



**Royal Medical
Benevolent Fund**
The Doctors' Charity



Annual Review 2016-17



2016-17 in review

This year, the Royal Medical Benevolent Fund celebrated its 180th anniversary. Much has changed over the years, but we have continued to adapt to the needs of a modern medical profession, ensuring that the core principle established at the charity's founding remains the same: we will provide help to those working in medicine who have the greatest need.

The RMBF has always been led by doctors, and I am always pleased and reassured to work alongside a Board of Trustees that has such depth of medical expertise. However, our most valuable resource is, without a doubt, you. We could not do what we do without the wealth of experience, generosity and love for the medical profession that is brought to bear by our supporters: those who kindly donate, who run fundraising events, give us feedback and suggestions on our work, share our resources online, and of course those who give up their time as Volunteers.

We were all delighted to welcome nearly 100 Volunteers to our 180th Anniversary Conference in Birmingham this June, with kind support from Wesleyan and MDU. As well as celebrating their work, and giving them a chance to meet and socialise with their colleagues from other regions, the event also had a purposeful focus. At a difficult time for medicine, with many doctors at risk of leaving the profession altogether, it is imperative that we put our heads together and find the most effective ways to get our message across, especially to doctors and medical students who are hardest to reach.

A determination to do that really shone through at the Volunteer conference. The day had a tremendous sense of teamwork and collaboration, with everyone keen to contribute ideas. Trustees and staff came away with fresh inspiration on how we should communicate our key messages, and the best ways to make those messages widely heard. I would like to sincerely thank all those who attended for their positivity, their energy and their huge enthusiasm. In view of the success of

this conference, we are keen to make it a regular event in future, and I very much look forward to welcoming you all to the next one.

Much of our work over the last year has been shaped by this key goal of reaching out. We have refreshed our communications, relaunching our website to make it easier and faster to seek help or get involved with the charity. Our Vital Signs series of guides now comprises three separate editions, and we've designed new leaflets and promotional material to help supporters spread the word. As well as our Volunteer conference, we also welcomed new and long-standing supporters to a celebration event at the Museum of the Order of St John, and we are increasing our own presence at conferences around the country with help from St James's Place.

All these activities have already led to positive results, and we have been able to help even more doctors in need – a 50% increase in grant expenditure compared with last year shows that our resources really are going where they are truly needed.

I would also like to update you on some of the projects I mentioned in last year's Annual Review. The relaunch of our Medical Student Programme in April has had a measurable impact on how many students we are reaching. DocHealth, the confidential RMBF and BMA service for doctors suffering with stress and anxiety, has also gone from strength to strength. Over 100 doctors have now self-referred to the service, and we can confirm that we will

continue to support the project in the second year of its pilot.

You may also remember last year's *What's Up Doc?* awareness campaign, which achieved significant coverage in the national, local and medical press, helping to spotlight the pressures that so many doctors face in their day-to-day work. In November, we will be launching our second major awareness campaign, *Together for Doctors*. As well as reiterating the pressures and challenges that doctors face, especially on the front lines of the NHS, the campaign will also celebrate some inspirational medical figures, those who stood up for colleagues and helped make a difference to the welfare of doctors. I hope you will join in the conversation we aim to inspire.

As the pressures on the medical profession increase, I am delighted that the RMBF has been able to rise to these new challenges. I would like to thank the staff in Wimbledon for their hard work, enthusiasm and dedication to helping doctors in need.

I would also like to thank you all for your continued devotion to our cause, your efforts in spreading the word, and your ever-generous support.

Professor Dame Parveen Kumar DBE
President
Royal Medical Benevolent Fund

Case Study: Stephanie's Story



"After a brilliant year, I developed back pain which I put down to being on call, playing sport and doing a lot of bending and lifting at work. My GP and I both thought it was a slipped disc but when ibuprofen and physio were no longer enough, I went for a scan and suddenly I was a patient.

"I saw my results on the screen, I knew it wasn't good."

Stephanie's scan showed a sarcoma in her lower back affecting L3, L4 and L5 nerve routes. She had six cycles of chemo and a spent a year in and out of hospital, including a stay in ICU and another for neutropenic sepsis.

However, the tumour didn't shrink. Surgery became the only option.

"I went in for surgery having been told there was a good chance I would never walk again. I had a laparotomy to remove the tumour, lost three vertebrae and ended up with a spinal bone graft from my fibula and a moss cage."

Stephanie's treatment ended in January this year and she has had the 'all clear'.

Her sarcoma robbed Stephanie of many things but not her 'survivor personality': her pride, resilience and determination. She had to give up her flat and move in with her parents, causing the heating bills to soar because the chemo made her feel so cold. Money was tight. She had no savings and there was no spare cash for anything but the bare essentials of life.

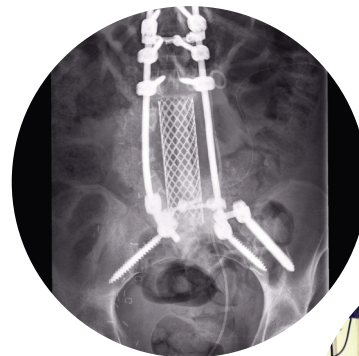
"I had to go from wearing a doctor's hat to a patient's hat and I hated it, but I learned a lot too. There is no indignity that patients suffer that I don't know about. Every day, though, I

made sure I put my makeup on and showed a brave face. I am still doing that today, and doctors like you have helped make that possible. Thank you."

Home from hospital and determined to walk again, Stephanie contacted us. Fortunately, we were able to help.

"The RMBF are brilliant. They helped me replace the NHS 30kg wheelchair, which no one could lift, with a light 8kg one that I can lift myself while I work on my walking with and without crutches. They helped with a real-hair wig to replace the synthetic one that kept getting all knotted."

It's only with your help that the RMBF can provide aid to doctors like Stephanie when crisis hits. Our thanks to all our supporters who have helped make a difference to doctors' lives this year and throughout the charity's history.



Left: Bone graft and moss cage from T11 to pelvis

Right: Stephanie wearing her new wig, June 2017



Our thanks to Stephanie for this full and frank account of her true story and the use of her medical images.

Early success for relaunched medical student programme

The relaunch of the RMBF's Medical Student Programme, as reported in our Spring newsletter, has already proved successful in reaching more student beneficiaries in need of help.

Early figures for the year 2017-18 show that in the first four months of the financial year, the charity had 82 enquiries from students, compared

to 91 for the whole of the previous year. So far, seven students have submitted applications and received direct help from the Grants and Awards Committee, again just shy of last year's overall total of eight.

Look out for further details in our future newsletters and next year's Annual Review.

Facts and figures 2016–2017

234

beneficiaries received financial assistance

159,000

visits to our online support services

250+

Volunteers active across the country

26

beneficiaries helped to return to work or remain in employment

26

beneficiaries given help towards education and training

53%

of new applicants under the age of 40

126

enquiries to our online student money advice service

£581,381

total financial impact on our beneficiaries

Includes RMBF grants and loans, state benefits secured by the RMBF Money Advice Service, and the financial value of working with other charities

Finances

Year ended 31st March 2017

Sources of income

Donations £302,547

Sponsorship £32,000

Legacies £24,360

Trading £25,660

Investment income

£607,997

Total £992,564

Application of expenditure

Charitable activities

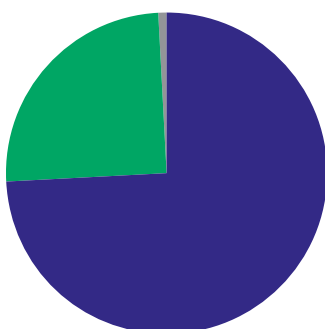
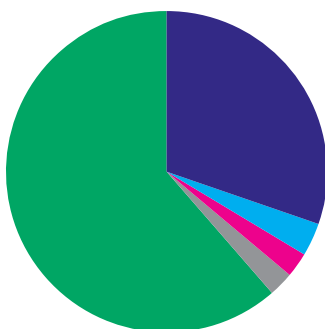
£1,164,507

Generating future income

£392,789

Trading £8,939

Total £1,566,235



Key objectives

To March 2018

- To provide appropriate financial support to all eligible applicants and beneficiaries in need of help
- To continue the development of the RMBF Volunteer network
- To raise the profile of the Charity in the profession so that those needing help know where to turn
- To develop partnerships with relevant organisations to maximise the Charity's impact
- To diversify and grow the Charity's income streams so that we can respond to increasing demand for our help

For a more detailed breakdown of income and expenditure, please see the full annual report and accounts, available at www.rmbf.org

Donation form

Your details

Title Forename(s)

Surname

Home address

Postcode

Email

Phone

Contacting you

Please confirm if you are happy for us to contact you via the following channels with information about our news, activities and how you can donate and support our work (including volunteering or fundraising on our behalf).

Your details will only be used by the Royal Medical Benevolent Fund – we will **never** give your information to other organisations to use for marketing purposes.

I am happy to be contacted:

By email ☐

By text ☐

By phone ☐

By post ☐

For full details see our Privacy Policy:
www.rmbf.org/privacy-policy

Please call 020 8545 8443 if you would like to request a copy of the policy via post.

I would like to make a one-off donation

☐ £25 ☐ £50

☐ £100 £ Other

☐ I enclose a **cheque/charity voucher** made payable to **RMBF**

☐ I would like to make a donation by
MasterCard/Maestro/Visa/Visa Debit/Amex

Card no.

Start date Expiry date

Issue no. (Maestro only) Security code

Signature Date

I would like to make a regular donation

Amount £ beginning on

and ☐ monthly

☐ quarterly

☐ annually thereafter until further notice

Bank name

Bank address

Account name

Account number

Sort code

Signature Date

Payment to: RMBF, NatWest Bank, Regent Street, London, sort code: 56-00-27, account number 24465178. **This replaces any existing standing order**

giftaid it

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to the Royal Medical Benevolent Fund. ☐

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify the charity if you want to cancel this declaration, change your name or home address, or no longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please return forms to (in BLOCK CAPITALS): **FREEPOST RMBF**
You can also donate online at **rmbf.org** or by phone on **020 8540 9194**



**Royal Medical
Benevolent Fund**
The Doctors' Charity

Patron

Her Majesty The Queen

President

Professor Dame Parveen Kumar DBE

Trustees

Chair of the Board of Trustees

Professor Roger Jones

Vice Chair

Miss Heather Mellows OBE

Treasurer

Professor Amritpal Hungin OBE DL

Chair of Grants and Awards Committee

Mrs Christine Linehan

Other members of the Board of Trustees

Dr Edward Adams

Dr Faizan Ahmed

Dr David Derbyshire

Mr Simon Dinnick

Mr James Fergusson

Mr Jonathan Hine

Professor Neil Johnson

Ms Janice Liverseidge

Professor Pauline McAvooy

Dr Oliver Seyfried

Dr Richard Stevens

Chief Executive

Mr Steve Crone

Auditors

Knox Cropper, Chartered Accountants

8/9 Well Court, London, EC4M 9DN

Investment managers

Newton Investment Management Ltd

160 Queen Victoria Street, London, EC4V 4LA

Ruffer LLP

80 Victoria Street, London, SW1E 5JL

Registered Address

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

Phone 020 8540 9194

Email help@rmbf.org
info@rmbf.org

Web www.rmbf.org

Social Media



twitter.com/TheRMBF



facebook.com/TheRMBF



youtube.com/DoctorsCharity

Registered with the Charity Commission for England and Wales No 207275. Registered with the Scottish Charity Regulator No SC046148. A company limited by guarantee, registered in England No 00139113.