

# Impact Report 2013





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## Welcome

Welcome to Mildmay's Impact Report for 2013, as we look back at what has been an exciting and pivotal year for our charity. We look forward to sharing with you the incredible impact of our work in the UK and Africa.

In 2013, Mildmay proudly marked 25 years of working at the forefront of HIV treatment, services and care. We saw our brand new purpose-built London hospital grow closer to completion and now look forward to supporting even more people through our improved Inpatient Unit, Day Service and rehabilitation facilities. Over the years, the lives of countless people have been transformed through our specialised work in the UK and East Africa.

In the UK Mildmay's intervention and treatment restores health and independent living to over 80% of our patients. Our Day Service supports and empowers people to maintain and manage their health and independence. This helps to keep people well, and out of acute NHS care, relieving pressure on beds, saving the health service approximately £30,000 per patient, per year.

In Africa Mildmay is currently providing HIV care and support directly to over 80,000 people. As well as our HIV care, treatment and education, we have to expanded our work to tackle other HIV related health issues. Some of our international work has been scaled back as funded projects come to a natural end. In many respects this marks the successful conclusion of programmes, as Mildmay hands over a legacy of work to government or to local non-government organisations. Mildmay in Kenya and Uganda now have local boards in place, so that decision-making can take place much closer to home.

As ever, we are grateful to our Trustees, Patrons, friends, supporters and to our dedicated team of staff. We simply could not do all we do without your unfailing support.

As we look to the future, deliver programmes, open a new hospital, and develop new services, our prayer is that everyone who comes to Mildmay will be able to experience their life in all its fullness.

Kind regards,

Ross White, John Richardson, Margaret Sentamu



**Ross White** 



John Richardson



Margaret Sentamu

## Mildmay

Mildmay is a pioneering 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 roots. 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 origins stretch back to the work carried out in 1866 by The Reverend

William Pennefather and his wife Catherine, to tackle the Cholera epidemic in London's East End. In 1892 Mildmay Mission Hospital opened, becoming part of the NHS in 1948. Mildmay was closed down in 1982, then, re-opened in 1985 as a charitable hospital. 1988 Mildmay responded quickly to the escalating HIV/ AIDS crisis, opening as Europe's first 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 break down some of the stigma, which unfortunately is still experienced by many people living with HIV.

Queen Mary visits Mildmay in 1938, one of her many visits to the hospital





**Today** Mildmay UK is a charitable hospital in London's East End, at the forefront of specialist HIV service delivery and care. Advances in medication. namely Anti-retrovirals, 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 related brain injury and successfully rehabilitate over 80% of our patient's enabling them to return to independent living. We are currently building a new purpose built hospital on the site of our old Victorian hospital, and plan to move into the new building in late spring 2014.

In East Africa Mildmay currently supports over 80 thousand people living with HIV. Our work in this region encompasses training and education as well as comprehensive health and HIV care.

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

Mildmay

helps to prevent the

to baby

spread of HIV

from mother



## HIV - Some Facts

**HIV** is a virus that attacks the body's immune system. 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.

#### There is no cure for HIV.

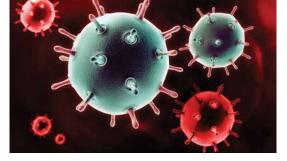
Prescribed treatment with Anti-Retrovirals (ARVs) can keep the virus under control and the immune system healthy. People on ARVs can live a healthy, active life, although some may experience side-effects from the treatment. A person is more likely to develop complications if their HIV is diagnosed late.

Stigma - Sadly, HIV remains a highly stigmatised condition. One in three people living with HIV have experienced HIV-related discrimination at some time. Since 2005 it is

illegal to discriminate against anyone with HIV.

## **European HIV Testing Week -**Talk HIV. Test HIV -

took place in November 2013 introduced to encourage testing and increase awareness and discussion. Early HIV



#### The HIV virus

diagnosis means that people infected can access treatment and prevent onward transmission. Mildmay's Medical Director and HIV consultant, Dr Simon Rackstraw was interviewed on BBC London News, helping to promote this initiative.

## What is HAND and how does Mildmay help?

Thanks to anti-retroviral medicine. normal, long and healthy life is the reality for most people who are diagnosed with HIV. However many people come in to our UK hospital diagnosed late and consequently 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 a 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 health and independent living over 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.



- Globally, an estimated 35 million people were living with HIV in 2012.
- An estimated 98,400 people are living with HIV in the UK. Of these approximately 21,900 are undiagnosed and unaware of their HIV infection. Rates of new HIV diagnosis and prevalence continue to be significantly higher in London than elsewhere in the UK.
- In 2012, 6,360 people were newlydiagnosed with HIV in the UK. Just under half of adults newly-diagnosed were diagnosed at a late stage of HIV infection, when they should already have started treatment.
- The UK's antenatal screening program continues to be a success. The prevalence of children born with HIV to women diagnosed with HIV remains under 1%.
- In 2012 one in four adults seen for HIV care were over 50 years old. This rise is due to increased survival as a result

- of effective treatment in addition to continued transmission within this age group.
- to half the world's population living with HIV. Today the region continues to be at the centre of the HIV/AIDS epidemic, with 48 per cent of the world's new HIV infections, 55 per cent of the world's new HIV infections among children, and 48 per cent of the world's AIDS related deaths

For more information on HIV and stigma visit www.nat.org.uk/Our-thinking/Lawstigma-and-discrimination.aspx

Statistics sourced from Public Heath England www.gov.uk/government/ organisations/public-health-england,

NAT www.nat.org.uk/HIV-Facts/ NAM www.aidsmap.com and UNAIDS www.unaids

Data relates to HIV in 2012 and is the latest available.



In the UK 98,400 people are living with HIV, around one quarter being unaware of their infection. Over the last decade, the number of people accessing specialist care for HIV has steadily grown. In 2012, 77,610 people in the UK were accessing specialist care: more than double the number in 2003 (35,970) and a 5% increase from 2011.\*

\*Health Protection Agency www.hpa.org.uk

Mildmay UK is an independent charitable HIV hospital located in Shoreditch, London. We are currently Europe's only centre dedicated to rehabilitation for people with HIV related brain injury.

### **A New Mildmay Hospital**

After nearly a decade of planning, Mildmay are proud to be opening a brand new 26 bed hospital, alongside expanded Day Service facilities. Our new hospital will also provide dedicated space and facilities for education and training and enable us to plan to provide an HIV testing service. Our aim is to build on our reputation as a centre of excellence in care and rehabilitation methods. A strong sense of mission

Construction of the new Mildmay Hospital





to educate and share knowledge will continue to underpin the expert work of our clinical and rehabilitation teams.

# Impacting on lives - restoring independence

Mildmay treats some of the most complex and challenging conditions associated with HIV in the country. Many of our patients come to our hospital desperately ill, unable to walk, speak, or feed themselves, and are in need of 24 hour care. Our highly skilled medical care, treatment and rehabilitation means that over 80% of our patients are able to return to independent living.

66 To know that the work we do here makes such a huge difference to a patient and their family is so rewarding – I know our work makes a difference to every single person who comes to Mildmay.
Mahendra Mali – Senior Physiotherapist.

Our treatment is tailored to individual need, combining a range of therapies to provide a holistic model of support. Therapies include counselling, occupational therapy, physiotherapy, speech and language therapies, music and art therapy, gardening group and mental health services.



46 After working with the team at Mildmay, I no longer need a wheelchair. I can look after myself and manage all my own shopping and cooking and no longer need a carer. Mildmay has helped me regain my independence, confidence and pride. 37

Margaret

**Specialised training:** We provide training to UK health professionals on HIV and other complex conditions related to HIV, including HIV associated brain injury. Doctors and nurses based at major London hospitals including St Thomas' and Barts, spend time at Mildmay to learn these skills.

## Day Service - keeping people well

Our Day Service is a critical part of Mildmay UK's rehabilitation work. This service helps to keep people stable, healthy and out of hospital; supporting and maintaining their independence.

Clients benefit from sessions with a social worker, physiotherapist, dietician etc. Group sessions include gardening, art and music therapy. Service users are helped to re-learn skills that they may have lost, such as catching a bus, cooking or going shopping.



\*\*The day I ended up in hospital with HIV everything I had ever known before was gone. Mildmay was my bridge back to becoming self dependent and getting my life back. I will never forget them, or can thank them enough for helping me to rebuild my life. \*\*P

**Dennis** 

## **Reaching out into the community**

In 2013 Mildmay employed a local community outreach worker, with the aim of reaching high risk minority groups to encourage HIV testing, and to offer support, advice and information.

Our expert UK team is led by Medical Director Dr Simon Rackstraw – a world renowned HIV consultant. As well as speaking at UK and International conferences about HIV, Dr Rackstraw is actively involved with the day-to-day care of patients as part of our unique interdisciplinary team.

## Mildmay Uganda

Mildmay Uganda opened as a high quality and modern health facility in Kampala in 1998 and provides holistic HIV prevention, care, treatment, training and research. Mildmay 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 effectively respond to HIV and other priority health issues.

Every hour in Uganda 15 people become HIV positive. Enormous strides have been made over the last 20 years which has seen the HIV prevalence rate fall from 18.5% of the population in 1992 to 7.2 percent today. Mildmay Uganda is part of that success story.

Our work not only covers the Kampala area which has a prevalence rate similar to the national average, but we run clinics and home-based care services in 16 districts in the two central regions which have prevalence rates of 9% and 10.6% respectively.

Over the last five years our patient numbers have grown three-fold to over 60,000 people both at our hospital and centre in Kampala and through outreach work within 16 districts.

Our HIV testing, care, treatment and support has helped to reduce the spread of HIV by bringing people into treatment. Mildmay Uganda also offers STI treatment, cervical cancer screening, condom distribution and family planning services.

Graduation



We know we can't do all this work alone. The training of health professionals is vital to reach our goal of eradicating new infections and supporting people living with HIV and their families.



Our children's HIV hospital in Kampala sees over 1,100 very ill children each year, with over 80% being restored to healthy future lives. As you will read in **Patricia's Story**, we also offer vital support to orphans and vulnerable children.

In 2013, 78 students graduated from our work-based academic programs and over 1,000 benefited from short, skills-based courses. To date, our HIV-related training programs have trained over 25,000 multi-disciplinary health workers.





### 10 years transforming dental health care

Children Living with HIV are much more prone to dental disease. Every year our American volunteer dentists enable Mildmay Uganda, led by Dr. Paul Musherure, to provide children with much-needed and free dental care.

## Changing the face of health systems

Mildmay Uganda and the Ministry of Health, in partnership with districts, are implementing a five- year Health Systems Strengthening (HSS) project in 16 districts of central Uganda.

66 Before Mildmay's refurbishment of our laboratories we were just improvising rooms from where to work, sometimes from the corridor. Now we have much better equipment and recruitment of staff is great. 39

## World AIDS Day in Uganda.

Mildmay Uganda crowned this year's World AIDS Day celebrations by painting the children's Outpatient department and the Adolescents- youth centre, supported by the US mission team.

#### Contact:

Mildmay Uganda, Plot 127, Entebbe Road, Naziba Hill, Lweza, UGANDA. +256 31 2210200 mailbox@mildmay.org www.mildmay.org/uganda



## **Patricia's Story**

In 2013 Patricia was brought into Mildmay by Police Officers, having been found almost lifeless and living in a pig sty. She had been badly abused and had severe injuries. Patricia received around-the-clock nursing care and support from the multi-disciplinary team.

66 Patricia was extremely weak, emaciated and frail. She weighed a mere 12.6 kg, had bed sores, paralysed limbs and her body wasswollen. She could not eat, talk or walk. It was evident that she had not eaten in a long time. Her lips were visibly swollen, as if she had been bitten by an animal. 39 Gloria Kirungi - Mildmay lead nutritionist.

Patricia was discharged from Mildmay having made astonishing strides. She continues to benefit from our support to help her gain greater movement in her legs. Mildmay Impact Report 2013 Mildmay Kenya



## Mildmay Kenya

Kenya is home to one of the world's harshest HIV and AIDS epidemics. An estimated 1.6 million people are living with HIV, around 1.1 million children have been orphaned by AIDS and in 2011 nearly 62,000 people died from AIDS-related illnesses\*.

\*www.avert.org/hiv-aids-kenya.htm

MildmayKENYA supports the delivery of holistic and sustainable health care services to communities through community participation and a strengthened health system. Our day to day work focuses on some of the poorest and most vulnerable groups, including women, children, and their families, involving them actively wherever possible.



Our impact includes: HIV training and education for health workers in government institutions. Supporting HIV research and working in partnership with the government and other local and global organisations to champion the rights of those people living with HIV.

**APHIA Plus Western** is a five-year project dedicated to improving the well-being and security of people who



are marginalized and poor. The work includes initiatives to support economic security, and to improve food, nutrition, education, water, sanitation and hygiene.

### **BORESHA Programme:**

The impact of this project was to support and empower people from vulnerable groups to manage their HIV, and maintain healthy and fulfilled lives. In turn, they are then able to support others within their communities. Many are now using skills learnt such as: income-generating activities, financial management, home-based care and public speaking: enabling them to encourage advocacy and promote and influence change in their locality.

An example of Boresha's impact can be seen in Sangarota, a village on the edge of Lake Victoria where there is a high prevalence of people living with HIV. The formation of a group offering HIV support and education, has resulted in a high attendance at the health centre from people within the group. Mildmay has also supported the building of two ponds, dug by hand over a two-month



Rhoda using physio rail built using tree branches

period and then stocked with baby fish. When the fish were harvested, some provided food for the villagers and some were sold. The money raised was used to support the children who had lost their parents to HIV/AIDS.

Boresha came to an end in 2013, having supported 6,652 prisoners, 14,984 orphans and 179 health workers.

**TEKELEZA Program** aims to increase access to HIV prevention services for the most at-risk population.

Mildmay is working with a target population of 2,880 people living with HIV and AIDS among the fisherfolk community and commercial sex workers. The aim is to help them build self-esteem and coping skills through support services. Education and training is vital to support prevention, reduce transmission and re-infection and to empower people to improve their health and live more productive lives.

Tekeleza impact is seen in a reduction in the number of new HIV infections in Nyanza Province for fishing Communities and Commercial Sex Workers.

**Education.** Mildmay Institute is a pioneering health institute dedicated to developing leaders in health system strengthening. The institute had its first intake of 40 diploma and degree students in September. Mildmay Kenya recognizes the profound partnership of Uzima University College, Ministry of Health, Kenya Medical Training College and University of Manchester.



Rhoda is living with HIV in Western Kenya. At the age of 23 she became gravely ill and weighed just 24kg. A team of community health workers, trained by Mildmay, worked with Rhoda to help her to regain her health and strength.

for so long I lived in isolation and felt hopeless. The community health team has helped me get back on my feet. They've helped me start my own kitchen garden; I now grow good fresh vegetables that are wonderful for my health. Mildmay has helped me to help myself.

#### Contact:

MildmayKENYA. P.O. Box 3202-40100, Kisumu Kenya Tel: +254 57 2024172,

www.facebook.com/mildmaykenya www.twitter.com/mildmaykenya





## Fundraising for Mildmay

Thanks to your amazing support, we mark a year of fundraising and 25 years of HIV care and services.

As we reflect on our impact throughout an incredible year, I feel so proud to be part of our new Mildmay Fundraising team. In 2013 we met the year on year challenge of raising the £800,000 needed to continue our vital work. In these tough economic times this is a real achievement: one we simply could not meet without your support.

The jewel in our fundraising crown for 2013 was undoubtedly our prestigious charity reception at No. 10 Downing Street, hosted by Samantha Cameron. This was a wonderful and exciting opportunity to promote Mildmay's unique work, and a great way to mark our 25th year working at the forefront of HIV services and care. There have been many events throughout the 2013 that



have enabled us to raise essential funds. as well as our profile; and in turn raise awareness of HIV. We are looking forward to moving into our new hospital in 2014 and to increasing the impact of our work. There will be a Royal opening, as well as other events to celebrate this landmark in Mildmay's long history.

Thank you all so much for your brilliant support in helping us to continue to transform the lives of people living with HIV. Here are just a few of our 'fundraising memories' from 2013.

Best wishes

**Kerry Reeves-Kneip Director of Fundraising** 

Mildmay's team at Jurassic Coast Trek taking in the spectacular landscape whilst raising vital funds





Mildmay Tiara's - THE PRIDE accessory for 2013



Fundraising at Hoxton Street market



Mildmay mark 25 years of HIV services & care at 10 Downing St. reception

**↓** Bottom Row: Volunteers collecting on World AIDS Day, with Bishop of Stepney at **Mile End Station** Participants in the Santa Run





Our celebrity Carol Service with Robert Powell and Richard Wilson







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## **Supporting Mildmay**

Mildmay Impact Report 2013 Supporting Mildmay

To donate call 0207 613 6311 or for more info visit mildmay.org/donations/ Thank you!



Legacy Giving – Leave a Lasting Gift Help us to plan with a regular gift



Volunteering

Make a one off donation

### **Have fun-raising funds for Mildmay!**

It's only because of the continuing generosity of our wonderful supporters, that we are able to make a difference to so many lives, both in Africa and the UK.





Viiv Healthcare Support Mildmay on WAD

By supporting our Appeals, Fundraising, volunteering, leaving a legacy, taking on a challenge or supporting one of our events, you are doing something truly positive that you can be so proud of. Thank you for your incredible support in helping us in our work – Transforming the lives of people living with HIV.

I feel a really important part of Mildmay, and am continually impressed with the incredible work that takes places here and the positive impact it has on people's lives. Could your company play an important role in our vital work, whilst meeting your corporate social responsibility needs? We can create a bespoke programme, working with you and your team to meet your objectives. Become a part of our work at this exciting time in the development of our charity, as we move into a brand new London hospital in 2014.

Kerry Reeves-Kneip. Head of Fundraising and Communications.

info@mildmay.org Tel: 0207 613 6311 Mildmay Impact Report 2013

Our Thanks Mildmay Impact Report 2013

## Accounts

Financial governance is a key priority at Mildmay. In 2012 we faced considerable funding challenges. In response, as part of our on-going strategy, we have continued to implement our radical reorganisation. This has resulted in reductions being made in non-programmatic expenditure, and the move of some support activities closer to the programmes.

Shown in thousands GRP **Income** 2012 2013 UK statutory income 1,828 2,426 International funding 6,768 9,077 Donations and legacies 1,168 476 Fees and charges 77 Investment income 10 8 75 Other income 574 **Total** 10,425 12,062

**Expenditure** 2012 2013 UK residential services 1.611 1,796 UK day services 352 331 International healthcare/ 8.134 9431 training 155 101 Governance Business, fundraising and publicity costs 244 168 **Total** 10,496 11.827

Surplus/(Deficit)

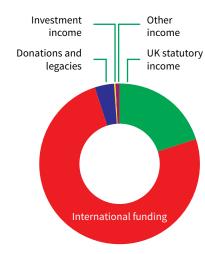
Figures are based on Mildmay Mission Hospital audited accounts to 31st March 2013, plus Mildmay Uganda figures (which form part of a 15-month period, which is currently being audited). Mildmay Uganda operates within the Mildmay group as a separately registered NGO.

(71)

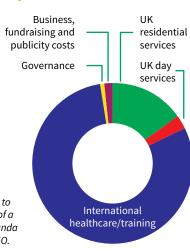
235

We continue to strive to be efficient and forward looking, promoting value for money across our programmes and sharing best practices, knowledge and experiences. This year we are delighted to report a Mildmay group surplus.

#### Income 2013



## **Expenditure 2013**



## Mildmay Board of Trustees

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**Anthony Furlong** 

Revd Stephen Gaukroger

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**Humphrey Norrington OBE** 

Lyn Rothman Canon Roger Royle

A heartfelt thanks to all our supporters and volunteers, whose generosity makes such a huge difference to our work. To all those who have given anonymously and to the families of those who remembered Mildmay in their Will. We could not continue our vital work without your help.

### Our thanks also go to the following Trusts and Foundations for their generous contribution to support our work in 2013:

ACCT

Clothworkers' Foundation

Criffel Charitable Trust

**Ebenezer Trust** 

EE & DM Griffiths Trust

**Emmaus Christian Fund** 

**Ernest Hecht Charitable Foundation** 

**GM Morrison Charitable Trust** 

Guernsev Overseas Aid Commission

(GOAC)

John Browning Trust

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The Fidelity UK Foundation

The Forest Hill Charitable Trust

The Four Winds Trust

The Fulmer Charitable Trust

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The Ione Vassiliou Charitable Trust

The Jeannine Vassiliou Charitable Trust

The Lord Faringdon Charitable Trust

The Maurice and Hilda Laing Charitable Trust

The Mickleham (Ann Byrne)

Charitable Trust

The Morris-Venables Charitable

Foundation

The Nadir Dinshaw Charitable Trust

The Nicka T Vassiliou Charitable Trust

The Oakdale Trust

The Pennycress Trust

The Podde Trust

The QBE Europe Foundation

The Rozel Trust

The S Norton 1988 Trust

The Seedfield Trust

The SMB Charitable Trust

The Tisbury Telegraph Trust

The Whitecourt Charitable Trust

The Worshipful Company of Fan Makers

ViiV Positive Action – Community Grants Wandsworth Oasis Trading Co Ltd

Wolfson Foundation

The Beacon Trust

