I would like to ask for your help to support doctors, medical students and their families through times of crisis. As President of the Royal Medical Benevolent Fund, I hear many stories of great hardship from doctors who, through no fault of their own, are struggling to make ends meet.

A big worry for us has been the increasing trend of more and more young doctors in their 20s and 30s coming to us for help over the last few years. When illness or misfortune occurs, junior doctors are often the hardest hit, being at a crucial and sometimes uncertain time in their medical career. As an example, let me tell you about Dr Greenwood.

In 2013, Dr Greenwood was a trainee surgeon, and he and his wife were expecting their first child. One day when playing football, he suffered a cardiac arrest. During resuscitation he developed a stroke, which resulted in him being in a coma for ten days. He spent a month in hospital recuperating. With his wife on maternity leave, the two were struggling to make ends meet.

The RMBF helped to cover living expenses when his sick pay was reduced to 50%, and also during his subsequent phased return to work.

“The Royal Medical Benevolent Fund’s support was invaluable whilst we slowly put our lives back on track. I am now working full time again and I am indebted to them.” –Dr Greenwood

While junior doctors are certainly facing challenges, doctors of all ages, roles and specialities are also having to cope with increasing pressure and scrutiny at work. This means higher rates of stress, burnout, and illness. Therefore a helping hand is needed now more than ever.

Last year, you helped us offer financial aid to over 200 beneficiaries, changing their lives for the better when it is most needed. Thousands more have also found help through our online advice and support services. We rely heavily on voluntary donations, and we receive no government funding - it really is only with your support that we can continue our vital work.

The RMBF has now been at the heart of the medical profession for 180 years, and I am immensely proud of the work that we do. Please, if you can, consider giving a gift, to help us guarantee a strong and resilient medical profession for the next 180 years and beyond.

Please help us support our colleagues in need.

My sincerest thanks for taking the time to read this appeal, and for your kind support.

Professor Parveen Kumar CBE
President
How your gift could make a difference to our beneficiaries

£25 could help cover the costs of essential living expenses in a time of unforeseen crisis and family upheaval.

£50 could provide one day of childcare, enabling a parent to return to work after a period of injury, illness or bereavement.

£100 could contribute to providing a disabled beneficiary with a wheelchair to help maintain their independence.

To donate, fill in the form below, call 020 8540 9194 or visit www.rmbf.org

---

Donation form

**Your details**

Title

Forename(s)

Surname

Address

Postcode

---

**I would like to make a one-off donation**

<table>
<thead>
<tr>
<th>Amount</th>
<th>£25</th>
<th>£50</th>
<th>£100</th>
<th>Other</th>
<th>£</th>
</tr>
</thead>
</table>

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 M M Y Y

Expire date M M Y Y

Issue no. (Maestro only)

Security code

Signature

Date

---

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.

Please return forms to FREEPOST RMBF

Donate online at rmbf.org or call 020 8540 9194

Your support makes our vital work possible and we’d like to keep in touch with you to tell you more. If you don’t want to hear more from us, please tick here. We will never pass your details on to third parties.