



Impact Report 2015



www.mildmay.org



“ Mildmay has this beating heart that never stops working for people like me who need their help. It gives people their lives back, their joy, their dignity and independence ”

Lila

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Front cover photo: Kois Miah (KIM)

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Welcome

We are all so proud of the work that Mildmay delivers every single day, it is therefore an honour to be writing the introduction to Mildmay's Impact Report for 2015.

In the following pages we share our impact and just some of our significant milestones across the Mildmay family. Today in the UK around 17% of the 103,700 people living with HIV are unaware of their condition and with late diagnosis being a significant health risk, Mildmay's services are needed more than ever. Our new hospital in London transforms the lives of people with brain impairment caused by HIV, through expert clinical care and a wealth of therapies that give patients control over their lives. This work enables 80% of Mildmay's patients to return to independent living. Mildmay Uganda now reaches close to 100,000 people living with and affected by HIV. Mildmay Kenya works to empower communities to deliver HIV health care through education and training, as well as tackling stigma and discrimination which is so destructive. In East Africa in 2015 we performed nearly half a million HIV tests and admitted 25,000 more people into Mildmay's care.

Looking ahead, Mildmay in the UK will consider how to best respond to the needs of people living with HIV who are showing early signs of cognitive impairment, to provide them with the best possible care and support. We will also focus on those who require long-term continuing care following their rehabilitation at Mildmay. In Africa we plan to use existing resources, expertise and infrastructure to meet wider public health issues. In Kenya we will develop programmes which will aim to reduce infant and maternal mortality in an area where one in five children don't reach their fifth birthday.

There is still so much to do but also much to be thankful for. Our work simply would not be possible without the backing of our wonderful staff, volunteers and supporters. Our thanks go out to each and every one.

Ross White, John Richardson, Margaret Sentamu



Ross White, CEO



*John Richardson,
Chair*



*Margaret Sentamu,
President*



Photo: KM

Mildmay

Lord Lieutenant of Greater London, Ken Olisa visits Mildmay

We are an HIV charity delivering treatment, prevention work, rehabilitation, training, education and health services in the UK and East Africa. Our new London hospital specialises in treatment and services for people with severe and complex HIV associated health conditions, including brain impairment. In East Africa, we support over 110,000 people living with and affected by HIV. In recent years our work has expanded to address other HIV-related health conditions.

As a Christian organisation, our faith and values underpin all our work and we embrace people of all faiths and of no religious faith. Our chaplains form part of our team offering pastoral and religious support to all and 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 very 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 as a charitable hospital.

In 1988, in the face of much opposition, Mildmay became the first dedicated HIV/AIDS hospice in Europe. At this time Mildmay offered dignity, compassion and non-judgemental care to those dying of AIDS related illness. Princess Diana made several visits both formally and privately, helping to break down some of the fear, cruel stigma and misunderstanding surrounding HIV. In 2015 her son HRH Prince Harry visited Mildmay to mark the official opening of the new UK hospital.

HIV is no longer the death sentence it once was and Mildmay has moved from end of life care to providing rehabilitation and treatment. We continue to adapt and respond to meet new, often complex and rapidly changing need.

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

www.mildmay.org



Diana, Princess of Wales, visited Mildmay on many occasions



Reaching over 110,000 people in East Africa



Over 80% of UK patients return to independent living



Mildmay UK

Health professionals can now refer patients via our new website
mildmay.org/uk-hospital

Mildmay UK is an independent charitable HIV hospital located in East London. We are the only centre in Europe dedicated to rehabilitation for people with complex and severe HIV related health conditions, including HIV associated brain impairment.

Patients often arrive at Mildmay unable to walk or speak and are in need of 24-hour care. We provide a range of therapies and medical care combined with medication and rehabilitation. Therapies include counselling, mental health services, occupational therapy, speech and language, social work and dietician support. This multi-disciplinary approach means that 82% of patients return to independent living on discharge from Mildmay.

Prince Harry's visit to Mildmay marked the official opening of our new, purpose built hospital.

All photos by Kois Miah



Mildmay's 26 bed inpatient unit has two flatlets, where patients can get used to coping and managing independently before they are discharged.

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

Day Services

In 2015 there were 3,268 day service attendancies at Mildmay. This comprised 1,256 rehabilitation sessions and 2,012 sessions to support patients health and independence.



“ Art therapy helped me re-discover my creative side and gave me such a sense of pride and a feeling of peace.”

Day Services 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. This all helps to keep people stable, maintain health and independence, and build life skills



and confidence. Inpatients also have the opportunity to attend Day Service groups and therapies when they are well enough.

Music Therapy: 100% of clients reported an improvement in breathing, speaking and the ability to express themselves with more confidence.

Physiotherapy is a vital part of our rehabilitation work: 86% of clients reported feeling physically stronger, healthier and more optimistic about their recovery, 81% felt more alert

with increased energy levels and sense of wellbeing.

Community orientation: Before community orientation 67% of clients lacked the confidence to plan journeys and use transport. After the sessions 100% felt an improvement in their ability and confidence to plan journeys, 67% felt an improvement in their ability to use public transport.

82% of patients discharged from Mildmay's inpatient unit returned to independent living.

Jamie's story

Jamie was diagnosed with HIV 4 years ago after collapsing in a park and being rushed into hospital. He had no memory of this or of his arrival at Mildmay as an inpatient.

“ Not being able to remember anything was really frightening. About three weeks into my rehabilitation I suddenly remembered the PIN number for my phone and bank account. I can't tell you how happy that made me, I realised there was hope!

After I was discharged I began to attend Mildmay's Day Service. The computer training here has been a blessing, truly a blessing. I used to work with computers as part of my job, but I had forgotten everything. At first I couldn't even remember how to turn it on! I had problems with my memory, my attention span and in solving problems. I started the training in the computer suite and began the brain training programme. Slowly, with lots of support and patience things began to come back. Now so much of the world which was shut off to me has opened up – shopping, banking, finding out information, it's all there for me now, a link to independence. I have grown in confidence, thanks to Mildmay I have come so far.”



Name has been changed to protect 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 gradually causing damage. Without treatment, the immune system will become too weak to fight off illness and infection.

Current treatment for HIV antiretroviral drugs, work by reducing the amount of HIV in the body so the immune system can work normally. This doesn't get rid of HIV completely, but with the right treatment and care, someone with HIV can expect to live a long and healthy life.

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 including HIV associated brain impairment. Free and confidential HIV testing is available on the NHS.

What is PrEP Pre-exposure prophylaxis (PrEP) is an HIV prevention strategy that uses antiretroviral drugs to protect HIV-negative people from HIV infection. To be effective PrEP must be taken regularly,

as directed and does not prevent other sexually transmitted infections.

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 over 82% of our patients, enabling them to return to independent living.

HIV in the UK Around 103,700 people were living with HIV at the end of 2014.

Of these 17% are undiagnosed and remain at risk of passing on HIV if they have sex without a condom.

The fastest growing group of people living with HIV are those aged 55 and over.

London has the largest numbers of people living with HIV, but numbers are growing in every part of the UK.

Globally 36.9 million people are living with HIV worldwide and 17.1 million do not know they have the virus.

Around 22 million people living with HIV do not have access to treatment.

Sub-Saharan Africa has the most serious HIV and AIDS epidemic in the world. In 2013, an estimated 24.7 million people were living with HIV, accounting for 71% of the global total.

*For more detailed information
on HIV visit www.aidsmap.com*

*UK figures: Public Health
England*

*All global figures from
UNAIDS: www.unaids.org and
Avert: www.avert.org*

A photograph of a person from behind, wearing a red t-shirt with white text. The person is standing in a large, ornate hall with high ceilings, chandeliers, and classical architectural details. Other people are visible in the background, some out of focus. The lighting is warm and ambient.

**HIV
is still here
and
so are we
www.mildmay.org**



Mildmay Uganda

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

In Uganda 1.5 million people are living with HIV, with only one in ten getting the treatment they need. Young people are particularly vulnerable, statistics show that 2.3% of young people are living with HIV.

Mildmay Uganda was Mildmay's first international programme and opened in Kampala in 1998. Since then we have grown to become the biggest HIV care treatment provider in central Uganda, now reaching 97,429 people living with and affected by HIV.

Mildmay Uganda offers total care with a family centered approach built on the knowledge, experience and expertise we have accumulated over the years. As well as HIV prevention, holistic care and treatment, training, research and education, our work has expanded to include other HIV associated health conditions, including family planning, TB, STI and cervical cancer testing and treatment.

Mildmay Uganda has been a local non-governmental organisation since April 2012 with its own board.

Mildmay Uganda's impact in 2015 included

- ⊙ Reaching 89,445 people living with HIV with free services.
- ⊙ Preventing an estimated 7,413 new HIV infections.
- ⊙ Expanding training and education to include three new academic programmes.
- ⊙ Providing counselling and HIV testing services for over 787,393 people.
- ⊙ Providing HIV testing and supporting ante-natal care for over 109,261 pregnant and nursing mothers.

Other funded projects delivered

- ⊙ The Detect Child TB project.
- ⊙ HIV prevention projects for vulnerable populations, supporting access to free paediatric in-patient care and play therapy for children receiving palliative care.
- ⊙ The creation of Dreams – a new initiative working towards HIV prevention amongst adolescent girls and young women.

Training & Education

Mildmay is accredited by the national Council of Higher Education as an institution of higher learning. We also operate a recognised medical laboratory, technology school and examination centre.

www.mildmay.or.ug





Kagimu

Seven year old Kagimu was brought to Mildmay by someone who found him close to death, after he had been brought to a nearby village then abandoned. He was diagnosed with HIV, TB, was acutely malnourished and weighed just 7kg. He spent two months on Mildmay's children's ward where he received extensive treatment and rehabilitation.

Without this free care, it is very unlikely that Kagimu would have survived, but he is now doing well. Mildmay continues to provide the medication and support he needs and he now has a caring home. Anyone who meets Kagimu now would find it hard to believe this wonderful little boy's history. He has started school, weighs 20.1 kgs and is full of life, energy and hope for the future.

Viola's story

Viola is 18 years old and lives in central Uganda. She has been living with HIV since she was a child and has been receiving treatment and support from Mildmay since she was 17. Shortly after she started her treatment she became pregnant, but complications led to miscarriage. When Viola became pregnant again she considered terminating the pregnancy as she was terrified that her baby would be born HIV-positive. With Mildmay's support, treatment and care, today she is the mother of a healthy baby girl.

“ The doctors at Mildmay counselled me and assured me that my baby would be born free of HIV, but at first I just could not believe this. Mildmay enrolled me in their ante-natal clinic where I received so much advice and support. When my beautiful daughter was born free from HIV I was overjoyed. My husband was so excited that he prepared a special banquet to celebrate!”





Mildmay Kenya

Kenya has the joint fourth-largest HIV epidemic in the world. In 2013 there were an estimated 1.6 million people living with HIV. There are now 1.1 million children orphaned by AIDS.

Mildmay Kenya works to empower communities to deliver HIV health care services through support, education and training. We aim to reach key affected and at-risk groups which includes children, adolescents and young people, MSM (men who have sex with men) sex workers and young women. In Kenya, women continue to be disproportionately affected by HIV.

Mildmay Kenya impact in 2015 included:

- ⊙ Providing HIV services to 3,329 people via the training of 157 Community Health Volunteers (CHVs). This included monthly home visits, support with medication adherence, psychosocial support and links to other social services.
- ⊙ Identifying and referring 4,000 at risk persons within affected families for HIV testing, to ensure early intervention and better health outcomes.



- ⊙ Referring 2,871 pregnant women to vital ante-natal care, supporting safe delivery and the elimination of mother-to-child HIV transmission.
- ⊙ Facilitating 104 support groups for 3,329 people living with HIV.
- ⊙ Higher Education – 39 students graduated with BSc. Health System Development Approach to Care and Management.

Kenya is widely regarded as one of Sub-Saharan Africa's HIV prevention success stories. Annual new HIV infections are less than a third of what they were at the peak of the country's epidemic in 1993. Although there is still much to do, Mildmay Kenya can be proud to have played some part in this success.

Many people living with HIV face high levels of stigma and discrimination. Education and awareness raising are therefore a vital component of HIV prevention in Kenya.



Home-based care in action

Millie

Millie is 17 years old and is living with HIV. She says she has “...known no peace.” since her young mother died from AIDS related illness. Millie became pregnant with her first child at just 13 years old, a year later her second was born, closely followed by her third.

Grace, a Mildmay Community health worker found Millie bed ridden and close to death. Her husband had left and her children were a pitiful sight. Potbellied and wasted, they were malnourished and living in a dilapidated house.

Grace ensured that Millie enrolled back into care and sorted out her access to HIV medication. The children were tested for HIV and received nutritional support.

Millie's case was complex. Her health improved dramatically, but Mildmay recognised that she was vulnerable, marginalised and discriminated against. As well as practical help to enable her to support her family, she needed hope,

protection, and the chance to share her painful experiences. Mildmay works to give this help as well as addressing stigma, breaking through the taboos and social barriers that isolate people like Millie and her children.



Esther

Esther had been rejected by her family after she was diagnosed with HIV at the age of 23. When Mildmay community health volunteers first met her during their home visits she had been bed-bound for almost a year. She was unable to walk but could just about manage to crawl like a baby. Mildmay trained community health volunteers began to introduce physiotherapy and created a rod so she could practice walking. Equally important was the support, encouragement and care she received and slowly she began to gain strength. Finally Esther gained back the strength in her lower limbs, she started walking with less and less support, soon she could care for herself regaining her dignity and independence.



Supporting Mildmay and developing our work

We have been settling into our brand new UK hospital and were enormously privileged to welcome HRH Prince Harry to mark the official opening at the end of 2015. As well as meeting patients, staff and volunteers, Prince Harry saw our music and art therapy in action; he even had his portrait drawn by an enthusiastic client! He visited our new digital inclusion suite and privately met with two ex-patients and inpatients across our two wards.

In April we launched our new website at the medical conference BHIVA, which includes a secure on-line booking system for patient referral by health professionals: Mildmay.org.

In 2015 I visited our projects in East Africa and was deeply impressed with

the incredible work that takes place here. Our work in this region now reaches over 110,000 people living with and affected by HIV. In Kenya I met people on the very margins of society, whose desperate circumstances we can barely begin to comprehend. These lives are being transformed by the support given by community health workers trained by Mildmay. In Uganda I saw first hand the incredible difference our work makes through Mildmay's education, research, outreach work and at Mildmay's Kampala hospital.

Our UK hospital alone costs £3 million to run per year, £2.2 million comes from NHS contracts but we still need to raise £800,000 to continue our vital work. Additionally we must raise funds to support our projects in Africa.

With your help we continue to reach so many people who benefit from our wealth of experience and expertise. This work, as I witness time and time again, transforms lives. Thank you so much for your continuing support, it helps us to make a difference to so many lives every single day.

Kerry Reeves-Kneip
Director of
Fundraising



Prince Harry
visits Mildmay
Photo KM



Mildmay Heroes Pride 2015



Mayor of London at Mildmay Time Capsule ceremony



Linda Robson becomes a Mildmay patron



CheckPoint raise funds for Mildmay's new garden



Our new patron Anita Dobson at our carol concert



Kim Wilde rocking around the Christmas Tree Mildmay carol concert



Supporting Mildmay

To donate or set up a direct debit, call: 0207 613 6311
or visit mildmay.org/shop

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

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.



Legacy Gifts – remembering Mildmay in your Will

A lasting gift that makes a positive impact on so many lives.

Leaving a gift to Mildmay in your Will makes a world of difference to the work we do. Legacy gifts help to secure our work and help us to build for the future.

No gift is too small. We receive many different types of gift in people's Will's and we are so very grateful for every single one.

Please get in touch if you would like to talk to us about legacies: kerry.reeveskneip@mildmay.org

Last year Mildmay received over £147,000 in legacies. Here are a few examples of how that money could support our work and make a lasting impact

- ⊙ **A Legacy gift of £20,000** would fund our computer suite and brain training for one year.
- ⊙ **A Legacy gift of £1,500** would enable our social worker team to help people in extreme hardship to access the support they need to help to get their lives back on track.
- ⊙ **A legacy gift of £800** will fully train one community health worker in Kenya – this one health worker will reach over 144 households impacting on 720 people in the local community in hard-to-reach areas.
- ⊙ **A legacy gift of £125** could pay for one week of garden therapy for our clients.

“ I come to the garden and I feel I have purpose. I feel rested and calm in my mind and I help to create something beautiful that grows. The strength in my hands has improved and it's really helped my concentration and memory. The garden is a healing place.”

If you have already written us into your Will, we are very grateful and would love it if you could let us know.



Accounts

The Mildmay accounts as presented below show a deficit, mainly based within Mildmay Uganda. We were encouraged that the new UK hospital's work broke even during the year and we anticipate that this will be in surplus for 2015/16. It was a year where Mildmay faced costs of moving to the new hospital and equipping the building.

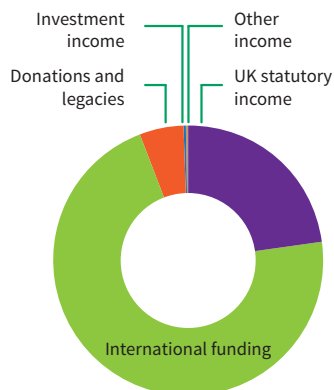
Mildmay is looking ahead into 2016 with a view to develop new services in day care in the UK, with additional focuses around bereavement and mild cognitive impairment, and in Kenya there is a drive to develop more services for marginalised sections of society. In Uganda, where the number of people receiving Mildmay's care is around 100,000, there are plans to bring the programme into surplus in 2016.

Without our supporters, funders and the NHS, none of this would be possible and we are exceptionally grateful.

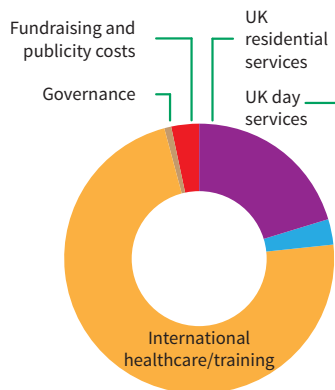
	£	£
Income	2014	2015
UK statutory income	2,159,000	2,320,000
International funding	7,171,000	7,175,000
Donations and legacies	549,000	538,000
Investment income	3,000	8,000
Other income	79,000	23,000
Total	9,961,000	10,064,000

	2014	2015
Expenditure		
UK residential services	2,172,000	2,092,000
UK day services	377,000	312,000
International healthcare/ training	8,734,000	7,440,000
Governance	107,000	105,000
Business, fundraising and publicity costs	306,000	319,000
Total	11,696,000	10,268,000
Surplus/Deficit	-1,735,000	-204,000

Income 2015



Expenditure 2015



Figures are based on Mildmay Mission Hospital audited accounts to 31st March 2015, plus Uganda audited figures to 30th June 2015. Mildmay Uganda is a separate NGO, upholding the name and values of Mildmay while being governed locally.

Mildmay Board of Trustees

President: Margaret Sentamu

Jim Bennett

Vice President: Bishop Adrian Newman

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David Howells

Chief Executive: Dr. Ross White

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Thank you

Our deepest thanks go to all our supporters who make it possible for our work to continue, helping us to 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 2015:

Ardbarron Trust Limited	R T Gooderidge Charitable Trust	The Ione Vassiliou Charitable Trust
Barleycorn Trust	Sir John Sumner's Trust	The Jeannine Vassiliou Charitable Trust
Bedhampton Charitable Trust	TBF Trust	The Maurice and Hilda Laing Charitable Trust
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EF and MG Hall Charitable Trust	The David Lister Charitable Trust	The Podde Trust
Emmaus Christian Fund	The David Pickford Charitable Foundation	The Rozel Trust
Ernest Hecht Charitable Trust	The Debar Fund	The Sir Cliff Richard Charitable Trust
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Mildmay Trust Ltd	The JVD Charitable Trust 2014	
Peter Johnston Thanksgiving Trust		



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