



MEDICAL BENEVOLENT ASSOCIATION OF NSW
ANNUAL REPORT 2018



BY DOCTORS FOR DOCTORS
www.mbansw.org.au

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OUR MISSION **STATEMENT**

MBANSW seeks to support the medical community in NSW and ACT by providing counselling and financial assistance to members of medical families in need and others, to support a timely recovery from illness or adversity.



PRESIDENT'S REPORT 2018



The Medical Benevolent Association of NSW has been supporting doctors and their families in NSW and ACT for more than 122 years. The financial support we give is part of the assistance we provide to our colleagues. We want to make sure that doctors and their families who have fallen on hard times are supported in every way. The assistance provided by our Social Worker is at the heart of the work we do.

It is our intention to step in quickly, identify what is needed to support the doctor through the crisis and help them back on their feet as quickly as possible. The financial assistance is short term while the social work support we provide is available as long as it is needed.

We call on the diverse professional and life experiences of our Councillors combined with the expertise of our Social Worker to ensure that assistance is targeted and timely. I am deeply grateful to my colleagues who give up their time to serve on Council and share their expertise for the benefit of colleagues in need.

The Councillors oversee the governance of the Association and work with our Executive Officer and Finance Officer to ensure that our processes are transparent and meet the requirements of the relevant regulatory bodies.

The Annual Report this year has a new look. We hope to provide information on the way we work, how we provide assistance, build awareness, and ensure good governance in a more interesting format.

Our aim is to continue increasing the profile of the Association so we will be able to help even more colleagues in need. By using a range of communication channels we will be able to increase our awareness especially amongst the new, younger members of our profession. When help is needed, every doctor should know that assistance is readily available from the MBANSW.

Our sincere thanks go to each and every doctor, hospital, medical group and other individuals that supported our work with a donation this year. We are delighted and encouraged to have such generous support from the medical community. Without your thoughtful donations, we could not provide this service to our colleagues in need – thank you!

A handwritten signature in black ink, reading "David Chen". The signature is written in a cursive, flowing style.

Dr David Chen OAM
President



SOCIAL WORKER'S REPORT

It has been a busy and eventful year as the Social Worker for the Medical Benevolent Association of NSW. Our plans to increase awareness of our service have seen an increase in referrals for assistance. We have been more creative in how we disseminate information and we have tried to 'show our face' more often. As a result, we are able to assist many more doctors and their families in need than we have in the past.

The Council, too, has been hard at work in trying to stretch our resources to assist more doctors. Financial assistance is targeted at crisis relief, with ongoing social work support continuing as the crisis eases and plans are made to return to a more stable situation.

We have also been working with other organisations to address some of the underlying difficulties that doctors experience.

Returning to work after illness is a complex process and we have been working with DHAS, AMA, ASMOF and indemnity insurers to map the process. Along the way we have consulted with AHPRA, the Medical Council and the Ministry of Health. We hope to release a draft of the work we have done in the coming months.

We have also been working with Doctors' Health Advisory Service (DHAS) on a number of projects and have joined the DHAS advisory committee. Along with them we have attended workshops in Dubbo and Canberra, attended the Creative Careers in Medicine Conference and the Avant Lunch and Learn Seminar.

Thanks to several of the Medical Staff Councils and Colleges we have been much more visible. We had a presence at the RACP National Symposium, Royal North Shore Hospital, The College of Orthopaedic Surgeons, Creative Careers in Medicine Conference and the Doctors in Recovery Conference to name a few.

These activities, coupled with our email newsletter and LinkedIn page, have seen an increase in doctors in need requesting assistance. The average number of new referrals has increased to just over five per month. As the information following will show, not all of these requests are for financial assistance; some are for counselling support from doctors experiencing distress as a result of a patient complaint, conduct of colleagues at work or unhappy relationships away from work.

I am fortunate to be supported in the work I do by the Councillors who oversee the management of the Association; they are also charged with the responsibility of ensuring that donations are spent wisely. As requests for assistance become more frequent, the Councillors' task becomes more difficult. They deal with every request with enormous compassion. All members of Council give their time and expertise freely to me, responding immediately to any request for advice.

Our donors are the backbone of the Association. To those of you who are donors, never underestimate the impact of your generosity. Our beneficiaries are often managing pressures in several areas of their lives at once. Some have received catastrophic diagnoses, but all demonstrate determination to recover and gratitude for their colleagues who cared.



Meredith McVey OAM
Social Worker & Executive Officer



WHAT WE DO

The Medical Benevolent Association of NSW helps doctors and their families in need with short-term financial assistance and counselling support. Those in the medical profession are often the most reluctant to ask for help. MBANSW provides a confidential, non-judgemental avenue of support for doctors and their family members.




FINANCIAL ASSISTANCE

For a variety of reasons doctors can find themselves in dire financial straits. A doctor injured in a catastrophic accident or facing a cancer diagnosis, who is suddenly unable to work can quickly find themselves in a financial crisis.



COUNSELLING SUPPORT

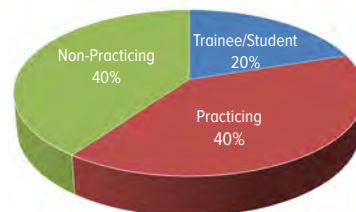
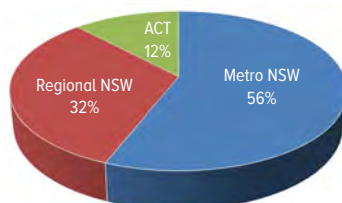
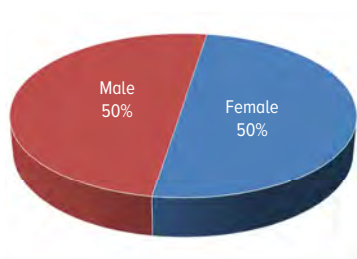
If something is going wrong at work, or a personal relationship is causing worry, it can be helpful to speak to someone who is outside the situation, but understands the unique pressures of being a doctor.



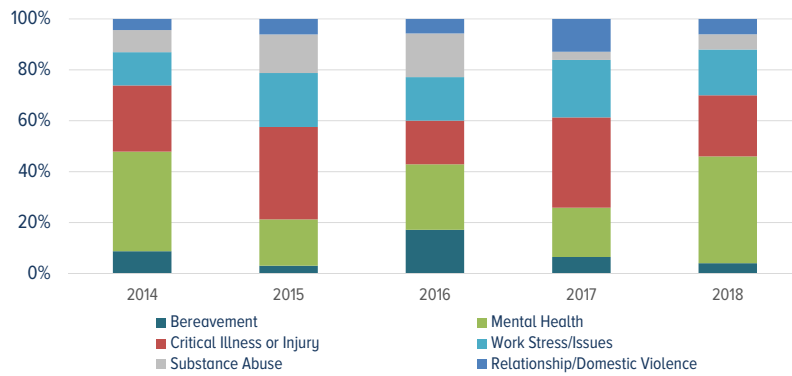
REFERRAL

If MBANSW is unable to help directly, we can usually make a referral to someone who can. Whether you are worried about yourself, a friend, or a medical colleague, we can help you work out the best way forward.

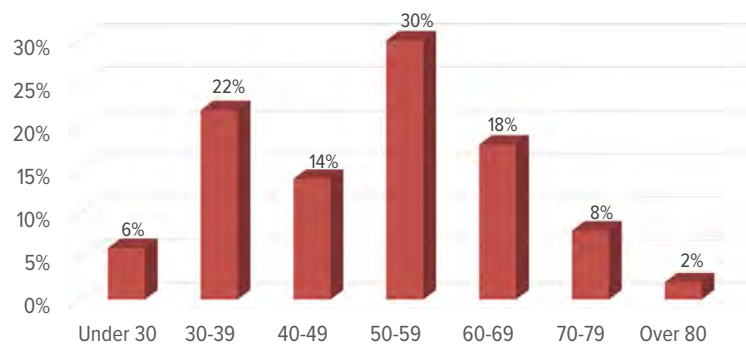
Profile of your colleagues who have contacted us in 2018



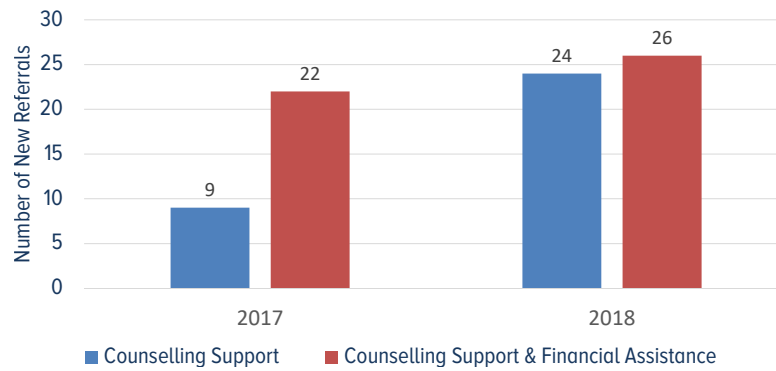
Why doctors contact MBANSW?



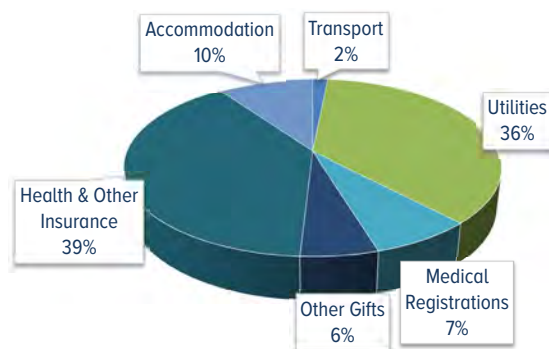
Age range of doctors contacting us



How we help doctors and their families



Types of Financial Assistance given



OUR WORK WITH DOCTORS AND THEIR FAMILIES

The work we do to assist doctors and their families is of a highly confidential nature, and therefore, it is not something about which we can easily cite case studies to help demonstrate our impact. We are dealing with individuals and families facing some of the toughest things that one can face – terminal illness, traumatic injury, mental health crises,

intolerable work situations, death of a child or spouse, suicide of friends or family – to name a few. Each situation is unique, very personal, and involves highly confidential discussions with our Social Worker.

Of course, we are unable to convey actual details about the people we help, but it is that assurance of **complete confidentiality** that we hope

will encourage more doctors to reach out for help during those tough times.

We often receive heartfelt feedback from those that we have assisted. Here is a selection, used with permission, which should help to convey the positive impact that MBANSW can have for doctors and their families dealing with difficult times and sensitive issues.

Thank you especially for all your emotional support. It helped me feel like someone had my back & understood how stressful getting out of domestic violence can be.

Anonymous

I just wanted to convey my gratitude to you and to the Medical Benevolent Association for the amazing financial assistance that you have given me in the recent past.

Husband and Wife GP

It has really made enormous difference and helped me get back on my feet after what has been a disaster year.

Female Specialist

Thank you so much for your generous assistance this year. Financial stress is obviously just one aspect of severe illness and some relief undoubtedly aids in improved wellbeing and hopefully recovery, I am profoundly grateful to your organisation.

Male Specialist

I just wanted to say thank you so much for all the help and support that I received earlier this year, during a very difficult period. The financial gift was very helpful in meeting my bills at that time. I am pleased to say that my husband is much better and I have been able to keep our house. Thank you for your emotional support. Words cannot express my gratitude.

Female Specialist






COMMUNITY **ENGAGEMENT**

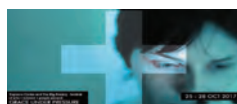
We have been “out and about” in the community, not only to contribute in the area of doctors’ health and wellbeing, but also to help raise awareness of our services for doctors and their families. Here are some of the organisations we collaborated with, presented to or events we attended in order to spread the word, letting doctors and their employers know that MBANSW is ready to assist in times of crisis.

MBANSW 2018 Initiatives – A selection of Workshops, Meetings and Events

- Medical Council *Distress Reduction* Meeting
- AMA, ASMOF DHAS *Getting Doctors Back to Work* Working Group
- National Forum on *Reducing the Risk of Suicide in the Medical Profession*
- Australasian Doctors Health Conference
- Doctors Health Advisory Service Model of Service Workshop and Advisory Committee

- Caring for Colleagues Workshop - Canberra
- RACP Congress
- Creative Careers in Medicine Conference
- Australian Doctors in Recovery Conference
- NSW Orthopaedic Association
- Medical Staff Council of Royal North Shore Hospital
- Performance of Grace under Pressure

 Please find us on LinkedIn and follow our page!



TREASURER'S **REPORT**



It is my pleasure to present the Financial Report for the Medical Benevolent Association of NSW for the 2018 financial year. The accounts have been audited by Mitchell & Partners and the full report is available on our website or by request.

Income for the 2018 year was \$504,687. This represents an increase of 34% compared to 2017, and was due to a number of factors – generous grant funding from the Medical Council of NSW, as well as increased donations and income from our investment portfolio.

Savings in various areas of our expenditure (appeal expenses, general administration and audit fees) resulted in lower expenses this year of \$142,805. Our net income for the year was a surplus of \$161,638, compared to a deficit of \$36,672 in 2017.

The expenditure on Services for the benefit of doctors and their families was steady. Every referral to MBANSW receives time and support in the form of counselling services, but only some of these doctors request financial assistance. This year, the requests for financial assistance represented

only 50% of all referrals compared to 70% last year. The requests for financial assistance vary from year to year, but the overall need for our social work support services continues to grow!

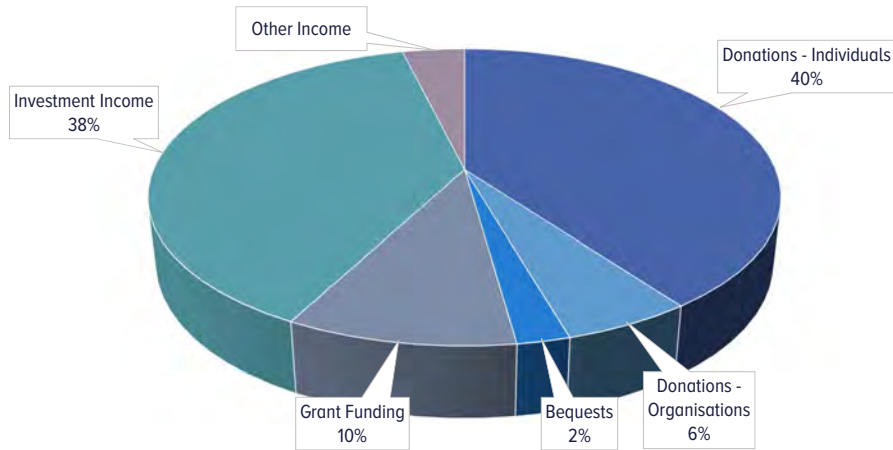
Thank you to Jamie Spiteri and Tim Mugglestone from BT who carefully manage our investment portfolio and also to Glenn Merchant of Mitchell & Partners, our new auditor.

Finally, thank you to all of our donors who generate a significant portion of our income each year – without your generous support, MBANSW would not be able to provide these services to our colleagues in crisis. Every request for financial assistance is considered carefully by the Council to ensure that your kind donations are spent wisely, yet compassionately.

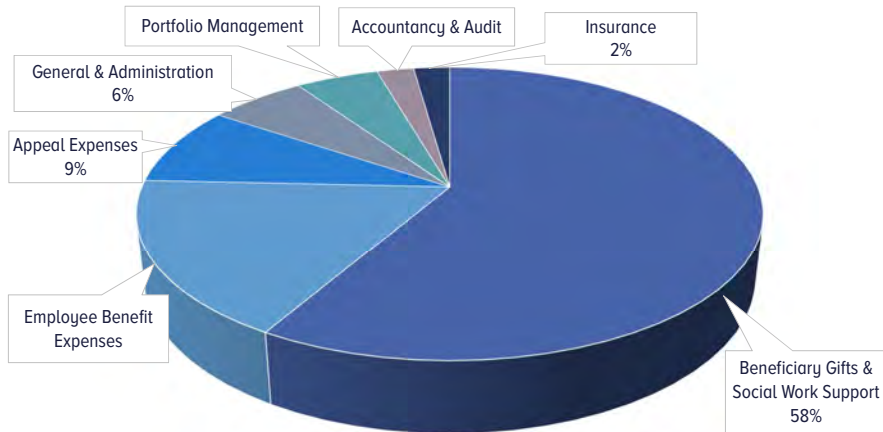
A handwritten signature in black ink, appearing to read 'Felix Choi'. The signature is written in a cursive, flowing style.

Dr Felix Choi
Treasurer

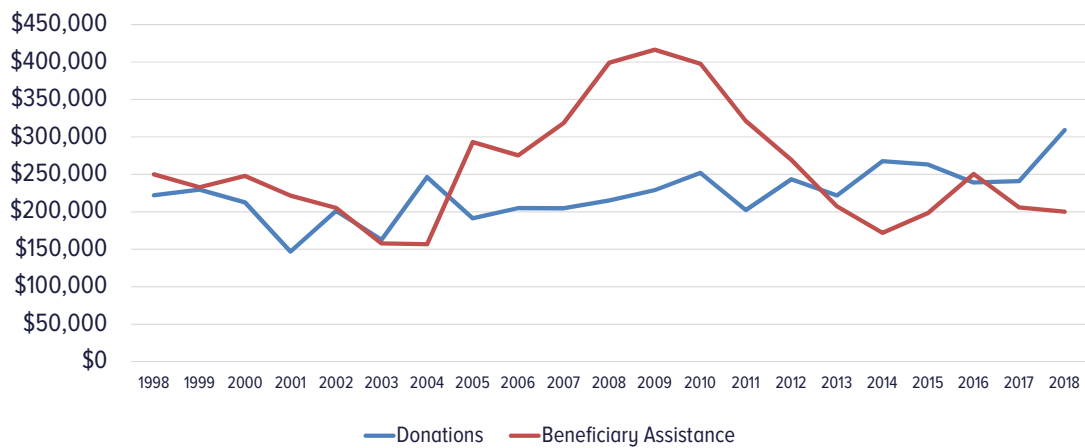
2018 Income



2018 Expenditure



Donations & Beneficiary Assistance



INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 30 JUNE 2018

INCOME	2018 \$	2017 \$
Donations - Organisations	28,129	34,980
Donations - Individuals	201,611	185,751
Bequests	11,569	12,995
Other Donations – AMA & Directed	17,900	7,229
Grant Funding	50,000	0
Other Income	1,234	15,120
Dividends Received	41,818	38,897
Interest & Trust Distributions Received	84,778	56,755
Imputation Credits Refundable	16,055	14,241
Profit on Disposal of Investments	51,593	11,921
	504,687	377,889
 EXPENDITURE ON ADMINISTRATION		
Accountancy & Audit	7,800	12,500
Appeal Expenses	29,850	38,266
Depreciation	752	1,180
General & Administration Expenses	17,607	23,054
Insurance	7,646	4,597
Portfolio Management Fee	17,479	17,568
Superannuation Contributions	4,553	6,937
Impairment Loss	0	18,116
Telephone Expenses	2,068	2,819
Wages – Administration	55,050	83,624
	142,805	208,661
NET SURPLUS AFTER ADMINISTRATION EXPENSES	361,882	169,228
 LESS: EXPENDITURE ON DIRECT SERVICES		
Payments to Beneficiaries	88,496	132,642
Social Work Counselling Support	111,748	73,258
	200,244	205,900
NET SURPLUS (DEFICIT)	161,638	(36,672)

This summary has been taken from our Audited Financial Report, a copy of which is available on request or from our website.

OUR EXECUTIVE

MBANSW is managed by a Council of up to 20 registered medical practitioners who are the Directors of the Association. The Council meets monthly to oversee the affairs of the Association and consider requests for assistance.



PRESIDENT

Dr David Chen OAM

I am a Roseville GP and have many doctors as patients. I have been a member of the Council of MBANSW since 1992, served as Secretary for 12 years and have been President since 2005. I am pleased to give my time and effort to a compassionate and professional organisation which has been caring for colleagues since 1896.



VICE PRESIDENT

Dr Furio Virant

I am a USyd Graduate. During my medical career I served in the RAN, chaired the Fairfield Division of General Practice, and the AMANSW Council of General Practice. I joined MBANSW in 1995 and am pleased to have been supporting my colleagues for more than 20 years.



VICE PRESIDENT

Dr Vanessa Rogers

I work as a consultation-liaison psychiatrist and sit as a part time member of the NSW Mental Health Review Tribunal. I have been on the Council of the MBANSW since 2013. I believe it is important to help support my colleagues and their families in times of hardship and crisis.



HON. SECRETARY

Dr Andrew Wines

I am a foot and ankle orthopaedic surgeon. I have been on the Council of MBANSW since I was an intern in 1994. In 2003 I was awarded a Churchill Fellowship to assess support services available to doctors and their families in times of crisis.



TREASURER

Dr Felix Choi

I joined MBANSW in 2007 and became Treasurer in 2010. My background is in General Practice. I enjoy my work and it has been a privilege to be able to give back and support others in the profession.

OUR COUNCILLORS



Dr John Allman

I graduated from Sydney University in 1954. After three years hospital training in Australia I spent five years studying and working in England before returning to Sydney to practice Orthopaedic surgery. I joined the Council in 2010.



Dr Jessica Borbasi

I am a Palliative Medicine advanced trainee and I am undertaking a Masters in Public Health and Health Management. Collectively doctors can be very powerful, individually we can be isolated and overwhelmed, being on the Council means we are helping individuals who have spent their lives helping others.



Dr Chris Dalton

I joined the Council in 2000 and have served briefly as Treasurer. I am an ENT Surgeon, but have enjoyed branching out into other non-clinical aspects of medicine.



Dr Helen Freeborn

I work as a Medical Administration Registrar, an orthopaedic surgical assistant, locum as an ED CMO and have a strong interest in merging sports medical administration with RACMA qualifications. The wellbeing of our medical workforce is imperative and as a registrar I can support, guide and advise the Council on issues affecting junior doctors and provide context when we have a junior doctor who requires assistance.



Dr Reem Mina

I joined the Council in 2008. As an Occupational Physician my role involves understanding the impacts of health on work, and work on health. Doctors and their loved ones are not immune to impact of these issues. The MBANSW provides practical assistance to members of the medical community, delivered with compassion. I'm proud to be part of the MBANSW team.

Dr Catherine Brassill

I am a Northern Beaches General Practitioner. I have been on the Council since 2009.

VALE

Dr Stella Dalton AM, Honorary Life Member, passed away in September 2017. Dr Dalton was a psychiatrist who served on Council from 1984 to 1994, and we wish to acknowledge and honour her contribution to the MBANSW over the years of her involvement. Dr Dalton was the first medical practitioner to trial treatment of heroin addicts with methadone in the late 1960s, in Sydney. Information on her contribution to MBANSW was forwarded to the RANZCP (NSW) for inclusion in their College newsletter.

CONGRATULATIONS

Our Social Worker, Meredith McVey, received an Order of Australia Medal (OAM) in the Queen's Birthday Honours List 2018. She received this for "Service to the community through support for doctors." The medal was primarily awarded for her work with MBANSW. Meredith was also the Hon. Secretary for DHAS for 10 years.

THANK YOU

To our wonderful donors - your generous support and the care you have shown for your colleagues allows us to continue providing this important service to doctors and their families.



Dr Sue Morey AM

I am an independent consultant with an interest in rural medical education and workforce. My past roles include Physician and Director of Community Medicine at Royal Prince Alfred Hospital and NSW Chief Health Officer. I have qualifications in internal medicine, public health, medical administration and company directorship. I have been on the Council of MBANSW since 2004.



Dr David Shelley-Jones

I am pleased to be able to contribute to an organisation which has helped so many of our colleagues for over a century. My practice in obstetrics and gynaecology has made me aware of the unique pressures of medicine and the fact that doctors must look after each other in times of misfortune.



Dr Ian Wechsler

I am an ophthalmologist. I have been an MBANSW Councillor since 2011. I am on the Avant External Panel of Experts and I have been Secretary for the Western Suburbs Medical Association, a part-time clinical tutor for the University of Sydney and a member of the Royal Australian and New Zealand College of Ophthalmologists Public Health Committee.



Dr Noel Wilton

I am a psychiatrist. Misfortune can strike any of us. I am pleased to be on the Council of the Medical Benevolent Association and to support our dedicated staff in providing psychological, social and financial assistance when needed to help our colleagues and their families in time of crisis.



Dr Vincent Wong

I have been a member of MBANSW since 1999, and Treasurer for 4 years. I am an endocrinologist at Liverpool Hospital. Being a Councillor on MBANSW is an honour, and it is the perfect way to give back to the profession that I love.



EXECUTIVE OFFICER

Mrs Meredith McVey OAM Social Worker/Executive Officer

I came to work at MBANSW 11 years ago. At MBANSW I am working with wonderful doctors on the Council who are compassionate and non-judgemental. It is my ambition that all doctors in NSW and ACT know that help is available if needed.

WITH THANKS TO...

Susan Lucas, our Finance Officer who has made a huge impact on how this organisation works in a short period of time.

Sarah Foster, DHAS Social Worker who has capably stepped in while Meredith McVey has been on leave.

Fiona Davies, CEO of AMANSW, for her continuing support and to the AMANSW for the generous use of their facilities.

Peter Somerville and his staff who support our work with colleagues in ACT.

Ron Heinrich AM and Karen Keogh of HWL Ebsworth Lawyers, who respond to our requests for advice on a range of governance matters generously.

John Van de Poll of Holman Webb Lawyers who gives advice on a range of legal matters to our beneficiaries.

WELCOME

Sue Zicat, Social Worker, joined us part way through the year. The number of referrals continues to grow and we welcome Sue to add to the support we already offer.

Karen Birch has joined us as Finance Officer. We welcome Karen as she takes over from Susan Lucas.

BY DOCTORS FOR DOCTORS
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Medical Benevolent Association of NSW
Level 6, 69 Christie Street, St Leonards NSW 2065

Phone: 02 9987 0504

Email: finance@mbansw.org.au

Fax: 02 9987 2970