



Make a Difference in 2023

Dear friends,

We've had a very busy start to the year already, kicking off with our first fundraiser of 2023 when one of our trustees, Liuna, went hiking in Patagonia (you can read more about her adventures later on).

We are also taking this opportunity to look back on all the wonderful things you helped us to achieve in 2022 and what it has meant to Amaudo Itumbauzo as well as outlining our ambitious plans for 2023. As a result of the pandemic, we had to suspend most of our 'Do it for Amaudo' fundraising campaign, but now we're back with a bang and making up for lost time.

People often ask us "how can I make a difference?". The truth is just by reading this and supporting us in whatever way you can, means you are helping to make a difference to hundreds of lives in Nigeria.

Thank you for all your ongoing support – we look forward to sharing news of the positive impacts you have contributed to in future newsletters.

We hope you enjoy reading our news.

Best wishes,

The Amaudo Team

How you helped in 2022

In 2022, thanks to your support we were able to fund:

- A weekly radio show with the V. Rev. Kenneth, broadcast on Abia State Radio. The radio show has gone from strength to strength and has proved vital in helping to raise awareness and reduce the stigma attached to mental health.
- Three workshops focused on mental health training. This has helped to train over 100 community leaders. In addition to this, over 150 student nurses joined the Amaudo community to learn about mental health through a series of seminars and practical observations.
- New mattresses in Amaudo 1 and Amaudo 2. When residents first arrive at Amaudo they have practically nothing. Having a fresh bed and somewhere safe, clean and comfortable to stay is vital to their recovery.
- Re-roofing for 2 buildings in Amaudo 2; we also replaced the paths to ensure the safety of all residents and workers.
- The refurbishment the chapel in Amaudo 2 which was undertaken in memory of Margaret Clutterbuck.
- Staff salaries at the Helping Hands school for another year, providing free education to the local community.



Do it for Amaudo 2023

This year we have committed to raising the remainder of the money to replace Amaudo's main vehicle. This is a mammoth task but we're confident that with your help we can do it! With inflation pushing up the cost of a new vehicle by over 26% and ongoing repairs for the old vehicle being needed more and more, this need is more urgent than ever. You can read about this vital work on our website.

Alongside this task, we are also planning to raise funds in 2023 to:

- Increase the water storage capacity in Amaudo 1
Thanks to a grant from the Bloom Foundation, Amaudo Itumbauzo has been able to build a new nurses' hostel which houses two dormitories, a library, recreation rooms and a mini kitchen. But with new buildings and increasing numbers of visitors on site comes the need for more water. We are hoping to increase the water storage capacity by 50% from 4,000 gallons to 6,000 gallons.
- Fund the Amaudo Radio show for another year
The Amaudo Radio show was launched in 2021 and has now broadcast over 100 episodes. The show is broadcast on Abia State radio and has a potential audience reaching across many States. The radio show has been a huge success in raising awareness, signposting people to help and getting people to talk about their own mental health and has been commended by senior Nigerian government officials. We would love to be able to fund this essential conduit for promoting the importance of mental health for another year.

In the current economic climate, grants are increasingly difficult to find and secure – meaning we are relying on your generous support more than ever. However, we also know many people are struggling themselves in the current climate so are grateful for any support you can give at this time.

How Can You Help?

We'd love to make 2023 our best "Do it for Amaudo" year yet – encouraging supporters everywhere to do something, no matter how large or small, to raise funds for the vital work of Amaudo.

We realise that marathons, hikes or other such events are not for everyone but there are still lots of things you could do for Amaudo. Perhaps you'd like to host a coffee morning or have a party with friends with Nigerian inspired food?

In previous years we have had supporters knitting for Amaudo, selling handmade goods and even cutting their hair. We can help you set up a fundraising page, advertise your event if you would like us to, and provide information and pictures about Amaudo's work for displays or presentations. We will also provide information on how we will spend any money raised and updates afterwards on how it has been spent.

Do contact us at amaudouk@amaudo.org, we'd love to hear about your ideas and plans. We are always happy to visit your club, workplace, or community to talk about Amaudo's work.

Patagonia: Mountains for Mental Health

by Liuna Fekraver

I have been a Trustee with Amaudo UK since 2020, and remain incredibly impressed with the team's mission-driven and action-focused approach toward benefiting an under-served and under-resourced population.

Last month I took part in a 5 day-60km Patagonia West trail Trek. My hike was part of an organised Harvard Business School Trek.



There's a sense of achievement completing a hiking trip gives you that's difficult to put in words unless you've experienced it. This trip was even more special to me, in that I had chosen to "Do it for Amaudo", using the hike to help fund Amaudo's replacement of its existing primary centre vehicle.

In a lot of ways, fundraising for Amaudo through a hiking trip was a natural fit for me. The feeling of exhilarating achievement after completing a physically challenging and emotionally draining multi-day hike doesn't feel too dissimilar from the excitement I feel being a part of an organization that has been not only changing day-to-day lives, but has been part of the solution toward systemic change.

Together, we raised over £1,000 to dedicate toward purchasing a new vehicle. This effort has helped Amaudo move one step closer to provide vital mental health support to over 50,000+ people in highly inaccessible, rural locations over the next five years. I am taken aback and endlessly grateful for the generosity of friends, family, and even complete strangers in making this happen.

You can read more about Liuna's adventures on her blog at:

<https://distantflightslocalknowledge.blogspot.com/2023/02/patagonia-mountains-for-mental-health.html>



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