

NSW · MBA · ACT

SUPPORTING DOCTORS AND THEIR FAMILIES

SINCE 1896

Annual Report 2026

Medical Benevolent Association of NSW-ACT

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www.mbansw.org.au

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PRESIDENT'S REPORT



Dr Andrew Wines AM

It is my privilege to present the President's Report of the Medical Benevolent Association of NSW-ACT for the year ended 30 June 2026.

This, our 130th year, has been another important one for the MBA, with our focus firmly on supporting doctors and their families through periods of hardship, while strengthening our capacity to respond to their growing and increasingly complex needs.

SUPPORTING DOCTORS

The demand for the MBA's services has continued to be strong during the year. In 2025–26, we assisted 86 beneficiaries, providing direct social work services at a cost of $266,372 (including $72,529 in direct financial assistance).

Every number represents a doctor or family experiencing a difficult period in their lives. Our social work team continues to see a broad range of circumstances, including financial hardship, family and relationship difficulties, illness, and the pressures associated with medical training and practice.

ACTIVITY AND FUNDING

The growth in demand for our services makes the ongoing support of our donors and partners more important than ever.

During 2025–26, MBA NSW-ACT delivered 585 sessions of social work activity.

Our fundraising and donation income was $217,645 plus a further $60,000 in grant income. Total operating costs were $510,810. The difference was met through investment income.

The gap between demand and available resources remains one of the key challenges facing MBA NSW-ACT. Our commitment is to ensure that every dollar entrusted to us is used thoughtfully and effectively to support doctors in genuine need.

BUILDING FOR THE FUTURE

Sustaining the MBA's ability to meet demand remains a priority. While the need for our services continues to grow, maintaining and expanding our social work and financial assistance programs depends on the generosity of our supporters.

We are particularly keen to build stronger connections with younger doctors and encourage the next generation to play a role in supporting colleagues.

Small, regular contributions can collectively make a significant difference to the number of doctors we are able to assist.

Looking ahead, we will continue to strengthen our services, expand our outreach and partnerships, and ensure that MBA NSW-ACT remains accessible to doctors across NSW and the ACT when they need us.

THANK YOU

I wish to extend my sincere thanks to our social work team for the professionalism, compassion and care they provide to every beneficiary. I particularly want to acknowledge Carolyn Robertson for her dedication and outstanding work throughout the year.

I also acknowledge our Patron, Professor Bruce Robinson, and thank Council members for their commitment, expertise and ongoing support of the MBA NSW-ACT.

My particular thanks go to Vice President Dr Felix Choi for his continued leadership and contribution, and to our new Chief Executive Officer, Mr Mark Fraser AO CVO, for his work since joining us in March 2026.

Finally, I thank our donors, partners and supporters.

Your generosity makes our work possible and provides a critical safety net for doctors and their families at times when they need it most.

I look forward to building on this work in the year ahead and ensuring the MBA continues to be there for the medical profession for many years to come.



Dr Andrew Wines AM
President

CEO'S REPORT



Mark Fraser AO CVO

The past year has been one of consolidation, development and preparation for the next phase of the Medical Benevolent Association of NSW-ACT.

Our focus has been on strengthening the organisation behind the scenes so that we can continue to respond effectively to the changing needs of the medical profession.

BUILDING OUR CAPABILITY

A key priority this year has been consolidating our systems, processes and service capacity. We have continued to refine how we assess and respond to requests for assistance.

Our team has also continued to develop our professional networks across NSW and the ACT, increasing awareness of the MBA NSW-ACT and creating opportunities for earlier engagement with doctors who may benefit from our support.

During the year we launched a new website and enhanced our database management.

REACH AND ENGAGEMENT

Increasing awareness of the MBA remains an important part of our strategy.

We have continued to work with hospitals, medical organisations, professional bodies and other partners to ensure that information about the MBA NSW-ACT reaches doctors where they work and train.

Our digital and communications activity also increased during the year, including through the new website, newsletters and regular media articles.

STRATEGIC DEVELOPMENT

Our strategic priorities have increasingly centred on three areas: access, prevention and sustainability.

We want doctors to know about the MBA NSW-ACT before they reach crisis point, to be able to access the right support quickly, and to ensure we have the resources required to meet future demand.

FINANCIAL AND ORGANISATIONAL MANAGEMENT

Sound financial management remains central to our ability to deliver our mission.

For 2025–26, the MBA recorded total income of $689,159, with an operating surplus of $178,349 - largely due to profit on the disposal of investments. Administrative expenditure and overheads represented 48% of total expenditure, while 52% of expenditure was for direct programs and services.

We have continued to look carefully at costs, funding opportunities and the long-term sustainability of our income base.

LOOKING FORWARD

The environment in which doctors work continues to change rapidly. Workforce shortages, training pressures, changing models of practice and broader economic conditions will continue to influence the demand for our services. Our challenge is to ensure the MBA NSW-ACT evolves with those changes.

Over the coming year, we will focus on staffing sustainability and consolidation, while continuing to strengthen our partnerships, improve awareness of our services and develop our long-term funding model.

The MBA NSW-ACT has a proud history since 1896, and our responsibility is to ensure it is equally well positioned for the future.

I thank the MBA Council, our staff, professional partners and supporters for their commitment throughout the year. Their contribution enables us to continue developing an organisation that is responsive, sustainable and ready to meet the needs of the medical profession.



Mark Fraser AO CVO
Chief Executive Officer

SUPPORTING DOCTORS AND THEIR FAMILIES

OUR MISSION

The Medical Benevolent Association of NSW-ACT (MBA NSW-ACT) provides free, confidential, and compassionate support to doctors and their families during times of hardship.

Whether the challenge is personal, professional, or financial, we offer tailored assistance to help doctors navigate difficulties, regain balance, and rebuild independence. Our support includes counselling, financial relief and advocacy.

Delivered by qualified social workers and independent of regulators or employers, our service is grounded in compassion, respect, and a deep understanding of the unique pressures of medical life.

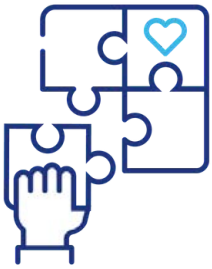
We're here for doctors for as long as they need us.

OUR BELIEFS

- That life is unpredictable and everyone will need help at some stage.
- In taking a person centered, strengths-based approach to empower people.
- That privacy and confidentiality are paramount.
- That all members of the medical profession should have access to appropriate assistance, as needed, regardless of the reason.
- That doctors' wellbeing is a key enabler to career longevity, quality patient care and healthier communities.

OUR VALUES

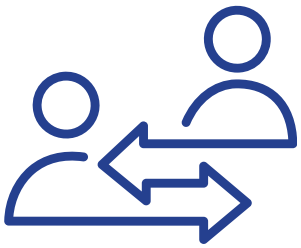
COMPASSION



ACCESSIBILITY



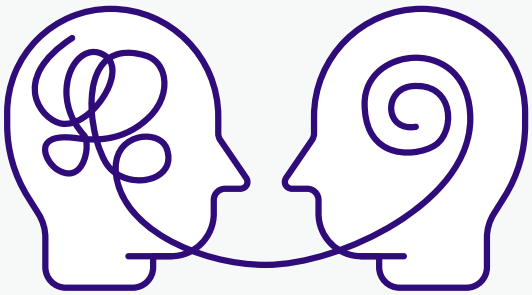
NON-JUDGEMENT



EMPATHY



WHAT WE DO



COUNSELLING

When you are facing a professional or personal challenge, discussing it with someone outside the situation can be helpful. Our Social Workers are university-trained counsellors with extensive experience in the health sector. Counselling is free and can be a single call or continue over time. MBA NSW-ACT specialises in helping doctors navigate challenges with empathy and expertise. Our support is comprehensive, reliable, independent of any regulators and kept strictly confidential. Our goal is to help doctors not only manage challenges but to thrive.

ADVOCACY

Our Social Workers are committed advocates for doctors, both on an individual level and for the profession as a whole. We are here to support doctors, to bring awareness to the unique challenges they face, and to make a real difference in their lives. With our expertise in assessment and deep knowledge of community resources, we can connect doctors with specialised services and provide information to meet the specific needs of doctors and their families.





FINANCIAL ASSISTANCE

We all face unexpected emotional or financial challenges at times. At MBA NSW-ACT, we are here to support doctors and their families when they need it most. We may offer funding for professional advice to explore career possibilities or individual financial situations. Our Council may provide gifts to help cover essential living expenses when assessment indicates financial hardship.

2025-26 HIGHLIGHTS

Since 1896, we have been providing confidential and meaningful support to doctors and their families across NSW and the ACT, enhancing their individual wellbeing and strengthening the medical profession as a whole.



$266,000 spent on direct social work activity



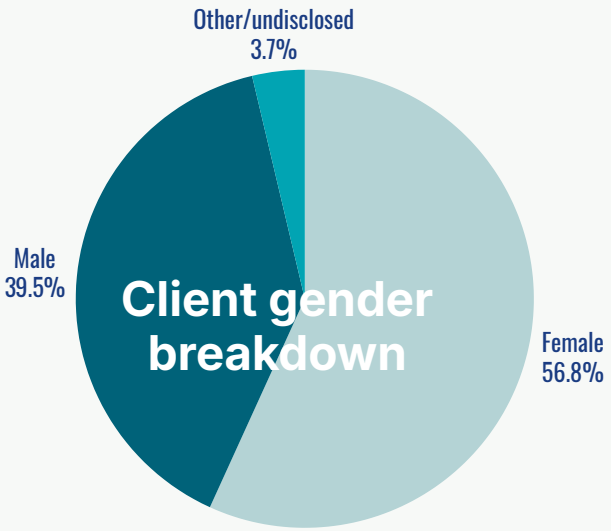
585 sessions of social work activity

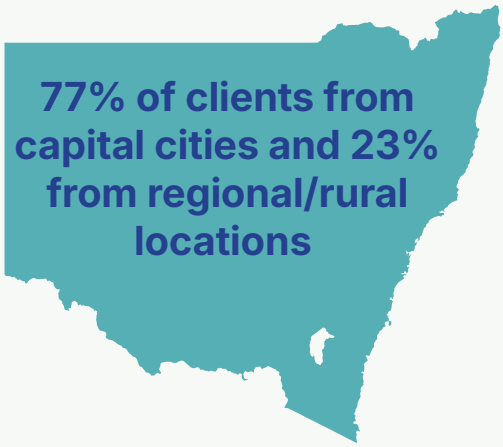


86 doctors assisted



$72,500 in direct financial support





2025-26 HIGHLIGHTS



SOCIAL WORKER'S REPORT



Carolyn Robertson

OUR CHANGING ROLE

Research shows that social workers' workload is changing across all areas of health due to rising social isolation and increasingly complex health and social needs. The medical community we support is a microcosm of the broader community, so it is unsurprising our work reflects broader trends.

Social workers are known to be '*professional chameleons*': we adjust interventions to the practice setting and the individual client. So we are well suited to address the myriad of issues doctors contact us about.

OUR IMPACT

The best way to show the impact of our work is through the words of the doctors we have assisted.

"MBA social workers' insight clearly reflects extensive experience supporting doctors in distress, and their guidance has been both grounding and empowering during an otherwise overwhelming time."

Many callers reach out to us with no clear expectation of what support they may need or get, but they are looking for something to help restore their equilibrium. Social workers help people find their voice: a new way to look at a situation, practical advice, strategies and resources.

"I just wanted to say again, how valuable it was to talk with you today, truly, I gained so much that I hadn't just speaking with the GPs. I really appreciate your time, support, & differing perspective- I feel seen & heard chatting to you today has made such a difference to my current experience."

While it is always challenging to reduce the complexity of human experience into statistics, data helps paint a picture of the work we do and our impact. This year we supported 86 individuals - some who returned more than once - and a small number requiring long-term collaboration due to the severity and complexity of their situation. We provided support over 585 sessions or contacts, with the majority of doctors (58%) requiring five or less contacts with us to resolve their concerns.

This year there has been a conspicuous increase - one third of doctors calling to seek counselling. MBA NSW-ACT is known to be a safe option as it is independent of governing bodies and offers free, trustworthy, professional counselling. Counselling themes included stress, trauma, family and relationship challenges, parenting, grief and loss.

Of the 62 callers seeking counselling, 42% were resourced sufficiently to resolve their issue in a single (often lengthy) session, and 44% were resolved within five sessions. This tells us that the MBA NSW-ACT social work service is both effective and efficient while maintaining high standards.

"I can't tell you how much it meant just to talk to someone who cared and didn't judge me - I feel like my whole life has been in service to others with very little room for myself."

WHAT WE ARE SEEING

Our callers may present with one concern, several at once, or more themes become apparent as we progress. People's lives are complicated, so issues of concern are interconnected. Work issues impact ability to earn income, which threatens the stability of housing and the quality of relationships.

Regardless of gender, doctors are frequently the primary breadwinner in their household, so when their work is impacted, their families are too. The rise in the cost of living, especially the cost of housing, is a regular theme. As is the limited availability of affordable accommodation an appropriate distance to workplaces.

"Having someone consistent to turn to — someone who builds trust quickly, brings clarity to chaotic situations, and provides an open door — has been profoundly stabilising."

In 2025-26, 27% of callers stated work issues motivated them to call, including disciplinary issues; bullying; unsustainable work conditions; complaints; stress; discrimination; financial disputes; moral injury and more. Callers frequently report that they are aware their workplaces do not follow Fair Work recommendations, but doctors fear their careers will be in jeopardy if they complain. Media reports have illustrated such cases.

SOCIAL WORKER'S REPORT CONTINUED

Other significant themes in our conversations with doctors were financial concerns including identity theft and accommodation issues; physical and mental health challenges; concerns about AHPRA registration; and family and domestic violence.

ADVOCACY

Doctors may come to us because they are struggling to navigate a government agency, insurer, employer, landlord, health provider or other complex system. These systems can be complex to navigate for the people working inside them, let alone a person already overwhelmed with their personal circumstances. Our advocacy work helps bridge those gaps and often creates positive outcomes in situations where the doctor themselves had previously been unsuccessful.

Social workers are skilled at facilitating people's access to services and supports in their community. This is shown by the fact that while a high percentage of callers first presented requesting financial assistance, less than 28% received financial gifts. By looking at all available options and assessing doctors' circumstances thoroughly, our social work team often find alternative and longer-term solutions with less reliance on monetary gifts.

"Without the MBA's support many doctors would have no voice and would be forced to give up their trade or suffer grave effects of trying to battle with the system day to day, when all they need is a bit of understanding and support to get through the difficult times."

Our advocacy may be for individuals or the wider medical community. This year we continued to lobby multiple medical colleges and AHPRA to assist doctors in financial difficulties by improving their financial hardship policies and processes. We continue to push for improvement in processes and systems which unintentionally worsen doctor's circumstances, such as the timing of correspondence about complaints against a doctor. Our social workers regularly challenge organisations that incorrectly assume doctors do not need programs for subsidised housing, or those who reject or even block doctors from applying for family and domestic violence funding.

LOOKING AHEAD

We know as humans we compare and contrast the severity of our own situation in comparison to others - questioning why we can not cope when everyone else seems to.

In our work with doctors we know that the most important comparison is how much better they will feel if the concern that is weighing them down is no longer burdening them.

"At a time when my circumstances felt overwhelming, your support provided immediate breathing space. It relieved an immense amount of pressure and uncertainty and created a buffer that allowed me to focus on the most urgent priorities."

With a full team again, our priority for the coming year is to stabilise the foundations of our service including our data management system to monitor trends, improve awareness of our services, and ensure our support is accessible to doctors at any stage of their career. We want doctors and their families to reach out to us early when they are uncomfortable with their situation, as our figures show many people can achieve a positive outcome in one session.

It is important to acknowledge and thank all the compassionate individuals who form MBA NSW-ACT and those who support us by donating. Everyone plays a vital role that enables MBA NSW-ACT to support this unique social work service giving ongoing, meaningful assistance to doctors and their families.



Carolyn Robertson
Senior Social Worker

TESTIMONIAL

I would like to provide feedback on the social work support I have received through MBA. This service has been truly invaluable and has become a grounding point for me over the past year, during one of the most unexpected and challenging turning points in my life.

While financial assistance is undoubtedly helpful and has made a practical difference, the most meaningful impact has come from having someone who gotten to knows me, understands my circumstances, and identifies the supports that will make a real difference. The Social Worker has opened my eyes to resources and strategies I would never have known to access — such as NILS, bill smoothing, and other supports that make limited finances stretch further. In particular, navigating Centrelink has been invaluable, as this is an extremely challenging system to access while unwell and if you have any circumstances which deviate from "normal". The Social Worker has also guided me in capacity pacing, helping me avoid overextending myself and inadvertently setting back my recovery.

Having someone consistent to turn to — someone who builds trust quickly, brings clarity to chaotic situations, and provides an open door — has been profoundly stabilising. The transition back towards work is not simply about being "able" to work again; it is about navigating the complex bridge between illness and stability. This is often the hardest phase, and having the right support at this exact point is essential to prevent regression. Knowing I have a safe, knowledgeable, and responsive place to turn to has significantly reduced my sense of isolation.

What sets this service apart is the individualised, holistic planning that considers my unique circumstances rather than offering generic advice. I have not been able to find this kind of integrated support through any other service. It has made me feel seen, supported, and hopeful about rebuilding.

I can say without hesitation that even in my most overwhelmed moments, I have gained wisdom, grounding, and practical direction from the Social Worker — whether through a simple reminder that I am not alone, or a gentle podcast recommendation that helped me recentre. This is the kind of support that truly sets people up for success, enabling them to move toward self-sufficiency and stable return to work.

I am deeply grateful for this service and believe it is a unique and essential part of what MBA offers. It has made a significant difference in my life and in my journey back to work, wellbeing, and independence; I remain optimistic and immensely grateful for the assistance from MBA.

MBA NSW-ACT beneficiary, December 2025

TESTIMONIAL

I am endlessly grateful for all the support and advocacy that has been provided by the Medical Benevolent Association and in particular, their amazing Social Worker. MBA is a unique organisation that gives doctors a voice when dealing with the rigidity of the medical system.

The doctors are expected to meet multiple requirements in every aspect of their clinical training and practice despite and in spite of what major personal difficulties they may be facing. The current medical system as the whole seems to shout loud and clear: "We do not care what happens in your life, doctors. You must meet these requirements in the allotted time and not a day later. And all these boxes have to be ticked and we do not care why did not tick this most irrelavant box in your training portfolio!".

Or

"We do not care that your child was having chemotherapy or your wife was dying, or your husband was having a mental breakdown. There is a box, it is most irrelevant or not important, but it must be ticked!"

The saddest thing is that most of the time the doctors have to deal with non clinicians about their clinical requirements set by their professional Colleges or other organisations like AHPRA. They do not understand what it is like trying to care for patients when your personal life or health is in pieces. And if you ask for some understanding, there is mostly never any.

Without the MBA's support many doctors would have no voice and would be forced to give up their trade or suffer grave effects of trying to battle with the system day to day, when all they need is a bit of understanding and support to get through the difficult times.

MBA is the only organisation that I know that is able to provide this understanding and support. It is truly the most supportive and caring place that helps doctors in need.

MBA NSW-ACT beneficiary, December 2025

PATRON'S MESSAGE



Professor Bruce Robinson AC

It is a privilege to contribute to the 2025–26 Annual Report of the Medical Benevolent Association of NSW-ACT.

The MBA occupies a unique and important place within the medical profession. For 130 years, it has provided a trusted source of assistance to doctors and their families at times when professional responsibilities and personal circumstances become difficult to manage.

What particularly impresses me about the MBA is its understanding that doctors are not immune from the challenges faced by the wider community. Indeed, the expectations placed upon doctors can sometimes make it harder for them to acknowledge that they themselves need assistance.

The MBA provides a confidential and compassionate pathway to support, without judgement and without stigma. Its work is therefore about much more than financial assistance. It is about recognising vulnerability, restoring confidence and helping doctors regain stability.

The organisation has continued to evolve, with a growing emphasis on prevention, early intervention and collaboration. This is important work. The earlier doctors feel able to seek support, the greater the opportunity to prevent difficulties from becoming crises.

The MBA's effectiveness is underpinned by the commitment of its Council, staff, social workers, volunteers, partners and donors. I commend them for their professionalism and dedication throughout the year.

I also encourage the medical profession to recognise that supporting colleagues is a shared responsibility. The strength of the MBA ultimately depends on the profession standing behind it.

As the pressures on healthcare professionals continue to evolve, organisations such as the MBA will remain essential. I am proud to support its work and look forward to seeing the organisation continue to grow its reach and impact in the years ahead.

Yours sincerely



Professor Bruce G. Robinson AC, MD, MSc, FRACP
Consultant Physician in Endocrinology
Patron

FINANCE REPORT

Below is the financial report of the Medical Benevolent Association of NSW-ACT for the year ended 30 June 2026. Audited financial statements have been submitted to the ACNC and are available at www.mbansw.org.au/about-us/reports-and-newsletters/

The MBA NSW-ACT has maintained a sound financial position during another year of changing economic conditions and continued demand for our services. Our financial approach remains focused on sustainability, prudent management and ensuring that the resources entrusted to us are directed where they can have the greatest impact.

FINANCIAL RESULTS

For 2025–26, the MBA NSW-ACT recorded total income of $689,159, compared with $586,977 in the previous financial year.

Total expenditure was $510,810, resulting in an operating surplus of $178,349, largely due to investment disposal.

Our net assets at 30 June 2026 were $2,810m, compared with $2,847m at 30 June 2025.

These results reflect a challenging year on the investment front as well as some one-off costs associated with staffing consolidation.

A DIVERSE FUNDING BASE

Our income continues to come from a combination of individual donations, grants, investments, group contributions and bequests.

Of total income for 2025–26, individual supporters contributed $190,128 (27.6%), grants provided $60,000 (8.7%), investment income was $379,583 (55%), group donations contributed $25,388 (3.7%), bequests accounted for $2,130 (.3%), and other income of $31,930 (4.6%).

Maintaining this diversity across funding streams is important to the MBA NSW-ACT's financial resilience, particularly as individual giving and traditional sources of medical community support continue to evolve.

RESPONSIBLE STEWARDSHIP

We remain committed to keeping our operating costs under careful control while investing appropriately in the systems and people needed to operate an effective organisation.

During the year, 52% of expenditure was directed to beneficiary services, with fundraising costs representing 5.8 cents for every dollar raised.

Our reserves and investment portfolio provide a valuable buffer against fluctuations in income and allow the MBA NSW-ACT to plan with greater confidence for the future.

OUTLOOK

The financial outlook reinforces the importance of building a sustainable funding model for the years ahead.

Growing our base of regular donors, developing new partnerships and identifying additional funding opportunities will be key priorities. Regular giving is particularly valuable because it provides greater certainty when planning our services and commitments.

We encourage everyone who supports the MBA NSW-ACT to consider how they can contribute to its long-term financial strength. A modest regular donation, multiplied across the medical profession, can make a substantial difference.

THANK YOU

We thank our donors, grant providers, hospital medical staff councils, corporate supporters and foundations for their generosity throughout the year.

We acknowledge our CEO, Mark Fraser, and the MBA team for their careful management of the organisation's resources, and my fellow Council members for their diligence and sound stewardship.

The MBA has been supporting the medical profession for more than a century. Our responsibility is to ensure that it remains financially strong and capable of continuing that work well into the future.

INCOME AND EXPENDITURE STATEMENT FOR 2025-26

	2026 $	2025 $
Income		
Donations - organisations	**25,388**	82,626
Donations - individuals	**190,128**	214,182
Bequests	**2,130**	14,638
Other donations - AMA & directed	**-**	100
Grants	**60,000**	131,522
Dividends received	**83,662**	43,514
Interest & trust distributions received	**29,810**	24,481
Imputation credits refundable	**14,415**	13,906
Profit on disposal of investments	**251,696**	62,008
Other income	**31,930**	-
Total income	**689,159**	586,977
Less: Administration Expenses		
Accounting fees	**10,518**	9,990
Administration fees	**12,000**	2,013
Appeal expenses	**5,850**	10,824
Audit fees	**4,250**	4,250
Bank charges	**8**	-
Computer expenses	**6,658**	4,564
Depreciation	**1,051**	1,767
Insurance	**7,590**	7,307
IT Expenses	**2,653**	2,106
Leave pay provision	**(38,384)**	7,994
Marketing expenses	**6,781**	12,856
Other employee costs - FBT allowances	**15,456**	13,250
Portfolio management fee	**10,399**	10,739
Printing and stationery	**40**	386
Salaries - administration	**192,968**	74,133
Staff amenities	**-**	164
Sundry expenses	**(46)**	332
Superannuation contributions	**5,280**	21,340
Telephone	**314**	1,359
Travel expenses	**1,052**	59
Less: Expenditure on Direct Services		
Payments to beneficiaries	**72,529**	97,457
Social work counselling support	**193,843**	283,373
Total Expenses	**510,810**	566,263
Surplus/(deficit) for the year	**178,349**	20,714

OUR EXECUTIVE



PRESIDENT

DR ANDREW WINES AM

Andrew is an Orthopaedic Surgeon who specialises in the ankle and foot and works in several of Sydney's North Shore hospitals. He is a second-generation Councillor and joined MBA NSW-ACT as a young intern over 30 years ago.

In 2003 he was awarded a Churchill Fellowship to assess the services available to doctors in times of crisis. Andrew has held various roles on the MBA Council since that time including Vice President before he was elevated to the presidency in November 2022.

VICE PRESIDENT

DR FELIX CHOI

Felix graduated from UNSW 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 and has been involved in the education of General Practitioners on Skin Cancer Management. Felix has been on Council for over 21 years, and helped guide the organisation as Treasurer through the challenges of the Global Financial Crisis.





CHIEF EXECUTIVE OFFICER

MARK FRASER AO CVO

Mark has extensive senior leadership experience in the public sector including serving as Chief Executive Officer of the National Australia Day Council, Official Secretary to the Governor-General, Head of Commonwealth Protocol in the Department of Prime Minister and Cabinet, various First Assistant Secretary roles in the Department of Veterans' Affairs, and a diplomatic career in the Department of Foreign Affairs and Trade including postings as Consul-General in The Hague, and as Vice-Consul in Turkey.

Mark is also founder and CEO of charity Make A Mark Australia, empowering children in need through improved access to education.

OUR COUNCILLORS



DR VINCENT WONG

Vincent is a Senior Staff Specialist and 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 Assoc. Prof at the South Western Sydney Clinical School at UNSW and is involved in teaching medical students, registrars and other clinical staff. Vincent joined Council in 1998.



DR SONIA HENRY

Sonia is a GP who works in remote parts of NSW and Australia. She is also a writer and an advocate for junior doctors' wellbeing. Her debut novel Going Under was a great success and her second book Put your Feet in the Dirt, Girl has seen her projected into media stardom. She is a keynote speaker on issues facing younger and remote doctors. Sonia has also written for the Sydney Morning Herald, Kevin MD, The Australian, The Canberra Times and RM Williams Magazine. Sonia joined Council in August 2021.



DR PAUL HOSIE

Paul recently retired, having predominantly worked in General Practice in Northern NSW for most of his career. He was a VMO at Ballina Hospital and provided in-patient and obstetric care, as well as accident and emergency duties. Paul was also the State Medical Officer and Police Medical Officer for the Ballina district. More recently, Paul and his family moved to Sydney where he worked for seven years as a GP in Sydney's Northern Suburbs, and then spent four years working for Bupa in immigration medicine. Paul joined Council in August 2021.



DR MARIA LI

Maria is a GP and Medical Advisor in healthcare regulation, with a passion for using modern communication methods to enhance public health messaging. She is a World Health Organization-affiliated social media educator and the host of the 5-star rated The Safe Practice Podcast. Maria's board, committee, and working group affiliations have included the Royal Australian College of General Practitioners (RACGP), the Australasian College of Health Service Management (ACHSM), and the National Centre for Immunisation Research and Surveillance (NCIRS). Maria joined Council in February 2025.



DR ANTHONY (TONY) JOSEPH AM

Tony graduated from the USYD in 1977 and, after spending a few years training in hospital and obstetric medicine, he settled into General Practice in Murwillumbah in Northern NSW. After five years he returned to Sydney to train in Emergency Medicine, his last role being Senior Staff Specialist in Emergency Medicine and the Director of Trauma Services at RNS Hospital. He was awarded the Australian Medal for outstanding services to medicine in 2020, having spent over 25 years practicing Emergency Medicine. Tony joined Council in May 2023.



DR FURIO VIRANT OAM

Furio is a partner in a GP practice in Southwest Sydney, Life Member of RACGP and a Surveyor for AGPAL who audit medical practices. His career includes serving for the RAN and being on various boards. He has been a conjoint lecturer in General Practice at Western Sydney University and a clinical Associate in General Practice at Sydney University. Furio has been on Council since 1994 and was awarded an OAM in 2022 for services to the medical profession.

OUR COUNCILLORS



DR IAN WECHSLER

Ian is an Ophthalmologist who joined Council in 2011. Like all our 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, so he can identify with this sector of practitioners and has observed firsthand the difficulties experienced in obtaining local Australian medical qualifications. Ian has served on Council since November 2011.



DR VANESSA ROGERS

Vanessa works as a Consultant Liaison Psychiatrist and sits as a part-time member of the NSW Mental Health Review Tribunal. Vanessa strongly believes it is important to help support her medical colleagues and their families in times of hardship and crisis. Vanessa has had various roles on Council since she joined in 2013.



DR MIKE WU

Mike is a young doctor who aspires to be a vascular surgery specialist. These dreams have taken him to NSW and QLD, with an exposure to people of all different levels of privilege. He brings to the table at the Medical Benevolent Association the same passion and compassion that he applies to his daily encounters with his patients. Mike joined Council in 2025.



A/PROF. ANTONIO DI DIO

Antonio is a health executive and clinician in Canberra. He has been a GP for 30 years and is the Director of the Professional Services Review. He is a past state president of the AMA-ACT and has served and continues to do so on many Boards, Councils, Committees and Advisory Groups. He has volunteered for over 25 years in Doctor's Health, currently serving on the board of the national organisation Drs4Drs, as well as actively serving the ACT Drs4Drs in many roles. He sits on the National Leadership Alliance for Drs Health and wellbeing and the Primary Care Committee of the ACSQHC. He rejoined Council in July 2023 having served for 5 years before.



DR JOSEPHINE (JO) BRAID

Jo is a seasoned physician with more than 20 years of experience specialising in neuro-rehabilitation, with a special interest in doctors' wellbeing. Based in Orange, she is also an award-winning coach dedicated to transforming burnout recovery for doctors and healthcare professionals. Several years ago, she launched The Burnout Recovery Podcast, which has since gained a large local and international following. Passionate about mental wellbeing, Jo combines her expertise in neuro-rehabilitation with coaching to help doctors and others thrive. Jo joined the Council in October 2024.



DR GLENN MCNALLY

Glenn is a specialist Obstetrician and 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. He has a long-standing interest in education and improving general standards of practice in diagnostic imaging. Glenn joined Council in August 2020 and served as Treasurer from 2021-25.

THANK YOUS

The Council and staff of MBA NSW-ACT would like to take this opportunity to thank all our funding partners and donors who together, enable us to continue our vital work.

Your donation not only helps us support the doctors and their families who are experiencing significant adversity or hardship, but it also sends an important message of camaraderie to them. They often comment that your support helps them feel that their colleagues genuinely care.

GRANT

NSW Government - Medical Council of NSW

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- Australian Medical Association NSW
- Avant Mutual Group
- Health Professionals Council Authority
- Kuring-gai District Medical Association
- Yarira Health Care
- Medical Staff Council Hornsby Ku-ring-gai Hospital
- Dubbo Health Service Staff Medical Council
- Royal Hospital for Women Medical Staff Fund

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The kindness and compassion shown by our individual supporters and donors underpins our ability to support doctors in need. Unfortunately, we only have space to recognise those who donated over $1,000 in this financial year and who have not asked to remain anonymous.

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