

# MY MOST IMPORTANT NEW YEAR'S RESOLUTIONS



Take part in the **strike** from **9am** to **9pm** on  
**Thursday 29 January 2015**



Take breaks and don't work for free between  
**Friday 30 January** to **Tuesday 24 February 2015**



Take part in the **24 hour strike** on  
**Wednesday 25 February 2015**

Signed .....

**The industrial action you have already taken is supported by the public and is really putting pressure on the government and NHS leaders.**

**Now is the time to increase that pressure, stand together in UNISON and fight for:**

- **a proper pay rise for all NHS staff**
- **the Living Wage for the lowest paid**
- **a commitment to close the gap between your pay and your bills**

**Contact your branch to find out more.**

**Three simple ways to  
join UNISON today:**



**Join online at  
[joinunison.org](http://joinunison.org)**



**Call us on  
0800 171 2193**



**Ask your UNISON rep  
for an application form**