





The government is due to make a pay award for NHS Staff on Agenda for Change (AfC) contracts. After years of underinvestment, the cost of living is spiralling and adding pressure to an overstretched workforce.



## The RCN is its members. You are the voice of nursing and an advocate for your patients.

MyRCN rcn.org.uk/MyRCN

Time to Talk About Pay guide rcn.org.uk/PayAction

Use this guide to talk to your colleagues and loved ones about the impact of low pay on you and your work.