



With thanks to donors just like you, MBANSW has been caring for doctors and their families for over 125 years. **Recently we have supported doctors through the BLACK SUMMER BUSHFIRES, the COVID-19 Pandemic and in the last few months, the utter devastation of the NSW FLOODS.**

This is in addition to our regular work supporting doctors and their families experiencing work place stress, grief, critical illness, mental health and other life stressors. So we are in more need of your continued support than ever!

We can't do this without you, so please DONATE NOW to our Tax Appeal.

Demand for our services has increased by 54% in the past 2 years alone. If you are in the position to support your colleagues by committing to a **regular donation**, it will ensure we can plan our growth to meet the increasing need. Even small donations made monthly or quarterly, make a big difference! However, if you cannot make a regular commitment, your one-off donation is still important to us and greatly appreciated.

Please make your secure tax deductible donation online now at

givenow.com.au/mbansw

You will be issued with an immediate tax receipt. You can also donate directly to our Bank Account – BSB: 062 272 Acct: 00901952 and put your email address in the Reference field, so we can send your Tax Receipt OR complete the donation slip over the page online, save and then email to donations@mbansw.org.au.



MBANSW 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 the MBANSW Tax Appeal you can help us provide counselling and financial assistance to more families like Kate's when they need it most.

For example, over a year, your monthly donation of:

- \$25** Will enable a doctor not working through illness to keep their weekly health insurance current
- \$50** Will contribute to the weekly cost of a doctor's prescribed medicines during treatment
- \$100** Will help cover the monthly utility bills for a doctor unable to work due to an accident
- \$150** Will provide fortnightly counselling to a doctor and their family experiencing severe grief
- \$250** Will help pay for emergency accommodation for a doctor and their children escaping domestic violence

If you or a colleague needs support or assistance, you are welcome to call our Social Work team for an independent and confidential chat. Tel: **02 9987 0504** or Email: **support@mbansw.org.au**



MEDICAL BENEVOLENT ASSOCIATION OF NSW



A staggering 45.2% of health workers in Australia have reported violence by a family member in their lifetime. Of these, 18.3%* had experienced combined physical, emotional and/or sexual abuse from their intimate partner. For doctors themselves, research indicates that it's as high as 10%. At MBANSW, Family and Domestic Violence accounts for between 11-15% of our caseload, with over 80% being female.*

*It Happens to Clinicians Too: An Australian prevalence study of intimate partner and family violence against health professionals. McLindon et al. BMC Women's Health (2018) PDF

BY DOCTORS FOR DOCTORS AND THEIR FAMILIES

www.mbansw.org.au

KATE, Sydney GP

“Daddy, stop!.... You’re hurting mummy.”

When 37-year-old Kate’s two children witnessed her husband grab her throat and threaten to push her down the stairs, she knew she had to leave the volatile relationship.

After years of coercive control that had now extended to physical violence, Kate was now in a potentially life-endangering situation. As her husband’s hands stifled her breathing, she realised that she was just like the patients she had supported through their own domestic violence situations.

Over the years, her husband’s behaviour had escalated. He was checking on her constantly. He had isolated her from family and friends. He had taken control of the family finances leaving her with zero independence. When the emotional control escalated to physical violence, Kate took the first steps to leave the marriage. Not knowing which way to turn, she decided to contact MBANSW.

By the time Kate met with our social worker, she and her children were already showing signs of trauma and needed psychological support. She was fearful for their lives, filled with shame and had no clear pathway out.

Due to the severity of the situation, MBANSW’s social worker provided emergency safety planning to protect Kate and her children. They discussed the various options. As Kate wasn’t ready to involve the police, the social worker and Kate worked on a contingency plan to ensure she and her children could get to safety, if the violence re-escalated.

Often, with no way out of a turbulent relationship due to the level of physical and emotional control, victims feel they have no option but to stay, with potentially devastating consequences.

Disturbingly, Kate’s situation is not unique. The number of doctors experiencing gaslighting, coercive control and physical and sexual violence is estimated to be at least one in ten.

Another avenue of support Kate received from her MBANSW social worker was referral to a lawyer to obtain guidance on her rights. Threatening Kate that she’d never gain custody of the children had been a significant method of control exhibited by her husband. Understanding her rights gave Kate the strength to leave.

Family Violence and Domestic Violence doesn’t discriminate and doctors are certainly not immune. The victim isn’t always female, and it can happen between intimate partners or other family members. Sadly, a doctor can sometimes be the perpetrator. Ongoing violence between family members can cause PTSD, feelings of shame, ongoing stress and anxiety, and lead to physical harm, and, in severe cases, death. MBANSW provides a safe and non-judgmental space. We are here to listen and support doctors confidentially through such a crisis.

Thankfully, Kate and her children were able to action the plan to safety. MBANSW was there to provide the money to pay the bond, rent and family living expenses for the three months that Kate wasn’t able to work. This enabled her to settle the family into a new school and housing. MBANSW also referred her to an independent Financial Counsellor, so that Kate could learn new tools to manage her finances moving forward.

Please can we count on your support today so we can continue to help doctors like Kate when they need it the most? Your tax-deductible donation is easy to make and will help give doctors experiencing family violence and their children a safer future.

PS. To sign up for monthly or quarterly giving, please tick the appropriate box on the form to the right. Regular donations help us match staffing to demand more effectively.

After years of coercive control extending to violence, Kate and her children are now thriving as survivors of family violence. Please donate today so that all doctors and their families can escape FDV or receive support through other adversities and recover their full independence and well-being.

Make a secure one-off or regular donation at [givenow.com.au/mbansw](https://www.givenow.com.au/mbansw) or donate directly to our Bank Account (details at the top of the next section) or complete the donation slip opposite

Yes, I want to help fellow doctors who are in crisis this year. All donations over \$2 are tax deductible and a receipt will be emailed to you for tax purposes. Please complete the form below online and then save and email to donations@mbansw.org.au.

Donations can also be made straight to our bank account

Account Name: Medical Benevolent Association of NSW

BSB: 062-272

Account Number: 00901952

Ref: Your email address (so we can send you a Tax Receipt)

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"/> \$25	<input type="checkbox"/> \$250	<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"/> \$150	<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 supporting your colleagues in need!