



- Have a small leaflet to distribute that makes it easy for on lookers and ralliers to do follow up by calling their MLA or the Premier's office.
- Make it short. An hour is long enough!
- Get a simple but effective sound system. Try to avoid megaphones – they are not very clear.
- Inform participants to bring signs/placards.

Tips for a Rally

Nurses are turning up the heat
against Alberta's Health Cuts

Some tips on getting nurses active locally



More health cuts?



Alberta is going the **Wrong Way** with healthcare.
We must stop the **Wrong Way**.

We must speak out NOW!

When planning activities it is important to keep focused on reaching your goals. All locals should be working to achieve the following goals:

- Network with and inform your local membership – they need to get involved.
- Inform your community and prominent influential community leaders and organizations.
- Inform the government.

There are infinite ways to accomplish this. You know your communities best and what will attract people. The following are a few suggestions to get started.

- Review your “**Wrong Way**” package. Make copies of information to share with your membership, prominent influential community leaders, and the public.
- Network with your membership. Involve Ward/ Office Representatives and your Local activists.
- Hold Local membership meetings. Provide information to your members, discuss plans, and develop initiatives. Locals may want to have a “planning and organizing” committee to lead and follow up on initiatives and to share the tasks.
- You can ask members to report how the cuts in nursing and healthcare are affecting their work and their clients, residents or patients.
- Encourage members to attend and become involved by offering door prizes, pizza, challenges, etc. **It is imperative to get the information out to your members and have them participate.**
- Circulate and post information within your Local.
- Involve other unions and work together with them to plan initiatives and pool resources.
- Make an appointment with your MLA - you can take a couple of people with you to the meeting. Have someone bring a camera and take a picture with the MLA and email it to UNA. There is a helpful “meeting tips” document included in your package for you to read prior to meeting with your MLA.
- Plan a community rally or information session - outside a facility, MLA’s office, at a community event (Farmer’s Market, County Fair, and the like).
- Involve your District Rep and LRO - they are available to attend meetings, offer ideas, answer questions, brain storm, trouble shoot and share their expertise with you. Your District Rep will be contacting you to see what you are planning and if any assistance is required.
- Discuss and inform members of your community when you are out and about. Meet with your Mayor or other influential prominent community leaders or organizations. Locals will be aware of the individuals and groups in their own community that are influential and should include them in the campaign. People like former Health Board members, former Community Health Council members, Mayors, Reeves, Councilors, physicians, small business owners... - whoever has influence in your community.

The time is NOW – steer people in the “Right Direction!”