

PUBLIC SECTOR NURSES AND MIDWIVES



Speak out!

Stage one protected industrial action gives Victorian nurses and midwives, who are ANMF members, a voice to tell patients and the community about your campaign without repercussions.

Social media is a great way to talk to your peers and others who follow you.

Don't underestimate the power of calling talkback radio and writing letters to the newspapers. The decision makers take notice.

Write to the Premier, the Treasurer and the Health Minister or call their offices.

'Template letters' are easy to ignore. The most powerful story is your story when talking to the Victorian community and our key political leaders.

Be measured and factual and talk about:

- why you're participating in industrial action and that it is a last resort because the Victorian Government has not been listening
- what it's been like to work through the pandemic
- the impact of casualisation and gaps in rosters on you, your patients and the health system
- the fact that there are more nurses and midwives than ever before in Victoria, but they are unwilling or unable to work permanent fulltime
- the need for a fair and respectful pay increase that values the work you do
- what's required in your next enterprise agreement to retain experienced and early career nurses and midwives, recruit additional nurses and midwives and rebuild a permanent workforce
- what will happen to the nursing and midwifery workforce if the government does not address these issues.

The list above is not exhaustive – just some ideas to get you started.

This is your campaign. What do you want Victorians and the government to know? Start calling. Start writing.

Retain. Recruit. Rebuild.
our nursing and midwifery workforce

Authorised L. Fitzpatrick, Secretary, Australian Nursing & Midwifery Federation, 535 Elizabeth Street, Melbourne Vic 3000

PUBLIC SECTOR NURSES AND MIDWIVES

**Speak
out!**

CONTACT THE MEDIA

CONTACT TALKBACK RADIO

ABC Melbourne talkback **1300 222 774**
or text **0437 774 774** (rates apply)

3AW talkback **133 693**

CALL REGIONAL TALKBACK RADIO

You may also have a local commercial radio station that takes talkback calls

ABC Ballarat call **1300 303 468**
ABC Central Victoria call **1300 813 911**
ABC Gippsland call **1300 295 222**
ABC Goulburn Murray **1300 147 222**
ABC Shepparton **1300 977 222**
ABC Mildura-Swan Hill call **1300 043 222**
ABC South West Victoria call **1300 001 602**
ABC Wimmera call **1300 594 222**

During talkback on regional ABC stations, you can also text (rates apply) on **0467 842 722**.

WRITE A LETTER TO THE EDITOR

You could also write to your local regional or suburban paper (if you're lucky enough to still have one).

The Age. Email letters@theage.com.au (letters should include your address, for verification, and name and be a maximum of 200 words. Find tips on writing a successful letter via theage.com.au/letters-tips).

The Herald Sun. Submit your letter online via heraldsun.com.au/news/opinion/letter-to-the-editor.

CONTACT THE PREMIER, THE HEALTH MINISTER AND THE TREASURER

JACINTA ALLAN

Premier; Leader of the Labor Party
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E: jacinta.allan@parliament.vic.gov.au
P: 03 5443 2144

Facebook: [@JacintaAllanBendigoEast](https://www.facebook.com/JacintaAllanBendigoEast)
Instagram: [@jacintaallanmp](https://www.instagram.com/jacintaallanmp)
X: [@JacintaAllanMP](https://twitter.com/JacintaAllanMP)

MARY-ANNE THOMAS

Minister for Health; Minister for Ambulance Services
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Facebook: [@MaryAnneMacedon](https://www.facebook.com/MaryAnneMacedon)
Instagram: [@maryannethomasmp](https://www.instagram.com/maryannethomasmp)
X: [@MaryAnneThomas](https://twitter.com/MaryAnneThomas)

TIM PALLAS

Victorian Treasurer
Address: Shop 2, 56-58 Watton Street, Werribee VIC 3030
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E: tim.pallas@parliament.vic.gov.au

Facebook: [@TimPallasMP](https://www.facebook.com/TimPallasMP)
Instagram: [@timpallasmp](https://www.instagram.com/timpallasmp)
X: [@timpallas](https://twitter.com/timpallas)

SUPPORT NURSES AND MIDWIVES ON SOCIAL MEDIA

- Share ANMF (Vic Branch) campaign posts
- Facebook, Instagram, X and TikTok accounts via [@anmfvic](https://www.instagram.com/anmfvic)
- And tag Premier Jacinta Allan, Health Minister Mary-Anne Thomas and Treasurer Tim Pallas

ANMF (VIC BRANCH) SOCIAL MEDIA

[f](https://www.facebook.com/anmfvic) [i](https://www.instagram.com/anmfvic) [X](https://twitter.com/anmfvic) [T](https://www.tiktok.com/@anmfvic) [@anmfvic](https://www.instagram.com/anmfvic)

VICTORIAN GOVERNMENT TAGS

[f](https://www.facebook.com/JacintaAllanBendigoEast) [@JacintaAllanBendigoEast](https://www.facebook.com/MaryAnneMacedon)
[@MaryAnneMacedon](https://www.facebook.com/TimPallasMP)
[@TimPallasMP](https://www.facebook.com/TimPallasMP)

[i](https://www.instagram.com/jacintaallanmp) [@jacintaallanmp](https://www.instagram.com/maryannethomasmp)
[@maryannethomasmp](https://www.instagram.com/timpallasmp)
[@timpallasmp](https://www.instagram.com/timpallasmp)

[X](https://twitter.com/JacintaAllanMP) [@JacintaAllanMP](https://twitter.com/JacintaAllanMP)
[@MaryAnneThomas](https://twitter.com/MaryAnneThomas)
[@timpallas](https://twitter.com/timpallas)

USE HASHTAGS

[#retainrecruitrebuild](https://twitter.com/hashtag/retainrecruitrebuild) [#fairpay](https://twitter.com/hashtag/fairpay)
[#nurserecruitment](https://twitter.com/hashtag/nurserecruitment) [#nurseretention](https://twitter.com/hashtag/nurseretention)
[#midwiferecruitment](https://twitter.com/hashtag/midwiferecruitment) [#midwiferention](https://twitter.com/hashtag/midwiferention)
[#proudtobeunion](https://twitter.com/hashtag/proudtobeunion) [#inourebaera](https://twitter.com/hashtag/inourebaera) [#nmeba2024](https://twitter.com/hashtag/nmeba2024)