

## Help build a stronger union

There are plenty of opportunities for playing an active part in the ARMs network.

ARMS members will be kept updated about relevant campaigns and can participate through a range of activities including signing petitions, lobbying their MPs, attending protests and much more.

ARMS have a number of regional committees made up of elected reps who meet regularly to progress ARMs issues. These are open meetings and ARMs members are welcome to come as observers. There is also an elected national committee that ensures the voice of ARMs members is heard throughout the union.

ARMS reps can also support local PCS branches by mentoring new reps, giving advice on personal cases and supporting their campaigns.

If you would like more information about becoming more involved in ARMs, please get in contact by calling 0121 643 4342 or visit our website: [pcs.org.uk/arms](http://pcs.org.uk/arms)



Illustrations by Gillian Bleasle. Photos clockwise from top left: Jess Hurd, Phil Rees, Timm Sonnenschein, Phil Rees

### Active in the community

The ARMs network has a strong link to charities, local trades councils, regional TUC pensioners networks, and campaign groups. We are affiliated to the National Pensioners Convention and the Public Services Pensioners Council where we work with other organisations on matters of common interest. We also subscribe to charities such as PARITY (a disabled peoples charity) and Age UK.

# ARMS

## Associate and retired members network

### Completing this application form

You should only complete this application form if you are applying to join the union as an associate member. If you are still working in an area where the union represents members you need to complete a PCS membership application form rather than this one. This can be obtained by telephoning **0800 317 464** or downloading it from our website: [pcs.org.uk](http://pcs.org.uk)

### Join over the phone

It is also possible to join PCS as an associate member by calling our membership department on **0800 317 464**.

### Subscription rates

Your Associate and Retired Members subscriptions will be collected by direct debit at the rate of £2.09 per month.

### What happens next?

Once we have received your completed application form it will be processed speedily. You can normally expect to receive a welcome letter from the General Secretary and a new membership

card within two weeks. The letter will include details of how you can get involved in union campaigns as well as how to access our discounted insurance schemes and other membership benefits.

### Return your application form free of charge to:

Membership Department  
PCS  
Freepost - BFH 1003  
160 Falcon Road  
London  
SW11 2BR

If you have any questions about your application please contact us on freephone

**0800 317 464**

If you would like an application form in an alternative format contact PCS head office on **020 7801 2691** or log on to [pcs.org.uk](http://pcs.org.uk)

# ARMS

## The PCS associate and retired members network:

providing a voice, services, and information for members of the union who have retired, been made redundant or who resign from their employment



Public and Commercial Services Union | [pcs.org.uk](http://pcs.org.uk)

# Stay connected

If you were a PCS member but have retired, been made redundant or are no longer employed in an area where PCS has members, you can become a member of the PCS Associate and Retired Members (ARMs) network.

Being a member of ARMs means you can continue to play an important role in PCS.

The ARMs network has a strong campaigning voice on issues such as public services, pensions, transport, disability and social care, to name a few.

As well as standing up for issues which affect our members, the ARMs network also maintains a link with the wider union and plays a vital role in supporting PCS campaigns.



Photos: Timm Sonnenschein, Jacky Chapman

## PCS Union membership application form



### Please complete all questions in BLOCK CAPITALS

Title  Mr  Mrs  Ms  Miss

Forename(s)

Surname

Date of birth     NI number

Contact telephone no

Email

#### Home address

Postcode

Membership Number

Name of last employer

Date of leaving employment



### Membership details and equality monitoring

This information will be used for statistical purposes only (Please tick the appropriate boxes)

Which of the following categories describes your ethnicity:

Asian: Bangladeshi  Asian: Indian  Asian: Pakistani  Asian: other  
 Black African  Black Caribbean  Black: other  
 Chinese  Mixed ethnic background  White

Please indicate your sexuality by ticking one of the following:

Heterosexual  Gay/Lesbian  Bisexual  Asexual

Do you identify as a transgender person

Do you consider yourself to be a disabled person

Yes

Yes

No

## Direct Debit



### The Direct Debit guarantee

This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, or frequency of your Direct Debit PCS will notify you at least 14 working days in advance to your account being debited or as otherwise agreed. If you request PCS to collect a payment, confirmation of the amount and date will be given to you at the time of the request.

If an error is made in the payment of your Direct Debit by PCS or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when PCS asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

### Direct Debit *Instruction to your bank/building society to pay by direct debit*



To the manager

Bank/Building Society

Address

Postcode

Originator's identification no.

9 7 1 5 7 5

### Name(s) of account holder(s)

Account number

Branch sort code

Reference number (to be completed by PCS)

### Instruction to your bank or building society

Please pay PCS Direct Debits from the account detailed on this instruction subject to the safeguards assured by The Direct Debit Guarantee. I understand that this instruction may remain with PCS and, if so, details will be passed electronically to my bank/building society

Signature

Date

### Declaration and data protection

I am applying for associate membership of PCS. I agree to become an associate of PCS and I declare that I will observe the terms of its rules.

Signature Date

**Data Protection:** PCS holds personal data about all members. This data is used to process your membership, provide you with information, to enable us to carry out membership activities and to provide us with management and statistical information. If you do not wish to receive specific mailings from approved PCS providers carrying the PCS+ logo, please tick here

Please check that you have completed all the sections of this form and then send it to:

Membership Department, PCS Union, Freepost — BFH1003, 160 Falcon Road, London SW11 2BR

