

The benefits of belonging to Amicus

Amicus as it exists today has evolved over more than 150 years. We have represented countless union members. Whilst being proud of our tradition we have also evolved to become a modern progressive and professional trade union. It is a proven fact that well organised, unionised companies have better terms and conditions than non-union companies:

- On average six per cent higher basic rates of pay
- Less sexual or racial harassment
- Less bullying in the workplace
- Better health and safety performance
- Better trained representatives and effective procedures
- Better training and better opportunities



Join online www.amicustheunion.org

Member Benefits

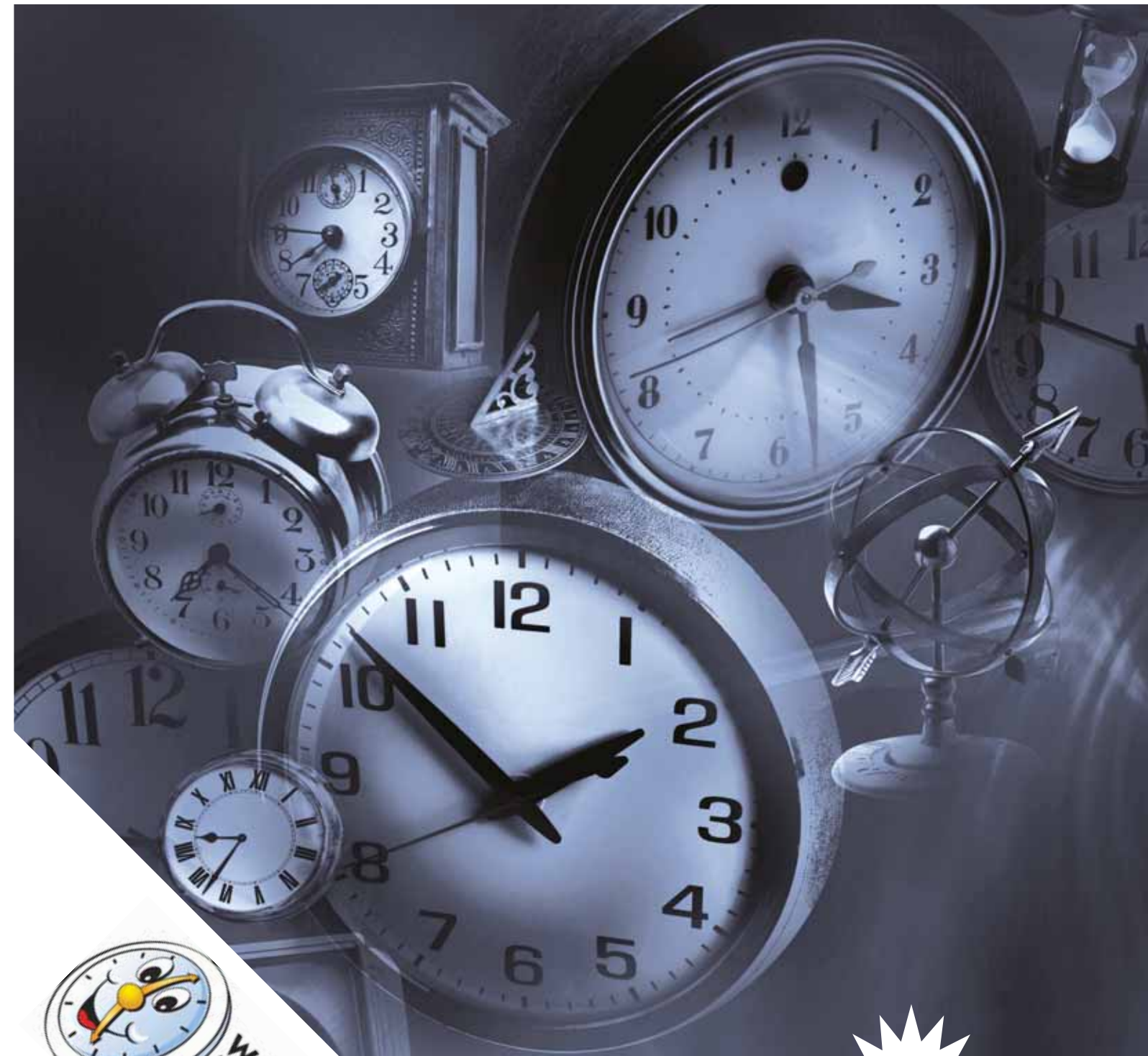
There are many more free benefits of membership of which you can take advantage:

- Stakeholder pension
- Amicus MasterCard
- Financial advice
- Unsecured personal loans
- Motor and home insurance
- Vehicle breakdown cover
- WellWoman insurance
- Travel insurance
- Amicus personal accident plan
- Amicus illness cash plan
- Union Energy electricity and gas
- Health care cash plan
- Holiday club
- Airport parking

Plus
Free Will-making
service

The above offers will help you to offset the cost of your union membership.

Amicus says work your proper hours



24th February is 'Work your proper hours day'

Most people enjoy their jobs and find them fulfilling. Putting in some extra hours when there's an emergency or a sudden increase in workload is one thing. The problem is when long hours become the norm, not the exception, and even longer hours are needed when a real crisis comes along.

According to official statistics

- Employees who work long hours on average work an additional seven hours and thirty minutes per week. If paid at the average wage for these hours they would get an additional £4,650 a year.
- The TUC has calculated that if the average employee that works long hours did all of their overtime at the start of the year, they would have worked for nothing until Friday 24th February,
- Finance companies are making massive profits, while at the same time employees are working long hours for no extra pay
- UK workers work the longest hours in Europe

There is no doubt that UK employees work hard. But what are the consequences of doing all of this unpaid work? Amicus is concerned that as a result of the long-hours culture within the financial services sector:

- family life is damaged,
- work/life balance is lost and
- Stress is a common problem resulting in loss of productivity, absenteeism and high staff turnover. Stress can also lead to mental or physical ill health.

Amicus is urging all employees in the financial services sector to take a proper lunch break and leave work on time on this day.

The TUC has established a 'work your proper hours day' website. There are a number of resources on this website – www.workyourprophoursday.com you can use to

- Calculate the value of your unpaid overtime by using the TUC overtime calculator
- Use the Boss-o-Gram machine to send your boss an anonymous reminder about 'work your proper hours day'

Amicus is encouraging employees to make sure they make use of their free time on the 24th February. Why don't you get together with some colleagues and go for a meal after work? Or you can go home on time and enjoy the extra time with your family.

Support Amicus and send a message to employers in the financial services sector, work your proper hours!

Direct Debit Guarantee

This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society. If the amounts to be paid or the payment dates change, Amicus will notify you 10 working days in advance of your account being debited or as otherwise agreed. If an error is made by Amicus or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid. You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us. Alternatively, you can call our Member Services Team on: 0800 587 1222.



Data Protection Notice

By joining Amicus you are providing information which may be used for administrative purposes, the holding of elections and other statutory requirements.

If you do not tick the box on page 3 you consent to Amicus passing on your information for the promotion of membership services (e.g. Insurance). We may disclose your information to our service providers and agents for these purposes. However if we do disclose your information, we will put a contract in place to ensure it is protected.

We or they may contact you by post, telephone, (but not if you or the subscriber to a telephone line has registered with the Telephone Preference Service), e-mail, SMS Text or such other means as we may agree with you from time to time, to let you know about any goods, services or promotions that may be of interest to you. We may keep your information for a reasonable period to contact you about our services.

You have the right to ask for a copy of your information (for which we charge a small fee) and to correct any inaccuracies. To make sure we follow your instructions correctly and to improve our service to you through training our staff, we may monitor or record communications.

RETURN TO: AMICUS, FREEPOST PLUS, RLRX-LHLT-GSCS, HAYES COURT, WEST COMMON ROAD, BROMLEY, BR2 7AU

About You

Sur-name _____
 Fore-name _____
 NI No. _____
 House No. _____
 Street _____
 City/Town _____
 County _____
 Home Tel. _____
 Mobile _____
 Email _____

Mr Mrs
 Ms Miss
 Dr Rev
 Male Female

Date of Birth _____ / _____ / _____

House Name _____

Postcode _____

Direct Debit Details

Instructions to your bank or building society to pay by Direct Debit



The Manager _____
 Address _____
 Postcode _____

Sort Code _____
 Account Number _____
 Name(s) of Account Holder(s) _____

Instruction to your Bank or Building Society

Please pay Amicus Direct Debit monthly 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 Amicus and, if so, details will be passed electronically to my Bank Building Society.

Please read Data Protection notice overleaf

You have the right at any time to stop us using your details for third party marketing purposes. If you do not wish us to communicate with you or share your contact data for these purposes, please tick this box. Please note that this will preclude you from receiving our special offers or promotions.

I agree to abide by the Union's rules. I authorise the payments above.

Signature(s) _____

Date _____ / _____ / _____

Campaign Code _____

Recruiter Membership No. _____

Membership Form - GB

Please complete all questions, if known in BLOCK CAPITALS with a black ball point pen, seal and post. No stamp needed.

Department _____
 Type of Work _____
 Work address _____
 Postcode _____
 Work Tel. _____
 Self employed NMC No _____
 Student

I am an apprentice or on a full time training scheme

Equal Opportunities

Amicus is committed to the promotion of equal opportunities for all and it is the Union's aim to provide services and support to members that is free of discrimination on the basis of race, gender, religion, sexual orientation or disability. What ethnic group do you belong to?

- British White & Black African Indian Caribbean Chinese
 Irish White & Black Caribbean Pakistani African Other
 Other White White & Asian Bangladeshi Other Black
 Other Mixed Other Asian

Specify _____
 Do you regard yourself as disabled?