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 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. 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.

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.

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.

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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
About 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 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 1866 when The Reverend William Pennefather and his wife Catherine, tackled 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 UK

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 encompasses training and education as well as comprehensive health and HIV care.

In East Africa

Mildmay currently supports over 50,000 people living with HIV. Our work in this region encompasses training and education as well as comprehensive health and HIV care. Our intervention, treatment and care encompasses training and education as well as comprehensive health and HIV care. Our work in Africa has expanded to address and treat other HIV-related health conditions, including screening and treatment for: TB, STIs and cervical cancer.

Our Vision

Every person living with HIV can have full autonomy. 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 work in East Africa has expanded to address and treat other HIV-related health conditions, including screening and treatment for: TB, STIs and cervical cancer.

www.mildmay.org
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 illness.

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 at 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.

What is HAND and how does Mildmay help?

HAND is HIV-Associated Neurocognitive Disorder, which 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 all functions previously affected by HIV. Many people who have lived with HIV for years are able to return to work and lead normal lives.

Statistics

- In 2013, 19.3% of people living with HIV worldwide were women.
- In 2013, 7.2 million people were living with HIV in sub-Saharan Africa.
- In 2013, 6.000 people were living with HIV in the UK.
- In 2013, 20,000 people were diagnosed with HIV worldwide.
- 47% of people living with HIV worldwide are women.
- 24.7 million people were living with HIV worldwide in 2012.

The highest number of people living with HIV in sub-Saharan Africa is shown to halve the rate by 2030.

The UNAIDS report shows that globally 1.9% of people identified as living with HIV were unaware of their status in 2012.

The global epidemic of HIV and AIDS continues to be the top priority for all of us.”

NAT: www.nat.org.uk/HIV-Facts/
NAM: www.aidsmap.com
UNAIDS: www.unaids.org
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/Mildmay 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 Mildmay 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 Mildmay unable to speak, walk or feed themselves and in need of 24-hour care. Mildmay’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 dietetic support. We also provide occupational therapy, social work and nutrition therapy.

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 Mildmay; 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 do most of the daily tasks. At first I wasn’t well enough to attend the gym, but gentle movement classes helped to improve my co-ordination. I joined the gardening therapy group and found it very therapeutic. This group, along with all the treatment, helped me recover. I can now carry out all the things I used to do before my illness.”
Mildmay Uganda was the first international Mildmay programme to be set up opening in Kampala as a high quality modern HIV health facility in 1998. 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 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). Mildmay 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.
- Training over 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 benefiting from our programme by 25,000.
- 75,000 people tested for TB, a major cause of death in Africa.

Contact: Mildmay Uganda, Plot 127, Entebbe Road, Naziba Hill, Lweza, Uganda.
+256 31 2210200
www.Mildmay.org.ug
www.facebook.com/MildmayUganda
www.twitter.com/MildmayUganda

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."

Catherine's provided Catherine with care, treatment and support in a prefect at her school and a peer educator. "Mildmay helped me to live and I wanted to share my experiences and offer encouragement to others. I have since found the courage to speak out and tell my story. I spoke at conferences both in Uganda and in the UK. I have even taken part in radio programmes."

Mildmay 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.

Mildmay has been awarded the PEPFAR Hero award by US Ambassador Scott Delisi in 2014. Catherine was presented with the award by her aunt and grandmother.

Catherine's story was used in the Good to Great – our new strategic plan was launched, with our aim to become a sustainably great organisation, increasing our visibility and diversifying our income streams.
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).

Mildmay Kenya empowers communities to deliver HIV health care services through support, education and training. We distribute rubber-soled shoes to help prevent jiggers. Jiggers are parasites that live in the dust and burrow into flesh, usually feet and sometimes hands. 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.

In Kenya an estimated 1.4 million people suffer from jigger infestation. Jiggers are parasites that live in the dust and burrow into flesh, usually feet and sometimes hands. 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.

When a pair of shoes can save a life.

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 Rachel to access ante-natal care, 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'."

Mildmay Kenya’s Impact includes:

- Reaching 8,330 people living with HIV with prevention education and information.
- The creation of 281 community support groups helping to prevent HIV with medication and social support.
- The creation of 315 nutrition demonstration centres across 359 community units, for people living with HIV.
- The distribution of rubber-soled shoes to help prevent jigger infestation.
- TB screening for 2,697 people.
- 132 Community Health Workers engaged and retained.
- Home visits to 34,635 homes, benefiting 2,504 people living with HIV.
- 2,744 women referred for ante-natal care, preventing mother-to-child HIV transmission.
- Tekeleza program works to empower and support people within key-risk populations to reduce new HIV infections and minimize transmission of disease. These include fisherfolk and commercial sex workers. Female sex workers have the highest reported HIV prevalence of any group in Kenya.
- The Mildmay Kenya/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

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www.unaids.org

"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 your support and the care you gave me, my wife and I have been able to continue our work to educate and help people like me."

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 your support and the care you gave me, my wife and I have been able to continue our work to educate and help people like me."

Othini with his daughter

"I am a woman with HIV and I have just given birth to Maria, my third child. She is beautiful and healthy. I am overjoyed and says "this feels like a new beginning, full of hope"."

A baby born

A baby born

A baby born
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 benefited, 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
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 gifts in people's Wills, and we're so grateful for every single one.

Make a legacy gift in your Will

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/#gifts-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 cognition and memory function. Using musical instruments and developing movement, special education, and prevention, support for children, orphans and vulnerable and high-risk groups.

- 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 34 households. On average, 700 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, children.
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 to 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.

**Income 2014**

<table>
<thead>
<tr>
<th>Category</th>
<th>2013 (thousands GBP)</th>
<th>2014 (thousands GBP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>UK statutory income</td>
<td>2,426</td>
<td>2,159</td>
</tr>
<tr>
<td>International funding</td>
<td>9,077</td>
<td>7,171</td>
</tr>
<tr>
<td>Donations and legacies</td>
<td>476</td>
<td>549</td>
</tr>
<tr>
<td>Investment income</td>
<td>8</td>
<td>3</td>
</tr>
<tr>
<td>Other income</td>
<td>75</td>
<td>79</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>12,062</td>
<td>9,961</td>
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**Expenditure 2014**

<table>
<thead>
<tr>
<th>Category</th>
<th>2013 (thousands GBP)</th>
<th>2014 (thousands GBP)</th>
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<tbody>
<tr>
<td>UK residential services</td>
<td>1,796</td>
<td>2,172</td>
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<tr>
<td>UK day services</td>
<td>331</td>
<td>377</td>
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<tr>
<td>International healthcare/training</td>
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<td>873</td>
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<tr>
<td>Governance</td>
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<td>107</td>
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<tr>
<td>Business, fundraising and publicity costs</td>
<td>168</td>
<td>306</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>11,827</td>
<td>11,696</td>
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</table>

**Surplus/(Deficit)**

<table>
<thead>
<tr>
<th>Category</th>
<th>2013 (thousands GBP)</th>
<th>2014 (thousands GBP)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>235</td>
<td>(1,735)</td>
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</tbody>
</table>

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.
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