

“ **NAM exists to support the fight against AIDS with independent, accurate, accessible and comprehensive information.**

We aim to create and disseminate information resources rooted in the experience of those most affected, enabling individuals and communities to take action and control in responding to HIV and AIDS. ”

nam 

annual review 2005

Message from Chair and Director

At the end of 2005 38 million people were estimated to be living with HIV across the world, 58,000 of these in the UK. With approximately 4 million new diagnoses globally during 2005, and an estimated 7,750 in the UK, HIV/AIDS remains one of the most serious health epidemics facing the world.

The summer of 2006 marked the 25th anniversary of the first reports of AIDS, and 10 years since the introduction of effective anti-HIV treatment. This latter development has meant that for many people, living with HIV is a long-term reality. There are increasing numbers of people accessing treatment and care, using an increasing number of drugs to fight HIV. However, an estimated 80% of people that need treatment are still not able to access it. Worldwide, most people living with HIV are unaware of their status, whilst in the UK it is estimated that a third of people infected are unaware that they are HIV-positive.

The need for information to support people living with and working on HIV in tackling these issues and fighting the epidemic is greater than ever. NAM supports the fight against HIV by producing resources to meet these information needs. In 2005/6 we have published resources covering:

- living with HIV
- preventing HIV
- HIV treatment & care
- HIV & social issues
- HIV services & organisations

For further information about our work in these areas please click on the subject heading above.

As the epidemic continues to evolve, NAM will continue to develop and adapt its resources to ensure we met the ever-changing needs of people living with HIV, and those involved in their treatment, care and support.

Tim Cohen (Chair)
Caspar Thomson (Director)



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

aidsmap.com

aidsmap.com received nearly 3 million visits, with visitors from over 200 countries. In October 2006 it won the British Medical Association's Patient Information Website award.

HIV&AIDS Treatment in Practice

HIV & AIDS Treatment in Practice, NAM's e-newsletter focussing on the usage of antiretroviral therapy in resource-limited settings, was emailed to over 15,000 people each month, reaching every continent.

HIV&AIDS Services Worldwide

HIV & AIDS Services Worldwide, our international HIV services directory and online database was expanded to include over 500 HIV treatment centres in the developing world.

Information Booklets

We distributed over 100,000 copies of our **information booklets** to people living with HIV. **Anti-HIV drugs** and **adherence** were highly commended in the 2005 British Medical Association Patient Information Awards.

HIV Weekly

We launched **HIV Weekly**, an e-bulletin and digest of HIV treatment news aimed at HIV-positive people in the UK, and now have over 4,700 subscribers to this service.

AIDS Treatment Update

We relaunched **AIDS Treatment Update**, our monthly newsletter, to ensure it continues to meet the needs of people living with HIV in the UK. In our most recent readers survey 93% of respondents said they found it useful when making decisions about their health and HIV treatment.

10 things its good to know about HIV

We produced a new resource, **10 things its good to know about HIV**, for people thinking about taking an HIV test, or who have just been diagnosed. This clear and straightforward leaflet is a basic starting point for people who want some of their initial questions about HIV answered. We have distributed over 24,000 copies across the UK.

HIV & AIDS Treatments Directory

The **HIV & AIDS Treatments Directory** was highly commended in the 2005 British Medical Association book competition.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Mission statement

NAM exists to support the fight against AIDS with independent, accurate, accessible and comprehensive information.

We aim to create and disseminate information resources rooted in the experience of those most affected, enabling individuals and communities to take action and control in responding to HIV and AIDS.

About NAM

NAM is an award-winning charity that produces information for people living with HIV and those working in the HIV sector, to improve the health and lives of HIV-positive people.

We believe that information empowers people to make decisions about, and be in control of their lives, health and treatment. By working to ensure our resources are read by people personally affected by HIV, and those working with them, we enable genuine dialogue and closer understanding, resulting in more effective treatment, care and services.

NAM publishes printed, electronic and audio resources. We strive to ensure all are:

- Independent
- Evidence-based
- Accessible
- Impartial
- Clearly communicated
- Up to date
- Accurate
- Relevant

Two review panels assess our materials to ensure these standards are achieved prior to publication:

- A medical review panel comprising leading HIV clinicians
- An HIV-positive persons' panel



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Income & Expenditure

	unrestricted funds		restricted funds	2005 total	2004 total
	general	designated			
income	£	£	£	£	£
voluntary income	40,624		40,125	80,749	66,240
incoming resources from charitable activities	163,368		1,027,302	1,190,670	1,086,403
other incoming resources	14,087			14,067	6,143
total income	218,079		1,067,427	1,285,506	1,158,786
expenditure	£	£	£	£	£
costs of generating voluntary income	8,858			8,858	15,398
expenditure on charitable activities	151,157		935,911	1,067,068	1,029,835
governance costs	2,705	0	6,624	9,329	10,144
total expenditure	162,720		942,535	1,106,255	1,065,377
net incoming resources before transfers	55,359	-11,594	124,812	180,251	103,409
transfers between funds	11,594	-11,594	0	0	0
net movement in funds	66,953	121,978	124,892	180,251	103,409
fund balances at 1st January 2005	222,489	110,384	120,752	465,219	361,810
fund balances at 31st December 2005	229,442		245,644	645,470	465,219



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Balance sheet

	2005	2004
fixed assets	£	£
tangible assets	79,543	91,137
current assets		
stocks	7,435	4,661
debtors	282,004	177,153
cash at bank and in hand	335,973	290,341
creditors due within 1 year	-59,485	-98,073
net current assets	565,927	364,082
total assets less liabilities	645,470	465,219
funds of the charity	£	£
restricted funds		
treatments education 2005	32,733	45,878
treatments education 2006	99,493	
clinical symposium 2006		37,000
information series 2006	25,000	
international directories	11,826	
HIV & AIDS Treatment in Practice	12,431	
palliative care initiative	16,665	
AIDS Treatment Update 2006	25,000	
patient information promotion officer		17,874
mapping resources	2,500	20,000
total restricted funds	425,644	120,752
unrestricted funds		
designated funds	110,384	121,978
other charitable funds	289,442	222,489
total unrestricted funds	399,826	344,467
total funds	645,470	465,219



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

NAM Staff

- Keith Alcorn [senior editor]
- Ibrahim Alshami [editor] (UK AIDS Directory)
- Sylvie Beaumont [editor] (international directories)
- Edwin J Bernard [editor] (AIDS Treatment Update)
- Claire Booth [marketing manager]
- Michael Carter [editor] (news & patient information)
- Jeremy Cohen [finance and office manager]
- Anne Hume [IT systems officer]
- Imoh Itieimoh [finance & office assistant]
- Anu Liisanantti [editorial assistant]
- Jennifer Owen [marketing assistant]
- Thomas Paterson [production development manager]
- Zoë Smith [outreach manager]
- Lorraine Taylor [sales & donations manager]
- Caspar Thomson [director]

Leaving the staff team in 2005/6

- Keisha Campbell [marketing assistant]
- Chris Gadd [editor] (HIV & AIDS Treatments Directory)
- Thomas Lawson [head of marketing]
- Marsha Herbert [marketing assistant]
- Paul Williams-Burton [administrative assistant]



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

NAM Trustees

- Theo Bloom
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- Brian Cooper deputy chair
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- Basil Skeete
- Andrew Stephens treasurer
- Saul Walker

Leaving the trustees in 2005/6

- Jean Barclay
- Della Hirons



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Thanks

Elijah Amooti
Dr Jane Anderson
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Lisa Power
Robin Ramsdale
Rhon Reynolds
John Rose
Jan-Paul Rosen
Mark Santos
Henriette Lotange Shulungu
Surinder Singh
Theo Smart
Lord Smith of Finsbury
Matthew Southwell
Winnie Ssanyu-Sseruma
Caro Stanford
Lyndall Stein
Dr Alison Swain
Joan Tallada and all at gTt, Barcelona
Derek Thaczuk
Nick Theobald
Maxine Troop
Dr Gareth Tudor-Williams
Dr Mun-Yee Tung
Dr Mervyn Tyrer
Taryn Visser
Geoff Warburton
Dr Laura Waters
Brian West
Rosy Weston
Dr Vincent Yeung



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

All the people who contributed their stories to Living with HIV

Members of our advisory panels

Michael Ali	Pauline Ngunjiri
Henry Barigye	Norman Nyazema
Dr Fiona Boag	Catherine Orrell
Dr Ray Brettle	Gerard van Osch
Rob Camp	Dr Adrian Palfreeman
Francesca Conradie	Dr Barry Peters
Professor Janet Darbyshire	Kholoud Porter PhD
Mandeep Dhaliwal	Dr Anton Pozniak
Dr Martin Fisher	Vijay Anthony Prabhu
Professor Brian Gazzard	Miriam Rabkin
Professor Frances Gotch	Leon Regensberg
Chris W Green	Paul Roux
Harry Hausler	Simon Sadler
Dr Margaret Johnson	Edward Semafumu
Heather Leake Date MSc	Molly Tumusiime
Christopher Lee	Francois Venter
Jenny Lytton	Professor Jonathan Weber
Desmond Martin	Dr Ian Williams
Dr Graeme Moyle	Douglas Wilson
Sowedi Muyingo	Dr Mike Youle
Adama Ndir	

The members of the HIV-positive person's review panel who generously gave their time.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Our partners 2005/6

African HIV Policy Network
British HIV Association

gTt, Barcelona
International HIV/AIDS Alliance

And to the many hundreds of organisations in the UK and overseas for making our resources possible.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Our funders 2005/6

Abbott International & UK Access 4
Ashton, Leigh & Wigan PCT
Avexa
Birmingham area PCTs
Boehringer Ingelheim International & UK
Bolton PCT
Bristol-Myers Squibb UK
British HIV Association (BHIVA)
Derek Butler Trust
Diana, Princess of Wales Memorial Fund
Government of the United Kingdom, Department of Health
Government of the United Kingdom, Department for International Development
East Sussex, Brighton & Hove area PCTs
The Elton John AIDS Foundation
Gilead International & UK
GlaxoSmithKline International & UK
International HIV/AIDS Alliance

Lloyds TSB Foundation for England and Wales
London HIV & GUM Commissioning Consortium
Manchester City area PCTs
Manchester City Council

Merck International
Norfolk area PCTs
Pfizer International & UK
Positive Action (GSK)
Roche Molecular Diagnostics UK
Roche International & UK
Salford PCT
Schering-Plough International
South East Essex PCTs
South West Essex PCTs
St. Stephen's AIDS Trust
Stockport Social Services
Thomas Sivewright Catto Charitable Settlement
Tibotec International & UK
UNAIDS
Vertex
Virco
West Sussex area PCTs
Worcestershire PCT

NAM would also like to acknowledge the generous support of individual donors, and in particular Gavin Hay and Tim Cohen



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Living with HIV

2005 saw work commence on the new edition of **Living with HIV**. Published in July 2006, this is an introduction to the key issues involved in life with HIV with first hand accounts from HIV-positive people about the reality of life with HIV. It has a preface written by Chris Smith, Lord Smith of Finsbury, who describes it as 'an excellent introduction to the issues which so many of us affected by HIV live with, day by day'. The information and personal stories are also available on the **Living with HIV** section of aidsmap.com.

Our **HIV & AIDS Reference Manual** was updated in 2005, including information on the law & HIV, mental health and quality of life, and employment.

Our monthly newsletter, **AIDS Treatment Update**, was re-launched in October 2005 to ensure it remains relevant to people living with HIV. Our research found readers' wanted it to offer information on all medical aspects of HIV, and also other aspects of healthy living. Since then it has covered important topics related to living well with HIV such as confidentiality, HIV & the law, integrating GPs into HIV-positive care, how HIV affects body shape, as well as reporting on the current HIV treatment debates and issues.

In October 2005 we launched a new service, the **HIV weekly e-bulletin**. This is designed for people living with HIV, and is a digest of the past week's HIV news. There are now more than 4,700 subscribers.

We continue to hold **monthly information forums**, and these have covered topics such as disclosure and HIV and holidays.

Our **information booklets** continue to reach many HIV-positive people with over 100,000 being distributed in 2005, including updated editions of **HIV & Sex**, and **HIV & Mental Health**. A new booklet, **HIV & Stigma**, is currently being worked on, and will be published in December 2006.

Information on Living with HIV was also made available through our introductory **factsheets**, with titles including **disclosing your status**, **pregnancy, you & your doctor**, **where to go for information**, **travelling with your anti-HIV drugs**.

In 2005 NAM published a new resource, **10 things its good to know about HIV**. Written in straightforward and clear language, this leaflet lists 10 things it is important to know about HIV when you have just been diagnosed, or are thinking about taking an HIV test.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Preventing HIV

Work began at the end of 2005 on a **new HIV prevention resource**, which will be published in November 2006. It will contain information on prevention technologies and behavioural methodologies, post-exposure prophylaxis, the role of HIV-testing, and the search for a vaccine.

aidsmap.com contains a section dedicated to **prevention issues**. During 2005 this was regularly updated, including the latest information on preventative vaccines, post+exposure prophylaxis, developing prevention technologies, safer sex, drug use, microbicides, and perinatal anti-HIV treatment.

aidsmap.com publishes comprehensive news coverage of prevention issues, with 59 prevention-related news stories in 2005.

Our fortnightly e-bulletin, **HIV & AIDS Treatment in Practice**, is a newsletter for healthcare workers and community-based organisations in resource-limited settings. At the end of 2005 there were over 15,000 subscribers, 34% of whom were based in Africa. In 2005 it covered prevention issues such as family-based 'preventive care' in Uganda, prevention in Brazil, WHO guidelines on mother-to-child transmission, and HIV-stigma, treatment and prevention.

Our **AIDS Reference Manual** was updated in 2005, and published in April 2006, including a comprehensive section on transmission.

During 2005 our **information booklets** for people living with HIV made information available about onwards transmission and re-infection in **HIV & Sex**. We also updated our **factsheets** on **unprotected sex, oral sex, post-exposure prophylaxis, condoms and recreational drugs**.

The 4th edition of the **HIV treatments training manual** was published in October 2005, and contains sections on parent to child transmission, and HIV exposure and transmission.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Treatment & Care

Conference reports from all the major HIV treatment-related conferences in 2005 were posted on aidsmap.com, plus **news stories** covering the latest treatment-related data, including results of clinical trials, new drug approvals, and treatment recommendations and standards. In total over 400 articles on treatment and care were posted on aidsmap.com during 2005.

The comprehensive **treatment & care** section on aidsmap.com gives free access to all of NAM's HIV treatment related resources and information. It covers the immune system, accessing care, monitoring tests, anti-HIV therapy, drugs used by people with HIV, symptoms and illnesses, complementary and alternative therapies, and clinical trials.

NAM's **HIV & AIDS Treatments Directory** was updated during 2005, with the most recent edition published in January 2006. The 2005 edition of this 600-page book and CD-ROM was highly commended in the 2005 British Medical Association Medical Book Competition.

In May 2005 NAM held a **clinical symposium on Current Controversies in HIV Management**, which was attended by 185 people. The subsequent **Symposium Report** summarised the presentations and discussions of the day.

NAM's programme of events for people living with HIV continued, and **10 forums** were held during 2005. Expert speakers addressed the events on topics including Lipodystrophy, HIV & the liver, conference feedback, and the British HIV Association's treatment guidelines.

Our fortnightly e-bulletin, **HIV & AIDS Treatment in Practice**, is a newsletter for healthcare workers and community-based organisations in resource-limited settings. By the end of 2005 each issue reached over 15,000 people, with 34% of subscribers based in Africa. In 2005 it covered treatment issues including HIV's impact on TB, children and anti-retroviral therapy, and getting anti-retrovirals to where they are needed.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Treatment & Care (continued from previous page)

During 2005 NAM's **Treating HIV & AIDS: a training toolkit** continued to be available on aidsmap.com. The toolkit is designed to provide basic training on HIV treatment and care for healthcare workers in resource-limited settings, to support the safe and effective introduction of antiretroviral therapy.

The weekly **aidsmap news e-bulletin** kept subscribers up to date with the latest news from aidsmap.com, including an editorial of the week's most important events. At the end of 2005 there were over 16,000 subscribers to this service.

The 4th edition of the **HIV treatments training manual** was published in October 2005. It enables healthcare workers to run their own training sessions on HIV and treatment, and includes a CD-rom with Powerpoint presentations, and speakers' notes and exercises.

Our series of **information booklets** continue to reach many HIV-positive people with over 100,000 copies being distributed in 2005, including updated editions of **anti-HIV drugs, adherence** and **HIV therapy**. **Viral load & CD4** and **HIV & hepatitis** are available on aidsmap.com in French. **Viral Load & CD4** is also available in Portuguese, along with **HIV therapy**.

NAM's **factsheets**, now totalling over 100, were updated during 2005, and are freely available from aidsmap.com. A number of these **factsheets** are available in Russian, French, Spanish and Portuguese.

Our monthly newsletter, **AIDS Treatment Update**, was re-launched in October 2005 to ensure it remains relevant to people living with HIV. Our most recent readers' survey found that over 90% of respondents found it useful when making decisions about their health and treatment. Topics covered during 2005 include Lipodystrophy, HPV and Cancer, starting treatment, and HIV and bone problems.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Social issues

The **HIV & AIDS Reference Manual** was updated during 2005, with a new edition published in April 2006. It contains information on the law, employment, mental health and the Disability Discrimination Act. It also discusses the epidemiology of HIV, and has sections on the different communities that are most affected by HIV.

NAM is currently working on a publication titled **Understanding HIV transmission** which will inform the current debate on the criminalisation of HIV transmission.

Work began in 2005 on updating **Living with HIV**. This was published in July 2006, and contains chapters on telling people you are HIV-positive, work, money and the law.

A new booklet in our information series, **HIV & stigma**, is currently being worked on, and will be published in December 2006.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

Services & Organisations

HIV & AIDS Services Worldwide now contains details of over 2,800 organisations, from 175 countries across the world, including details of over 500 HIV treatment centres in the developing world. The information is available online at aidsmap.com, and also as a printed directory and CD-Rom.

HIV & AIDS Services in the UK was updated in 2005 and again in August 2006, and provides contact and service details for over 1740 HIV services in the UK, the most comprehensive listing available.

A new edition of **Nambase** was published in August 2006. This fully searchable database of HIV organisations in the UK is available as a CD-Rom, and provides full service and contact details for over 1,700 organisations. It can be used as a referral tool, for marketing and promotion, and to give a comprehensive picture of the UK's HIV sector.



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact

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Auditors

Sharpe Fairbrother
Chartered Accountants
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Charity registration number

1011220

Company registration number

2707596

Registered in England

A Company Limited by Guarantee



introduction

NAM in 2005

about NAM

financial review

the NAM team

thanks

NAM's work

contact