



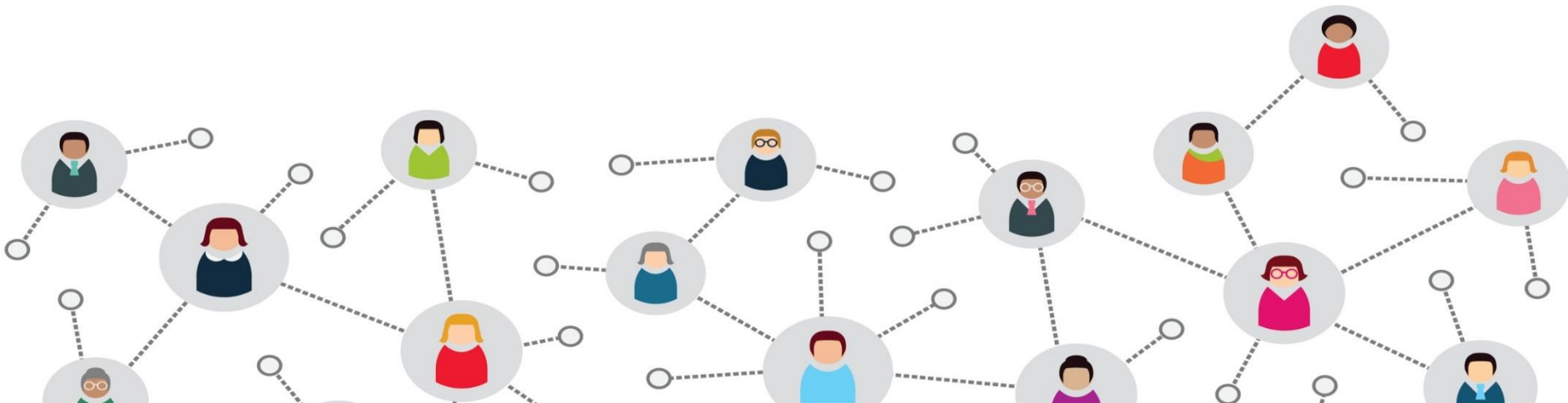
**Royal Medical
Benevolent Fund**
The Doctors' Charity



Introduction to the RMBF

Helping doctors and their families for over 180 years.

Every year the RMBF helps hundreds of doctors, medical students and their family members who are in serious hardship due to illness, injury, disability, ageing or bereavement.



How we help

We provide

Financial support to doctors of all specialties and at all stages of their careers due to age, ill health, disability, or bereavement

Grants for medical students in financial difficulty due to ill health, disability or bereavement

Types of support

**Regular monthly
grants**

**Back to work
awards**

**Medical student
grants**

**Refugee doctor
grants**

Money advice

PhoneFriends

Headline figures, 2018-19

**300 beneficiaries
received support**

**£553,914 expended in
grants and loans**

**124,000 visits to our
online support services**

**86 medical students
received money advice**

£804,731

total financial impact on our beneficiaries

Why people turn to the RMBF, 2018-19

Mental illness

43%

Physical illness

36%

Refugee doctors

11%

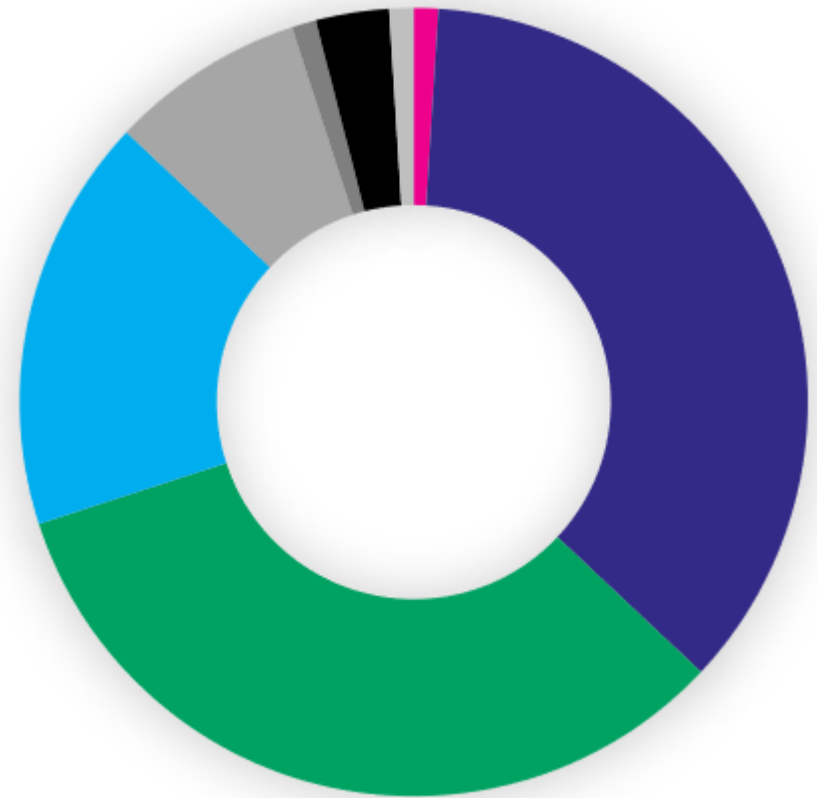
Carer/age/bereavement

10%



Age of new applicants to the RMBF, 2018-19

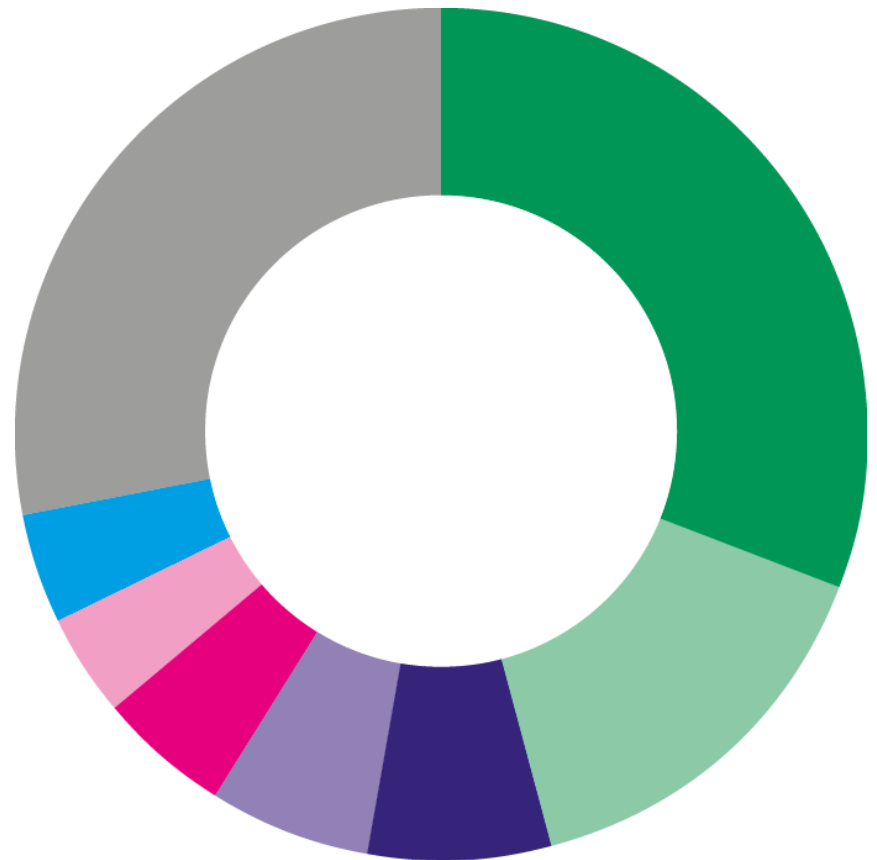
0-20 years	1%
21-30 years	36%
31-40 years	33%
41-50 years	17%
51-60 years	8%
61-70 years	1%
71-80 years	3%
81-90 years	1%



Specialties of beneficiaries, 2018-19

GP/GP trainee	31%
Psychiatry	15%
Paediatrics	7%
Surgery	6%
Emergency medicine	5%
Anaesthesia	4%
Ophthalmology	4%
Others	31%

Includes other specialties and foundation year/junior doctors



Back to work support



47 beneficiaries helped to return to work or remain in employment



32 beneficiaries given help towards education and training

Expanding support

Coach Mentoring

- **Supporting doctors back to work following period of ill health**
- **Highly skilled RMBF volunteer network & accredited training in partnership with OCM**
- **First cohort of five volunteer Coach Mentors now qualified**
- **11 beneficiaries benefited from Coach Mentoring in 2019**



DocHealth

- **Confidential psychotherapy for doctors, supported by the BMA and the RMBF**
- **557 doctors have self-referred to the service**
- **83% presented with high or very high risk of burnout, 52% with significant depression, and 85% with significant anxiety**
- **92% would recommend the service to others**



Medical Student Programme

- **More than 50 students helped with essential living costs since programme launched**
- **Recruited over 25 Student MLOs – new volunteer role to spread word of our support in medical schools nationwide**
- **Regular meetings of Medical Student Advisory Group, continuing to inform and guide our work**



What our beneficiaries say

“Words cannot express how grateful I am for your support during the worst year of our lives.”

“You have been a miracle to me and my young kids. I don't know how we would have managed through this difficult time without you all.”

“It has been a terrible 2 years. I am so grateful for your support. I honestly don't know how I would have survived without it.”

What our beneficiaries say

“I am incredibly grateful for the help the RMBF gave me at a horrible time of my life with the breakdown of my marriage when my daughter was just two...”

“I don’t like to think about the consequences we might have faced if we hadn’t had the security and solace of our own home.”

Thank you

The RMBF relies on voluntary donations. Without the support of the medical profession we could not continue to provide vital support to doctors, medical students and their families.

www.rmbf.org

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