



MEDICAL BENEVOLENT ASSOCIATION OF NSW
ANNUAL REPORT 2021



BY DOCTORS FOR DOCTORS
www.mbansw.org.au

CONTENTS

OUR MISSION STATEMENT	3
PRESIDENT'S REPORT	4
EXECUTIVE OFFICER'S REPORT	5
SOCIAL WORKER'S REPORT	6
WHAT WE DO	8
CASE STUDIES	10
COMMUNITY ENGAGEMENT	12
TREASURER'S REPORT	14
PROFIT AND LOSS STATEMENT	15
OUR PATRON	17
OUR EXECUTIVE	18
OUR COUNCILLORS	19
THANK YOU TO OUR SUPPORTERS	21
TESTIMONIALS FROM BENEFICIARIES	23



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



It is my honour and pleasure to present the President's Report for 2021 in this our 125th year of operation.

It's pleasing to report the Medical Benevolent Association of NSW (MBANSW) has regrouped strongly after the restructuring of the previous two years, notwithstanding the difficulties and challenges we have faced with COVID-19, along with the rest of the community. Our monthly meetings have continued remotely and face to face contact with our Executive Officer and Social Workers has been extremely limited. Nevertheless, they and the Council have continued the important work of responding to the needs of doctors and their families in times of crisis and financial stress as efficiently and as effectively as before.

The global pandemic has put pressure on all practising doctors but we particularly acknowledge, once again, those front-line doctors in the emergency departments, wards and intensive care units dealing with the sickest of COVID-19 patients. Unfortunately, it appears the greatest challenges for these practitioners are yet to come; the Medical Benevolent

Association stands ready to aid and assist in whatever ways we are able. While the pandemic is of course a serious challenge for us all, the MBANSW continues to see doctors who are in distress for a multitude of reasons, particularly problems with mental health, which interfere with their ability to work, provide for their families and support their patients. We are very grateful for the kind and generous donations which continue from the medical profession and enable us to support these doctors and their families.

Of course, this support would not be possible without our Social Workers and I would like to thank and acknowledge Ida Chan and Sue Zicat once again for their unwavering dedication and their sound, expert advice regarding the many cases that come before us. Many of these cases are not straightforward, and the MBANSW relies heavily on our social workers' guidance for the most appropriate management. Their professional input makes us highly confident we are making the best decisions for our beneficiaries.

The most important part of our restructuring has been the appointment of an Executive Officer and we have been extremely fortunate to have selected Louise Fallon for this role. Louise has taken on for the MBANSW a great deal of the responsibility required for the organisation of a modern charity, particularly with the departure of our Finance Officer, Karen Birch. In addition, she has assumed an important fundraising role. We are very grateful for the efficiencies, rigour and professionalism she has brought to our organisation.

We have also been fortunate to have Professor Bruce Robinson AC accept the role as our first Patron. Bruce, as many of you will know, is the ex-dean of the Faculty of Medicine at the University of Sydney, the Chair of MBS review taskforce and a busy Endocrinologist at Royal North Shore Hospital. We are grateful for Bruce's involvement and look forward to receiving his support and guidance in the years ahead.

It is my pleasure to once again thank all our Councillors for their hard work in attending to the many challenging cases that come before them each month. In particular, I thank Drs Sue Morey AM, Jessica Borbasi, John Allman and David Shelley-Jones, all of whom retired this year after many years of good service. We welcome Drs Paul Hosie and Sonia Henry who have recently commenced as Councillors and we look forward to benefitting from their knowledge and experience.

Most organisations will go through challenging periods of restructuring and come out the better for it. I feel the MBANSW has achieved this, and I look forward to it continuing its good work long into the future.

A handwritten signature in black ink that reads "Dr Dalton". The signature is written in a cursive, flowing style.

Dr Chris Dalton
President

EXECUTIVE OFFICER'S **REPORT**



As Chris mentioned, after Meredith McVey's departure, the organisation undertook the decision to restructure the role of Executive Officer to be more business focused and to leave the frontline social work function to the highly competent team of Ida Chan and Sue Zicat. I was appointed to that position in October 2020 and am very grateful to join such a professional team and dedicated Council. I sincerely hope to add value over the coming years, as we seek to grow the organisation to meet the ever-increasing need. I also wish to acknowledge Meredith for her dedication and vast contribution over her long tenure.

To join during the COVID-19 pandemic has naturally presented challenges. Unfortunately, persistent lockdowns have inhibited my ability to personally meet all of our partners and supporters, however, by using online tools, I have managed to start building these important relationships. I can only imagine how hard it is for GP's, specialists and front-line doctors in this environment and want to personally send a message that our Social Workers are ready to support you, so please do not hesitate to make contact.

With our Finance Officer's departure in December, we took the opportunity to review and update many of our internal systems to ensure we have a solid base to grow, whilst reducing on-going operational costs. We also improved our marketing and fundraising activities and these small changes have resulted in our supporter donation revenue increasing by \$56,685 or 20% on 2020 results. We do hope this trend continues as our FY21 investment returns were down by \$118,162 or 52% on 2020 and the economic outlook continues to be relatively weak. On a positive note, we supported more beneficiaries during the year and increased our service provision by \$30,382 or 15%, whilst still recording a small surplus in line with best practice. We can also take heart that our supporter base has grown and is stronger than ever and that moving forward we have managed to reduce our on-going operational costs.

We have noticed some growing trends in both Work-Related Stress and a new category of Disaster/COVID-19 pandemic. These two categories now account for over 28% of our workload. We also saw the continuing trend of over 61% of beneficiaries needing financial support. With the intention of being proactive rather than reactive, I am pleased to announce that the Council have agreed to fund a Financial Counselling Pilot Study which will start in October 2021. Our aim is to upskill doctors so they achieve a robust financial base that can withstand unexpected events as well as lifecycle changes such as retirement. We will use external Financial Counsellors to do this pilot and pay for a set number of sessions for qualifying beneficiaries. Naturally, our Social Work team continues to do Professional Development Training so they are abreast

of the many other reasons doctors and their families need our assistance and continue to provide independent, confidential and professional Case Management.

I would like to thank our President, Dr Chris Dalton, and all the Council Members for their welcome and support during my first months. Each month I witness their compassion and skill as they make sound decisions to assist our doctors in crisis. I would also like to acknowledge Donna Meredith from Keystone Corporate Positioning, who assisted the organisation during the transition period between Meredith leaving and my employment and during my initial months and continues to provide help when needed. I would also like to express my gratitude to Ida Chan and Sue Zicat for their dedication, professionalism and personal support during my first year.

I feel very privileged and humbled to be part of an organisation with 125 years of history, something that not many organisations can lay claim to! In celebration of this significant milestone, we appointed our first Patron, Professor Bruce Robinson AC who started in May 2021. Most of you would be familiar with Bruce's background, and if not, you can read about him on Page 17 of this report.

I also would like to sincerely thank all of our funding partners and the multitude of individual supporters, that enable us to continue our important work. Together we can make a difference in many lives and the overall wellbeing of doctors.

A handwritten signature in purple ink that reads "L Fallon".

Louise Fallon
Executive Officer

SOCIAL WORKER'S **REPORT**

The past year has been another incredibly challenging one for many doctors and their families. Our beneficiaries reported demanding workloads, the impact of COVID-19, telehealth challenges, children learning from home, workplace issues and other life stressors. Out of these challenges we have heard of moments of hope, resilience and grit from doctors on the front line, their supportive families and local communities.

Doctors dedicate their lives to provide treatment and care for others, yet they are often the most reluctant to seek help for themselves. When a situation is developing or has reached a crisis point, they may not know who to talk to or may not want to seek support within their own networks leading to a sense of isolation.

The misconception in society that doctors and their families are well off financially, healthy and enjoying a carefree lifestyle further compounds feelings of shame and inadequacy.

Doctors and their families are not immune to the impact of stress and life events. The referrals we receive are for support, short term financial assistance, information and or referral. Some examples include an accident, adjustment to a new diagnosis, bereavement, distress as the result of a patient complaint, work related matters, parenting issues, carer stress and other life issues. We also receive calls asking for advice on how to support another doctor.

The Social Workers at MBANSW provide confidential, non-judgemental support and assistance to doctors and their families in NSW and the ACT. We endeavour to respond to each beneficiary by providing a safe, respectful, independent and confidential space for them to seek support about their individual circumstances.

In FY2021 we received 77 new referrals or an average of 4.9 new referrals per month. We also supported an additional 24 families through bereavement after the loss of a doctor in their family. With on-going cases from the previous financial period, we therefore supported a total of 122 doctors in FY21. Work stress, critical illness and financial stress were the three main reasons for referral followed closely by mental



health. This year we added another category to reasons for referral to include other life events such as carer stress and retirement.

We would like to express our heartfelt gratitude to MBANSW donors. Our beneficiaries often express their appreciation and acknowledgement of the positive impact this has had on their lives knowing that their colleagues care. The work we do is only made possible by your generous support.

We are only a small organisation, with three part-time staff who are supported by 16 voluntary doctors who form the MBANSW Council. Our work is complemented by collaborations with other organisations.

Our sincere thanks to Holman Webb Lawyers, who through partners John van de Poll and Zara Officer have generously provided legal advice at no charge to our beneficiaries over many years.

We have been working with other key stakeholders including professional bodies, colleges, and regulatory bodies to address some of the underlying difficulties that doctors experience. We can only do our work with the generous support, collaboration and assistance of other organisations. We express our gratitude to Fiona Davies (CEO, AMA NSW), Peter Somerville (CEO, AMA ACT), Dr Kathryn Hutt (Medical Director, DHAS) and Richard Colbran (CEO, NSW RDN) for enabling us to provide a more comprehensive support service to doctors and their families in NSW and the ACT.

Thanks to several of the Medical Staff Councils and Colleges we have been much more visible and accessible to doctors in need.

In collaboration with the DHAS, we have been developing a Return to Work program, to support doctors returning to the workforce. Suitability for the program is on a case by case basis. MBANSW has been working closely with NSW RDN, AMA NSW and other key stakeholders on The Natural Disaster and Emergency Learnings Recommendations Report to identify learnings and recommendations from the bushfires and COVID-19.

We are also having discussions with the NSW RDN on how we can improve our reach to doctors in rural, regional and remote areas. MBANSW will soon be launching a Financial Counselling program to assist our beneficiaries with their financial independence in the longer term. Eligibility will be on a case by case basis.

We express our appreciation to the President, Dr Chris Dalton, for his leadership and support to the team. We express our gratitude to the MBANSW Councillors who generously volunteer their time and expertise to enrich the services our beneficiaries receive. They are extremely empathic, compassionate and dedicated to supporting doctors and their families. The Council's aim is to assist where possible within the guidelines and financial resources of the Association. We are grateful for their ongoing service and commitment.

We would also like to thank our new Executive Officer, Louise Fallon, for her contributions to MBANSW. She has worked closely with the Council and Social Work team to improve services for our beneficiaries. We appreciate her energy and ideas for the future of MBANSW. We express our appreciation for Donna Meredith from Keystone Corporate Positioning for working with us to improve our systems and processes.

Finally, please remember that if you need support or assistance or know of a doctor and their family who may need our help, you are welcome to contact us for a confidential chat on 02 9987 0504.

Ida Chan and Sue Zicat
MBANSW Social Workers

“To be honest, I approached MBANSW without much hope... it was just a ‘last try’ for me ...However, speaking with you, I perked up... the warmth in your voice generated some energy and hope. ...I was very teary when I received financial assistance to support my family through the hump until I was able to find new employment”

WHAT WE DO

The Medical Benevolent Association of NSW helps doctors and their families in need with short-term financial assistance and/or 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 loved ones.



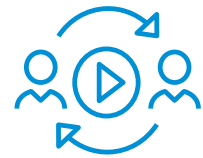
Financial assistance

For a variety of reasons doctors and their families can find themselves under extreme financial stress. A doctor injured in an accident or facing a cancer diagnosis or needing to relocate suddenly due to a domestic violence situation, may quickly find themselves unable to work and in financial distress.



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 / Advocacy

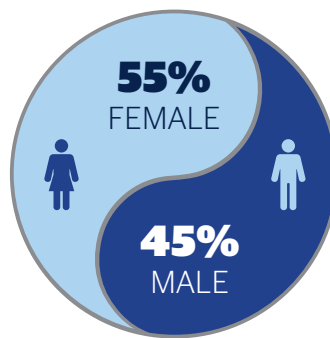
If MBANSW is unable to help directly, we can usually make a referral (with consent) to someone who can. Whether you are worried about yourself, a friend, or a medical colleague, we can help you work out the best way forward. We also advocate for individual doctors (with consent) where necessary, as well as for doctors as a whole, striving for their improved well-being.

Age profile

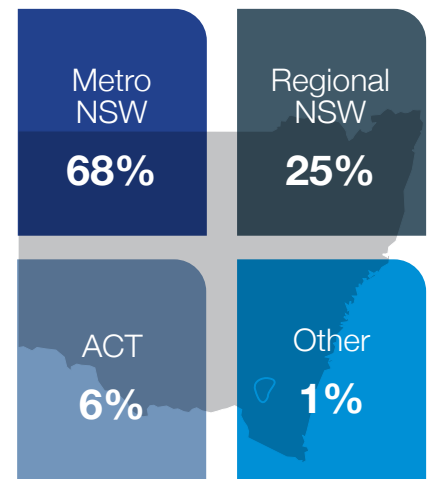


Under 30	7%
30 - 39	19%
40 - 49	22%
50 - 59	9%
60 - 69	17%
Over 70	12%
No Age Provided	14%

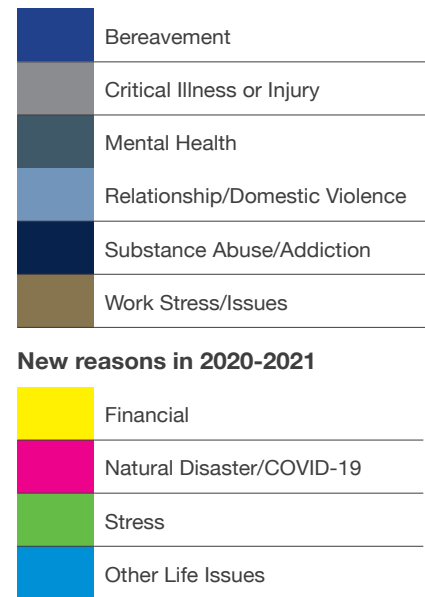
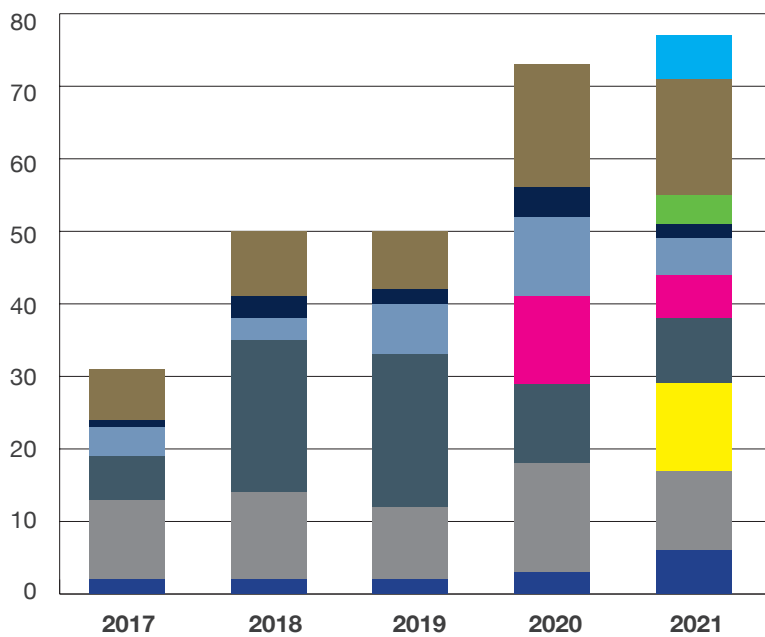
Gender



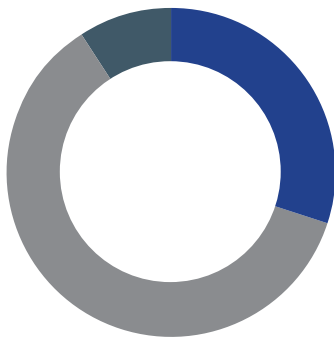
Location



Reason for Referral

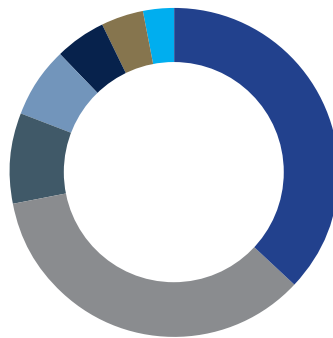


Types of Support



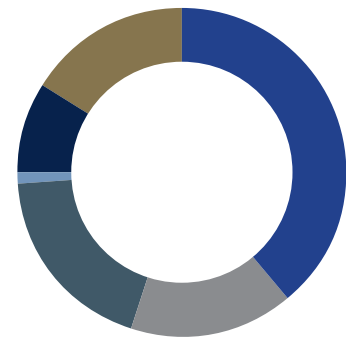
Counselling/Case Management Support	30%
Counselling/Case Management Support & Financial Assistance	61%
Enquiry/Info/Referral on to other services	9%

Types of Financial Support



General Living Expenses including Groceries	37%
Accommodation	35%
Medical Related	9%
Disaster Recovery (e.g. Bushfire/ Flood)	7%
Medical Registration Fees and Indemnity Premiums	5%
Utilities	4%
Transport	3%

Profile (Work Status)



Practising	39%
Non-practising	16%
Temporarily unable to work	19%
Medical Student	1%
Retired	9%
Family/Other	16%

CASE STUDIES

ALECIA, REGISTRAR, MOTHER

In her late 30s, Alecia had everything going for her. She was a busy, happy doctor, a wife and mum and only a few months short of qualifying as a specialist in a regional NSW hospital.

However, things began to unravel when she filed a harassment complaint against her older, more established male supervisor. The complaint was upheld but to her astonishment, Alecia had to continue reporting to him. There was no official reprimand. Her supervisor reacted by alleging Alecia was underperforming, despite all her previous work being exemplary. Seeing the writing on the wall, Alecia moved her family to Sydney to seek alternative employment.

However, just as she relocated, the COVID-19 pandemic hit. Finding a job proved difficult. With no income, the family was now in financial distress.

“To be honest, I approached the MBANSW without much hope. I had lost my employment and my harassment complaint wasn’t taken seriously. It seemed like the end of the world,” said Alecia.

MBANSW successfully advocated for Alecia to prospective employers to consider job references from other senior colleagues. The MBANSW also provided short term financial assistance to help the family meet its basic needs, while she had no income. The MBANSW also supported her emotionally during her 15 month journey. Alecia is now happily employed at a new hospital and loves her work.



MIKE, SPECIALIST, HUSBAND

Shortly after setting up his private practice, Mike’s world came crashing down. A diagnosis of lymphoma meant he had to begin urgent treatment. He stopped work as a specialist immediately.

The treatment’s side effects were so debilitating that Mike’s life was put on hold. His heavily pregnant wife struggled to take responsibility for day-to-day financial matters. Feeling he’d let his patients and his family down, Mike was overwhelmed with anxiety about his growing family’s financial position. As their situation worsened, Mike contacted the MBANSW for practical and emotional support.

To give Mike and his wife the reprieve they desperately needed, MBANSW provided social work support and financial assistance to help cover essential living costs including energy bills, health fund payments and council rates. This support relieved some of the pressure allowing Mike to focus on recovery. Mike is now easing back into work after two clear scans. For this doctor, and so many others we support, the fact that his peers were willing to consider his circumstances and support his family, no matter what, is worth so much.

“Advocacy from MBANSW really changed the trajectory of my career. It is my endeavour to be the best doctor I can to return the level of care that I received.”



LAURA, GP, MOTHER OF TWO

Laura was working as a full-time GP when her husband was in a terrible car accident. John was left with extensive injuries that required multiple surgeries, extended hospitalisation and more than a year of rehabilitation. It was going to be months until John was well enough to return to work as an oncologist.

With no family to lean on, Laura had no choice but to reduce to part-time hours to care for John and their children. Her reduced salary was barely covering basic living expenses for the family of four, let alone the running costs of John's practice. Their savings quickly ran out.

When a concerned friend referred Laura to our social workers, she was reluctant to ask for help. "I felt like a failure. The first phone call was the hardest but it was all confidential and there was absolutely no judgement," said Laura. MBANSW provided short term financial support while Laura and John waited for the first insurance payment. Our social worker gave the emotional support they desperately needed to get back on their feet.

"You don't ever think you'll need to ask for help, until you realise you have no choice."

MARTIN, REGISTRAR, FATHER

While you'd be forgiven for thinking doctors have the ultimate job security, the global pandemic tells a different story for father-of-two Martin.

When COVID-19 forced the indefinite cancellation of elective surgeries, Martin's income stopped.

"Overnight my income stopped and everything in my life became uncertain," said Martin.

Government support was provided to thousands of Australians, but Martin was ineligible. He experienced difficulty accessing his superannuation, and his landlord refused to negotiate his rent.

With two children to home school, bills mounting by the day and his work significantly reduced, Martin didn't know which way to turn. Suddenly everything that was once so clear had changed and he felt helpless, anxious and lost.

MBANSW helped with Martin's utility bills and cleared his rental arrears. Working together, we reduced the uncertainty for his family during one of the most unprecedented times in medical history.



COMMUNITY **ENGAGEMENT**

Unfortunately, with continual lockdowns caused by the COVID-19 pandemic, it has been a lot harder to be out and about. However, with regular Zoom or Teams meetings we have still managed to be involved in a number of initiatives within the medical community. We have also deepened our relationship with many of our partners thorough work we have done, not only to contribute in the area of doctors' health and wellbeing, but also to help raise general awareness of our services for doctors and their families. Here are some of the organisations we have collaborated with or presented to or attended online events in order to spread the word, letting doctors and their employers know that MBANSW is ready to assist in times of crisis.

- Ongoing contact with AMA NSW, AMA ACT, DHAS, NSW RDN, RACGP, VMBA and MBAQ and support from these organisations
- Presentation to the NSW Medical Staff Executive Council as well as individual presentations to hospitals medical staff councils
- Working collaboratively with Doctors' Health Advisory Service (DHAS) to develop a Return-to-Work Program for doctors returning to the workforce after some time off.
- Working jointly with NSW Rural Doctors Network (RDN) to reach doctors in regional, rural and remote areas
- Participation in the Natural Disaster and Emergency Response Stakeholder and Steering Committee Meetings
- Engagement with a number of Local Primary Health Networks
- Collaboratively working with our Pro-Bono Legal Partners, Holman Webb to assist individual doctors.
- Meetings and advocacy to Medical Indemnity Insurers
- Meetings and Advocacy with The Medical Council of NSW





TREASURER'S REPORT



The 2020/2021 financial period has not been without challenge, just as we thought we were setting sail into a post COVID-19 world, the most pressing time for the profession emerged. Luckily, the MBANSW has always had a conservative investment approach which aids in steering us through such challenging times. I would like to thank our new Executive Officer, Louise Fallon, for her active support of the accounting and governance functions as well as her fundraising efforts that have resulted in increased donations for FY21. Our accounts have been audited again this year by Mitchell and Partners, and the full report is available on our website and on request.

Total income for the financial year was \$461,942 which was a 13% decrease on FY20 which was \$533,626. This decrease was the direct result of reduced income from our investment portfolio which was down \$118,162 which represented a 52% decline on FY20. Luckily, our income from our generous donors and supporters via bequests, donations and grants, was up \$56,685 or 20% and that, combined with responsible monitoring of expenses, has enabled us to declare a small profit of \$64,085 in line with best-practice.

The MBANSW Council will continue to maintain a critical eye on the management of our Investment Portfolio and seek professional input to ensure the structure is appropriate and that we return to a more positive and steady flow of income.

Overall our Total Expenditure on Administration was \$167,762, down by \$5,438 or 3% on FY20, which was a good result considering we incurred some restructuring costs before

the appointment of the Executive Officer role in Oct 2020. Increased demand resulted in us increasing our expenditure on Direct Services by \$30,382 or 15% on last year. Our service provision was therefore 72% of our supporter revenue.

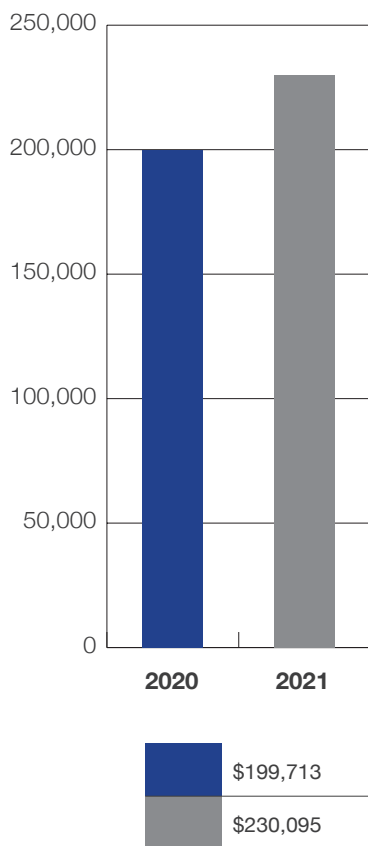
With the COVID-19 pandemic continuing, we are unsure if FY22 will bring an increased or decreased demand from our beneficiaries for financial support, but we do expect to see an increase in social worker support given the COVID-19 demands currently being experienced across the entire medical profession.

MBANSW's results of a net surplus of \$64,085 from operations is commendable, considering the challenging economic conditions. This surplus has enabled us to continue to assist more beneficiaries and increase the overall awareness of our services in the broader medical community.

A special thank you to all our donors, who even during these trying times, continue to financially contribute to us which enables MBANSW to continue to support their colleagues with counselling, referrals and short-term financial aid. I look forward to working with Louise, Chris and our new patron, Bruce and to ensuring the continued financial stability of the MBANSW.

Dr Helen Freeborn
Treasurer

Expenditure on Direct Services for Beneficiaries



PROFIT AND LOSS STATEMENT

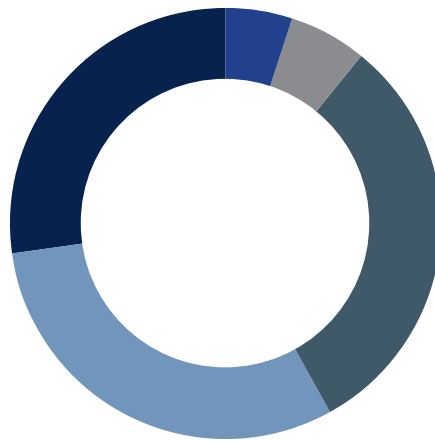
INCOME AND EXPENDITURE STATEMENT FOR THE YEAR ENDED 30 JUNE 2021		
	2021	2020
INCOME	\$	\$
Donations - Organisations	27,785	26,000
Donations - Individuals	249,786	209,423
Bequests	40,716	3,815
Other Donations - AMA & Directed	3,286	650
Grant Funding	25,000	50,000
Sundry Income	5,103	15,310
Dividends Received	29,671	31,303
Interest and Trust Distributions Received	68,433	142,910
Imputed Credits Refundable	11,519	11,855
Profit on Disposal of Investments	643	42,360
Total Income	461,942	533,626
EXPENDITURE ON ADMINISTRATION		
Audit & Professional Expenses	26,861	28,938
Appeal Expenses	25,478	37,693
Depreciation	1,390	371
General and Administration Expenses	10,704	9,909
Insurance	5,502	5,033
Portfolio Management Fees	19,575	17,854
Superannuation Contributions	8,082	6,535
Wages - Administration	70,170	66,867
Total Expenses	167,762	173,200
NET SURPLUS AFTER ADMINISTRATIVE EXPENSES	294,180	360,426
LESS: EXPENDITURE ON DIRECT SERVICES		
Payments to Beneficiaries	108,267	95,579
Social Work Counselling Support	121,828	104,134
NET SURPLUS (DEFICIT)	64,085	160,713

2021 Income



Donations – Organisations	6%
Donations – Individuals	54%
Bequests	9%
Other Donations	1%
Grant Funding	5%
Other Income	1%
Investment Income	24%

2021 Expenditure



Treasury Fees	5%
Appeal Expenses	6%
General & Admin	31%
Social Work Program	31%
Gifts to Beneficiaries	27%



Direct Services
as a % of
Donations

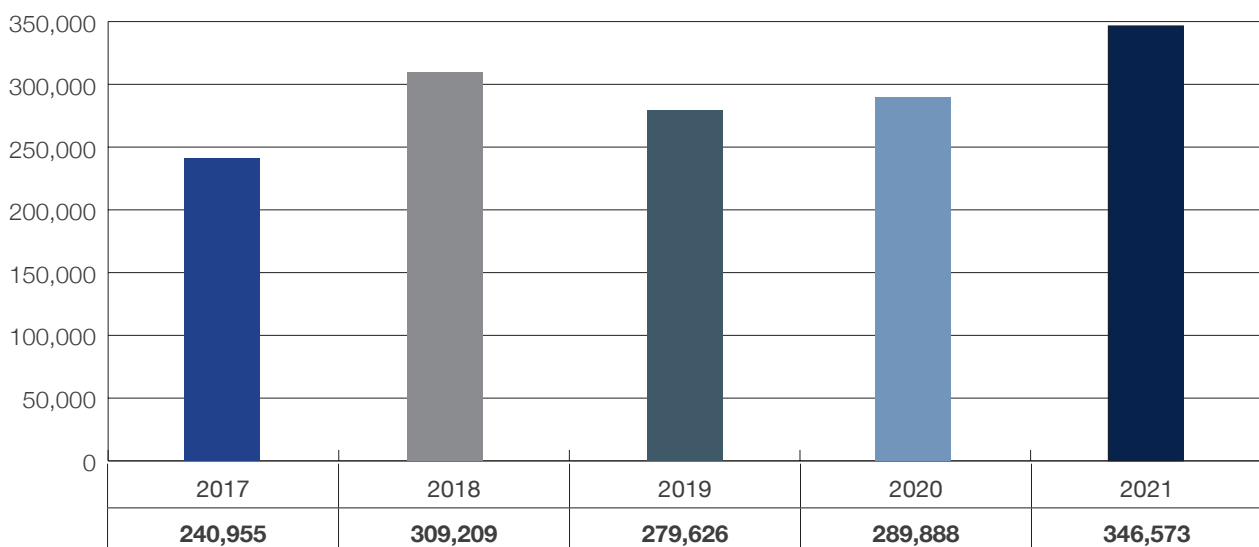
72%



Fundraising Costs
as a % of
Funds Raised

7%

Supporter Revenue



OUR PATRON



In 2021, the Medical Benevolent Association of NSW (MBANSW) reached the incredible milestone of caring for doctors and their families in NSW and ACT for 125 years. To mark the significance of this occasion, we appointed our first Patron, Prof. Bruce Robinson AC in May 2021.

Bruce is well known in the medical community as a practising Endocrinologist at Royal North Shore Hospital. Having initially trained at Sydney Hospital, he then worked at the Royal Alexandra Hospital for Children and Royal North Shore Hospital before undertaking doctoral studies at Harvard Medical School from 1986 -1989. His career highlights include the establishment of the Cancer Genetics Laboratory within the Kolling Institute of Medical Research which has led to the development of clinical trials for patients with endocrine cancer.

“The MBANSW plays an important role in assisting doctors to get back on their feet personally so they can then return to their vocation, which is more important than ever.”

Bruce has also been actively involved in education (as the Dean of the Faculty of Medicine at the University of Sydney from 2006 to 2016), and in Public Health (as the Chair of the Medical Benefits Schedule Review Taskforce from 2016 to 2021 and NHMRC from 2015 to 2021). He now holds a number of non-executive Director roles on both listed and unlisted companies in Australia as well as Companion of the Order of Australia (2020) for services to medical research, medical education and medicine.

Commenting on his recent appointment, Bruce said *“having had past involvement with MBANSW as a guest speaker at their AGM and knowing the calibre of doctors on the Council, I am honoured to be appointed as their first patron and hope to add value to this organisation which has stood the test of time over its 125 years. In the new world of a global pandemic, it is now more important than ever for colleagues to look after each other. The MBANSW plays an important role in assisting doctors to get back on their feet personally so they can then return to their vocation, which is more important than ever. I intend to use my patronage to also spread the message that doctors are human too and that doctoring itself can be a stressful career – having to deal with very difficult situations, with tense patients and families and working long hours for often extended periods of time.*

Unfortunately, doctors are expected to ride through these stressors as if they are not affected, as well as deal with their own personal and family issues..... and that is simply not possible 100% of the time!

Having an organisation like MBANSW who can step in at the right time and support you to navigate through a crisis is critical. I hope that my appointment will help doctors realise that they need to look after themselves and that we at MBANSW are here to help you with practical support and assistance and so encourage you to seek that earlier rather than later”

The Council and MBANSW team are delighted to have Bruce on the team and look forward to growing the organisation under his patronage.

**Prof Bruce Robinson AC
Patron**



OUR EXECUTIVE



PRESIDENT | Dr Chris Dalton

Chris joined the MBANSW Council in 2000 and was elected President in November 2019, having also served as Treasurer for a few years. Chris is an ENT surgeon and still in active clinical practice, although no longer operating. He has worked in Western Sydney for most of his ENT career. In 2012 he moved into the corporate world and currently works as the Medical Director for Bupa. Chris also teaches medical students part-time at Macquarie University and has completed his Master of Public Health and Master of Biostatistics at the University of Sydney to further his special interest in biostatistics and epidemiology.



VICE PRESIDENT | Dr Furio Virant

Furio is partner in a group GP practice in Southwest Sydney. Initially graduating from The University of Sydney, his extensive career has included service in the Royal Australian Navy as well as several board positions including AMA NSW, ADGP and AGPAL. He has chaired the General Practice Committee and Fairfield Division of General Practice and was a member of the Federal Government Professional Services Review Committee between 2000-2010 the Medicare Participation Review Committee. He is still actively involved in auditing practices as a surveyor with AGPAL, having completed more than 700 audits. His interest in education led him to become a conjoint lecturer in General Practice at Western Sydney University and a clinical Associate in General Practice at Sydney University. He is also a Life Member of the Royal Australian College of General Practice.



VICE PRESIDENT | Dr Andrew Wines

Andrew is an Orthopaedic Surgeon who specialises in the ankle and foot and works in a number of Northern Sydney hospitals. As a third-generation Councillor, he joined MBANSW in 1994 as a young intern. In 2003 he was awarded a Churchill Fellowship to assess the support services available to doctors and their families in times of crisis. He also served as Hon. Secretary for five years prior to being appointed as Vice-President in 2020.



HON. SECRETARY | Dr Glen Farrow

Glen is a healthcare executive, general and paediatric surgeon. Having spent many years in Director roles at Royal North Shore, St Vincent's Hospital Sydney and Sydney Children's Hospital Network, as well as being deployed on several occasions with the ADF as a surgeon and health element commander, he has been exposed to the special circumstances of doctors in difficulties. He is also Director of Bearing Group, who focus in human factors and patient safety and a Board member of the Tresillian Family Health Centres. Glen joined the MBANSW Council in May 2020 and was elected to the position of Hon. Secretary in November 2020.



HON. TREASURER | Dr Helen Freeborn

Helen is a Medical Administrator who currently holds the position of Deputy CEO for the Royal College of Pathologists of Australasia. Helen's background includes working as an emergency CMO in regional NSW hospitals. Helen completed her Masters of Health Management in 2020 at UNSW and is also a graduate of the Australian Institute of Company Directors. She joined the Council in November 2016 and was elected to Hon. Treasurer in 2020.

OUR COUNCILLORS



Dr John Allman

John graduated from The University of Sydney in 1954. After three years hospital training in Australia he spent five years studying and working in England before returning to Sydney to practice Orthopaedic surgery. John continued to study and now holds numerous qualifications. John became a third generation Councillor when he joined in 2010. This is John's last year as a Councillor as he retired in July 2021. To honour his long years of outstanding voluntary service to the MBANSW John has been awarded an Hon. Life Membership.



Dr Catherine Brassill

Since she was a small child, Catherine always wanted to be a doctor in order to help people. She followed this calling and graduated from UNSW and then gained her experience in a number of hospitals in Sydney over a seven-year period. At the same time, she was raising a family and so decided that General Practice was her calling. Catherine has spent the last 39 years as a GP running a practice on the Northern Beaches of Sydney. Catherine joined the Council in 2009.



Dr Jessica Borbasi

I am a Palliative Medicine advanced trainee and currently undertaking a Masters in Public Health and Health Management. Collectively doctors can be very powerful, individually we can feel isolated and sometimes overwhelmed. I enjoyed my time on MBANSW Council and felt good that we were able to assist so many individuals who have spent their lives helping others. I look forward to re-joining when I return from my posting to the Northern Territory. Jessica resigned from Council in January 2020 to take up her NT posting.



Dr Felix Choi

Felix graduated from the University of NSW and has a Diploma in Paediatrics and became a fellow of the RACGP in 2002. He currently practices as a GP in Sydney's North Shore and has a special interest in skin cancer. He has earned Certificates in both Dermoscopy and Skin Cancer Medicine. He has been involved in the education of General Practitioners on Skin Cancer Management. Felix has been a Councillor since 2007 and held the position on Hon. Treasurer from 2010-2019.



Dr Glenn McNally

Glenn is a specialist Obstetrician & Gynaecologist engaged solely in diagnostic ultrasound in both the public sector (as the Director of Medical Imaging at the Royal Hospital for Women in Sydney) and in the private sector. Glenn trained in Sydney, Glasgow and Vancouver. He has served on many boards and committees including time spent as President of the Australasian Society for Ultrasound in Medicine. He has a long-standing interest in education and improving general standards of practice in diagnostic imaging. Glenn joined the Council in early 2020.



Dr Sue Morey AM

I have been on the council of MBANSW since 2004. I have qualifications in internal medicine, public health, medical administration, and company directorship. My past roles include physician and Director of Community Medicine at Royal Prince Alfred Hospital, NSW Chief Health Officer, and independent consultant with an interest in rural medical education and workforce. I have found my time on the Council to be very been rewarding, however decided to retire in November 2020. In recognition of her years of outstanding voluntary service, Sue has been awarded an Hon. Life Membership to the MBANSW.



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 and have served a term as Vice President. I believe it is important to help support my colleagues and their families in times of hardship and crisis and enjoy working with such a diverse and talented Council.



Dr Mark Selikowitz

Mark Selikowitz is a developmental paediatrician and was the Director of the Child Development Unit at Sydney Children's Hospital before establishing the Sydney Developmental Clinic in 1993. He is the author of over 65 original research articles published in international journals and has written four books on developmental disorders in childhood. Mark values the opportunity to contribute to the welfare of colleagues in need.



Dr David Shelley-Jones

I was 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 made me very aware of the unique pressures on medical practitioners and the fact that doctors must look after each other in times of misfortune. David joined Council in 2016 and retired in December 2020, having served as Vice President since November 2019.



Dr Ian Wechsler

Ian joined the council in 2011 after an extensive career as an Ophthalmologist. Like all the Council members, Ian wanted to give back to the profession which had been so good to him. His parents came to Australia as overseas trained doctors and so he is able to identify with those trained overseas and has observed firsthand, the difficulties experienced in obtaining local Australian medical qualifications.



Dr Vincent Wong

Vincent graduated from USyd and pursued his specialist training in endocrinology at Westmead Hospital. He was awarded his PhD in 2005 (USyd) and is currently, Senior Staff Specialist and the Director of Diabetes and Endocrine Service at Liverpool and Fairfield Hospitals. He is also the Liverpool Lead for the Diabetes, Obesity Metabolism Translational Research Unit - an academic unit in SWSLHD. He is Conjoint Associate Professor at the South Western Sydney Clinical School at UNSW and is involved in teaching of medical students, medical registrars and other clinical staff in hospital. His current research interests include thyroid cancer, gestational diabetes, diabetic cardiomyopathy and diabetic retinopathy. Vincent joined the MBANSW Council in 1998 and has previously served as Hon. Treasurer.

THANK YOU TO OUR SUPPORTERS

The Council and Staff of MBANSW would like to take this opportunity to thank all our funding partners and donors who together enable us to continue our work. Your donation not only helps us support the doctors and their families in crisis, but it also sends an important message of comradery to them as they realise they are not *standing alone* at this low point in their lives and that their colleagues do genuinely care.

Group Donations and Grants

(Accounted for 6% of our income)

- Medical Council of NSW
- Avant Mutual Group
- AMA NSW
- The AMA Charitable Foundation
- Kuring-Gai District Medical Association
- Perpetual Foundation – The Keston Foundation
- Mark Hertzberg Gift, a giving fund of the APS Foundation
- AMA ACT

Medical Staff Council Donations

(Accounted for 5% of our income)

- Mater Hospital
- Royal North Shore Hospital
- Royal Hospital for Women
- Concord Hospital
- Royal Prince Alfred Hospital
- Westmead Hospital
- St George Hospital
- Ryde Hospital

Bequests

(Accounted for 9% of our income)

The Estate of Late Dr R. Ian Hamilton
(\$40,000)



THANK YOU TO OUR **SUPPORTERS** continued

Individual Supporters and Donors

(Accounted for 54% of our income)

The kindness and compassion shown by our individual supporters and donors is humbling. Your generosity combined to provide over 54% of our income which was substantially up on last year. Unfortunately, we only have space to recognise those who donated over \$1,000 in this financial year, however please know that we do value and appreciate every single donation, no matter how small. It is *“together that we make a difference”*. For those who preferred not to be recognised here, we have honoured that and appreciate your continued support.

Larger more significant donations (in value order)

Dr Francis Hooper
Dr Robyn Fried
Dr Prithipal Gill
Dr Ross Glasson
Dr Patrick Giltrap
Dr Arne Schimmelfeder

Donations over \$1,000 – listed in alphabetical order

Dr Sushil Anand	Dr Warren J Kidson
Dr Peter Barrie and Ursula Beckmann-Barrie	Dr Richard W Lehmann
Dr Jacqueline Blomfield	Dr May-Lin Liew
Dr Dan Brettell	Dr Hendry Liu
Assoc Prof Anthony Brown	Dr Sophie Lynch
Dr Christopher Brown	Assoc Prof. Jarad Martin
Dr Katherine M Brown	Dr Catherine Mason
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Dr Elisabeth Hodson	Dr Andrew Wines
Dr John Ireland	Dr Robert D Wines
Assoc Prof. Michael Jackson	Dr Richard Wing
Dr Anne Jaumees	Dr James Wong
Dr Michael Jones	Dr Adrian Zambo

“I regard giving what I can to MBANSW as my sacred Hippocratic duty – no more, no less. I support a number of charities but have regularly contributed to MBANSW for many years as I have been grateful that it was there to help me if needed, and even more grateful that I have not personally needed help.”

Long term supporter of MBANSW

TESTIMONIALS FROM **BENEFICIARIES**

“

We suffered great financial losses from the bush fires but unfortunately were not eligible for any government funded support. Whilst waiting for insurers and going through tedious processes for consideration of grants the Medical Benevolent Association were kind enough to simply gift us some money, no strings attached. It couldn't have come at a better time. It has helped us pay some of the wages to staff members that otherwise would have gone without pay.

”

“

Words are not enough to express my gratitude to the Association in helping me during a very low point in my life. The support both emotionally and financially was very helpful and appreciated.

”

“

Thank you very much for your help and support in the very difficult situation I found myself in a few months ago. During a period of financial hardship, the rental payments you made on my behalf reduced my stress levels considerably and allowed me to undertake treatment for my medical condition.

”

CARING FOR DOCTORS AND
THEIR FAMILIES SINCE 1896

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