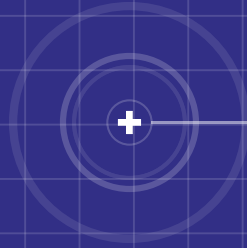




**Struggling to cope at
medical school?**

We're here to help.

Grants • Money Advice • Support



Who we are

Every year the Royal Medical Benevolent Fund helps hundreds of doctors, medical students and their family members who are in serious financial hardship.

As a charity, we aim to support the future of the medical profession. If you are a medical student in an exceptional and difficult financial situation, through no fault of your own, and you are at risk of failing to complete your studies, we may be able to help.

Our aim is to make a real difference to the lives of medics in times of need. We try to help our beneficiaries become independent and self-sufficient again, while maintaining longer-term support for those who need it.

How we can help

Maintenance grants

For medical students facing exceptional hardship, the RMBF's Medical Student Programme offers grants to assist with essential living expenses while studying. The amount of each grant is set according to an individual's needs.

To be eligible for financial support, you must:

- ✓ be in exceptional and unexpected hardship due to ill health, disability or bereavement
- ✓ be in the final 2 years of your training (i.e. expecting Provisional Registration within 2 years)
- ✓ be a registered student on a course at a medical school in the UK which would meet the eligibility requirements for GMC registration
- ✓ intend to work in the UK after qualification
- ✓ be at serious risk of failing to qualify due to the financial pressures you face

For more detailed information on how we can help, please contact our Casework department on help@rmbf.org or 020 8540 9194 (option 1).

Guide to managing stress

The Vital Signs for Medical Students is a free guide that sets out the key stress and pressure points for medical students, provides practical advice, and signposts support and resources for those experiencing stress and difficulty. Download the guide at www.rmbf.org/medical-students

Money advice

We have developed a range of free tools to help you plan your finances and keep track of your money.

Visit www.rmbf.org/medical-students to access:

- ✓ Online Money Adviser – Talk to someone who can help you access the financial support you are entitled to, as well as benefits and other sources of funding.
- ✓ Budget Planner – Our free online tool can help you balance the books, and work out where you could make essential savings.
- ✓ Debt Calculator – Our online calculator will help you manage your debts and work out the best repayment options.

CASE STUDY – ELIZABETH

“ Without the help of the RMBF I would have struggled to complete the course due to financial pressure. Thanks to them I was able to focus on exams and not have to worry about finances. ”

While in her final year at Hull York Medical School, Elizabeth was involved in a serious road accident which resulted in her having to use a wheelchair for three months. Elizabeth was unable to return to her studies in time to sit her final exams and was forced to re-start her final year. The added financial pressure of an extra year at medical school meant that Elizabeth was finding it increasingly difficult to make ends meet.

Elizabeth contacted her medical school welfare team who recommended her for the RMBF's Medical Student Programme. The RMBF helped Elizabeth through her final year at medical school. Elizabeth passed her exams and has subsequently started her F1 post.



The Royal Medical Benevolent Fund is the UK charity for doctors, medical students and their families. The RMBF is committed to leading the way in providing support and advice to all members of the medical profession and their families.

If you're a medical student facing exceptional hardship and you think you may be eligible for support from the RMBF, please contact our Casework team:

tel: 020 8540 9194 | email: help@rmbf.org

Royal Medical Benevolent Fund, 24 Kings Road, Wimbledon, London SW19 8QN

The RMBF relies on voluntary donations – without the support of the medical profession we could not continue to provide vital help to doctors, medical students and their families. To find out more about the RMBF and to donate, visit:

www.rmbf.org

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This guide has been made possible with support from MDDUS.

MDDUS is a mutual organisation offering doctors, dentists and other healthcare professionals access to expert medico- and dento-legal assistance and professional indemnity. Established in 1902, we pride ourselves on providing a quality, responsive service that is valued by our members throughout the UK. Visit www.mddus.com to find out more.