

# Retiring from work?

## Stay with GMB – *your* union

**GMB**  
SOUTHERN

Every GMB region has a Retired Members Association. Here's the information you need to join Southern Region GMB's RMA.

### About the RMAs

The RMAs are enshrined in the GMB rule book – their purpose is to both support the national union and to campaign for the interests of retired members.

We have a regional RMA committee and send two members to the GMB's national RMA committee. We hold at least one conference of members in the region each year and send delegates to the national RMA conference.

We are supported by a regional officer appointed by the Regional Secretary.

### How to join

All retired members with five years membership or more are invited to apply to become a "Retired Life Member". When accepted you will pay no further subscriptions to the union but may still be entitled to Legal Assistance under Rule 26 and Funeral Benefit under Rule 53. You can check this out [here](#).

Please complete the form overleaf (or on our webpage) and return to the regional office

### What we do

What we do depends on you. Your voice is heard at the regional RMA members' meetings, and if elected, on the regional RMA committee – so make sure you attend and/or keep in touch with officers. We want to see an RMA in the region that takes every opportunity to act in support of our working members as well as fighting for better conditions for pensioners.

For example, we work closely with the National Pensioners Convention – a UK-wide body campaigning for the rights and well-being of pensioners. We support our working colleagues by supporting their picket lines or demonstrations, or by writing as requested to their employers or the media. Many of us have the time to do this and every little helps!

You may or may not have been active in your workplace before retirement – either way you can make a difference now. Your experience and commitment will not be lost but will enhance the work of the union in these difficult times.

### Contacts

The membership form is on our webpage. Click [here](#) or use the QR code below.

**RMA Southern Region  
President**

**Megan Dobney**

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Michelle Gordon**

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Please note that due to the high cost of postage, all communications are now by email so please let us have an email address where you can.

