



Thanks to donors just like you, MBA NSW-ACT has been caring for doctors and their families since 1896.

Your kind donation today will help us encourage doctors to make contact before things get worse. They will be given a safe space to work through the issue with our team of experienced social workers and partners, to identify strengths and find their own solution. Where needed, financial assistance will be provided to enable the doctor to take a break, knowing the basic household bills are taken care of, while they recover.

We know there is so much more we can do with your continued generosity.

Please DONATE TODAY so that any doctor experiencing illness, burnout, grief or any significant life challenge, can access our services and feel supported whilst they recover. Doctors simply cannot be replaced easily, so we need to value them and support them, especially when things get tough.

Scan this QR code to donate by credit card and be issued with a Tax Receipt immediately.



MBA NSW-ACT is funded by doctors like yourself who understand the importance of offering a helping hand at the right time, thereby maximising the chance of a colleague's recovery and return to work.

By donating to our appeal, you can help us continue to support doctors and their families who are doing it tough this year.

Your donation of:

\$50

Will contribute to the cost of a doctor's prescribed medicines during treatment.

\$100

Will help keep a doctor's health insurance current while they take a short break to recover from illness.

\$200

Will provide fortnightly counselling to a doctor and their family experiencing a significant life-challenge.

\$300

Will help cover the monthly utility bills for a doctor unable to work due to an illness or accident.

\$500

Will help pay for emergency accommodation for a doctor and their children escaping domestic violence.

If you or a colleague needs support or assistance, please call our experienced Social Work team to discuss your situation confidentially.

Ph: **02 9987 0504**

E: **support@mbansw.org.au**



MBA NSW-ACT
SUPPORTING DOCTORS AND THEIR FAMILIES



MEDICAL BENEVOLENT ASSOCIATION OF NSW-ACT

We are currently helping doctors with young children fleeing violent domestic relationships, others have received a terminal diagnosis and some, like Jade, are unable to return to full-time work because of a significant illness or accident.

*The costs of MBA NSW-ACT helping these struggling families has **risen over 24% in the last 18 months** due to inflationary pressure on the basics like food, utilities and rent. We need those of you that can, to support this appeal, so we can in turn support your colleagues when they need it most.*

You can DONATE in confidence knowing that for every dollar you donate, less than 5 cents will be consumed in fundraising costs and you will be issued a Tax Receipt to help reduce your tax bill.

BY DOCTORS FOR DOCTORS AND THEIR FAMILIES

www.mbansw.org.au

WHEN LIFE AS YOU EXPECTED IS ANYTHING BUT...

Jade, returning to work in her rural GP practice after maternity leave, found herself excessively fatigued. With limited access to her own regular doctor, she attributed her tiredness to managing both a challenging workload and caring for her infant daughter. When she developed unexplained ecchymosis on her legs, she sought medical help. Her blood tests saw her admitted to hospital with subsequent investigations leading to a diagnosis of leukemia.

This profound diagnosis triggered a whirlwind of emotions for Jade, her comprehension of the magnitude accelerated by her professional understanding of prognosis, treatments, and risks. Balancing her roles as a new mother and a healthcare professional, she focussed on practicalities, a common reflex in such circumstances which defers the processing of emotions.

Amidst navigating the impact on herself, her husband Matt, and her family, Jade faced the daunting task of abandoning her rural GP practice, with no doctor available to replace her. She was overwhelmed by the physical limitations imposed on her by illness and had to stop working. Jade emotionally found leaving work indefinitely, very hard to accept. They had always prided themselves on their self-reliance and found it difficult to ask for help. Jade was especially fearful to show she was vulnerable as it clashed with her professional image and the core of self-identity.

The couple faced immense financial strain as Matt also needed to stop work to look after their baby daughter and Jade. They did not have income protection insurance and their savings were not enough to cope with this extended loss of income. The sudden change in roles and circumstances strained their relationship. Their daughter became clingy and difficult to settle. Sleep deprivation heightened stress levels in the household.

A doctor friend called and disclosed they had been helped by MBA NSW-ACT and recommended Jade make contact. Initially reticent, Jade did call a week

later and spoke with one of MBA's Senior Social Workers. She immediately felt unburdened, understood, and validated. In addition to counselling, Jade was offered practical guidance and was encouraged to apply for immediate financial assistance to pay their overdue utility bills. She also was referred to the Cancer Council. Over the next few months, Jade and Matt had counselling with the MBA Social Worker to navigate the emotional toll of her illness and the challenges of adjusting their parenting expectations. They benefited from the opportunity to reflect on the enormity of the impact and explore ways to steer their new reality.

MBA NSW-ACT referred the couple to their financial counsellor, who assisted Jade to draw down some of her superannuation and to restructure their finances. Jade has since responded to immunotherapy treatment and is currently in remission. With ongoing assistance from MBA NSW-ACT and their local support services, she feels they are all doing well. Jade plans to resume part-time work next month.


The call to MBA NSW-ACT marked a pivotal moment for Jade and her family. Unfortunately, her story is all too common and an example of life's unpredictability. It illustrates the negative impact of delays to see a health provider; the value of doctors having their own GP and prioritising regular visits. It underscores the advantage of Income Protection, often overlooked by young doctors due to its cost. However, if available when needed, it alleviates much of the financial stress, allowing you to focus your energy on recovery.

In times of crisis, seeking assistance from specialised doctor services like MBA NSW-ACT is crucial. However, with rising costs of living and increasing demand for help, MBA NSW-ACT are confronting their own crisis. The costs of basics such as rent, food and household bills are now 24% more than they were 18 months ago. We need more donations so that we can support families like Jade's, during such life-altering situations.

**Please help your colleagues in need
DONATE (a little bit more than usual) TODAY.**



Yes, I want to be part of the solution and make a tax deductible donation. My choices are:

- 1 Donate to MBA's Bank Account (preferred)
Acct Name: **Medical Benevolent Assoc of NSW**
BSB: **062-272** Acct No: **00901952**
Ref: Use your email address (so we can send the Tax Receipt)
- 2  Scan this **QR Code** and it will take you to our donation page where a Tax Receipt will be issued immediately
- 3 Complete this online form, save it and then either email it to donations@mbansw.org.au or print it out and then mail to PO BOX 365 GLADESVILLE NSW 1675

I wish to make a tax-deductible donation to MBA-NSW
Please select the type and amount of your donation:

<input type="checkbox"/> Monthly	<input type="checkbox"/> Quarterly	<input type="checkbox"/> One-Off
<input type="checkbox"/> \$30	<input type="checkbox"/> \$300	<input type="checkbox"/> Credit Card
<input type="checkbox"/> \$50	<input type="checkbox"/> \$500	<input type="checkbox"/> Cheque
<input type="checkbox"/> \$100	<input type="checkbox"/> \$1,000	
<input type="checkbox"/> \$200	<input type="checkbox"/> Other amount:	<input type="text"/>

Name on card

Address

State Postcode

Mobile/Phone

Email

Your Tax Receipt will be emailed (it saves money and the environment) unless you tick here indicating you want it posted.

Card No:

Expiry date /

Signature

Thank you for being part of the solution and supporting your colleagues in need.