



MILDMAY

Transforming Lives

Impact Report 2023



Visiting students from Lisbon's NOVA Medical School show off their Mildmay badges.

Life in all its fullness
for everyone in Mildmay's care

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“ In spite of being a small unit, Mildmay is delivering much more than the vast majority of hospitals”

Lord Fowler

Front cover photograph:

Student placements at Mildmay

Fourth-year undergraduate nutrition students from NOVA Medical School (Portugal) show off their Mildmay badges.

For the second consecutive year, eleven students had the chance to complete a unique one-week internship in London as part of their academic studies. They were warmly welcomed by the specialist multidisciplinary team and all the staff at our hospital in East London, and carried out several individual clinical and catering projects to develop and enhance the nutritional care of the patients.

As with previous intakes of interns from NOVA Medical School, they also shadowed Dr Katty Mayre Chilton PhD RD, Mildmay's Specialist Dietitian, to better understand the nutritional care of our patients .

Many thanks to Dr Mayre Chilton and Prof. Filomena Gomes, Assistant Professor at NOVA Medical School, for organising this internship, which enables the Portuguese students to benefit from an international experience and exposure to the NHS in the UK before graduation.

Mildmay presents a unique learning environment, and students have a wide range of opportunities to develop their general and specialist knowledge and skills during their placement here.



The Rt Hon. The Lord Fowler
President



The Very Revd John Richardson
Chairman of Trustees



Geoff Coleman MIHM DMS MA MBA
Chief Executive Officer

Foreword

Looking back over the past year you could be forgiven for thinking that the world has gone slightly bonkers! We emerge from COVID into another European war, something that we had all hoped never to see again. Then we add to that a fuel crisis, a cost-of-living crisis, a crisis in government leadership and a growing challenge within health services and you begin to realise that the word 'bonkers' actually fits quite nicely. In spite of this, Mildmay has continued to treat a growing number of patients. Our average inpatient numbers have meant that we have been over 90% full for most of the year. Whilst that's not the optimum place to be (you need spare beds to juggle patients in and out efficiently) our team have coped remarkably well. In fact, during the year we increased our overall capacity from 26 to 28 beds.

We have seen a number of successes throughout the year, not least in the recruitment of our international nurses. This has filled an important gap in our recruitment and the new members of the team have quickly demonstrated that they are able to work at the high standards that we hold dear here at Mildmay. It is true that we still have challenges recruiting to therapy posts and this is likely to continue until we see more coming through our universities to fill the growing number of vacancies.

Another big success story has been the introduction of our new electronic patient record system. In September we removed all paper based records to replace them with the new system and in spite of the usual challenges with the introduction of any change to the normal way of working, the clinical team have stepped up with relish and gusto.

We continue to work well with our NHS partners in London and beyond and we look forward to the future and the introduction of new inpatient pathways for London.

Geoff Coleman
Chief Executive Officer

We are a charity that cares for people.

They are at the heart of all our planning, services and activities.

Mildmay Mission Hospital was founded in the 1860s as a Christian charitable hospital, serving the poorest communities in the East End of London. Today, our mission is still to reach out to those in greatest need, providing love, care, and compassion to the sick and vulnerable.

Our priorities for Improvement in 2022

The challenge for the 2022/23 financial year, as with the previous two, was the lack of long-term NHS contracts. This made any planning challenging, to say the least, so the key priority was sustainability. To this end, we set ourselves several targets:

- We have developed a new strategic plan for the next five years.
- We successfully continued to provide Neuro HIV step-down care and rehabilitation services for London and the rest of the UK by maintaining our existing HIV contracts and increasing the number of referrals from hospitals across London and the UK.
- We built on the initial successes of the Step Down Homeless Care Pathway by focusing on improving patient outcomes, increasing the turnaround for inpatient room availability - bringing patients in faster, increasing the number of inpatient rooms by two to help bring down the waiting list (see page 5, bed occupancy), appointing a Drug and Alcohol Recovery Worker to improve outcomes for patients across all three pathways and for quicker and more sustained recovery, and improved the discharge process for patients in terms of both quality and destination.
- We continued to develop the REBUILD (post-detox) Pathway for homeless patients discharged from Guys and St Thomas' Hospital, ensuring that it becomes a long-term part of our services, by developing our partnerships with new stakeholders in both the HIV and Homeless sectors.
- We continued to collect, analyse and share the results of our services with our stakeholders, with the aim of continuous improvement of the quality of services that we provide.
- We successfully transitioned to a new electronic patient record system to meet the needs of our patients better and to produce data demonstrating the good outcomes that the hospital achieves more effectively (see page 6).

For nearly 40 years, Mildmay has been at the forefront of specialist service and care related to complex HIV-related conditions for patients across the UK.

Mildmay has also worked internationally since the 1990s and continues to make a significant impact with HIV and human rights-linked healthcare initiatives in Africa (see page 9). Since 2020, we have also developed care pathways for people who are homeless - from across London and beyond.

At the beginning of 2022, the Charity was beginning to look at a world beyond the COVID-19 pandemic. Whilst there were still restrictions in place, the hospital was transitioning into something close to normal operations. That said, there were significant challenges in the form of rising costs for energy and food, and as the hospital's income for all of the pathways was fixed, this culminated in a significant deficit for the financial year.

Despite the challenges, the hospital demonstrated that patient care could be maintained amidst significantly higher inpatient admission rates than ever seen before, and patient outcomes remained good. Staffing, whilst continuing to be challenging, never adversely impacted services, and whilst most of the NHS continued to see significant vacancies, we seemed to be solving the nurse recruitment problems seen over recent years.

Our patients often have both physical and cognitive impairments, frequently coupled with coexistent psychological ill-health. They often live in difficult social circumstances, which make their access to the care that others take for granted very difficult.

Through our rehabilitation pathways, which involve nursing, medical and therapeutic interventions working together; as well as social and peer support, patients are invariably discharged in a better state of health to live as independently as possible.

We are delighted to welcome Professor the Lord Darzi of Denham, as a patron of Mildmay.

"As Mildmay's newest patron, I was moved by my first visit to the hospital. Witnessing the exceptional care, compassion, and innovation shown by the healthcare professionals at Mildmay Hospital has made a strong impression on me. I am inspired by the courage and resilience of the people they serve.

I feel honoured to support this remarkable institution and its dedicated staff, and I look forward to working with them to advance their mission of providing outstanding healthcare, promoting holistic well-being, and making a lasting impact on the lives of patients and communities."

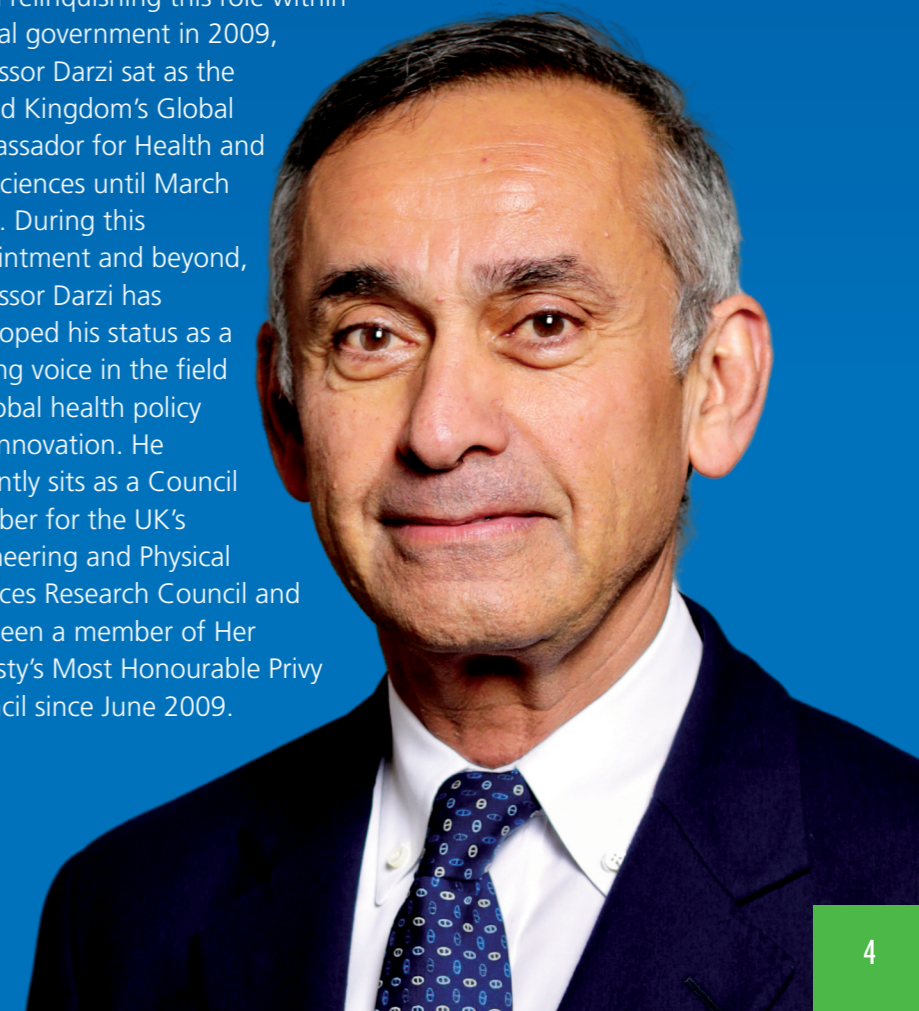
June 2023

Professor Ara Darzi OM KBE PC FRS FMedSci HonFREng holds the Paul Hamlyn Chair of Surgery at Imperial College London, the Royal Marsden Hospital, and the Institute of Cancer Research. He is the Director of the Institute of Global Health Innovation at Imperial College London and Chair of Imperial College Health Partners. He is an Honorary Consultant Surgeon at Imperial College Hospital NHS Trust.

Research led by Professor Darzi is directed towards achieving best surgical practice through innovation in surgery and enhancing patient safety and the quality of healthcare. His contribution to these research fields has been outstanding, publishing over 800 peer-reviewed research papers to date. In recognition of his achievements in the research and development of surgical technologies, Professor Darzi has been elected as an Honorary Fellow of the Royal Academy of Engineering; a Fellow of the Academy of Medical Sciences, and in 2013 was elected a Fellow of the Royal Society.

He was knighted for his services in medicine and surgery in 2002. In 2007, he was introduced to the United Kingdom's House of Lords as Professor the Lord Darzi of Denham and appointed Parliamentary Under-Secretary of State at the Department of Health. Upon relinquishing this role within central government in 2009, Professor Darzi sat as the United Kingdom's Global Ambassador for Health and Life Sciences until March 2013. During this appointment and beyond, Professor Darzi has developed his status as a leading voice in the field of global health policy and innovation. He currently sits as a Council Member for the UK's Engineering and Physical Sciences Research Council and has been a member of Her Majesty's Most Honourable Privy Council since June 2009.

In January 2016, Professor Darzi was awarded the Order of Merit by Her Majesty the Queen for exceptionally meritorious service towards the advancement of medicine.



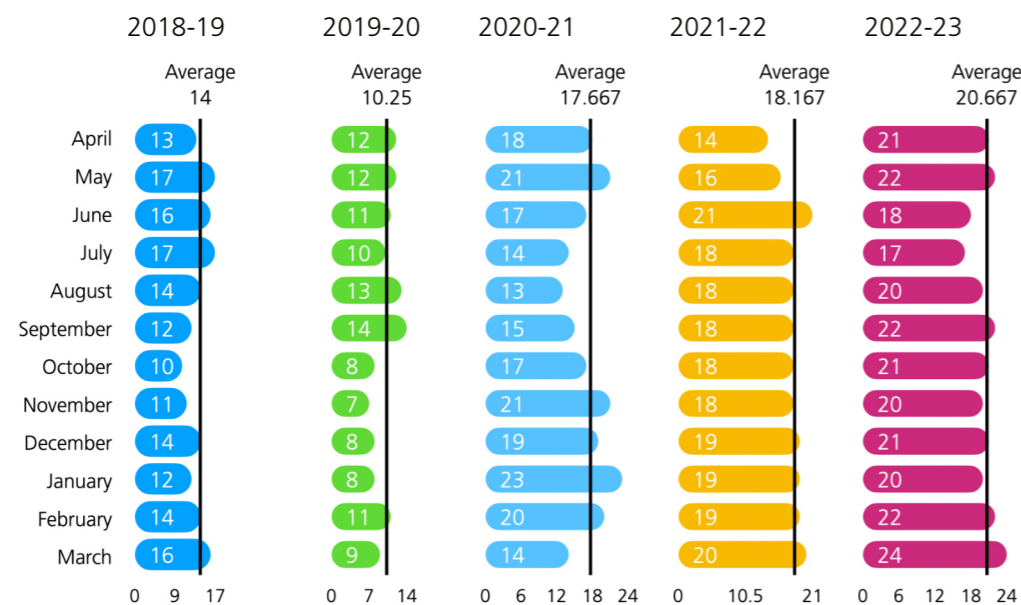


Mildmay Mission Hospital provides care and rehabilitation for patients, often at a difficult point in their lives, in a modern hospital setting in East London. The effectiveness of our interventions, responsiveness to patient need, safety of patients', visitors and staff, and the physical environment, all remain our focus in providing care.

The hospital is a specialist unit that provides multidisciplinary assessment and rehabilitation services delivered on an inpatient basis for adults with complex physical, cognitive, and psychosocial difficulties. We aim to provide positive opportunities to promote independence, build confidence and strengthen abilities. Sixty-two per cent of all NHS expenditure is spent on long-term care and management of these conditions, which include HIV - and the Mildmay Hospital has pioneered treatment and care for people with complex HIV-related conditions across the UK.

Mildmay provides a crucial service within a tough economic climate by providing a cost-effective service for specific groups of NHS patients living with complex health needs. The NHS's Integrated Care Boards fund between 85-90% of our UK hospital services and, as a charity, we must raise the remainder through our fundraising activities.

Mildmay's increasing annual bed occupancy across all care pathways:



Global HIV statistics*

- Estimated number of people living with HIV in 2022 - up 1.5% **39 million**
- People who were newly infected with HIV in 2022 **1.3 million**
- People who died of HIV-related causes in 2022 **630,000**
- People who did not know they were living with HIV in 2022 **5.5 million**

*Courtesy of UNAIDS

In the UK:

Estimated number of people living with HIV in 2019 **106,890**

- Since 2019, the number of people accessing specialist care for HIV has dropped by 4%
- 48% of people accessing HIV care in 2021 were aged 50 or over, and 8% are 65 or over
- Since 2019, the number of people living with HIV aged 50 and over has increased so that it nearly matches that of the 35-49 years age group. This shows how effective treatment is helping people to live longer with HIV**.

*Terrence Higgins Trust
**National AIDS Trust

The Electronic Patient Record Project

The successful transition from paper-based record keeping to an electronic patient record system in 2022 marks a significant milestone in Mildmay's journey of modernisation and ever-improving and diversifying healthcare services.



Meet Shalma, senior data team member

In 2022, we assembled a specialised 'EMIS team' to oversee the implementation of **EMIS Web** – widely-used healthcare software. We began with the crucial task of migrating the data from several older, unlinked systems containing a considerable amount of patient information. A lot of effort was made to train both the data team and end-users in use of the new software to maintain data integrity and ensure a seamless transfer of patient records, so that everyone was prepared for the system's official launch in September 2022.

EMIS Web was rolled out in carefully planned phases, first to the Admissions Department and then to ward staff, including nurses and healthcare assistants, and then finally to the Multidisciplinary Team, enabling them to record observations and clinical information electronically. This phased approach to the system's introduction minimised disruptions to hospital operations and gave staff enough time to adapt. The data team's job didn't end with the system's launch and they continue to provide

continuous in-house training and technical support, and they assist with the training of all new staff members.

One of the key benefits of an effective electronic patient record (EPR) system is enhanced patient care and safety. With all patient information consolidated into a centralised digital platform, real-time medical histories, diagnoses, treatments, and allergies are easily accessed. This level of comprehensive and up-to-date information enables our clinical staff to make informed decisions, avoid potential adverse drug interactions, and provide personalised care tailored to each patient's unique needs. This improved level of coordinated care promotes better communication and teamwork and saves valuable time, leading to better patient outcomes.

The move towards a paperless system significantly reduces paper waste and saves on printing, storage, and labour for managing paper records, making the hospital more environmentally friendly.

The implementation of EPR also addresses concerns about data security and patient privacy. The system employs robust security measures, such as encryption, access controls, and secure logins, to safeguard patient data from unauthorised access. Regular data backups and disaster recovery plans further ensure data

continuity even in unforeseen circumstances, protecting patient information from loss or corruption.

The next phase of the project is to scan our old patient notes and make them available electronically. However, it will take us a considerable amount of time to transfer all the many decades of accumulated files into the system.

In line with Care Quality Commission recommendations, implementing the EMIS Web system is proving to be a game-changer in revolutionising our patient care: by enhancing data management, improving efficiency and data security, reducing costs and optimising overall hospital operations, this has been a vital step for Mildmay in providing a high-quality healthcare service that is fit for the 21st century.



Tima Miroshchchenko on Pexels

Feedback from service users

Mildmay places great importance on feedback from people who use our services; patients, referring clinical nurse specialists and other professionals.

In 2022-23, feedback was collected from 72 patients when they were discharged.

On average, we had positive responses (excellent and good) from 97.2% of our patients,

95.8% of our patients would happily recommend Mildmay if their friends and family require the facility.

Most feedback is collected in real-time at the bedside before a patient is discharged but we also have a feedback form on our website for 24/7 access.



Concerns from feedback are dealt with immediately. Compliments and suggestions for improvements are fed back to staff and recorded in monthly dashboards and quarterly reports.

Volunteering

Last year in volunteering at Mildmay we said goodbye to those who found full-time employment and moved on, and sadly, to two long-serving volunteers through illness.

Since January 2022 however, we have had a small but steady flow of new applicants and the return of some previous ones. We have been fortunate with the diverse age range, ethnicity, skill set and commitment of our new recruits. Many are motivated by a genuine desire to help others and will give their time for several years. We even have interest from former patients wanting to 'give something back'. Now that volunteers can return to the wards as 'befrienders', they are once again able to chat to and spend time with patients, which frees up nursing staff needed urgently elsewhere for clinical care. We have reintroduced evening volunteering and this is very popular for patients craving company.

We have to acknowledge that Mildmay is no longer an HIV-specific specialist hospital, with both homeless and detox patients now admitted. This may not be as appealing for some potential volunteers, but we will continue to adapt our volunteering service to accommodate the needs and expectations of our patients through both practical and emotional support for the period of their admission.

Chaplaincy

The Chaplaincy Team's holistic approach to caring for patients / clients is reflected in our relationships with each other. Working together, we confer with and inform each other on a daily basis. We provide a creative space for gathering to worship, discuss, share, counsel and pray, and we offer the same in one-to-one situations. Our team consists of one staff member and seven volunteers representing various denominations. We are willing and experienced enough to offer pastoral/spiritual care and general support whenever and wherever it's required.

We would be so thankful if, after you've looked after your loved ones, you would consider leaving a gift in your Will to Mildmay. For free!

Did you know that two-thirds of adults in the UK don't even make a Will? That's why we have teamed up with a company called Make a Will Online – to make it simple, secure and convenient for you to transform your intention into a reality. Using this **free online will-writing service**, you can remember people who have made a difference in your life, by making a difference in theirs.

- It's really easy to make a Will
- A legacy gift in your Will is a great way to support Mildmay
- We can help - and it's free! Find out more online: go.mildmay.org/legacy

It costs over £12,000 every day to run our hospital. Here's why:

Although we are a small unit with 28 beds, Mildmay provides specialist medical care and rehabilitation, which is reflected in the costs of maintaining trained staff, equipment, and specialised facilities:

- **Staffing:** Salaries for doctors, nurses and other specialised staff with advanced training and experience constitutes a significant portion of Mildmay's daily expenses.
- **Medical equipment:** The purchase, maintenance, and regular upgrades of the medical equipment we need to provide proper care and diagnosis to patients contribute to high operational costs.

- **Medications and supplies:** All hospitals need a continuous supply of medications, medical supplies, and consumables, which are expensive.
- **Estate and Facilities:** Running a hospital requires a substantial amount of electricity, water, and other utilities, the cost for all of which are soaring. Moreover, maintaining the physical infrastructure and facilities can be costly. The location of the hospital in London also has an impact on our operating costs.
- **Compliance and regulations:** Hospitals must adhere to strict regulations, for example, around infection prevention and control, and meet exacting quality standards, which require significant investments to achieve and maintain.

Looking forward: Our priorities for 2023 and beyond

We will actively seek out the health inequalities in our community and develop our services to address them:

- Review and identify our next services
- Respond to the evident needs of our communities
- Champion the health inequality agenda as founded on our Christian ethos
- Extend the reach of our services
- Create a Mildmay hotline
- Utilise technology to do more
- Develop a fully holistic service
- Continue to improve the quality of patient care
- Continue to improve patient outcomes

We will build partnerships to benefit the patients that we serve:

- Engage with Mildmay's alumni to build partnerships and develop skills sets
- Develop our skill-sharing, advocacy, training and education services
- Research what other services we might offer (what are others doing and what is not being done)

- Extend the reach of our services in partnership with others
- Strengthen partnerships with other third-sector organisations
- Strengthen our partnership with the NHS
- Create new partnership bridges with both Kenya and Uganda
- Create more partnerships with universities, medical schools and hospitals
- Go out and teach (expand the student services that we currently run)
- Look for new/expansion sites

We will build a model for delivering healthcare that continually improves, is open, transparent and sustainable:

- Monitor, measure and develop existing services and focus on quality
- Establish a long-term financial model that allows Mildmay to respond to any potential funding challenges

Did you know?

On average, NHS contract funding only pays for roughly 85% of the services we provide in the UK. The rest comes from our amazing supporters giving donations, their time, and particularly, gifts in Wills.

Is Mildmay part of the NHS?

You may have noticed that we use the NHS logo in this Impact Report - and elsewhere too. Mildmay is an independent charity, but our branding reflects the fact that we have been part of the NHS family since 1948, that we receive contract funding from the NHS and in turn provide our specialist services to the NHS. In 2021, we launched a brand new, separate website for our UK hospital, mildmay.nhs.uk, which sits alongside our charity website at mildmay.org, to make accessing information about our services clearer and easier.

Education Exchange Programme

Providing invaluable learning experiences for UK trainee GPs (General Practitioners) through short-term elective placements at Kumi Hospital in rural Eastern Uganda.

We strongly believe that the experience of delivering healthcare in a developing world context is a crucial aspect missing from the training of medical professionals in the United Kingdom. By working in low and middle-income countries, trainee GPs gain direct experience of the challenges of delivering healthcare in resource-limited settings and develop skills and knowledge that will enhance their GP practice.

In return, they help to improve access for patients who might not otherwise be able to benefit from high-quality, up-to-date knowledge and care. The trainee GPs help to improve the quality of care over the longer term by transferring skills and knowledge to aid capacity building and strengthening of health systems in Uganda.

The EdEx Programme offers numerous benefits for trainee GPs, facilitating the widening of their clinical skills and experience by applying their training in real-world circumstances that greatly differ from their experience in the UK. Furthermore, the EdEx Programme substantially benefits Kumi Hospital by improving access to highly trained physicians for the rural poor, delivering first-rate knowledge and care to patients. Additionally, the trainee GPs improve the quality of care over the longer term by transferring skills and knowledge to aid capacity building and strengthening of health systems in Uganda.

The Education Exchange Programme (EdEx) gives trainee GPs on placement at Mildmay the experience of providing healthcare in a resource-limited setting and helps them to develop a greater understanding of the challenges and opportunities of healthcare in low and middle-income countries, increasing their skills and knowledge to enhance their GP practice.



Two of our doctors completed a successful pilot placement at Kumi Hospital in March 2023 to demonstrate the viability of the programme.

General Practitioner training in the UK



GPs must train for four to six years at medical school and achieve a medical degree, followed by a two-year foundation training programme in the UK or overseas.

Thereafter, specialist GP training is at least three years full-time, normally including 18 months in approved hospital posts and 18 months in an approved GP practice.

We propose to facilitate six trainee GP placements a year, in three groups of two, for 14-day placements - for an initial programme duration of three years.

Each placement costs a little under £3,000, including all expenses, travel and accommodation.

Can you help us to enhance the training of UK GPs and improve clinical outcomes in both the UK and Uganda? Find out more at: mildmay.org/edex.



For more on our projects in Kenya, see our website: mildmay.org/kenya

Mildmay Kenya works to empower community volunteers to deliver HIV healthcare services through support, education and training. Your support funds work to reach key affected and at-risk groups including young women, children, adolescents, men who have sex with men, and sex workers.

Between 2010 and 2020, there was a significant decline in the number of children living with HIV in Kenya, dropping from 180,000 to 111,500. This positive trend can be attributed, in part, to the improved accessibility of services, especially for pregnant women. However, despite these

improvements, the infection rates among young individuals aged 0 to 24 continue to cause concern, accounting for 35% of new HIV infections in 2020, with two-thirds of the cases affecting young women.

Bondo Youth Wellness Centre

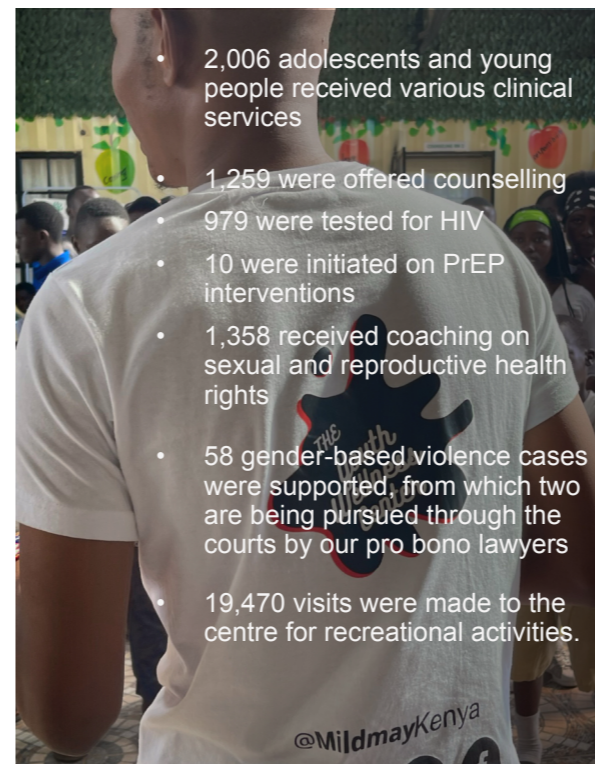
Mildmay Kenya focuses on the worst affected of Kenya's 47 counties, including Homa Bay and Siaya, where gender inequality, difficulties in accessing services and poverty are fuelling high rates of unintended pregnancies and HIV.

In 2021, Mildmay Kenya started collaborating with and supporting activities at the Bondo Youth Wellness Centre.

In addition, they partner with centre members to provide comprehensive sexual education (CSE) across schools in the local community. The Youth Wellness Centre provides a safe and supportive space for young people in the town of Bondo.

It seeks to empower and inspire young people to achieve their full potential and to live a life of dignity. Offering a variety of activities, ranging from health education, skills development, and youth-led initiatives to cultural and sporting activities.

The Mildmay volunteers at Bondo Youth Wellness Centre regularly deliver lessons about sexual and reproductive health rights. The Centre hosts numerous social activities to encourage young people to attend. The Centre also provides young people with the opportunity to participate in capacity-building projects that are designed to promote self-reliance and community development with the goal of providing young people with the resources and support they need to become successful and responsible citizens.



- 2,006 adolescents and young people received various clinical services
- 1,259 were offered counselling
- 979 were tested for HIV
- 10 were initiated on PrEP interventions
- 1,358 received coaching on sexual and reproductive health rights
- 58 gender-based violence cases were supported, from which two are being pursued through the courts by our pro bono lawyers
- 19,470 visits were made to the centre for recreational activities.

HIV in Kenya

- 1.4 million adults and children are living with HIV in Kenya
- 590,000 orphans (aged 0-17) due to AIDS
- 22,000 total new HIV infections in 2022
- 18,000 AIDS-related adult & child deaths
- 1.2 million adults and children receiving antiretroviral treatment.

Source: UNAIDS Data 2022

The Safe Motherhood Project: A second ambulance for Mageta Island, thanks to you.

Thanks to your generosity, Mildmay's 2021 Christmas Appeal, led by our Patron, Sir Martyn Lewis CBE, raised sufficient funds to enable the purchase of a second tuk-tuk ambulance to provide additional emergency obstetric and maternity support for the inhabitants of Mageta Island, which was delivered at the end of 2022, and is an invaluable addition.

Before our interventions, healthcare was very difficult to access for pregnant women on Mageta Island, also in Siaya, as there are no metalled roads or cars on the island, and the health centre is a considerable walking distance from where most people live.



A visualisation of the new Tuk-tuk ambulance

First established by Mildmay in 1998, Mildmay Uganda is now an independent hospital and healthcare Non-Governmental Organisation with its own Trustee Board and has grown to be an organisation with a reach of nearly six and a half million people.

1,134,993
Disability-adjusted life years
(DALY)* averted this year**

17,692
Unplanned pregnancies avoided
every year**

12,067
New HIV infections averted

23,414
Individuals received TB
treatment

87,881
Males aged 18-35 voluntarily
circumcised for HIV prevention

365,530
Individuals tested HIV-positive
and enrolled on antiretroviral
therapy

3%
Mother-to-child transmission
rates in areas supported, over 3
years (previously 43%)

*One DALY represents the loss of the
equivalent of one year of full health.
**estimated

In 2021, there were 1.4 million
people living with HIV in Uganda,
including 88,000 children under
the age of 14.

1.2 million people are receiving
antiretroviral treatment.

(Data from UNAIDS)

*Your donations fund the Universal
Child Sponsorship Programme
almost entirely. Since its
introduction in 2002, the Fund has
supported 1,827 children and
adolescents (833 boys and 994
girls) with psychosocial support
services including economic
empowerment of vulnerable
households.

In 2017, Mildmay Uganda replaced
individually-allocated support for
children with the Universal Fund to
bring the same healthcare,
education and food security
benefits more equitably to more
children and young people.

Universal Child Sponsorship Fund

In 2022, the Universal Child Sponsorship Fund supported **96** orphans and vulnerable children/youth (OVCY) with formal education, while **30** received apprenticeship skills training.*

Education support

A total of 23 candidates were supported to sit for their final examinations, out of whom 11 sat for Primary Leaving Examinations, 10 sat for the Uganda Certificate of Education (UCE) and two sat for the Uganda Advanced Certificate of Education (UACE).

Due to financial constraints, two of the children who completed Primary level will be supported with Social / Economic Skills training while those who sat for Senior four and Six will be supported with vocational skills.

Economic strengthening

Economic wellbeing and the ability to provide for one's household is the foundation for behavioural change; a significant contributor to ending the HIV pandemic.

Poverty limits the uptake and impact of HIV and AIDS prevention and treatment services; HIV and AIDS are known to further exacerbate pre-existing economic vulnerabilities by interrupting income streams, depleting assets and introducing labour constraints. Mildmay Uganda's economic strengthening model mitigates economic shock for the most vulnerable households that could potentially affect uptake or retention of HIV services.

Soap-making class



For more on our projects in Uganda,
see our website:
mildmay.org/mildmay-uganda

Education support for a sustainable livelihood: Kintu Kenneth tells his inspiring story



Growing up in a low-income household with three siblings. Kintu is the only child who did not get HIV through mother-to-child transmission. Kintu's siblings and his mother have since died due to HIV/AIDS.

Kintu's father was a security guard earning a small salary which could not sustain the household and support Kintu's education. The situation worsened when he lost his job in 2008.

Through the Orphan and Vulnerable Children Initiative, Kintu was supported with school fees from Senior One to University.

"We have continuously supported Kintu to attain his career goal. He graduated in May 2022 with a Bachelor of Science in Engineering from Mbarara University. We are happy that he will bring happiness and total transformation to his family," says Agnes Nakanwagi, Psychosocial Services Manager at Mildmay Uganda Hospital.

"After excelling in my Primary and then my Ordinary Level Exams, I was stuck! I could not continue to an advanced level of education due to our limited resources. My father could not afford the school fees. My dream of being an Engineer was shattered," Kintu told us.

With further support by Mildmay Uganda Hospital, Kintu able to enrol in secondary school, and eventually university, to pursue his dream. He graduated on 26th May 2022, with a Bachelor of Science in Petroleum Engineering and Environmental Management at Mbarara University. "I have acquired interpersonal, entrepreneurship, computer and many other skills in addition to the course skills that will help me compete favourably in the job market. I was also a peer leader at the University. I engaged fellow students in efforts to fight HIV/AIDS at the University.

I am now looking forward to working in the petroleum industry of Uganda as a Production engineer. I will be able to give back to my community, and one day, I will hold someone's hand!" Kintu says happily.



In 2007, Queen Elizabeth II visited Mildmay Uganda and its paediatric care centre. This was indicative of how significant the work done by Mildmay in Uganda had become. Elizabeth Ward is named in her honour.

Elizabeth Ward

Mildmay UK provides annual funding for Elizabeth Ward - the paediatric care centre at Mildmay Uganda's hospital in Kampala.

This is the only facility in the region providing high-quality care to children with the most complex cases of HIV-associated health conditions.

Each year, Elizabeth Ward cares for over 500 children requiring specialised treatment. The ward admits children with HIV, tuberculosis, meningitis, and malaria, delivering personalised care tailored to their individual needs while also providing support for their families.

The children who seek treatment at Mildmay are often severely ill due to HIV, particularly those recently diagnosed without medication or those with aggressive or terminal illnesses.

The services offered at Elizabeth Ward help the majority of infants and children improve to the point where they can receive antiretroviral drugs, extending their lives. Proper treatment allows infants born with HIV to anticipate a normal life expectancy.

Caregivers are trained to build and encourage support within the home and assess and ensure the child's well-being, protection and education. They make sure the child attends vital clinic appointments and takes their HIV medication.

On top of this, the specialist training given to healthcare workers and the sharing of knowledge beyond Mildmay Uganda itself helps to improve paediatric care in Uganda as a whole.

It costs £10 per child, per day, to provide the special care these children need. These services are FREE to the patient and their family.

Your generous support...

helps us to deliver quality care and treatment, prevention work, rehabilitation training, education and health strengthening in the UK and East Africa.

We strive to make your donations cost-effective. Last year, 100% of your donations went directly on the services we provide in the UK and East Africa.

How we use your donations

Income	2021-22	2020-21
Donations, grants and legacies	£270	£325
NHS contracts	£3,160	£3,629
International contract income	£437	£565
Investment income	-	-
Other income	£8	£6
Total incoming resources	£3,875	£4,525
Expenditure	2021-22	2020-21
Fundraising and publicity	£96	£139
Residential healthcare (UK)	£3,274	£3,283
Grant to Mildmay Uganda	-	-
Kenya (Training/consultancy/healthcare)	£437	£565
Total resources expended	£3,807	£4,525

Amounts in thousands GBP

Income as percentage

NHS contracts	82%
International contract income	11%
Donations, grants and legacies	7%
Other income	<1%

Expenditure as percentage

Fundraising and publicity	3%
Kenya (Training/consultancy/healthcare)	11%
Residential healthcare (UK)	86%

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For a list of our donors, see mildmay.org/our-donors.

For our audited accounts, please visit the Charity Commission website. Our charity number is 292058.



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Our Vision is Life in all its fullness for everyone in Mildmay's care and our vision is to transform and empower lives through the delivery of first-class healthcare, training and education.

Your donation will help us to provide first-class facilities and services in our UK hospital, and/or contribute to our work in East Africa supporting thousands of children, young people, women and men with HIV clinical services and education.

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Mildmay Mission Hospital

19 Tabernacle Gardens

London, E2 7DZ

United Kingdom

Telephone: +44 20 7613 6300

Email: info@mildmay.org

Websites: mildmay.org

mildmay.nhs.uk



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