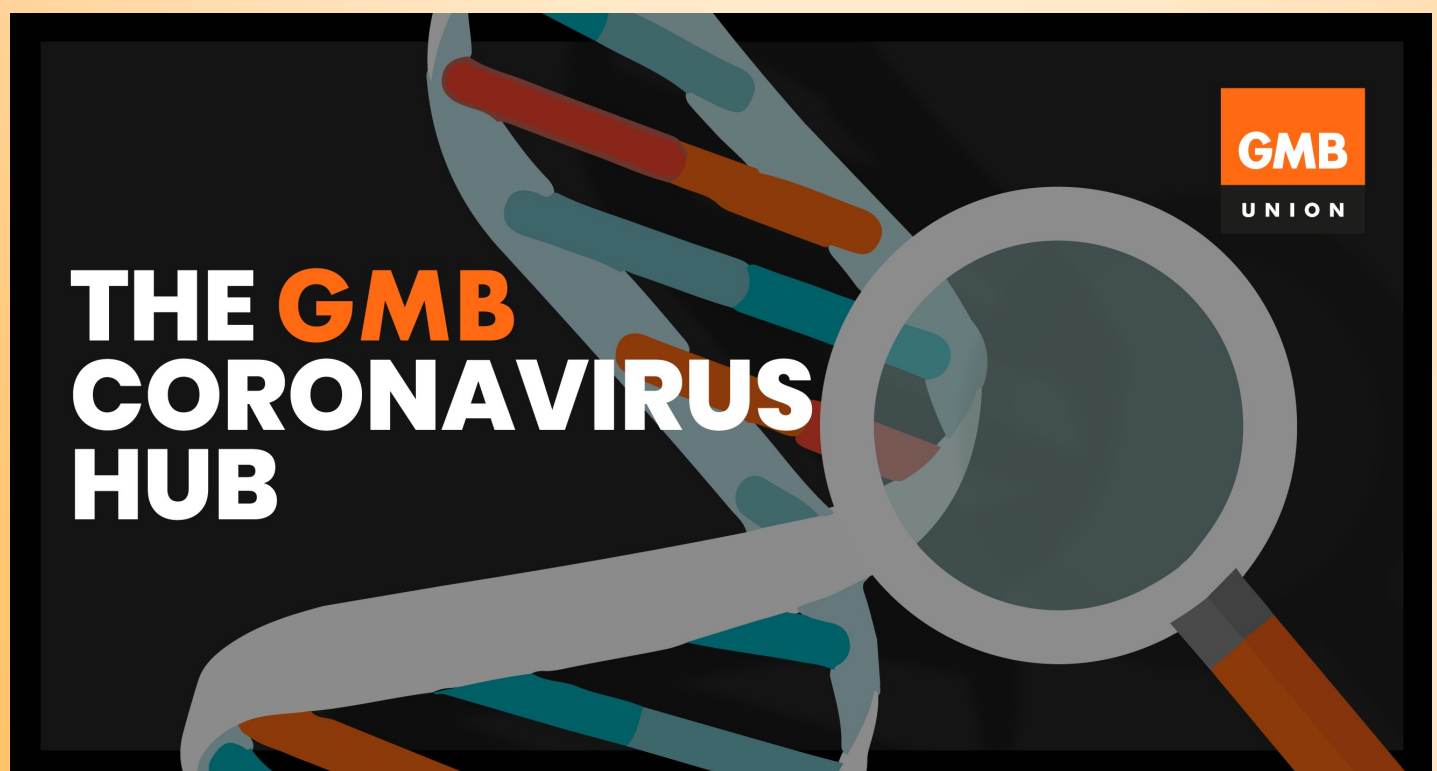
Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties. Other symptoms include all typical cold and flu symptoms and mild cases may affect the sense of smell and taste.

Since our initial guidance to members early in February, the virus has rapidly spread in the UK, with a large number of confirmed cases in March.

It is now clear that this virus is spreading faster than earlier viruses such as SARS. Deaths from the virus have primarily been older people and people with pre-existing health conditions.

Much like standard flu, the most vulnerable in society are at highest risk.

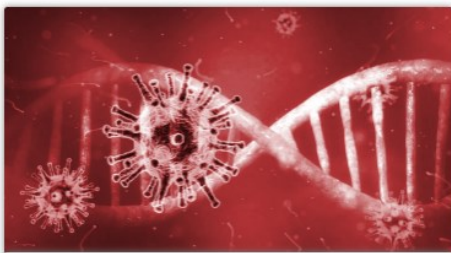
As media coverage intensifies, and concern over the effects of the virus increases, we have reviewed and updated our guidance. We will continue to do this as Government advice and policy is updated.





GMB have put together a “Coronavirus Hub” on the National website that contains all sorts of useful advice and support for members

<https://www.gmb.org.uk/support/coronavirus>



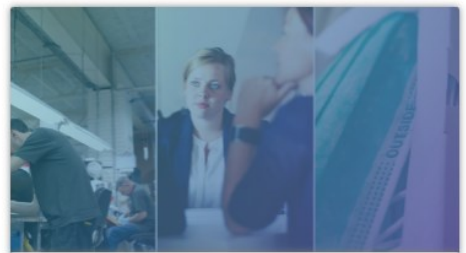
## What you need to know

Stay up to date with our regularly updated, comprehensive webpage



## Your rights at work

What you can expect from employers, Govt & others on coronavirus



## H&S Legal Fact Sheet

Know your rights at work when it comes to health & safety and COVID-19



## NHS & Ambulance

GMB's specific advice for members in the NHS & Ambulance Service



## School closures

Our latest advice regarding the government decision to close schools



## Working in schools

Advice on how to stay safe while doing your job in a school



## Protective equipment

Your questions answered on personal protective equipment



## Get Me PPE – Toolkit

Online and downloadable resources to help fight for proper PPE



## Social distancing FAQs

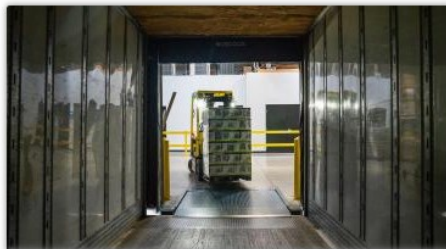
Work, Social Distancing and the Prime Minister's Statement

The Hub has detailed advice on Social Distancing in the various roles that members carry out



**Social distancing in construction, repairs and maintenance**

[Read the guidance](#)



**Social distancing in logistics**

[Read the guidance](#)



**Social distancing in manufacturing**

[Read the guidance](#)



**Social distancing and offshore workers**

[Read the guidance](#)



**Social distancing in quarries**

[Read the guidance](#)



**Social distancing in retail**

[Read the guidance](#)



**Social distancing in transport and private hire**

[Read the guidance](#)



**Social distancing in waste and recycling**

[Read the guidance](#)



**Schools/Local Govt. Circulars**

[Circulars from the National Joint Council on Social Distancing](#)





## Furloughing and protecting jobs

A checklist for GMB reps where there's any threat of job losses



## Furloughing FAQs

How does the furloughed employees scheme work in practice?



## Possible implications for pensions

Pensions regulator statement on Covid-19

Please contact the branch if you have any questions or concerns regarding working in the current climate

While GMB understand that authority needs to continue to operate during these times, the branch officers are working very closely with DCC managers and HR to ensure that the safety of staff is the highest priority



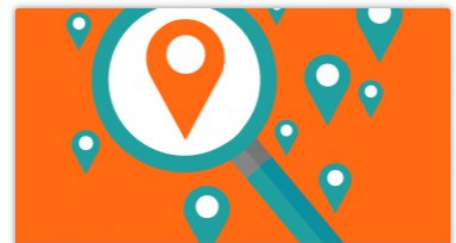
## COVID-19 Risk Register

Download our individual or workplace risk register forms



## Escalate to the HSE

Raise concerns directly to the Health and Safety Executive (HSE) through GMB



## Test, Trace and Protect

GMB Guidance for Reps and Members

# Have Your Say On Pay

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## GMB MEMBERS ARE GETTING READY TO HAVE THEIR SAY ON PAY...

### ITS TIME FOR YOU TO HAVE YOUR SAY ON YOUR PAY

This pay ballot covers all workers across local government, school & academies that follow National Joint Council (NJC Green Book) pay, terms and conditions across England, Wales and Northern Ireland.

GMB is disappointed that the pay offer doesn't reflect the pay claim and have made strong representation to your employers for months that the pay offer falls short of expectations.

In GMB only members have their say on pay and we now need you to take part in this important ballot and let us know if you are prepared to accept or reject the pay offer.

From school support staff to refuse workers, from town hall workers to social workers. Hundreds of occupations are covered by this pay offer approximately 1 million workers plus are covered.

This is the biggest GMB pay ballot of the year.

#### **2020 Local Government & Schools Pay offer is as follows:**

1. 2.75% increase on all pay points and back dated to 1st April, 2020
2. One extra day's leave on the minimum so the current 21 days leave will move to 22 days.

GMB expressed dismay at the opening offer and rejected 2% tabled by your employer earlier this year.

The employer has since considered the rejection and tabled a revised offer of 2.75%.

GMB is now asking you to accept or reject the pay offer at 2.75%.

What happens next is up to you. We need all our members to have their say on pay.

You can vote in this important ballot at:  
[gmb.org.uk/vote](https://gmb.org.uk/vote)

In addition, we need you to help build bargaining power in your workplace so please do one or all of the following:

1. Once you have voted use the online tools to encourage other GMB members to vote:  
[gmb.org.uk/haveyoursayonyourpay](https://gmb.org.uk/haveyoursayonyourpay)
2. Become a GMB rep if you haven't got one in your workplace:  
[gmb.org.uk/rep](https://gmb.org.uk/rep)
3. Recruit a GMB member - colleagues not in a union? Sign them up here:  
[gmb.org.uk/join](https://gmb.org.uk/join)
4. Join an all members digital meeting. Meetings are every Thursday 6pm:  
<https://register.gotowebinar.com/register/8319879994456017421>

**GMB.ORG.UK/VOTE**



# Have Your Say On Pay

**GMB**

**UNION**

Talks are still ongoing between GMB and the government regarding the pay offer for Public Sector workers for 2020/2021

GMB are balloting members to get their views on the proposed offer so please make sure your contact details are kept up to date to ensure you don't miss out on the opportunity to have your say

**HAVE  
YOUR  
SAY  
ON YOUR  
PAY**



**GMB**

**UNION**

**CALLING ALL LOCAL GOVERNMENT  
AND SCHOOL WORKERS**

**HAVE  
YOUR  
SAY  
ON YOUR  
PAY**



**CALLING ALL LOCAL GOVERNMENT  
AND SCHOOL WORKERS**

**HAVE  
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PAY**



**HAVE  
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PAY**



# Social Events 2020

**GMB**

**UNION**

Due to the Coronavirus pandemic, the branch has had to make the difficult decision to cancel all of this years Social Events in order to ensure all our members are kept safe

The safety of our members and their families is our number one priority and we would not wish to put anyone at any risk



Our planned Summer trip to Whitby will go ahead next year as we know this is a popular trip for our members

The train journey to Edinburgh that was scheduled for September has also had to be postponed due to the uncertainty of the pandemic



This years Miners Gala has been cancelled but will be bigger and better next year for the 150th celebration of the event

JUL  
11

\*\*\* CANCELLED \*\*\* GMB @ Durham  
Miners Gala 2020

Public - Hosted by GMB Durham Local Authority Branch



# Keeping Safe At Work

**GMB**

**UNION**

The branch has invested in various items to help keep our front line workers safe while continuing to provide the excellent service they do

This includes face coverings and hand sanitisers





# Branch Donations

**GMB**

**UNION**

The branch have been helping the most vulnerable in the County during these tough times and have been making donations to various organisations

These donations can then be put to use to help look after those most in need



We donated £500 to Annfield Plain Community Centre to help fund these fruit baskets for shielded and vulnerable people



This month the Durham Local Authority GMB branch made a donation to Silvertrees School to help them continue in supporting the most vulnerable in our community



*Well done from everyone at GMB Union!*



<https://www.facebook.com/durhamgmb/>



**Hunger Hangout Leadgate**

55 mins · 🌐

Massive thanks to TRACY & THE GUYS  
GMB TRADE union  
Durham County Local Authority Branch  
& the guys @ JTL  
FOR THEY DONATIONS  
THANKS GUYS WILL HELP US CONTINUE  
LOOKING AFTER ALL OUR ELDERLY  
FRIENDS  
On a daily basis

# GMB





# Branch Donations

**GMB**

**UNION**



Branch president Les Timbey handed over a donation from Durham GMB LA Branch to the Food for Thought project to help them continue to support local residents

This project has been set up to raise as much money as possible to minimise the financial impact and hardship caused to households affected by the Coronavirus



**AS THE PURSE  
IS EMPTIED,  
THE HEART IS FILLED.  
-CHARLES DICKENS**

# Pride 2020

**GMB**

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Happy Pride everyone!



Whilst our celebrations this year aren't the same, they are more important than ever

In June we remembered especially, the trans women, people of colour and LGBTQ+ disabled activists that fought for our rights

**GMB**

UNION

**HAPPY  
PRIDE**





# Working From Home

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Many staff will currently be working from home and GMB is there to make sure you follow health and safety guidelines while doing this. The advice below can help ensure you have the correct set up at home.

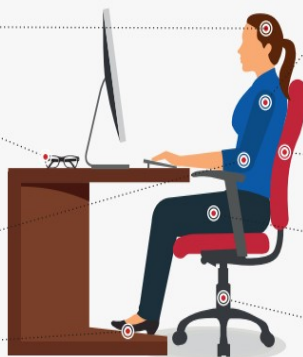
## Setting up your workspace

Look **STRAIGHT AHEAD**, monitor at eye level or just below and an arm's length away. If using multiple monitors, angle them inwards to reduce neck rotation.

Give your **EYES** a break. Every 20 minutes, look 20 feet away for 20 seconds. 20-20-20.

**ELBOWS** and **FOREARMS** level with the desk surface, shoulders are down and relaxed. Adjust chair height or prop yourself up with additional cushions.

**FEET** planted on the floor. A footrest is ideal; alternatively, use a box.



Keyboard and mouse positioned close to the edge of the desk to avoid unnecessary stretching. Don't shrug **SHOULDERS** when typing and mousing; lower the work surface or adjust your chair height to avoid this.

Sit **BACK** taking full backrest support. Adjustable chairs are ideal. For more lumbar support, place a cushion or rolled up towel behind you.

Keep **THIGHS** parallel to the floor, knees slightly lower than the hips.

Regular **MOVEMENT** is key. Get up from your chair 2-3 times an hour for 30-60 seconds or 5-10 minutes every hour. Add dynamic stretches to daily routines as well as walking.

## Creating the right environment



We spend 90% of our time indoors so consider air quality. Let fresh air in, clean **WINDOWS** regularly to avoid dust build up and consider the cleaning products you are using. Air purifiers should be considered.

**ADD A LAMP** to your desk to increase light levels if required. Illuminate the work area and documents as opposed to the screen as the screen already emits light.

Observe the **TEMPERATURE** in your work area. When too cold, you may feel more distracted and lose some dexterity in your hands and fingers. If you are feeling cold, you may not be moving regularly enough. When you're too warm, you can be uncomfortable and tire more quickly. Aim for between 21 and 24°C (ideally 22°C).



Try to create a workspace away from your living space to reduce noise distraction. If you can't, wear earphones or headphones to take calls. Make sure these are fitted well. Adding **MUSIC** to the background or white noise can also help keep you productive.



**CREATE A GOOD ATMOSPHERE** around your work area including natural light, plants, flowers and artwork. Increasing the connection to nature around your work area improves productivity.

**MAKE  
WORK  
SAFE**

## Navigating your home

**WORKING FROM A SOFA:** Plant feet firmly on the floor and sit back in the seat. Put your laptop on a book / magazine on a cushion to raise the screen slightly and improve neck posture. Place a cushion behind you for better lower back support. Keep shoulders down and relaxed, elbows by your side and wrists straight. Take a break every 15-20 minutes.

**INTERRUPT SITTING:** Stand occasionally to work. An adjustable height ironing board is ideal. Alternatively, put the laptop on any flat surface at a standing height. A good regime could be 20 minutes sitting, eight minutes standing, two minutes moving.

**WORKING AT A DINING TABLE:** Plant feet firmly on the floor and sit back in the seat. Add a cushion to the backrest if needed. Move the chair close to the table and bring the laptop near to the edge. Try to lift the laptop to eye level and connect a separate keyboard and mouse to encourage a more neutral posture.



\*\*\*These tips are offered on a temporary basis, when you do not have the means to set yourself up in an ideal ergonomic position.

## Staying mentally fit

**DON'T BE TOO HARD ON YOURSELF:** You may be trying to work around childcare, home schooling, and other commitments. If you are struggling, talk to your line manager or HR department. If you are feeling anxious or low, there are a number of free apps that help support mental health wellbeing, e.g. Headspace, Moodfit. If you are finding everyday activities a struggle, contact your GP - many are now doing telephone or video consultations.

**IF YOU ARE MISSING COLLEAGUES:** Try to organise some regular 'get togethers' via conference call/apps. You may be 'seeing' each other during online work meetings but sometimes it's nice to have a chat over a cuppa, as you would during a coffee break in the office.



**MAKE SURE YOU ARE GETTING ENOUGH SLEEP:** You may be working different hours to fit in other commitments, but make sure you don't end up 'running on empty'. Set yourself boundaries and stick to them, e.g. no looking at emails between certain times of day/night, no working on weekends, etc., as applicable to your role.

**MAKE SURE YOU HAVE SOME 'DOWN TIME':** The lines between home and work are very blurred at the moment. Try to get outside for a period each day; the benefits of fresh air and being in nature are well documented in terms of mental health and wellbeing.

If you require further support, contact your manager and ask for a display screen equipment assessment (DSEA) which can be conducted remotely and support you with more specific advice.

[www.ergonomics.org.uk](http://www.ergonomics.org.uk)

## **GMB Extra**

As part of your membership with GMB, you can access a range of discounts for you and your family. More information on all of these discounts can be found in the **My GMB** area of the GMB National Website ([www.gmb.org.uk](http://www.gmb.org.uk)). These discounts include:



### **20% off National Express**

We are proud to partner with [National Express](#) to offer all of our members this quality discount when travelling with National Express. This offer is a 20% discount off National Express full range of fares, including the cheapest online 'Restricted Fares'. The discount will apply to GMB members plus up to 3 others travelling with them and there will be a requirement to book at least 3 days in advance.



### **10% off at Go Ape!**

Looking to discover some seriously adventurous things to do outdoors? Go Ape offer outdoor experiences and activities across 34 locations UK wide. From zip wires, to super-springy trampoline nets in the trees, to off-road Segways, Go Ape have an adventure for everyone. So, if you're looking to get the blood pumping, take on a challenge, or just have fun with your Tribe, a day of unforgettable action, laughter, and achievement awaits. Who will you share adventure with? GMB is proud to partner with Go Ape to offer our members 10% off.



### **Up to 49% discount at Alton Towers**

We are proud to partner with [Alton Towers](#) to offer all of our members this quality discount. Unleash the 'Power of the Towers' this year as you share joy, laughter and thrills with family and friends at Britain's Greatest Escape! Enjoy an awesome choice of world-class rollercoasters including Wicker Man, Nemesis, Oblivion and The Smiler and a host of fantastic family attractions including the brand new 'Peter Rabbit™ Hippy Hop' ride





## Up to 48% off at LEGOLAND Windsor

We are proud to partner with [LEGOLAND Windsor](#) to offer all of our members this quality discount. For an awesome family day out this year visit the LEGOLAND® Windsor Resort and experience the ultimate LEGO® adventure! With over 55 rides, live shows and attractions set over 150 acres of parkland plus a fully LEGO themed hotel on site, the LEGOLAND Windsor Resort is a family destination that is not to be missed!



## Up to 49% discount at Warwick Castle

We are proud to partner with [Warwick Castle](#) to offer our members this quality discount. Experience 1,100 years of Great British history in one of England's finest medieval fortresses. Experience the fun of real history on a visit to Warwick Castle! Warwick Castle is one of the most exciting historic locations in Europe, set in the heart of Shakespeare's England with over 1,100 years of fascinating architecture and amazing views in 64 acres of beautifully landscaped grounds.



## Save up to 40% at Shrek's Adventure! London

We are proud to partner with [Shrek's Adventure](#) to offer our members this quality discount. Join the search to find Shrek! A brilliantly bonkers interactive and immersive walkthrough experience, where the whole family can journey through Far Far Away as the stars of the show. See, hear, touch and smell the adventure by exploring 12 fairytale themed live shows, collecting the special ingredients that you will need in order to find Shrek and make it home safely!



## Discount at Haven Holidays

Your perfect UK break. Haven offer the perfect base for your short break or holiday. When you join us on a Haven holiday, all our award-winning family holiday parks will give you the warmest welcome possible. We've made sure each of our 37 parks is on or near the coast, so the sound of the sea's never too far away. From under 5s getaways to dog friendly holidays and couples' retreats, we cater for everyone here at Haven. With over 100 indoor and outdoor activities to choose from at Haven, we have something suitable for the whole family, whatever your age or ability. All of our parks have great facilities and entertainment for all the kids – big ones and little ones. There's plenty to keep everyone busy. You'll find plenty of time to be together on your chosen Haven UK holiday.



## Up to 40% off at LEGOLAND Discovery Centre

We are proud to partner with the [LEGOLAND Discovery Centre](#) to offer all of our members this quality discount. For a super fun family day out visit one of a LEGOLAND Discovery centre – the ultimate indoor LEGO® playground. In Birmingham you can enjoy a 4D Cinema, two rides, a build and test zone to improve all of your LEGO building skills, as well as a LEGO cafe to sit back and enjoy after a day of building. In Manchester you can enjoy three LEGO® rides, 11 LEGO® play zones, a 4D cinema AND the opportunity to become a NINJA with the awesome LEGO® NINJAGO® City Adventure!

## PRIVILEGE PURCHASE CLUB

### Privilege Purchase Club Discounts

Introducing the Hotpoint [Privilege Purchase Club](#) offering exclusive pricing on over 850 different appliances including four great brands to choose from, Kitchenaid, Whirlpool, Hotpoint & Indesit. Products range from washing machines, refrigeration, cookers and dishwashers to Hotpoint's Small Domestic Appliance range. Some appliances are already pre-discounted and in addition we offer at least an **extra 15% off** using their monthly voucher code, displayed on the homepage.



# Benefits & Services

**GMB**

**U N I O N**



## 20% off Crown Paints

We are proud to partner with Crown Paints to offer all GMB members and their friends and family a 20% discount. With over 150 stores nationwide you're never too far away from your local Crown Decorating Centre to grab your discount. For more information about Crown Paints check out their website [here](#).



## Save on Glasses and Eye Tests at Vision Express

Built on a passion for the optical profession and a drive for unparalleled customer service, Vision Express take vision seriously. With coverage across the UK in over 600 stores, including selected Tesco Extra Stores.

- Free eye test, including digital retinal photography, upon purchase of complete glasses over £50
- Current national offer (e.g. 2 for 1 designer glasses) or save £30 on complete glasses
- 3-month's supply of soft disposable contact lenses when joining our contact lens Direct Debit scheme (Complete Contact Care) – terms and conditions apply
- 10% off non-prescription sunglasses
- 
- We'll allow a friend or family member to benefit from every one of these discounts as well, so let those closest to you receive the expert eye care they deserve.

**funkypigeon.com**

## Funky Pigeon 20% discount

GMB is proud to partner with [Funky Pigeon](#) to offer all of our members this 20% discount on their products.



## Hermes 10% discount

Need to send a parcel? As one of the UK's largest parcel delivery companies, Hermes offer a range of flexible, affordable & convenient delivery options. As 'The Parcel People', they know every parcel you send means a lot, which is why they mean a lot to Hermes too. So it's no surprise they're trusted to deliver over a million parcels in the UK every day, 7 days a week! With over 90% of you living within 2 miles of one of their 4,700 drop off locations, whatever it is you're sending, Hermes have you covered. With prices starting from as little as £2.26, you'll also get full tracking included as standard. GMB is proud to partner with [Hermes](#) to offer all of our members this 10% discount on their services.



Proven Lost Luggage Protection

## TRACE ME Lost Luggage Protection Discount

We are proud to partner with [TRACE ME Luggage Tracker](#) to offer all of our members this discount.

Every year over 1 million bags go missing at airports globally, and are never returned to their owners. [TRACE ME Smart ID](#) luggage tag helps prevent that happening to you. It is compatible with baggage handling systems and works at virtually all airports and airlines around the world. It's secure, anonymous and provides you with complete peace of mind when you travel. No moving parts or batteries, always works where RFID, GSM or GPS signals are compromised. If your bag doesn't arrive, TRACE ME prevents it being lost forever and accelerates its return. You can get 40% off when you purchase TRACE ME Smart ID packs



## UIA—Home Insurance Offer

Just one phone call to us today could cut the cost of your home insurance, so what are you waiting for?



- Great Value
- Interest-free monthly payments
- Extra 10% discount on Combined Buildings & Content policies
- Get up to £50 towards any switching costs your current insurer might charge
- 97% of people would recommend us\*\*
- 100% UK-based call centres
- A dedicated, highly experienced Claims Team from the start to finish of any claim

Just call 0800 072 9922 (0143 876 1651 for mobile users)

## GMB Road Traffic Fund



If you drive as part of your work then the Road Traffic Fund is ideal for you.

For just an additional 10p per week to your GMB contributions, the fund offers a variety of benefit for those who drive as part of their work, including the payment of speeding fines (conditions apply)

Joining the Road Traffic Fund couldn't be easier.

**Contact the branch for more details**



## Highly rated insurance from LV=

Good news... GMB members are entitled to exclusive discounts on a wide range of LV= insurance products through your union membership.

5 Star rated cover – awarded by Defaqto, the independent financial researcher, for the 11th year in a row for being one of the best quality car insurance products on the market. With our comprehensive cover we offer features and benefits including accidental damage and personal accident cover.

LV= also offer caravan insurance as well as discounted rates to GMB members on the following insurance cover:

Classic car insurance – our comprehensive car insurance policy offers you protection for your pride and joy in case something should ever happen.

Motorcycle insurance – motorbike lovers can enjoy our motorcycle insurance with full cover of helmet and leathers and can protect their no claim discount if they have 4 years claim free for the life of their policy.

- Accidental damage to your car
- Uninsured driver promise – no loss of No Claim Discount and no excess to pay
- Misfuelling cover if you accidentally fill your car with the wrong fuel
- New locks and keys if your keys are lost or stolen
- Unlimited cover for factory fitted phone, audio and sat nav equipment
- A new-for-old car replacement if yours is less than 12 months old
- £10,000 personal accident cover – if you or your partner are injured
- Replacement child car seats
- £200 cover for personal belongings in your car

**Contact the branch for more details**



# Social Media

**GMB**  
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**Please follow the GMB  
Durham Local Authority  
Branch on Social Media**



@durhamgmb



@GMBDurham

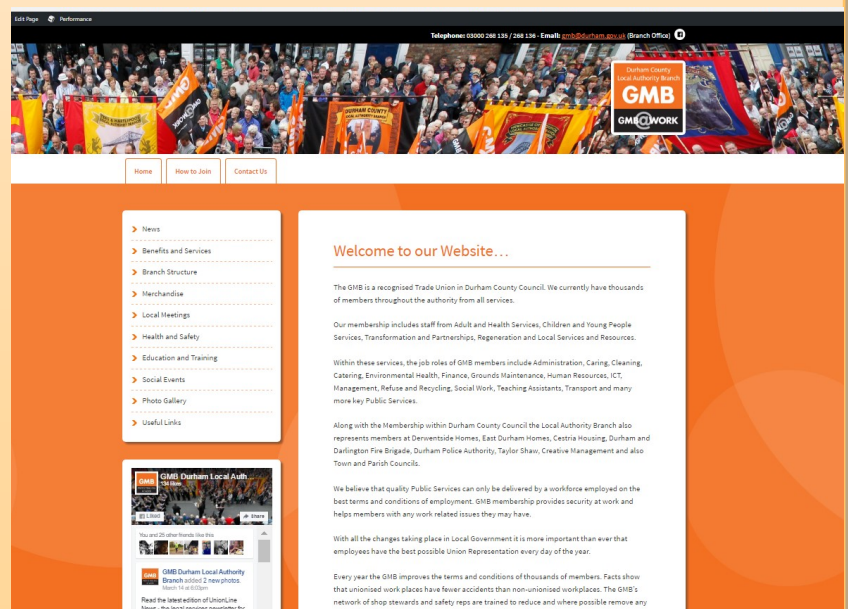


@durhamgmb



**Or visit our branch  
website**

[www.durhamgmb.info](http://www.durhamgmb.info)



The branch are keen to ensure that our members are always kept up to date

We are constantly updating our social media feeds, website and Bulletin Board notices with the latest news and events

We currently have a mailing list for internal and external members to receive information on our Social Events

If you would like to be added to this then please contact the branch with your email address



## **Section 188 Redundancy Notices and Restructures**

### **• Digital & Customer Services Restructure**

Please contact the Branch if you receive a Section 188 notice or your Service is going through a restructure.  
Call us on 03000 268135

or

Email: [gmb@durham.gov.uk](mailto:gmb@durham.gov.uk)

### **GMB Bulletins**

**Please note: up-to-the minute information for members is posted onto the Durham County Council bulletin board**

**Remember — You're better off in the GMB**



# Contact Details

**GMB**

U N I O N



## DURHAM LOCAL AUTHORITY GMB BRANCH OFFICE CLOSED

Although our branch office is presently closed, we are still monitoring our e-mails and contactable via phone

[gmb@durham.gov.uk](mailto:gmb@durham.gov.uk)

|                |              |
|----------------|--------------|
| Joy Thompson   | 03000 268134 |
| Les Timbey     | 03000 268989 |
| Tracy Metcalfe | 03000 268135 |
| David Clegg    | 03000 268138 |

Above all we hope you all remain well & stay safe

Best wishes your GMB team

**UNIONLINE**  
YOUR TRADE UNION LAW FIRM  
**0300 333 0303**  
[www.unionline.co.uk](http://www.unionline.co.uk)



**JOIN NOW**

From now the GMB will not provide representation or support that you have membership.


# Application Form (Direct Debit)

**GMB**  
UNION

## Join now for protection, support and advice.

Hand this form to your local GMB representative, or seal it and put it in the post (you do not need a stamp). Questions? Email us at [info@gmb.org.uk](mailto:info@gmb.org.uk) or visit our website: [www.gmb.org.uk](http://www.gmb.org.uk) where you can also join instantly.

**PLEASE USE BLOCK CAPITALS**

SIGN WHERE YOU SEE THE 

**TELL US ABOUT YOU.** This will help us do the best possible job for you.

Forename

Surname

Title

Mr Mrs Miss Ms Mx

Date of Birth

Home address

Postcode

Work address

Postcode

Home phone number

Email address

Job title

Mobile number

Employer

Hours a week

**THE IMPORTANT BITS.** Please authorise the Direct Debit.



### Instruction to your Bank or Building Society to pay by Direct Debit

Please fill in the form and send back to FREEPOST GMB

Name & full postal address of Bank/Building Society

To the Manager of

Address

Bank/Building Society

Postcode

Name(s) of account holder(s)

Account number

Sort code



Service User Number

Reference (FOR GMB USE ONLY)

Instruction 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 & if so, details will be passed electronically to my Bank/Building Society.

Signature(s)

Date

Bank/Building Societies may not accept Direct Debit instructions for some types of account.

**PAYMENT DATE.** Please select a payment date.

If you are paid monthly ☐ 1st ☐ 8th ☐ 15th ☐ 22nd ☐ Last day of the month\* OR if you are paid 4 weekly ☐ 1st Friday ☐ 2nd Friday ☐ 3rd Friday ☐ 4th Friday

\* or next working day

**STAYING IN TOUCH.** We want to make it as easy as possible to talk to each other.

GMB contacts members by email, phone and SMS about issues related to membership, membership services and campaigns.

Tick if you DO NOT wish to be contacted by: ☐ Email ☐ Phone ☐ SMS

GMB has a political fund to pay for political campaigning, which you can opt-in to for 1p a week. In the past, the fund has helped win rights such as the minimum wage and maternity leave. There will be no detriment to you if you do not opt-in.

Do you want to opt-in to the political fund? ☐ YES ☐ NO

**AND JOIN.** I agree to abide by GMB rules.

Signed

Date

**Welcome to the GMB Union family!**

To read the GMB rulebook please visit [www.gmb.org.uk/rules](http://www.gmb.org.uk/rules) For our privacy policy go to [www.gmb.org.uk/your-privacy](http://www.gmb.org.uk/your-privacy) You can change your contact preferences at any time by logging into your MyGMB area at [www.gmb.org.uk/mygmb](http://www.gmb.org.uk/mygmb)

FOR GMB  
USE ONLY

Section

Branch

Membership

Join



# Application Form (Check Off)

**GMB****U N I O N**

Join  now for protection, support and advice.

Hand this form to your local GMB representative, or seal it and put it in the post (you do not need a stamp). Questions? Email us at [info@gmb.org.uk](mailto:info@gmb.org.uk) or visit our website: [www.gmb.org.uk](http://www.gmb.org.uk) where you can also join instantly.

PLEASE USE BLOCK CAPITALS

SIGN WHERE YOU SEE THE 

**TELL US ABOUT YOU.** This will help us do the best possible job for you.

Forename

Surname

Title

Ms Miss Mr Mx

Date of Birth

Home address

Postcode

Work address

Postcode

Home phone number

Email address

Job title

Mobile number

Employer

Hours a week

**THE IMPORTANT BITS.** Please authorise us to take your fees from your wages.

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.

Pay number

- Please start the deductions immediately and pay the amounts to GMB.
- 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.

Signature(s)

Date

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