



Impact Report 2016



1866 - 2016

**MILDMAY
150 YEARS**

www.mildmay.org



The Mildmay Yellow Rose being planted by the Archbishop of York, Dr John Sentamu at our Thanksgiving service, held at St Judes and St Pauls Church where Mildmay's work first began in 1866.

Dear Friends,

It is our pleasure to share with you our Impact report for 2016 as we also reflect on a unique year which marked Mildmay's 150th anniversary. This significant landmark in the life and work of Mildmay was welcomed so memorably by HRH Prince Harry who cut the Mildmay anniversary cake when he visited our hospital for our official opening.

Alongside many celebratory events, we were privileged in the summer to host a very special Thanksgiving service which was held in the very church where the seeds of Mildmay's work were first sown. The service was led by the Archbishop of York, Dr John Sentamu, who also planted the Mildmay yellow Rose in the church grounds.

Mildmay's impact is remarkable and I hope you will enjoy reading about some of our work across 2016.

We are so proud of all that the Mildmay family has achieved over the years, and know we have so much to be thankful for as our work reaches out to more and more people living with and affected by HIV. We simply could not do all this alone, and our thanks go to all our supporters, staff, volunteers and friends for their financial support and prayers that have helped to sustain and grow our work. We continue to transform the lives of so many people and remain steadfast in our vision to provide life in all its fullness for people living with and affected by HIV.

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Ross White, CEO



**John Richardson,
Chair**



**Margaret Sentamu,
President**

HRH Prince Harry cuts Mildmay's anniversary cake, launching our 150th anniversary celebrations during his visit to officially open our new hospital.



About Mildmay

We are an HIV charity working to transform the lives of people living with and affected by HIV in the UK and East Africa. In 2016 we marked our 150th anniversary.

In the UK our London hospital specialises in rehabilitation, treatment, services and care for people with severe and complex HIV-related health conditions, including HIV-associated brain impairment. Our multi-disciplinary approach means that 82% of patients return to independent living on discharge from Mildmay.

In East Africa Mildmay's work now reaches around 106,000 people living with and affected by HIV and has expanded to address other HIV-related health conditions.

As a Christian organisation, our faith and values underpin all our work. We embrace people of all faiths and of no religious faith, and our chaplaincy team work to meet the spiritual needs of all individuals regardless of their faith.

Our History

In 1866 the Revd William Pennefather and his wife Catherine responded to a call for help during the cholera epidemic

that swept through East London killing more than 6,000 people. The deaconesses they trained shared their mission to reach out to those in great need. This response formed Mildmay's first nursing care.

In 1877 Mildmay Mission Hospital opened, becoming part of the NHS in 1948, it was closed down in 1982, then re-opened in 1985.

In 1988, in the face of much opposition, Mildmay became the first dedicated HIV/AIDS hospice in Europe. Mildmay offered dignity, compassion and care to those dying of AIDS-related illness. Princess Diana made many visits both formally and privately and famously shook hands with a patient at the height of fear around the condition, helping to break down some of the stigma surrounding HIV. In 2014 Mildmay moved into its brand new purpose built hospital, officially opened by HRH Prince Harry at the end of 2015.

Our Vision is of a world in which everyone living with and affected by HIV can have life in all its fullness.

www.mildmay.org



Above: Physiotherapy rehabilitation at Mildmay UK Hospital.

Top right: DREAMS Project empowering young women - changing lives.



Mildmay trained Community Health Volunteers are able to identify need and refer people into treatment and care.





Mildmay UK's hospital is dedicated to treatment and rehabilitation for people with complex and severe HIV related health conditions, including HIV associated brain injury. Patients from all over the country are referred to the hospital and for many their lives are transformed beyond belief.

Patients arrive at Mildmay with a challenging range of needs. Often they are unable to walk, feed themselves or speak and are in need of 24-hour care. Mildmay's treatment is tailored to each individual and combines medical care and rehabilitation with a range of therapies including: counselling, mental health services, occupational therapy, speech and language, social work and dietician support. This multi-disciplinary approach means that over 85% of patients return to independent living on discharge from Mildmay.

Our East London hospital has a 26 bed inpatient unit and an outpatient day services wing.

We provide HIV training and placements to UK health professionals including doctors, student nurses, social workers and therapists.



Day Services at Mildmay help to maintain people's health, keeping them stable and out of hospital, as well as building life skills and confidence, promoting and supporting independent living. Activities include music, art, and garden therapy, day trips to support orientation, planning and travel, memory recall, computer skills and brain training, healthy living and physiotherapy. Inpatients also have the opportunity to attend Day Service groups when they are well enough.

Physiotherapy is a vital part of our rehabilitation work some key accomplishments in 2016 include:

Increasing the range of exercise activities for inpatients and Day Service clients including independent exercise groups, yoga and meditation, falls prevention and mindfulness – a further 350 hours of extra rehabilitation hours delivered.

Supervised independent gym sessions led by the physio team.

Mildmay win NAZ Community of the Year award nOSCARS 2016 for Day Services.



Hand Function sessions for people who have difficulty using their arms and hands improving fine motor skills, joint movement and hand dexterity.

- 🎯 **80%** improvement in patients activity tolerance, confidence, muscle strength, flexibility, mobility, energy levels, independence and ability to adapt to walking aids.
- 🎯 **80%** of patients agreed or strongly agreed that the sessions had improved their mobility or flexibility.
- 🎯 **85%** of patients agreed or strongly agreed that sessions had made them feel more relaxed and focused.



HIV Testing: Towards the end of 2016 Mildmay began collaborating with Barts Sexual Health team to distribute home HIV and STI testing kits at Mildmay events. In the three months since beginning this initiative we have distributed 60 testing kits.

Health professionals can refer patients direct from our website: mildmay.org/uk-hospital



Chris*

Chris was admitted into Mildmay Hospital in 2016 aged just 20. He had been admitted to hospital earlier in the year after becoming seriously unwell and was diagnosed with HIV and HIV related brain injury.

Life for Chris before becoming unwell was very different – he was at University studying for a degree and training as a footballer with a promising playing future. When he arrived at Mildmay he was unable to stand or do simple tasks such as getting out of bed, going to the toilet or getting dressed independently – as a result he needed 24-hour care.

When Chris was discharged from Mildmay after 20 weeks his treatment, which included intensive physiotherapy, meant he was able to get into his wheelchair by himself and get around independently. He could tackle flights of stairs with some support and the leg spasms which had plagued him when we first arrived were brought under control.

With the support of our dedicated physiotherapy team Chris has gone from needing 24-hour care to regaining his independence and being empowered to move around under his own volition.

**Name changed to protect patient confidentiality*



HIV – Some Facts

HIV and AIDS are not the same.

AIDS: Acquired Immune Deficiency Syndrome is the name used to describe the last stage of HIV infection when the body is too weak to fight off a range of diseases with which it would normally cope. You cannot catch AIDS – HIV causes AIDS and it is HIV that can be passed on.

HIV: Human Immunodeficiency Virus attacks the body's immune system. Without treatment the immune system will become too weak to fight off illness and infection. HIV is present in blood, genital fluids and breast milk.

Current treatment for HIV does not cure HIV, but it stops the virus from reproducing in the body and can reduce the amount of virus in the blood to undetectable levels, meaning that the chance of passing on HIV falls to almost zero. Treatment enables many people living with HIV to live a long, healthy life. It's now recommended that everyone diagnosed with HIV starts treatment straight away.

There is still no cure for HIV.

Although there is extremely effective treatment, HIV is a serious life-long condition with potentially life-limiting consequences. Treatment must be taken every day and can cause side effects.

In the past few years there have been significant steps towards learning how we might one day cure HIV. Each of these studies takes us closer to a cure, but we are still some years away from that.

An HIV test is the only way to know if you have HIV. Early diagnosis enables better treatment outcomes and reduces the risk of onward transmission. People diagnosed late have a much higher risk of developing complex health conditions, are at risk of premature death and of transmitting the virus to their sexual partners.

Free and confidential HIV testing is available on the NHS.

What is PrEP? Pre-exposure prophylaxis is an HIV prevention strategy that uses antiretroviral drugs to protect people who do not have HIV but who are at high risk of infection. To be effective, PrEP must be taken regularly, as directed. It does not prevent other sexually transmitted infections.

Post-exposure Prophylaxis (PEP).

PEP is short-term treatment that stops HIV spreading through the body and causing infection. It must be taken within 72 hours of possible exposure to HIV.

HIV Associated Brain Impairment

Mildmay specialises in the treatment of HAND, (HIV Associated Neurocognitive Disorder) impairment caused by HIV entering and affecting the brain. This is a form of severe dementia which Mildmay is able to reverse in around 85% of our patients, enabling them to return to independent living.



Light The Red Ribbon at Mildmay WAD 2016.

HIV in the UK

In 2015, an estimated 101,200 people were living with HIV in the UK, of those, 13,500 were unaware of their infection and at risk of passing HIV on to others. A total of 6,095 people were newly diagnosed with HIV in 2015. Two-fifths (39%) were diagnosed late, after they should have begun treatment. (Public Health England)

UNAIDS Executive Director Michel Sidibé remarked:

“ Young women are facing a triple threat [...] They are at high risk of HIV infection, have low rates of HIV testing, and have poor adherence to treatment. The world is failing young women and we urgently need to do more. ”

Globally

36.7 million people are living with HIV, 40% do not know they have the virus. An estimated 25.5 million people living with HIV live in Sub-Saharan Africa which has been most seriously affected by the HIV, AIDS epidemic.

In 2015 there were 2.1 million people newly infected with HIV.

35% of all new global HIV infections were among young people and 25% were among young women in sub-Saharan Africa alone. (unaids.org)

For more information about HIV visit: nat.org.uk, avert.org unaids.org



Mildmay Uganda

Empowering communities to effectively respond to HIV and other priority health issues.

Mildmay Uganda was Mildmay's first international programme, opening in Kampala in 1998. Today Mildmay Uganda is an independent non-governmental organisation (charity), with its own board. Mildmay UK are proud to support Mildmay Uganda whose work now reaches over 103,000 people living with and affected by HIV, expanding to address other health conditions.

In Uganda (2015) 1.5 Million people were living with HIV, there were 83,000 new HIV infections and 28,000 AIDS related deaths (*UNAIDS Gap report 2016*).

Mildmay Uganda uses low-cost high-impact interventions to change lives and decrease the incidence of new HIV infections.

Mildmay Uganda's impact has included

- 🎯 **758,091** Clients tested for HIV and results received.
- 🎯 **89,889** Clients on life saving HIV medication.
- 🎯 **30,674** women provided with family planning services.
- 🎯 **Reduction** in mother-to-child HIV transmission from 14% to 4.2% in 9 districts.
- 🎯 **26,278** Orphans and Vulnerable Children reached.
- 🎯 Mildmay opens a school of Nursing, Midwifery and Clinical Officers.



Training and Education

Mildmay Uganda, accredited by the National Council for Higher Education, provides health care training and operates a recognised laboratory, technology school and examination centre.

The safe motherhood project

has trained 3,946 health workers to provide improved maternity care, safe delivery and skilled birth attendance. Family Planning and safe motherhood services are integrated into Mildmay's HIV programming.



“ I feel safe and empowered; I'm now in control of my reproductive choices...”

Doris Apena



“ Every single member of the group has had their lives changed.”
Nagawa from Buikwe

Orphans and Vulnerable Children Project – changing lives

Buikwe, in the central region of Uganda was severely hit by the HIV epidemic. Many households were left widowed or headed by orphaned and vulnerable children. Mildmay Uganda has been working with Community Based Organisations to reach and support these vulnerable households, strengthening them economically and enabling them to sustain their lives. This project has also increased the uptake in HIV care.

DREAMS – Empowering young women

DREAMS (Determined, Resilient, Empowered, AIDS Free, Mentored, and Safe) is a two year HIV prevention Initiative which works to keep young, vulnerable women free of HIV, addressing risks such as poverty, gender inequality, sexual violence and lack of education. Mildmay Uganda works to empower these young women, especially those trapped in transactional sex, by teaching them new skills and supporting them to value their own health above the many pressures that increase risk to their lives, health and well-being.

- 🎯 **22,354** girls and young women have been enrolled on the program, 2,184 young women engaged in transactional sex have been trained in vocational skills giving them hope and opportunity.

Elizabeth

When she was fifteen Elizabeth was sent to live with an aunt who beat her and used her as slave labour. Desperate to escape and drawn by promises of a better life, she found herself trapped in transactional sex. Elizabeth can hardly speak about this traumatic time. Many of the men beat her and forced her to have sex without a condom some refused to pay, Then Victoria heard about DREAMS and felt this was “a ray of hope” she was tested for HIV and found to be negative. Now enrolled on the programme she has learnt new skills such as bead work and bag making, hairdressing, baking and is now a ‘leader’ amongst her peers. Her story is heart-breaking, but today she has hope for a new future, determined to stay HIV free. *“I am determined to tell my story and hope it brings other young women to this project.”*

www.mildmay.or.ug





In 2015 statistics show that there were 1.5 million people living with HIV in Kenya. Kenya has the joint fourth-largest HIV epidemic in the world. (UNAIDS Gap report 2016).

Mildmay Kenya works to empower communities to deliver HIV health care services through support, education and training. We work to reach key affected and at-risk groups including young women, children, adolescents, MSM (men who have sex with men) and sex workers.

HIV is a significant health threat to young people in Kenya. In 2015, 36,000 new HIV infections and 3,900 AIDS-related deaths occurred among young people aged 15–24 years. The majority of these deaths are among adolescents who acquired HIV as babies and survived to their teenage years, either without knowing their HIV status or having slipped out of care. HIV-related stigma remains a significant barrier to many young people accessing HIV counselling, testing and life-saving treatment. (UNAIDS)



Magnet Theatre in action.

Mildmay Kenya impact in 2016 includes

- 18,929 people reached through Magnet Theatre, a project created to reach out to people through performance, focusing on HIV prevention, testing and education. The project ensures mobile on-site HIV testing and prevention advice is available.
- 18,678 adolescents and young people reached with HIV testing services.
- 24 young people aged 15 to 24 years trained as Shuga facilitators.

Shuga is a TV drama series that follows the lives of a group of young students dealing with issues such as HIV, STI's, testing, prevention, stigma, pregnancy and relationships, it has a large audience and a strong impact. Trained facilitators reinforce the messages within the programmes through discussion reaching out to young people to educate, inform and inspire.

Prevention of mother-to-child transmission of HIV

- 2,882 women were reached with health education sessions and HIV testing and referral.
- 2,725 women given access to trained midwives, providing safe delivery of babies and better care for mother and child.
- 178 Infants exposed to HIV treated with follow-up HIV prevention for 18 months.



Isaiah 14 years old. He was born with HIV and lives with his elderly grandmother and his mother. Recently Isaiah's seven year old brother became the second child in the family to die from HIV-related complications. Isaiah's mother is showing signs of early dementia, almost

certainly caused by HIV. Amongst other issues she forgets the children's clinical appointments and medication and is struggling to cope. This very vulnerable family is now being supported by a Mildmay-trained Community Health Volunteer (CHV) who has become 'the eyes in the household'. As well as giving the family essential support, he is helping Isaiah to take control of his own clinic appointments and teaching him why he needs to take his medication regularly. Isaiah has been deeply distressed by his brothers' deaths, convinced he will also die. Through the dedicated CHV Isaiah is learning to cope with his grief, face his fears and manage his health.

Treatment, care and support

- 3,329 clients on Mildmay's Home Based Care program.
- 2,258 families of Mildmay's clients who are living with HIV received HIV testing and services from our trained counsellors.
- 50 new Community Health Volunteers recruited, each reaching 100 households.

UZIMA BSC Program

- 40 Students graduated with a BSc. in Health System Development Approach to Care and Management in October 2016.

Irene contracted HIV from her husband who subsequently left her and her twins.



“How will I ever thank Mildmay. You picked me up when I was down. You have shown me and my babies love. I can now sleep without crying a whole night. I had nobody, but you have become my family.”

Irene

Supporting Mildmay and developing our work

As we celebrated our 150th anniversary in 2016, I felt really honoured to be a part of the Mildmay team at this important moment in the charity's long history. As you will see from the photographs on the following page, we marked this special year with some wonderful events and achievements.

In our fundraising department our walls are covered in photographs that reflect our work in the UK and Africa and also feature many incredible images from our past. Photographs of our founders, the Revd. William Pennefather and his wife Catherine, join those of Queen Mary on her visit to Mildmay in the 1930s. Alongside treasured photographs taken

during Diana, Princess of Wales many visits to Mildmay we can now add those taken on Prince Harry's visit to officially open our new hospital.

As a team we never forget the importance of our work and how it transforms the lives of so many people in great need. It is something we witness every day and I personally never fail to be touched by seeing individuals restored to health and home and families and children in Africa reached with life-saving care. The photographs that line our walls shine out like a beacon, reminding us every day how grateful we are to our supporters who make our vital work possible, and our reach so wide.

As we look back on 150 years of service, medical treatment and care we also look forward to continuing to adapt and meet changing need.

Our UK hospital alone costs £3 million to run per year, £2.2 million comes from NHS contracts but year on year we must continue to raise £800,000 to enable our vital work to continue. Additionally we must raise funds to support our projects in Kenya and our children's ward in Uganda.

With your help we continue to reach so many people who benefit from our wealth of experience and expertise. Thank you so much for your continuing support that helps us to make a difference to so many lives every single day.

Best wishes,
Kerry Reeves-Kneip
Director of Fundraising



Kerry keeping dry at the Lord Mayors Show in London.

Mildmay's 150th Anniversary Year



Kim Wilde planting the Mildmay yellow rose on opening Mildmay's new garden.



The Lord Mayor of London and The lady Mayoress present long serving staff member award during their visit to Mildmay.



Mildmay team at The Lord Mayors Show in London.



Linda Robson leads Mildmay team in the Lord Mayor's Show parade through London.



Team Mildmay at Pride 2016.



Hugh Dennis at Mildmay's Christmas Carol Concert 2016.



Support Mildmay

To donate, or set up a direct debit to support our work call: 0207 613 6311 or visit mildmay.org

Thank you!

Volunteering

Your time is an invaluable gift and our volunteers do so much to support our work. Volunteering is a great way to gain new experiences and meet new people. There are lots of opportunities at Mildmay from supporting our patients on the ward, in day services, in fundraising or admin. To find out more email: volunteer.coordinator@mildmay.org

Donating to our work helps us to transform the lives of people living with and affected by HIV in the UK and East Africa.

Direct Debit

Setting up a regular direct debit helps us to plan for the future.



Making a one-off donation

Will help us to make a real difference to so many lives, both in the UK and Africa.



A gift that Keeps on giving – remembering Mildmay in your Will

Leaving a gift to Mildmay in your Will helps us to secure our future and build on our work. No gift is too small – all will help us to make a lasting difference to so many lives.

This commitment enables individuals to make a gift that may not have been possible during their lifetimes. We receive many different types of gift and we are grateful for every single one.

Each of us can recall a time when we have been personally and positively touched through the caring contributions of others. By making a gift in our will or trust we can continue to help people in need long after we are gone.

The Mildmay Yellow Rose Fellowship

Our supporters who make a charitable bequest to Mildmay hospital of at least £500 through their wills are enrolled in the Mildmay's Yellow Rose Fellowship program.

Mildmay Yellow Rose Legacy Fellowship members receive a Mildmay lapel pin, recognition in Mildmay publications, priority booking and seating for Mildmay events such as our annual carol concert and invitations to special Mildmay Yellow Rose Fellowship events.



Gifts Through Your Estate

When considering Mildmay, decide on the type of legacy gift you want to leave.

- ☉ **Pecuniary legacy:** a specific amount of money, decided by you.
- ☉ **Residuary legacy:** after gifts to family and friends, and other expenses, you can leave the remainder to be divided between your favourite charities. This is the most flexible – you don't have to decide on an exact amount, and it keeps pace with inflation.
- ☉ **Specific legacy:** named items such as your house or antiques etc.
- ☉ **Reversionary legacy:** a gift which is only paid after the death of someone else. If you have a spouse or partner, you may want to leave your entire estate to him or her, but you can specify that after their death, all or part of the remaining estate is paid to your favourite charities.

If you would like to leave a gift to Mildmay the correct information to include is: Mildmay Mission Hospital, 19 Tabernacle Gardens London E2 7DZ. Charity No: 292058

If you would like any other assistance or information, please speak confidentially to our Director of Fundraising – Kerry Reeves-Kneip: 0207 613 632

If you have already written us into your Will, we sincerely thank you and would be so grateful if you could let us know. We hope to welcome you as a member of the Mildmay Yellow Rose Fellowship.

Accounts

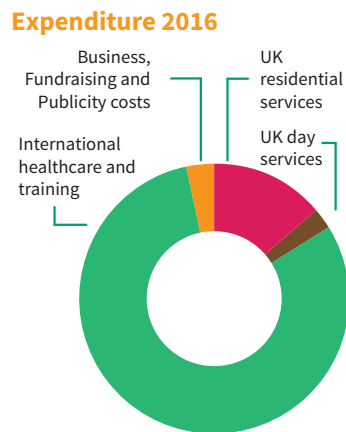
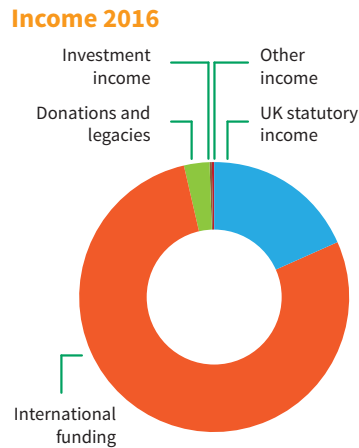
Since 2012 Mildmay Uganda has been separate from Mildmay Mission Hospital and Mildmay Kenya. Mildmay Uganda is NOT included in the Statutory Accounts of Mildmay Mission Hospital, although for presentation purposes in this Impact Report the figures of the Mildmay 'group' of programmes are shown together.

Mildmay is looking forward to 2017. With high patient numbers in Uganda, pioneering work with some of the poorest communities in Kenya, and with increased demand for Mildmay's services in the UK, Mildmay is looking forward to bringing health and wellbeing back to even more people in the coming year.

It is thanks to our supporters, funders and prayer partners that this is possible. We are exceptionally grateful.

	£ 2015	£ 2016
Income		
UK statutory income	2,320,000	2,452,000
International funding	7,175,000	10,421,000
Donations and legacies	538,000	433,000
Investment income	8,000	4,000
Other income	23,000	21,000
Total	10,064,000	13,331,000

	£ 2015	£ 2016
Expenditure		
UK residential services	2,092,000	1,875,000
UK day services	312,000	302,000
International healthcare and training	7,440,000	10,909,000
Business, fundraising and publicity costs	424,000	422,000
Total	10,268,000	13,508,000
Surplus/Deficit	-204,000	-177,000



Figures based on Mildmay Mission Hospital Audited accounts to 31st March 2016 plus Uganda Audited figures to 30th June 2016. The deficit in both years is mainly attributed to the Uganda programme. Mildmay Mission Hospital showed a surplus of £272k for the twelve months to 31st March 2016. Direct fundraising costs only account for £170k.

Mildmay Board of Trustees

President: Margaret Sentamu

Jim Bennett

Vice President: The Rt Revd. Adrian Newman, Bishop of Stepney

Emma Buchan
Dr. Rosalind Furlong
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Chair: The Very Revd. John Richardson

Carol Stone

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The Prebendary Ronald Swan
Andrew Warrilow

Thank you

Our sincere thanks go to all our supporters who make it possible for our work reach and transform the lives of so many people.

Our thanks also go to the following trusts and foundations for their generous contribution to support our work in 2016:

- | | | |
|--------------------------------|--|---|
| Cumberland Trust | Mildmay Trust Ltd | The Graham and Mary Stacy Trust |
| Davis-Rubens Charitable Trust | Mobarak Ali Charitable Trust | The Ione Vassiliou Charitable Trust |
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Thanks to Kois Miah (photographer) and to Berie Stott for design (www.dot-ink.com).



Charity number 292058

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