

IMPACT REPORT 2018



MILDMAY

Transforming Lives

About Mildmay



For the past thirty years Mildmay has been 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, treatment, education, training, prevention work, rehabilitation and health strengthening programmes, and we are proud to say we are very good at it! In fact, the Care Quality Commission (CQC) agrees and marked us as 'Outstanding'.

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 multidisciplinary approach means that the vast majority of our patients return to independent living on discharge from Mildmay.

In Kenya, our work is reaching tens of thousands of people who are living with HIV, enabling them to cope with life on Anti-Retroviral Therapies (ART) and all of the challenges associated with this disease. We also work with local health services to try to improve basic healthcare in some of the poorest communities, many of whom, do not have a stable electricity supply or clean running water. The nurses and clinical officers working in these areas rely on the help and support provided by Mildmay.

As a Christian organisation, our faith and values underpin all of 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 beliefs.

The charity began in 1866 when Revd William Pennefather and his wife Catherine responded to a call for help during the East London cholera epidemic, which killed more than 6,000 people. The trained team of 'Deaconesses' reached out to those in greatest need and from that point Mildmay's place in the heart of London was assured. In 1948, the hospital became part of the NHS but in 1982 when the hospital was marked for closure, the people of London got behind Helen Taylor Thompson to give Mildmay a new life as a charity continuing to serve the people of East London. In 1990 Helen was awarded the MBE for her work and then in 2005 for an OBE. In 2016, Mildmay celebrated its 150th year and in 2018 the celebration was for 30 years specialising in HIV.

Welcome

Dear friends

It gives me immense pleasure to share Mildmay's Impact Report for 2018/19. The past year has been both challenging and rewarding. Financially we have had to make some very hard decisions about what we want to do in the future. However, this has enabled the Trustees to take some bold steps and earlier this year they agreed a new vision and mission for the charity.

In future Mildmay will build on the services, we provide in order to help a wider range of patients. During the next few years, the hospital will develop services for both Liver Disease and Neurological Rehabilitation Patients. This work will happen in partnership with our NHS Commissioners and other hospitals. By increasing the number of specialties that Mildmay's UK Hospital has we can reach a wider number of patients and have a much greater impact in London.

In East Africa, with Mildmay Uganda successfully operating as an independent charity, we have chosen to focus on Kenya. We have been working closely with another charity The Virtual Doctors to provide tele-medicine services to some of the most rural and deprived areas of Kenya. We see this as the start of a long-term partnership, which will enable Mildmay to have a much greater impact in East Africa.

The new vision for Mildmay is 'life in all its fullness for everyone in Mildmay's care' and our mission is 'to transform and empower lives through the delivery of



quality health services, treatment and care in the UK and Africa.

Our strategy between 2019 and 2022 is to:

- Continually improve standards and quality of care.
- Expand the impact and reach of the charity's services within the community both in the UK and Africa.
- Become a more cost effective charity demonstrating good stewardship of the resources that we have.

My thanks go to this fantastic team of staff and volunteers that I have the privilege to work with and without whom we would not be able to achieve so much. I also give thanks to our supporters who have helped to make everything possible through giving, encouragement and prayers. We have set our sights high for the coming years but I am confident that we will achieve our strategic objectives and impact the lives of even more people in London and Africa.

Geoff Coleman

Message from the Chairman



This year with our new CEO Geoff Coleman, the Board of Trustees have been revisiting their future direction examining our vision and strategy with the Mildmay Hospital Management Team and our overseas alliance members in Uganda and Kenya. The former are celebrating just over thirty years of strategic operations with aplomb and the latter are working from Kisumu into the counties and island areas around Lake Victoria in community based basic health care in the ongoing fight against HIV.

The complexities and challenges surrounding HIV need to be overcome as we work towards a cure. In the meantime we are offering through our pathways life in all its fullness like those who watch during the night looking for the pending dawn. We are positive about the future as we grow and develop our impact upon the HIV communities within our remit. We continue to find the love to strengthen us and free us from fear and stigma.

John Richardson

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Mildmay UK

Our work with patients in London and from around the UK is focused on our 26 bed hospital. Over the past thirty years, Mildmay has provided treatment and rehabilitation for people with complex and severe HIV-related health conditions, including HIV-associated brain impairment. We provide both inpatient and day therapy services as well as hosting outpatient services on behalf of the Royal Barts Hospital.

Inpatients referred from around the UK arrive at Mildmay's specialist hospital with a challenging range of needs. Often they are unable to walk or feed themselves and need twenty-four hour care. Patients usually stay between twelve and sixteen weeks for a programme of rehabilitation and nursing care based on their individual needs. By the time they leave Mildmay their lives have

often been transformed, with most of them returning to independent living.

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 provide over six thousand sessions each year to clients helping to maintain their health and independence and get the most out of life. Our vibrant activities programme offers music, art and garden therapies, day trips which support orientation, planning and travel planning skills, cognitive therapies for the brain and memory, computer training, physiotherapy and healthy living.

The Virtual Doctors

Over the past year Mildmay have been working closely with the charity The Virtual Doctors, who provide telemedicine to rural communities in Zambia (using smartphone technology to connect isolated clinical officers with volunteer doctors). They may only be a small charity, but they deliver services well beyond the size and reach of many charities far larger.

With the help and support of funders Mildmay hopes to implement their telemedicine system to work in Kenya,

but before we can do this it must be redesigned and developed to work across multiple countries in order to comply with rigorous data protection laws. With this in mind, Mildmay and The Virtual Doctors will be trying to raise over half a million pounds over the next year. It is an ambitious target but we believe that telemedicine will transform the way in which we provide much needed medical support to some of the poorest and remote communities in Africa.

Mildmay Kenya



The past year has been another challenging one for the Mildmay team in Kenya. There continues to be significant disruption and strikes from health workers who deliver universal healthcare services in Kenya. Drug supply is also affecting the ability for health workers to provide even basic healthcare and there continues to be a significant challenge with corruption affecting many of the important areas of government services. Despite of this our team continues to deliver services in increasing numbers. The Kenya Red Cross who administers the Global Fund for Kenya doubled the size of the area that Mildmay provides their HIV services to. Unfortunately, they were unable to double the size of the budget and so the small head office team who run operations out of Kisumu continue to try to do more with less.

We were pleased to see the first Tuk Tuk Ambulance finally delivered to Mageta Island. This important piece of equipment is part of the work that Mildmay is doing to support the local team of two nurses and

twenty five community health volunteers to provide HIV support and maternity support services to the island of over twelve thousand people. There are also no roads on the island, which is approximately eight kilometres long and one kilometre wide, and the health centre is located at the centre of the island. We continue to work with the County Health Services to try to provide essential health equipment to the island and in the last year with the support of partners KMET and Kenya Red Cross, Mildmay was able to provide delivery equipment and fifteen hundred delivery packs.

Over the next year, working with our partners The Virtual Doctors, we hope to provide the first tele-medicine services to the island. This system has been trialled in Zambia and once funding has been raised to redevelop the system to work across multiple countries this will put the health team on the island in contact with doctors and consultants in their county hospitals and the UK.

Mildmay Uganda

Mildmay Uganda have been successfully running as an independent charity for over six years and during that time they have continued to grow. The hospital began twenty years ago and in that time they have grown to be an organisation with a reach of nearly six and a half million.

In the past year the hospital:

- Tested 660,502 patients for HIV.
- Reached 33,000 girls as part of their 'Adolescent Girls and Young Women

Project' receiving a minimum of three preventative services.

- Helped to deliver 5,700 children.
- Supported 107,132 people with lifesaving HIV drugs.
- Supported 6,119 children with lifesaving HIV drugs.

This is just some of what Mildmay Uganda has achieved. To learn more visit their website at www.mildmay.or.ug

Accounts for Mildmay (UK and Kenya)

	2018	2017
INCOMING RESOURCES		
Donations Gifts & Legacies	£439,000	£386,000
Contracts & Grants UK	£2,870,000	£ 2,919,000
Contracts & Grants International	£123,000	£164,000
Other Income	£14,000	£21,000
Total	£3,446,000	£3,490,000
RESOURCES EXPENDED		
Fundraising & Publicity	£277,000	£314,000
UK Inpatients	£2,692,000	£2,531,000
UK Day Therapies	£289,000	£319,000
Grant to Uganda	£19,000	£16,000
International Training & Consultancy	£189,000	£216,000
Total	£3,466,000	£3,396,000

THANK YOU

Our sincere thanks go to all our supporters including all the charitable trusts and foundations whose funding and support make it possible for our work to reach and transform the lives of so many people. Visit our website for more information www.mildmay.org/donors.

Support Mildmay

Without our supporters, Mildmay simply would not be here. Every single contribution that you make to our work in either the UK or Africa impacts the lives of real people. These people are exactly those that our founders Revd William Pennefather and his wife Catherine established the charity for.

Volunteer

If you would like to volunteer your time to Mildmay then we would be delighted to hear from you. Simply contact volunteer.coordinator@mildmay.org

Donating

Every donation, regardless of size, makes a difference to our work. You can give by a one-off donation through our website, Direct debit or simply by sending a cheque.

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 a year.

To find out more, please...

Call us on **0207 613 6311**
or visit **www.mildmay.org**

If you would like to receive updates on Mildmay's work please call us on the above number or email us at **info@mildmay.org**



MILDMAY

Transforming Lives

Inspected and rated

Outstanding



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