



Mildmay Matters

Souvenir Edition

Commemorating Mildmay's 150th Anniversary
1866-2016



Prince Harry cuts Mildmay's 150th Anniversary cake.

Registered charity no. 292058

www.mildmay.org



Dear Friends

Welcome to this special souvenir edition of Mildmay Matters which marks our 150th anniversary year.

Our visit by HRH Prince Harry at the end of 2015 marked the official opening of our new UK hospital. Prince Harry's visit meant so much to us all at Mildmay, particularly to our patients and to those staff who remember meeting his mother Diana, Princess of Wales during some of her many visits to Mildmay. It was a truly joyful occasion and one that we will all long remember.

So why does Mildmay matter? Our work in Uganda and Kenya provides care to over 100,000 of some of the most vulnerable people affected by HIV. Our programmes which prevent mother to child transmission, protect the unborn too. Our education and training programmes mean that HIV care is improving in a sustainable way across both countries. Our hospital in the UK is the only centre in Europe dedicated to providing care, treatment and rehabilitation to people with HIV-associated brain impairment and means 80% of patients return to independent living on discharge from Mildmay.

Why does Mildmay matter to me? I see patients arriving at our East London hospital too sick



to move leaving Mildmay able to walk again, independence and dignity restored. I meet the African child living with HIV, who has benefitted from the animal husbandry programme which Mildmay started in his village, who now has essential food, eggs and milk needed to support his HIV medication. I hear of the impact of our chaplains who give untold support to patients and families at a time of huge need, showing a gentle Christian compassion which has been a mainstay of our work for a century and a half.

From very small beginnings, Mildmay's work continues to reach out to some of the most marginalised and vulnerable people -

a great achievement shared by all those who have supported our work over the years. I am proud to work with such a dedicated and incredible team of professionals. We stand together with our supporters looking forward to the years to come.

A handwritten signature in black ink, appearing to read 'Ross White'.

Dr Ross White
Chief Executive

Visit by Her Majesty's Lord Lieutenant of Greater London.

At the beginning of 2016 Mildmay welcomed Her Majesty's Lord Lieutenant of Greater London, Kenneth Olisa and his wife Julia to Mildmay Hospital. Kenneth and Julia made a tour of the hospital and joined in a sing along with Mildmay's day service clients, who performed a rendition of the song they sang at our Carol Concert 'What A Wonderful World.'

As a technology entrepreneur, Kenneth was particularly interested in Mildmay's digital inclusion suite. The tour then moved to Mildmay's Inpatient Unit where Kenneth and Julia met some patients and nursing staff. The visit ended in true Mildmay style, with tea and cakes!.



Mildmay's new computer digital inclusion suite

Technology is an enormous part of the world we live in, for most of us it is an everyday part of our lives. With a few clicks we can link with friends and family, access information, order shopping, manage banking, plan travel, check the news - the list is vast! For many of Mildmay's clients this world has been closed down to them because of HIV associated brain impairment.



Thanks to a generous donation from 'Wandsworth Oasis', Mildmay's new digital inclusion suite is able to support our patient's rehabilitation. Access to the internet can empower people to live more independently and grow in confidence. We have also started brain training work which includes training games and assessment tools which will help with our patient's rehabilitation and treatment.

Jamie has been benefitting from our training for three months now:

"I had forgotten everything I had known before, I was so ill that I don't even remember first coming into Mildmay as a patient, it's a complete blank. This training has been a blessing, it's a big big thing for me. It's not until you find yourself in this situation that you realise how difficult life can be. I will never ever forget the moment I remembered the PIN number of my bank account. That sounds like a small thing, but it was amazing, I was filled with so much hope. I thought my memory would never come back, but that was the beginning, I was on the mend. My confidence has grown so much, and I have become reacquainted with skills I thought were lost forever. I have come so far and am so grateful for this support - it's changed my life."

Mildmay welcomes Anita Dobson as a Patron.



We were so pleased when stage and television actress and singer, Anita Dobson agreed to become a patron of Mildmay. Anita has given her magical performances at our Christmas carol concert for the past two years and we are just thrilled to welcome her as a patron of Mildmay.

Mildmay Christmas Carol Concert

This was an incredible evening that raised the roof with amazing performances and readings, laughter and a huge dose of Christmas sparkle! What's more, we raised over £15,000 for Mildmay!



Our host: Canon Roger Royle



Kim Wilde rocking around the Christmas Tree!



Linda Robson



Richard Arnold



Darren Day

Time Capsule

In November we launched our 150th anniversary celebrations with the burial of the Mildmay 150 Time Capsule hosted by the Lady Mayoress of London, Gilly Yarrow.



The Lady Mayoress joined Mildmay supporters, staff and volunteers for an uplifting and very moving thanksgiving service at the hospital. Soprano Sally Harrison gave two incredible performances, and two past clients spoke powerfully of how Mildmay had helped to transform their lives. Guests then moved into Mildmay's small courtyard garden to witness The Lady Mayoress officially bury Mildmay's Time capsule, to be opened in 2066.

HRH Prince Harry visits Mildmay Hospital



HRH Prince Harry arrives at Mildmay and greets children from the local school.



Leaving Day Services where the music therapy group sang to the Prince. He also visited art therapy group and had his portrait drawn!



HRH Prince Harry signs the visitors book in the Diana, Princess of Wales Room.



Top: Occupational Therapy Room where Prince Harry learnt about our rehabilitation work including brain training.

Middle left: Meeting nursing staff and members of our multi-disciplinary team.

Middle right: Prince Harry meets representatives from Mildmay Uganda and Mildmay Kenya.

Bottom: Mildmay presented Prince Harry with a photograph of his mother Diana, Princess of Wales taken during one of her many visits and a hand-made Christmas card signed by staff and patients.



Lila's story:

Lila was diagnosed with HIV when she was two years old, but was told of her diagnosis when she was twelve:

“ I was on the brink of becoming a woman, discovering who I was as a person. Learning of my diagnosis sent me into turmoil. Suddenly all those trips I had made to the hospital throughout my childhood made sense. I began to live in denial and secrecy, terrified that my friends would find out. The burden and fear of stigma was unbearable. I turned to alcohol and felt lost. I was also angry and my relationship with my mum broke down.

When I came into Mildmay as an inpatient I had stopped taking my medication, I had been in and out of hospital and my weight had dropped to 40kg. I was so low, there seemed no point to life.

Mildmay helped me to take control of my medication. With dietician support my eating improved but I was still very weak, even walking made me breathless. Mildmay created a gym programme, tailored to help me re-build my strength. As well as making me physically stronger it helped me to re-connect with my body. I began to look at myself differently, HIV did not define who I was. The care I received at Mildmay was not only medical, it was also emotional. The encouragement and support was from everyone, from the therapists, medical staff and chaplaincy team to the Chef – absolutely everyone!

I began to attend Mildmay's Day Service group where I got to hang out with mum who also attended, this really helped bring us back together. Now my mum is one of my best friends.

I am doing really well now and I'm healthy, although stigma still divides my life into public and private. If I wasn't so afraid of people finding out that I am living with HIV, I know that so much of what I have been through could have been avoided. The secrecy is exhausting, you cannot imagine how much thought goes into hiding this part of my life every single day. I still have not disclosed to my friends, and that's a real strain in so many ways.

Now I am training to do work to help other people as I have been helped. I want to use my experiences. Hope is incredibly powerful, and I can give that to people.

I don't know how to express just how much Mildmay has helped me. It has this beating heart that never stops working for people like me who need their help. It gives people their lives back, their joy, their dignity and independence.”

Meeting a Prince at Mildmay:

It was great to catch up with Lila recently to remember the day she and her mum met a Prince and shared their story with him.

MM: So here we are seated back in the very room, where you met Prince Harry. What did it feel like as you waited for him to arrive?

L: We knew he was approaching because the sounds of drumming and singing coming from day service got louder, then laughter and clapping. I could feel the butterflies as we waited, and time seemed to stand still. Then suddenly he was in the room, shaking our hands and he was so normal and relaxed.

MM: What stands out for you about the visit?

L: He really was so down to earth and humble – that really blew me away. It felt so normal to be meeting him! He was genuinely interested and completely engaged with us. I never once felt that he was in any kind of hurry even though I knew he had to visit everyone. He has a great sense of humour and I really appreciated that. Sometimes people treat me as if I might break and it is so refreshing to be treated normally!

MM: I know you spoke to Prince Harry about meeting his mother Diana, Princess of Wales, when you were very small and were a patient at Great Ormond Street.

L: Yes, I have been told that I asked her why she spoke so softly and if she was really a Princess- I was very direct! What I do remember was cuddling up on her lap and that it felt so very warm and lovely. Prince Harry said that he remembered doing that too and that he missed those cuddles.

MM: To share that must have felt like a very unique and special moment.

L: It was very special and felt as if in a very small way we shared an experience. It felt as if for a moment she was brought into the room with us.

MM: I am guessing it's something you'll remember for a long time.

L: For the rest of my life -I'm going to bore my Grand kids rigid with my story of the day I met Prince Harry! I'll treasure that I got to share this amazing meeting with my mum, we've been through so much and we'll have that memory to share, always. Someone said to me, not many people have to face the difficulties and heartache you've experienced, but then not everyone gets to meet a Prince!

Names have been changed to protect confidentiality.

Life saving dental care at Mildmay Uganda

The World Health Organisation recommends that the sooner a child who is diagnosed with HIV begins anti-retroviral treatment the better. This is to cut down on opportunistic infections and boost the immune system. To encourage very young children to take their medication, in Uganda 'child friendly' syrups' which include a lot of sugar are used. Unfortunately this can be harmful to teeth and the results can be life threatening, as well as deeply distressing. Mildmay Uganda run a vitally needed 'Dental Camp' which provides free dental care and education for children.

Dr Rose Kibalizi, head of Mildmay Uganda's dental department explains that for many Ugandans dental care is completely unaffordable and therefore impossible.

"A child has 20 'baby' teeth before the adult teeth begin to push through. At the dental camp it is not unusual to see a child with 16-18 of their teeth completely rotten and needing removal. Often their teeth have broken off in the gum causing pain and infection. This damage causes an inability to eat. Food and nutrition is a major component in successful life-saving HIV treatment, it is therefore vital that dental care and education becomes a part of HIV care for children."

This is just one of the many Mildmay projects which are making a difference to the lives of so many children.



Sponsorship opportunities available now for the

Mildmay Red Ribbon Gala Event

June 2016

An evening of fine dining and sparkling entertainment with a menu created by celebrity chef Angela Hartnett and an all-star cast.



Find out how to become a sponsor, contact our events team on 0207 613 6321

Diary of Events 2016

End April: Mildmay Impact Report.

April 20th-22nd: BHIVA Conference.

June 5th: Mildmay's 150th Anniversary Thanksgiving Service- St Jude's Church, Mildmay Park.

June 16th: Mildmay 150 Anniversary Gala Evening.

June 25th: Mildmay at Pride in London

June 30th-July 1st: NHIVNA conference

December 14th: Mildmay Christmas Carol Concert

There will be more news and events coming up which are not yet confirmed, if you would like to be kept informed, or would like more information about any of the above events, get in touch: events@mildmay.org or call us on 0207 613 6311



A small glimpse across 150 years of Mildmay:

1866: Mildmay's origins stretch back to the work carried out by The Reverend William Pennefather and his wife Catherine to tackle the Cholera epidemic in London's East End.



1936: Queen Mary visits Mildmay to open the new outpatients department.

1948: Mildmay was incorporated into the NHS, closed down in 1982 and re-opened as a charitable hospital in 1985.



1988: Mildmay opens as Europe's first specialist AIDS hospice.

1989: Diana, Princess of Wales makes the first of three official and 14 private visits to the hospital.



1992: International HIV programme launched – today Mildmay reaches 100,000 people in East Africa, including some of the most vulnerable children and adults.

2000: Opening of rehabilitation centre at Mildmay UK, restoring independence and transforming lives.



2014: Move into our new purpose-built hospital, blessed by the Archbishop of Canterbury, the Most Revd Justin Welby.

2015: Prince Harry visits Mildmay marking the official opening of our new East London hospital.



2016: Mildmay marks 150 years of service and care. An anniversary proudly shared with our wonderful supporters across the years.

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