



MILDMAY

Transforming the lives of
people living with HIV



Impact Report 2017

About Mildmay



We are an HIV charity working to transform the lives of people living with and affected by HIV in the UK, Kenya and Uganda. We provide care and treatment, education and training, prevention work, rehabilitation and health strengthening programmes.

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 nursing and medical care, specialised assessment, rehabilitation and multi-disciplinary approach means that over 80% of patients return to independent living on discharge from Mildmay.

In East Africa, Mildmay's work now reaches over 110,000 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 works to meet the spiritual needs of all individuals, regardless of their faith.

We celebrated our 150th year in 2016 and we are proud of our history. In 1886, Revd William Pannefather and his wife Catherine responded to a call for help during East London's cholera epidemic, which killed more than 6,000 people. With a trained team of 'deaconesses', their mission was to reach out to those in great need. This response was Mildmay's first nursing service.

In 1887 Mildmay Mission Hospital opened, becoming part of the NHS in 1948. After many setbacks, including a three-year closure from 1982, Mildmay became Europe's first hospice for AIDS-related illness. Diana, Princess of Wales who visited publicly and privately on many occasions, helped to break down much of the stigma and fear surrounding HIV and AIDS when she was photographed shaking hands with a Mildmay patient. In 2014, Mildmay moved to a purpose-built hospital, officially opened by Prince Harry in 2015.

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

For more information about HIV visit our website www.mildmay.org/hiv

Welcome



Dear friends

I am delighted to share Mildmay's Impact Report for 2017 with you.

I joined Mildmay as CEO at the beginning of June 2018. Mildmay's impact and mission to reach out to those in greatest need is a demonstration of the Christian values that are so important in my own life and I am looking forward to leading a great team who deliver such outstanding work.

In these pages we show some of our key Impacts across the Mildmay family and reflect on year of progress and achievement.

This year, our sister organisation Mildmay Uganda launched an ambitious 30-year plan which will contribute significantly to Uganda's resources to fight HIV. Mildmay Kenya is thinking big too - their work will be transformed through the planned construction of a Resource Centre in Kisumu. In the UK, we were thrilled to

receive an 'outstanding' rating from the Care Quality Commission when they inspected our London hospital in April, with particular praise for our care for, and responsiveness to, patients.

Every day, we give thanks for the steps forward taken by all those whose lives are transformed by Mildmay here in the UK and in Africa. We look forward to continuing to develop our work and impact and to taking on new and exciting opportunities.

My thanks go to the whole Mildmay team including our volunteers who give their time so generously. We are also indebted to our supporters who have helped to make all we have achieved possible in 2017. Thank you for your support, encouragement and prayers as we move forward together.

Geoff Coleman

Mildmay UK

OUR WORK

Mildmay's UK hospital is dedicated to services, treatment and rehabilitation for people with complex and severe HIV-related health conditions, including HIV-associated brain impairment. We provide both inpatient and outpatient and day therapy services.

Inpatients, who are referred from around the UK, arrive at Mildmay's state-of-the-art 26-bed unit with a challenging range of needs. Often they are unable to walk or feed themselves and need 24-hour care. Patients stay for between 12 to 16 weeks for a programme of rehabilitation and nursing care based on a person's individual need. By the time they leave Mildmay, their lives have often been transformed – over 80% return to independent living when discharged.

This high rate of success is largely due to the individualised treatment provided by our in-house therapy team which includes counselling, mental health services, physiotherapy, occupational therapy, speech and language, social work and dietician support.



Day therapy services deliver around 6,700 sessions per year to clients helping to maintain their health and independence and get the most out of life. A vibrant activities programme offers music, art and garden therapies, day trips which support orientation, planning and travel, cognitive therapies for the brain and memory, computer training, physiotherapy and healthy living.

We began expanding our collaborative working in 2016, through our partnership with Barts Sexual Health team and we began distributing home sexual health testing kits at various events. From 2017 Bart's began a 'Satellite' sexual health clinic from Mildmay Hospital on a Monday evening, this has now expanded to include a Sunday.



**NATIONAL
LOTTERY FUNDED**

Supporting physiotherapy at Mildmay

Inspected and rated

Outstanding ★



MILDMAY PEOPLE

2017 has been a year of hellos and goodbyes across the Mildmay family, with fruitful visits and some farewells. Elizabeth Olouch, our Kenya Country Manager led an inspiring 'open afternoon' event at Mildmay UK. Cardinal Archbishop Vincent Nichols visited the hospital, highlighting the Importance of our chaplaincy programme. Mildmay UK visited Kenya and Uganda, where we celebrated the launch of Uganda's 30-year strategy.

We welcomed Comfort Adams, who joined us as Clinical Lead Nurse, plus three new board members – a doctor, nurse and volunteer. We said goodbye to Head of Estates Gerard, after 21 years' service, and welcomed Drazan to this post. In June 2018 we were delighted to welcome our new CEO Geoff Coleman.

MILDMAY PROFILE

News of Mildmay's work reached wider audiences this year through international conference attendance, our presence at PRIDE in London, our Mildmay events and increased media coverage in the UK, including TV News coverage, BBC One Songs of Praise. BBC One's 'The Truth About HIV' hi-lighted our rehabilitation work and featured HRH Prince Harry being interviewed at Mildmay; we have increased profile through our warm link with Prince Harry.



Mildmay co-presents the Attitude Diana Legacy Award, accepted by HRH Prince Harry on behalf of his mother.

THE MILDMAY DIFFERENCE

Ben, who joined Mildmay this year as Art Therapist, has developed a popular therapy programme for in-patients and day services. Ben enables people to work with a variety of media, including paint and collage: 'We build a rapport, which can be unspoken for some patients, and over time, a dialogue can be created between the patient and their subconscious as they make work.'

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



Mildmay Uganda



We are proud that our sister organisation, Mildmay Uganda is now an independent charity with its own board.

With cost-effective, high-impact health interventions, Mildmay Uganda equips communities to meet the national health challenges posed by HIV. In 2017, our interventions reached nearly 4.5m people, of which 2.5m are children and adolescents. Our programmes include healthcare training and education, maternity and motherhood services, TB tracking and treatment, and support for orphans, vulnerable children and young women and adolescent girls.

We want to do more, and we were honoured when the President of Uganda launched our 30-year Master Plan this year. This paves the way to developing the Mildmay Institute for Health Studies and a not-for-profit, teaching hospital. Ultimately, we want to see this grow into a fully-fledged medical university.

2017 highlights include...

- 8,831 estimated new HIV infections averted - 17% of the average nationally and an increase of 661 lives saved through Mildmay's interventions last year

- 89,000 people living with HIV supported on life-saving drugs
- 634,134 people tested for HIV, who received results
- Lives changed for 32,463 young women and adolescent girls enrolled on DREAMS programme
- 1,101 community health extension workers impacting communities in eight districts
- 6m free condoms distributed and 85,348 people reached with oral or injectable contraceptives

TRAINING HEALTHCARE PROFESSIONALS

The Mildmay Institute of Health Sciences provides high-quality, accredited training for nursing and midwifery, clinical officers and lab technicians. This year, the Institute ran 12 academic programmes, with...

- 201 new students
- 410 continuing students
- 1,015 short courses
- 1,373 placement days for students



EMPOWERING YOUNG WOMEN



DREAMS – standing for Determined, Resilient, Empowered, AIDS-free, Mentored and Safe - offers young, vulnerable women training and support to keep HIV-free, especially those trapped in transactional sex. Through this public-private partnership, we work with young women to address risks such as poverty, gender inequality, sexual violence and lack of education. Training in vocational skills and maintaining their health and wellbeing equips and empowers them to stay HIV-free. Victoria, who was introduced

to transactional sex at 15 years to meet her and her family's basic needs, says enrolling on DREAMS 'was a turning point in my life – I felt God had given me a second chance. My dream is to become a lawyer and DREAMS has helped me build self-confidence and become a voice for fellow young girls and their rights.'

THE MILDMAY DIFFERENCE: TRAINING TRANSFORMED MY WORK

'Since studying at the Mildmay School of Medical Laboratory Technology, I've become a role model at my workplace,' says Christine Alupo. 'The skills I attained have improved my performance and confidence at work and enhanced my interpretation of health-related issues.'

In Uganda, 1.4m people are living with HIV. This year saw 52,000 people newly infected with HIV and 28,000 AIDS-related deaths.

UNAIDS 2016



Mildmay Kenya



Mildmay UK visit team from Mildmay Kenya

In a very challenging year, with frequent health worker strikes, disrupted service delivery and unrest at election time, the outstanding Mildmay team went the extra mile to deliver a wide range of services. Working through outreaches or voluntary services, they ensured that clients, especially women and children, received essential medical care, such as access to immunisation, antenatal care and delivery.



Magnet Theatre in Action

We addressed the rising rate of HIV infection and pregnancy among adolescent girls by providing access to HIV counselling and testing, reproductive health services,

peer support, enrolment for antiretroviral treatment if HIV-positive, and education through performance art.

Our 2017 highlights include...

- Mildmay were again selected to implement the next round of Global Fund for HIV project
- 40 students graduated with a BSc in health system development approach to care and management, from our programme with Uzima University
- Plans to launch an international Board and a Maternal and Neonatal Health project in Mageta

HIV PREVENTION FOR YOUNG PEOPLE

Kenya's Siaya County region has an HIV prevalence of nearly 25%, four times the national rate. We targeted tens of thousands of young people and adolescents in this area with HIV prevention strategies.

- Nearly 17,500 young people received HIV testing services, with 369 referred for HIV care and support
- The Magnet Theatre project got word out on HIV prevention, testing and education to some 17,700 young people, with testing available with parental consent
- Sessions based around the popular Shuga TV drama series, presented by trained facilitators, reached 925 young people with messages on HIV prevention, risk, reduction and behavior change

ELIMINATION OF MOTHER-TO-CHILD HIV TRANSMISSION

- Over 2,600 women, referred by community health volunteers, took part in health education sessions and all accessed an HIV test. 145 joined our programme to eliminate mother-to-child transmission
- 2,130 women were given access to trained midwives, with resulting safer and better care for mother and child. Nearly 120 new mothers were HIV-positive, and we are following up their babies



- Nearly 170 babies at high risk of HIV infection were followed up for HIV prevention for 18 months, with 62 graduating as HIV-negative

THE MILDMAY DIFFERENCE: HOPE FOR MY CHILD

'This was the happiest day of my life since I learnt that I had HIV. Just being told that my baby was finally HIV-negative and free of the virus, I jumped up and down in joy.'

Young mother

Aska, enrolled on the Elimination of Mother to Child HIV Transmission programme.



More than half (51%) of all new HIV infections in Kenya in 2015 occurred among adolescents and young people (aged 15-24 years), a rapid rise from 29% in 2013.

Kenyan Ministry of Health/National AIDS Control Council 2016

Support Mildmay



Mildmay simply wouldn't be here without our supporters. We value every single contribution you make to our work. Here are some of the ways you can join us to ensure Mildmay can continue to make a difference to so many lives.

Volunteer

we know your time is precious. You can invest it meaningfully with Mildmay by supporting patients, through events, in fundraising or admin.

Donating

every donation, regardless of size, makes a difference to our work. You can give by direct debit or a one-off donation.

Leaving a gift in your Will

no gift is too small. Every legacy we receive helps us to secure our future and build on our work. Setting up a legacy gift isn't complicated – we can provide confidential information to help you consider different ways of giving.

Pray for our work

Let us know if you would like to subscribe to our Prayer Diary which is produced twice per year.

TO FIND OUT MORE, PLEASE...

Call Kerry Reeves-Kneip, our Director of Fundraising, confidentially on **0207 613 6311** or visit **www.mildmay.org**

Would you like to receive updates on Mildmay's work? Please let us know by email: **info@mildmay.org** or call: **0207 6136311**

If you want to find out more about volunteering contact: **volunteer.coordinator@mildmay.org**

BOARD OF TRUSTEES

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Accounts Breakdown

Since 2012 Mildmay Uganda is 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. Of note is the 80% increase in Mildmay Uganda Programme.

It's down to supporters, charitable trusts, prayer partners, institutional funders and the NHS that we are able to reach out to so many people in such great need. We are exceptionally grateful and ask for your continued support in 2018.

	2016	2017
INCOME		
UK Statutory	2,452,000	2,919,000
International funding	10,421,000	18,383,000
Donations and Legacies	433,000	370,000
Investment Income	4,000	2,000
Other income	21,000	19,000
Total	13,331,000	21,693,000
EXPENDITURE		
UK Residential Services	1,875,000	2,531,000
Day Services	302,000	319,000
International healthcare/training	10,909,000	18,882,000
Business/Fundraising and publicity costs	422,000	314,000
Total	13,508,000	22,046,000
DEFICIT	-177,000	- 353,000

Figures based on Mildmay Mission Hospital Audited accounts to 31st March 2017 plus Mildmay Uganda Audited figures to 30th June 2017. The deficit in both years is mainly attributed to the Uganda programme. Mildmay Mission Hospital showed a surplus of £94k for the twelve months to 31st March 2017.

THANK YOU

Our sincere thanks go to all our supporters including all the Trusts whose funding and support make it possible for our work to reach and transform the lives of so many people.



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MILDMAY

Transforming Lives



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