

Unite the union – Myth Buster

There's a lot of misinformation about immigration in the UK – but facts tell a very different story. Migrants are our neighbours, colleagues, and friends.



They work, pay taxes, and help keep essential services running. Migration has always been part of Britain's story – from the Huguenots and Irish workers centuries ago, to teachers from the Caribbean and EU care workers today. Migrants are not the cause of our problems – they're part of our union and probably working alongside you or living in your community.

This leaflet helps separate myths from facts so we can have fair, informed conversations about immigration.

Myth 1: "Migrants take jobs from British workers."

Fact: Migrants create jobs as well as fill them.

- Migrant workers often take roles where there are labour shortages – our doctors, nurses, engineers, agriculture, logistics, and hospitality.
- Studies show no overall link between immigration and higher unemployment for UK-born workers.
- Migrants help businesses thrive, which creates more employment opportunities for everyone.

Myth 2: "Migrants don't pay taxes or use benefits unfairly."

Fact: Migrants contribute more in taxes than they receive in public spending.

- Most migrants are of working age, meaning they pay National Insurance, VAT, and income tax – helping fund the NHS, schools, and pensions.
- Fewer than 10% of recent migrants claim benefits, compared to around 16% of UK-born residents.
- Migrants are net contributors to the UK economy – helping to reduce the national debt, not add to it.



Myth 3: "Immigration is out of control."

Fact: The UK has strict immigration rules and one of the most controlled systems in the world.

- Every visa route has eligibility checks, fees, and documentation requirements.
- Migrants applying for settlement (Indefinite Leave to Remain) must evidence continuous residence, income tax contributions (employment history), good character, and English proficiency.
- The number of people allowed to stay long-term is closely managed by government policy.

Myth 4: "Migrants put pressure on the NHS."

Fact: Migrants keep the NHS running.

- Around 1 in 6 NHS workers and 1 in 3 doctors are trained abroad.
- Many migrants work in care homes, hospitals, and GP surgeries – filling vital roles in an understaffed system.
- Without migrant workers, the NHS and care sectors would face severe shortages.

Myth 5: "Migrants don't want to integrate."

Fact: Most migrants want to build a life and belong in the UK.

- Many take part in local community groups, schools, and charities.
- They learn English, pay taxes, and raise families here.
- The UK's diversity enriches our culture

Fighting for **JOBS • PAY • CONDITIONS**

What You Can Do

Challenge misinformation directly

- When you hear false claims about migrants “taking jobs” or “draining resources,” calmly share the facts.
- Use trusted sources – such as the **TUC, Migration Observatory, or ILO** – to show how immigration often **supports** the economy and public services – links below



Promote solidarity between all workers

- Remind others that employers, not migrants, are responsible for low pay or poor working conditions.
- **Dividing workers** only helps exploitative bosses – **unity** helps everyone win better pay and rights.
- Support migrant rights organisations and local community projects.

Educate and inform

- Organise or attend **union workshops** about migration, equality, and inclusion.
- Share **real stories** of migrant workers’ contributions in newsletters or meetings.
- Encourage your union branch to include **anti-racism and migration awareness** in training programs.
- **Pass** on this leaflet to a colleague

Use your platform to spread the truth

- Write articles, posts, or social media updates that **celebrate diversity** and **counter myths**.
- **Challenge stereotypes** when you hear them.

Support for migrants is available from organisations such as:

- **Migrant Help UK** 0808 8010 503
- **Citizens Advice** www.citizensadvice.org.uk
- **Equality Advisory Support Service (EASS)** 0808 800 0082
- **Salvation Army** 0800 808 3733
mstreffals@salvationarmy.org.uk

**Let's reclaim
the narrative
and Unite as
workers**

JOIN TODAY!



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