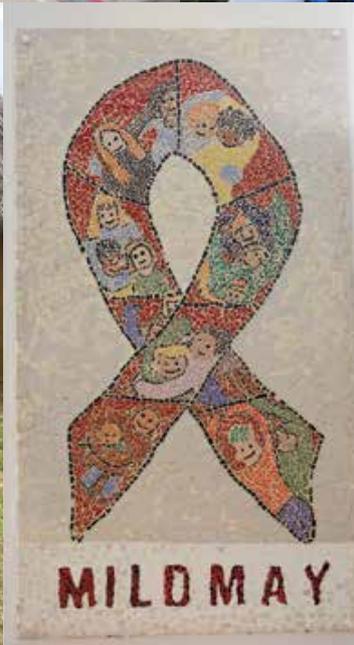


Impact Report 2014



www.mildmay.org

MILDMAY



Welcome

Welcome to our Impact Report for 2014.

A year ago, we were faced with the huge and exciting commitment to complete and open a brand new purpose-built hospital in London; and an equally huge financial challenge to make this need become a reality.

It was a worrying time, where prayer, support and action all came into play. Today we can report very positively about our achievements over the year; and encourage you all to be part of the Mildmay journey, as we look to the future.

On 3rd September 2014, our patients in London transferred into the first Mission Hospital to be constructed in the UK for over 100 years. A bright and brand new hospital designed for our specialist work with people who have complex conditions caused through HIV; a hospital where we have the opportunity to both broaden and expand our work.

Mildmay's work in Uganda goes from strength to strength and we now support over 80,000 people. As well as tackling HIV, our work covers a multiplicity of other health interventions using the skills, expertise and wealth of experience which reside within the team.

In Kenya our work supports some of the most vulnerable and at-risk people living with HIV. We have managed to raise a significant portion of the money needed to enable this work to continue into 2018, but funding changes are an increasing challenge.

Looking ahead, there is plenty to do. In the UK we will be widening the scope of our work and looking to use the new hospital to its full potential. In Uganda, the children's intensive therapy unit needs refurbishment and there will also be the introduction of a new adult inpatient unit. In Kenya we must ensure that there is a stable base for our vital work to continue, strengthening health systems at all levels as well as working with vulnerable people affected by HIV.

As we approach 150 years of service and care in 2016, we thank you for being part of our remarkable story and ask that you keep Mildmay right at the heart of your charitable support.

Kind Regards,

Ross White, John Richardson, Margaret Sentamu



Ross White



John Richardson



Margaret Sentamu

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Mildmay

Mildmay is an HIV charity delivering quality care and treatment, prevention work, rehabilitation, training, education and health strengthening in the UK and East Africa. Our inspiration and values derive from our Christian foundations. These values, enriched and shared by many people, including those of other faiths and of no religious faith, underpin all our work. Our chaplains are part of our interdisciplinary team, offering spiritual, pastoral and religious care and support to all individuals regardless of their faith.

Our History

Mildmay's origins stretch back to the work carried out in 1866 by

The Reverend William Pennefather and his wife Catherine, to tackle a Cholera epidemic in London's East End. 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 Mildmay responded quickly to the escalating HIV/AIDS crisis, opening as Europe's first dedicated hospice caring for people with HIV/AIDS. Princess Diana made several visits both formally and privately. She famously shook hands with a patient at the height of the frenzy of fear surrounding HIV, helping to raise awareness and break down some of the stigma, fear and misunderstanding surrounding the condition.



Mildmay Nurses 1950s



The New Mildmay Hospital In East London

Mildmay UK is a charitable HIV hospital located in East London. Advances in medication, namely anti-retroviral drugs, mean that our focus has turned from end-of-life care to rehabilitation. We are Europe's only centre dedicated to rehabilitation for people with HIV- associated brain impairment. Our intervention, treatment and care sees 80% of our patients return to independent living on discharge from Mildmay. In September 2014 Mildmay moved into our brand new purpose built hospital.

In East Africa

Mildmay currently supports over 90,000 people living with HIV. Our work in this region encompasses training and education as well as comprehensive health and HIV care.

In Africa Mildmay helps to prevent HIV transmission from Mother to baby



Our work in Africa has expanded to address and treat other HIV-related health conditions, including screening and treatment for: TB, STI's and cervical cancer.

As our understanding of HIV has evolved, and as medication and survival rates have improved, Mildmay continues to adapt and respond to meet new, often complex, and rapidly changing needs.

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

www.mildmay.org

HIV – Some Facts

HIV stands for Human Immunodeficiency Virus and is a virus that attacks the body's immune system, gradually causing damage. Without treatment, the immune system will become too weak to fight off illnesses.

HIV and AIDS are not the same. When someone is described as *living with HIV*, they have the HIV virus in their body. A person is considered to have developed AIDS when the immune system is too weak to fight off a range of diseases with which it would normally cope.

Having an HIV test is the only way to know for sure whether you have HIV.

If you have HIV, early diagnosis enables better treatment outcomes and reduces the risk of transmitting the infection to others. In the UK, confidential HIV testing is available on the NHS free of charge to anyone. Many clinics can provide test results on the same day the test is taken.

www.aidsmap.com/hiv-test-finder

Current treatment for HIV works by reducing the amount of HIV in the body so the immune system can work normally.

Taking HIV medication correctly is vital for it to work. People who are on effective HIV treatment, with an undetectable viral load for least six months, are highly unlikely to pass the virus on.

Stigma. There is legal protection through legislation such as the *Equality*



Act 2010 for those who do experience stigma or discrimination, and there's plenty of advice and support available from a number of organisations and professional bodies.

For further HIV information see links on next page.

What is HAND and how does Mildmay help?

Thanks to anti-retroviral medication, someone diagnosed with HIV can expect to live a long and healthy life. However many people come in to our UK hospital, diagnosed late and are consequently very seriously ill. Mildmay now specialises in treating the impairment caused through HIV entering and affecting the brain, also known as HIV Associated Neurocognitive Disorder (HAND). This is a form of dementia which Mildmay is usually able to reverse.

Mildmay's intervention, rehabilitation, treatment and holistic model of care means that we restore to independent living 80% of our patients. Our day service supports and empowers people to maintain and manage their health, helping to keep them well and out of hospital.

Statistics

UNAIDS report shows that globally an estimated 35.3 million people were living with HIV in 2012, of these 19 million do not know that they have the virus. In 2012, 2.3 million people were newly infected with HIV worldwide.

In the UK an estimated 107,800 people were living with HIV in 2013, of these approximately one quarter were unaware of their infection and remain at risk of passing on their infection if they have sex without a condom.

People diagnosed with HIV late have a ten-fold increased risk of death in the year following diagnosis, compared to those diagnosed promptly.

In the UK one in four people living with a diagnosed HIV infection is now aged 50 years and over. This is due to improved survival and continued transmission and signals a need to develop services appropriate to an ageing population.

In 2013 in the UK, 6,000 people were diagnosed with HIV infection. Levels of diagnosis made at a late stage of HIV infection, when treatment should have already commenced, remains high.

In 2013, nearly 700,000 pregnant women were screened for HIV in England, comprising an uptake rate of 98%. The transmission rate in children born to women with HIV infection diagnosed prior to delivery was under 1%



The highest number of people living with HIV is in sub-Saharan Africa – 24.7 million people. Eastern and Southern Africa is home to half the world's population living with HIV. 47% of people living with HIV worldwide are women

Statistics sourced from

Public Health England: www.gov.uk/government/organisations/public-health-england
 NAT: www.nat.org.uk/HIV-Facts/
 NAME: www.aidsmap.com
 UNAIDS: www.unaids

Data is the latest available





Midmay UK

It is estimated that there were 107,800 people living with HIV in the UK in 2013. A quarter of them were unaware of their infection.

Stats: www.gov.uk/government/

Midmay UK is an independent charitable HIV hospital located in East London.

We are currently Europe's only centre dedicated to rehabilitation for people with HIV associated brain impairment. This condition presents with symptoms very similar to severe dementia.

The New Midmay Hospital

In September 2014, after nearly a decade of planning, we moved into our brand new purpose-built hospital. The new hospital is a fresh, bright and welcoming space, with increased inpatient beds and expanded day service facilities.

Our Impact – Transforming lives and restoring independence.

Late HIV diagnosis levels remain high in the UK. People with late diagnosis are much more likely to develop severe and complex HIV-associated health conditions, including brain impairment. Patients often arrive at Midmay unable to speak, walk or feed themselves and are in need of 24-hour care. Midmay's treatment is tailored to the individual and combines a range of therapies. These include counselling, mental health services, physiotherapy, occupational therapy (OT), speech and language therapies, social work and dietician support. We also provide music, gardening and art therapies.



The New Midmay Hospital

It is this multi-disciplinary approach, alongside our highly-skilled medical care, intervention and treatment, that means 80% of our patients return to independent living on discharge from Midmay.

Specialised training

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



Assisted bath

Day Service

Our new day service facilities have more space, a larger gym, a client dining room and OT assessment room. Our day services help to keep people stable and out of hospital, supporting and maintaining their independence. Our In-patients, like Millie, also have access to day service groups when they are well enough, and this supports their recovery.

Millie

Millie was diagnosed with HIV in 2008. She had been living well on her medication and working full time, until her collapse in 2013.

“It was a total shock, I hadn't realised I had become resistant to my medication. I can't even remember coming into Midmay; my family tell me what happened. HIV had affected my brain and I was erratic, really wild! I needed to re-learn everything; the days of the week, numbers, how to cook and carry out really simple tasks. At first I wasn't well enough to attend the gym, but gentle movement classes helped to improve my co-ordination. I love gardening and later I joined the gardening therapy group. Slowly, with all the treatment, I began to get better. After three months I was able to go home. Midmay is just incredible, it's like a family. That's why I come back to volunteer, because I want to stay involved and give something back.”



We encourage and support people to reach their own goals and re-learn skills they may have lost. Regular day trips help to build confidence and social skills as well as encouraging route-planning and managing transport.

We have plans to create a sensory garden and hope to include our own garden in our regular gardening workshop.

New IT Suite – promoting independence

We have almost secured all the funding needed for our new dedicated client computer suite. Computer skills will

help our clients build vital steps towards independence, empowering them to manage their day-to-day lives, increasing skills and building confidence.

Outreach work

Our project to reach high-risk, minority groups in North, East and South London exceeded the original project goals. The aim was to reach black African men at high-risk of contracting HIV. Our community outreach worker, with the help of three trained volunteers, addressed issues such as HIV awareness, testing, sexual health, discrimination, stigma and prevention. The project also reached affected women and their families.

Our expert medical team is led by Dr. Simon Rackstraw, a world renowned HIV consultant.

For more information

Visit www.midmay.org

www.facebook.com/MildmayInternational

[Twitter @MildmayUKDIR](https://twitter.com/MildmayUKDIR)





Midmay Uganda

It is estimated that in Uganda there are 1.5 million people living with HIV and 1 million children orphaned due to HIV/AIDS.

UNAIDS report 2013



Midmay Uganda was the first international Midmay programme to be set up, opening in Kampala as a high quality modern HIV health facility in 1998.

Since then we have grown to be the biggest HIV care and treatment provider in central Uganda now reaching 80,000 people. We provide holistic HIV prevention, care, treatment, training and research. Our work also includes; STI treatment, cervical cancer screening, TB screening, condom distribution and family planning services.

We work in partnership with 'The Ministry of Health' and with local government, to support health strengthening systems.

We are accredited by the National Council of Higher Education as a centre for higher learning.



Midmay Uganda has been a local non-government organisation (NGO) since April 2012 with its own board and Professor Samuel Luboga as Chair.

Our Mission is to equip communities to respond effectively to HIV and other priority health issues.

Although Uganda continues to experience a high rate of new HIV infections, the trend over the last three years shows a decline, from 162,294 in 2011, to 140,908 in 2013. (UNAIDS) Midmay Uganda's work has played a vitally important role in this reduction.

Our impact:

- 🌍 Supporting nearly half a million people with HIV testing and counselling, including children and pregnant women.
- 🌍 Reaching 80,000 people and their families with care and treatment at our hospital and across 16 districts in central Uganda.
- 🌍 Paediatric and palliative HIV care at our main hospital site for over 6,000 children.
- 🌍 Cervical cancer screening, treatment and prevention for over 20,000 women.
- 🌍 Reaching over 1,300 high-risk groups, including sex workers and fisherfolk, with HIV counselling, testing, prevention, treatment, intervention and care.



- 🌍 Training for 1,588 HIV health workers.
- 🌍 Recruiting 1,651 new students on our academic programmes.
- 🌍 450,000 HIV tests were carried out last year, increasing the number of people benefitting from our programme by 25,000.

- 🌍 75,000 people tested for TB, a major cause of death in Africa.



Catherine being presented with the PPRAR Hero award by US Ambassador Scott Delisi in 2014

Catherine was diagnosed with HIV at the age of eight after both her parents had died of AIDS. In 2003 Catherine became very sick, she could not walk or stand and was in severe pain. At this time access to medication seemed impossible.

“My aunt had her forehead buried in her hands; I later discovered this was because she did not know how she would pay for my medication.”

Midmay's provided Catherine with care, treatment and support, including life-saving medication. Catherine is now 19 years old, she is a prefect at her school and a 'peer educator'.

“Midmay helped me to live and I wanted to share my experiences and offer encouragement to others. With Midmay's support I found the confidence to speak out and tell my story. I have since spoken at conferences both in Uganda and in the UK, I have even been on the radio. Today I have hope for a prolonged life and I want to continue to support, inspire and encourage others.”

Good to Great – our new strategic plan was launched, with our aim to evolve into a sustainably great organisation, increasing and diversifying our income streams.

We are working to become a healthcare safety net for at least 5,000 households living on less than US\$1.25 per day.

Midmay Uganda opened a Medical Laboratory School for students to obtain a diploma in laboratory medicine.

Our plans include the refurbishment of the Children's Intensive Therapy Unit and the introduction of a new adult inpatient unit.

Contact: Midmay Uganda, Plot 127, Entebbe road, Naziba Hill, Lweza, UGANDA.
+256 31 2210200

www.Midmay.org.ug

www.facebook.com/MidmayUganda

www.twitter.com/MidmayUganda



Mildmay Kenya

Kenya has the fourth-largest HIV epidemic in the world. In 2013 an estimated 1.6 million people were living with HIV, 190,000 were children and 820,000 were women (age 15 years and over).

www.unaids.org

Mildmay Kenya empowers communities to deliver HIV health care services through support, education and training.

In Kenya there are estimated to be 1.1 million children orphaned by AIDS. We provide psychological support through play therapy, home nursing, access to treatment and support with adherence (to HIV medication) counselling, support around disclosing HIV, and issues around stigma.

When a pair of shoes can save a life.

In Kenya an estimated 1.4 million people, around 4% of the total population, suffer from jigger infestation.

Jiggers are parasites that live in the dust and burrow into flesh, usually feet and sometimes hands. The only way to remove jiggers is to cut them out.



We distribute rubber-soled shoes to help with prevention of jiggers



Children tend to innocently help each other to remove jiggers, sharing needles or pins, increasing the risk of them contracting HIV. The wounds caused by jiggers can cause ulceration causing difficulties with walking and attending school. Secondary infections (gangrene, blood poisoning, tetanus and other diseases) can be fatal.

We distribute rubber-soled shoes to help with prevention, advise on how to safely remove jiggers and provide sterile needles, medication and fumigation for homes.

The MildmayKenya/Uzima University College Partnership is a pioneering health programme which aims to develop leaders in health system strengthening, training students to Bachelor of Science (BSc) (Hons) degree level. The second intake of students in 2014 graduate in September 2015.

Mildmay Kenya's Impact includes:

- ③ Reaching 8,430 people living with HIV with prevention education and information.
- ③ Supporting 2600 children living with HIV with medication adherence, psychological and social support.
- ③ The creation of 281 community support groups helping to prevent infection within communities reaching 1,858 people living with HIV.
- ③ The creation of 315 nutrition demonstration centres across 359 community units, for people living



with HIV to learn good farming practices. This has resulted in increased harvests and greater income generation.

- ③ TB screening for 2,697 people.
- ③ 132 Community Health Workers, engaged and retained.
- ③ Home visits to 34,635 homes, benefitting 2,504 people living with HIV.
- ③ 2,744 women referred for ante-natal care, preventing mother- to-child HIV transmission.

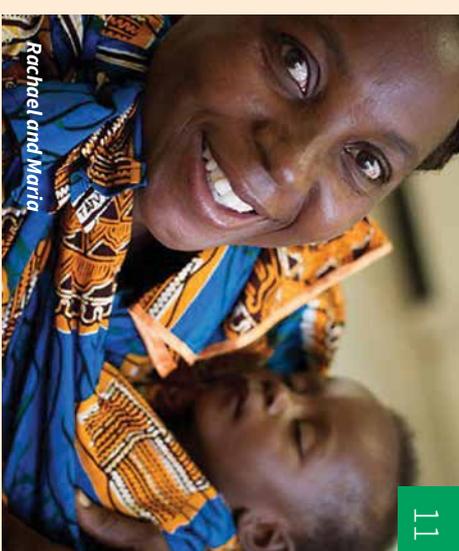
The Tkeleza program works to empower and support people within key at-risk populations to reduce new HIV infections and minimize transmission or re-infection. These include fisherfolk and commercial sex workers. Female sex workers have the highest reported HIV prevalence of any group in Kenya.



Othini with his daughter

“ When I knew I had HIV, I lost myself and I longed to die. Without Mildmay's Community Health Workers, I would have died. Thanks to you, I survived. The support you gave to my wife during her pregnancy meant that my child is HIV negative and for that I am beyond grateful. Please, continue your work to educate and help people like me.”

Othini



Rachael and Maria

A baby born

Rachael is living with HIV and has just given birth to Maria, her third child. She lost one child to HIV and her other is also living with HIV. Margaret, a Mildmay-trained Community Health Worker, talks about meeting Maria for the first time:

“ A tiny hand holds onto my finger with a firm but warm grip. Maria is a beautiful, healthy baby. We supported her mother Rachael, to access ante-natal care, hospital delivery and HIV medication. Thanks to this care Maria has been born free from HIV. Rachael is overjoyed and says 'this feels like a new beginning, full of hope.' ”

Contact: Mildmay Kenya. P.O Box 3202-40100, Kisumu Kenya:
Tel: +254 57 2024172
www.facebook.com/mildmaykenya
www.twitter.com/mildmaykenya

Supporting Mildmay and developing our work

This has been quite a year for Mildmay! Not only have we opened a brand new UK hospital, but our work has also helped to transform the lives of even more people living with HIV. Every single one of our supporters shares in this success and we cannot thank you all enough.

Our UK hospital costs £3 million to run per year. Funding of 2.2 million comes from our NHS contracts. We still need to meet the yearly challenge of raising the £800,000 needed to continue our vital work as well as additionally raising funds for our African projects. Times have been tight: but with your help, we have met the challenge of raising the funds needed to support our work.

As well as reflecting on a great year, we have so much to look forward to, including Mildmay's 150 year anniversary in 2016.

Since working at Mildmay, I have witnessed what seem like miracles as so many lives are restored to independence, dignity, health and well-being. On behalf of the whole Mildmay team and all the thousands of people who have benefitted, I thank you so much for your wonderful support.

As we look forward to 2015, here are just a few of our highlights from the past year:

Best wishes

Kerry Reeves-Kneip

Director of Fundraising



Some of the UK team, outside the new Mildmay Hospital in London



Mildmay Crowns worn by thousands at Pride 2014



Visit to Mildmay by Vanessa Redgrave



"You are the arms of support, the everlasting arms" The Archbishop of Canterbury, The Most Revd Justin Welby



Pam Rhodes & Anita Dobson at Mildmay's Carol Concert



Marc Almond and Anita Dobson at Mildmay's Carol Concert.



Visit to Mildmay by Linda Robson & Mark Lewelwyn Evans

Supporting Mildmay

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



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 working in fundraising, admin and reception to supporting patients on the ward or in day services.

To find out more, call:
0207 613 6311

Direct Debit

Set up a regular direct debit and help us build and plan for the future.

Make a one off donation

Your support helps us make a real difference to so many lives, both in the UK and Africa.



Legacy gifts

Leaving a gift to Mildmay in your Will makes a world of difference to the work we do, and makes a positive impact on so many lives. Legacy gifts help to secure our work and build for the future.

No gift is too small. We receive many different types of gift in people's Wills, and we're so grateful for every single one. Everyone should make a Will. Having a Will provides certainty and helps to put your final wishes in place.

Please get in touch if you would like to talk to us about legacies or donations in memory of a loved one, or visit www.mildmay.org/our-charity/ways-to-give/#gift-in-your-will.

Last year Mildmay received over £50,000 in legacies. Here are a few examples how that money supported our work in 2014:

🕒 **A legacy gift of £1,100** enabled us to fund just over 50 client sessions at our gardening project. Getting out in the fresh air and tending and growing in a garden lifts the spirits, supports cognition, goal setting, and helps to build strength and promotes well-being.

🕒 **A legacy gift of £600** enabled us to buy a portable electric piano with weighted keys for our music therapy group. The benefits of music therapy are widely known and include encouraging self-expression, combating depression and improving and developing speech and memory

function. Using musical instruments help to improve movement, spatial awareness and flexibility.

🕒 **A legacy gift of £1,500** helped Mildmay to train Community Health Workers in Kenya.

It costs approximately £49 per day to train a Community Health Worker (CHW) in Kenya and each CHW covers up to 144 households. On average that equals 720 people reached by one person. The support given to communities is enormous and is particularly important for those in hard-to-reach areas. The work covers support with ante-natal care, cervical screening, HIV education and prevention, support for children, orphans and vulnerable and high-risk groups.

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



Accounts

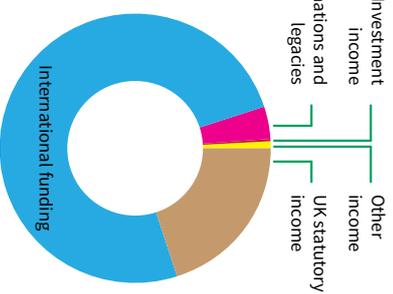
This year we are reporting a Mildmay Group deficit. This is in a year where we moved hospitals in London, equipped the new building, restructured and introduced new services in East Africa. Please also note that the timing of international group funding can lead to surpluses in one year and deficits in the following year. This is due the timing of income and expenditure. Our programme in Kenya has become more focused in 2014 and our programmes in Zimbabwe and Tanzania ceased part way during the year before. This is reflected in a fall in international funding.

We continue to strive to be efficient and forward looking, promoting value for money across our programmes and sharing best practices, knowledge and experiences. With the huge increases in patient numbers we are delivering much greater impact at a lower outlay. Looking ahead the number of people using Mildmay's services will increase, we will introduce new initiatives and ensure that the quality of care to everyone who uses Mildmay remains at the highest level. We thank our supporters, funders and NHS partners for their support.

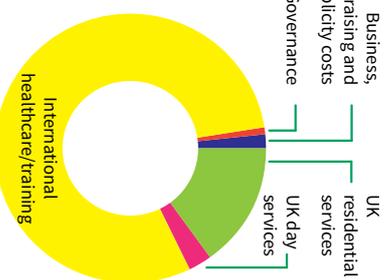
	Shown in thousands GBP	
	2013	2014
Income		
UK statutory income	2,426	2,159
International funding	9,077	7,171
Donations and legacies	476	549
Investment income	8	3
Other income	75	79
Total	12,062	9,961
Expenditure	2013	2014
UK residential services	1,796	2,172
UK day services	331	377
International healthcare/training	9431	8734
Governance	101	107
Business, fundraising and publicity costs	168	306
Total	11,827	11,696
Surplus/(Deficit)	235	(1,735)

Figures are based on Mildmay Mission Hospital audited accounts to 31st March 2014, plus Mildmay Uganda supplied figures. Mildmay Uganda operates within the Mildmay group as a separately registered NGO with a year end at 30th June 2014.

Income 2014



Expenditure 2014



Mildmay Board of Trustees

President: Margaret Sentamu	David Race
Vice President: Bishop Adrian Newman	Dr. Rosalind Furlong
Chair: The Very Revd John Richardson	The Rt Revd Prebendary Ronald Swan
Treasurer: Philip Winter	David Howells
Chief Executive: Dr. Ross White	Eunice Kasirye
	Christabell Kunda

Our sincere thanks go to all our supporters and volunteers, whose generosity makes such an enormous difference to our work. To all those who have given anonymously and to the families of those who remembered Mildmay in their Will. Thank you.

Our thanks also go to the following Trusts and Foundations for their generous contribution to support our work in 2014:

Allchurches Trust Limited	The Archbishop of Canterbury's Charitable Trust	Marsh Christian Trust
Barnabas Trust	The Courtenay Charitable Trust	Mickworth Charitable Trust
Friends of Mildmay	Criffel Charitable Trust	Mildmay Trust Ltd
Gilead Sciences Limited	The Debar Fund	Millfield Trust
Hackney Parochial Charities	Ebenezer Trust	GM Morrison Charitable Trust
London Catalyst	Emmanuel Christian Fund	The S Norton 1988 Trust
Mac Cosmetics (AIDS FUND)	The Farthing Trust	Ofenheim Charitable Trust
Mobarack Ali Charitable Trust	Joseph Strong Frazer Trust	The Pennycress Trust
Siddons Charitable Trust	The Fulmer Charitable Trust	The David Pickford Charitable Foundation
The Ardbarron Trust Limited	EE & DM Griffiths Trust	The Podde Trust
The D'Oyly Carte Charitable Trust	Guernsey Overseas Aid Commission	The QBE Europe Foundation
The F C Burgess Sunday Appeal Fund	Ernest Hecht Charitable Foundation	The Rozel Trust
The Cumber Family Charitable Trust	The Forest Hill Charitable Trust	The Seedfield Trust
The Garfield Weston Foundation	The Albert Hunt Trust	Siddons Charitable Trust
The Hospital Saturday Fund Charitable Trust	The Maurice and Hilda Laing Charitable Trust	The SMB Charitable Trust
The Torrs Charitable Trust	Langdale Trust	The Graham and Mary Stacy Trust
The Alexis Trust	London Ecumenical AIDS Trust	The Tisbury Telegraph Trust
		Wandsworth Oasis Trading Co Ltd
		The Whitecourt Charitable Trust



Charity number 292058

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