



Your Legacy, Their Lifeline.

A guide to leaving a gift in your Will
to the Medical Benevolent Association NSW–ACT.

**“ We lost our GP clinic in the NSW floods.
Amid the trauma and the devastation,
hope came from the kindness of MBA NSW–ACT.**

**They offered support, sympathy and much needed
financial help. We hope you never need them, but it is
a relief to know they have your back if you do! ”**



Over a century of commitment to doctors and their families.

Through a gift in your Will, this support will endure for generations to come.

For over a century, the Medical Benevolent Association NSW-ACT (MBANSW-ACT) have been there for medical professionals during their most challenging times, providing vital financial assistance, well-being services, and a compassionate hand when it's needed most.

Our legacy is one of unwavering commitment to those who dedicate their lives to healing others.

But the need for support continues. Doctors still face immense challenges, and it is our responsibility to ensure that this critical work continues.

That is where you come in.

By leaving a gift in your Will to MBA NSW-ACT, you will be helping to secure a future of care and compassion for generations of doctors to come.

This is a powerful way to leave a lasting legacy—one that will honour the dedicated medical professionals who give so much of themselves to others.

As you consider this important decision, I invite you to reflect on the difference your support can make in helping us build a stronger, more resilient medical community.

With gratitude,



Dr Andrew Wines
President, MBA NSW-ACT



The Medical Benevolent Association of NSW–ACT has been caring for doctors and their families since 1896.

For over a century, the Medical Benevolent Association of NSW–ACT (MBA NSW–ACT) has been a pillar of strength and support for doctors and their families.

Medical practitioners face an overwhelming number of challenges daily and throughout their career, that can take a significant emotional and mental toll.

From long hours and the responsibility of making life–altering decisions, to ongoing training and the personal sacrifices required in caring for others, these demands often leave doctors feeling isolated when they need help the most.

Who is caring for the people who care for us?

MBA NSW–ACT provide confidential counselling, advocacy support and financial assistance to help doctors navigate personal and professional challenges with confidence.

To meet these needs, our services have expanded to include preventative care and wellbeing initiatives, empowering medical professionals to sustain their health, resilience, and ability to care for others.

We provide personalised care and support to doctors at any stage of their career.

Adopting a client–centred approach, our trained counsellors bring extensive experience in the health sector. They are committed to providing empathy, maintaining confidentiality, and ensuring that each intervention is personalised to meet the unique needs of every individual.



Beyond the increasing mental health challenges faced by medical professionals, life has a way of reminding us that doctors are human too.

Amy* had always been the one others relied on. A dedicated mum and GP in a busy suburban clinic, she spent long hours caring for her patients, often putting their needs before her own—until her own cancer diagnosis changed everything.

Suddenly, the doctor was the patient, facing a time of uncertainty and fear.

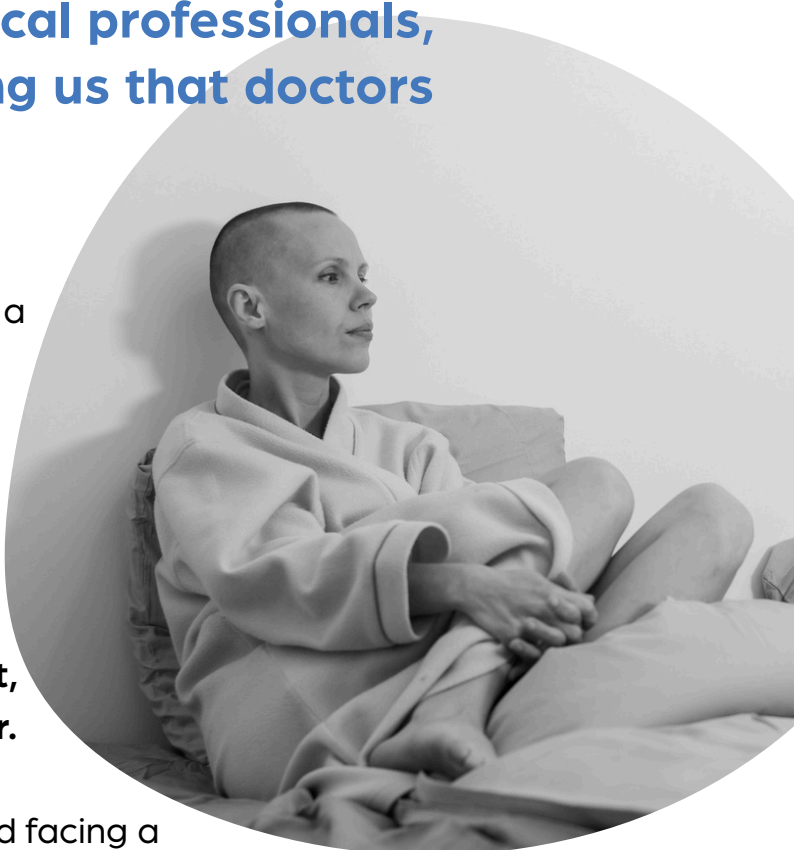
With no income protection in place and facing a protracted recovery from her treatment, Amy found herself struggling to balance the family budget and make ends meet.

The pressure was overwhelming.

That's when a colleague encouraged Amy to reach out to the MBA NSW–ACT. From the first phone call, Amy felt a sense of relief—here was an organisation that understood her unique challenges as a doctor.

The MBA NSW–ACT offered immediate financial assistance to cover her rent, living costs and some medical bills during her recovery. But beyond that, our experienced Social Worker provided a safe space for Amy to explore her fears and connected her with a network of support services to help manage the emotional toll her diagnosis was having on the whole family.

With the MBA NSW–ACT's support, Amy could focus on her health and family, free from the crippling anxiety of financial strain—showing just how impactful a safety net can be when life takes an unexpected turn.



How to ensure your passion for healthcare continues through a gift in your Will?

Leaving a gift to MBA NSW–ACT in your Will is a generous and impactful way to make a difference. It's simpler than you may think—just a straightforward addition when preparing your Will.

If you're new to this, you might have some questions, so we've provided answers to the most common ones. Don't hesitate to reach out if you need further assistance.

TIP 1: Consider your family and loved ones first.

Your legacy can support both your loved ones and the causes you care about. After providing for family, any gift to MBA NSW–ACT, big or small, will offer vital support to doctors and their families in times of crisis.

Be sure to discuss your wishes with your loved ones and share your vision for the future.

TIP 2: Consider the type of gift you would like to leave.

You can leave a variety of gifts in your Will, including residual gifts (the remainder of your estate after expenses), percentage gifts (a portion of your estate), pecuniary gifts (a specific amount), or assets like property or shares.

While all gifts make a lasting difference, a gift of even 1% can make a significant impact.

TIP 3: Enlist the help of a professional.

Your Will is an important legal document and should be worded correctly to ensure your wishes are carried out.

A solicitor or public trustee can help you with this process. You may also wish to consider a free legal Will online.

Visit our partners at **Gathered Here** to see if this option is right for you.

TIP 4: Let us know about your gift.

We understand that some may prefer to keep their intentions private, but we'd love the opportunity to acknowledge your generosity, provide updates on how your gift will make a difference, and discuss any special wishes you may have.

Proudly partnered with



Information for Solicitors

Please ensure the correct wording is used and include our full name
Medical Benevolent Association of NSW–ACT ABN 34 000 033 830

Suggested wording for Wills

I bequeath to the Medical Benevolent Association of NSW–ACT ABN 34 000 033 830 for it's general purposes

[Choose and insert the appropriate statement from the below list]

- 1. The whole of my estate**
- 2. percent of my estate**
- 3. The amount of \$**
- 4. My (asset)**

free of all duties, and the receipt of the Secretary or other authorised offer for the time being shall be a complete and sufficient discharge for the Executor(s).

Our preference is for gifts to be left for general purposes as this enables us to spend the gift across any of our programs and reduces the administration costs associated with quarantining for specific purposes.

However, we will always respect the wishes of our supporters and will be happy with whatever your client decides.


Please contact MBA NSW–ACT if you require any additional information or have any enquiries.

Call: 02 9987 0504 (press 2)

Email: louise.fallon@mbansw.org.au

Or check the gifts in wills page on our website at
www.mbansw.org.au/gifts-in-wills for more information for your solicitor.





“ We know the Medical Benevolent Association will use our gift in a way that makes the most difference to doctors facing hardship.”

Leaving a gift in your Will, no matter how large or small, is a powerful way to continue your legacy of healing.

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.

After years of coercive control that had entered dangerous new territory, and Kate was now in a potentially life-threatening 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.

*"Daddy, stop!....
You're hurting mummy."*

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 and financial control escalated to physical violence, Kate took the first steps to leave the marriage. Not knowing which way to turn, she contacted the Medical Benevolent Association of NSW-ACT (MBA).

By the time Kate met with our social worker, she and her children were already showing signs of trauma and needed psychological support.



The number of doctors experiencing gaslighting, coercive control and physical and sexual violence is estimated to be at least one in ten.

Given the severity of the situation, MBA's social worker helped Kate create an emergency safety plan for her and her children.

Since Kate wasn't ready to involve the police, they worked on a contingency plan to ensure they could escape if the violence escalated.

Victims often feel trapped in abusive relationships due to physical and emotional control, with potentially devastating consequences.

Kate's situation is heartbreakingly common, but thankfully, she had the unwavering, compassionate support of MBA every step of the way.

Kate's MBA social worker also referred her to a lawyer to better understand her rights. This gave her the strength to break free of her husband's control, especially his threats of taking away custody of her children.

Family and domestic violence can affect anyone, including doctors, and victims aren't always female.

MBA provides a confidential, non-judgmental space to support doctors through such crises.

Kate and her children successfully implemented the safety plan and MBA covered the bond, rent, and living expenses for three months while she couldn't work. MBA then helped her settle into new housing and school for the kids, giving her the opportunity for a fresh start.



Our promises to you

Your legacy may be the most important and powerful gift you ever leave to the people and causes you care about. As such, we will always treat it with the utmost care.

We promise you Medical Benevolent Association of NSW–ACT will always...

Respect the fact that your wishes always come first, and that we will work with all parties handling your gift with care, sensitivity and respect to ensure your wishes are met.

Remain transparent and accountable at all times, keeping you properly informed of how the gift you leave us will be used.

Use your gift responsibly to extend our reach to support more doctors and their families, ensuring your gift has a direct impact on the lives of those who care for others.

Answer every question you may have about the use of your legacy gift – and give you the opportunity to connect with the work we do.

Fully respect your right to change your mind at any time. Your decision is yours alone and we understand that circumstances can change.

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





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www.mbansw.org.au