

AMAUDO

2018 ANNUAL REPORT



A close-up photograph of a cluster of bright yellow flowers, likely from a plant like Ixora, with several buds and open blossoms. The flowers are set against a background of large, dark green leaves. The lighting is soft, highlighting the texture of the petals and the vibrant color of the blooms.

AMAUDO CHANGED MY SISTER'S STORY

In 2006 my mother called me to tell me that my sister had started misbehaving. Her behaviour got worse and worse and we didn't really understand what was happening to her.

We took her to a prayer house where she stayed for about a year. Even though we paid so much money there was no change in her behaviour after all of this time so we went to another prayer house but again nothing changed and it was very expensive.

Over time we just lost hope and stopped counting her as a member of the family. In fact, my mother called to tell me that I was now the only daughter in the family. I wept and wept.

My sister eventually left the house and roamed the village. We felt so much shame and felt that we had lost my sister. When people asked me about my family I didn't know what to say about her. She missed so many important occasions in our family – she didn't attend my wedding and didn't know I had had children. She didn't know that my husband had died. When my husband died suddenly the community told us we were cursed, and they mocked us and called us names.

At the end of 2017 we heard that my sister had been picked up by Amaudo and that she was starting her journey of recovery at the centre. She is now well and we are so excited to be bringing her home. I want her to see all of the family and for her to come and live with me in Port Harcourt. I want her to know my children and for my Mum to be happy and at peace. I want my sister to be able to live a happy life, maybe she will get married and have a family of her own. Amaudo has changed my sister's story.

(Chionyhe returned home to her family following the Discharge Service in December 2018 and continues to be recovering well.)



AMAUDO CHANGED CHIDI'S STORY

I am happy that I am now mentally stable because Amaudo treated me. I now trade palm oil. I purchase oil from the local producers when the price is low and I will store the oil and sell when the price is high.

I no longer depend on people for money to care for myself as a woman. From the profit I make, I am able to sustain my living and pay for my monthly clinic review. I also support my family members financially.

I have regained my dignity in the family and society. I am no longer inferior to other people because of my ill health. Amaudo treated me and supported me to fund my trading.

This indeed empowered me as a woman. It is very challenging if a woman has mental disorders and depends on her family and society for livelihood and other personal care.

I am happy that Amaudo helped me to overcome the humiliation.

Please continue to support Amaudo to change the lives of many women who have mental health problems because it is more difficult if you are a woman.

COMMUNITY & AIMS



Kate Lumley
CEO, Amaudo UK

For many years when we spoke about 'Amaudo' the communities we referred to were the residential centres at Amaudo Okopedi and Ntalakwu where people come to live and receive support. During my recent visit it struck me how Amaudo now goes into so many other communities to deliver mental health services and education. I learnt how Amaudo staff work so sensitively with community leaders to gain their trust, endorsement and cooperation which is so essential to the success of their work. I saw how Amaudo's outreach work draws in so many people from each community in which it visits and how these partnerships can be so powerful in delivering professional interventions for those experiencing mental health issues and their families. I felt so inspired, yet again, to see Amaudo in action, growing and improving and reaching more lives than ever before.

AIMS

FUNDS FOR SUSTAINABLE DEVELOPMENT

Amaudo UK will raise funds to assist in the sustainable development of Amaudo Itumbauzo through it's work in residential, community and educational support services.

AWARENESS OF MENTAL HEALTH ISSUES

Amaudo UK will raise awareness of mental health issues affecting the communities that Amaudo Itumbauzo supports.

GUIDANCE, TRAINING & MENTORSHIP

Amaudo UK will provide strategic guidance, training and mentorship for the team at Amaudo Itumbauzo to help them achieve their vision of changing more lives.



Amaudo Itumbauzo

'Amaudo 1' continues to thrive and in 2018 provided care and support for 45 new homeless mentally ill residents. By December, 29 residents were well enough to be repatriated home to their families and communities. Many family members attended the discharge service and received training in how to care for their loved ones once home. The Discharge Service was officiated by His Eminence Dr Chukwuemeka Kanu Uche- Prelate Methodist Church Nigeria.



Amaudo Ntalakwu

'Amaudo 2' cared for 5 residents with complex learning needs in the family house and 19 recovered mentally ill people were supported in the village. They are following up leads for 2 of them to trace family members but it is taking a long time. One of the new residents has decided he really likes staying at Amaudo so refuses to tell them where he is from! They are tracing family members in Cross River state. One woman was rejected by her husband's family in Bende so they are looking for her father's family.



Project Comfort

Project Comfort continued to provide community based therapeutic interventions for children with physical and learning disabilities. The project continues to see 60 children regularly through the year and continues to seek out new clients.



Mental Health in the Community

Numerous activities continue to increase the mental health services available to mentally ill people in the community. Psychiatric nurses saw over 9,000 clients during the year as part of the Community Mental Health Programme which operates a network of 73 clinics across 4 States.

9 Self-Help Groups encouraged people who have previously experienced mental health challenges come together and support one another and engage with the Government to develop appropriate mental health policies and provide funding for mental health initiatives.

The mobile mental health and awareness service, rolled out its programme and launched in 3 local government areas during the year. The project provides 'pop up' clinics where people can access a range of mental health services and if necessary be referred on to other longer term services.



**BUILDING
INFRASTRUCTURE**

Throughout the year Amaudo UK continued to support the renovation and development of Amaudo's infrastructure and equipment. Amaudo UK:

- provided a final grant to complete the reroofing at Amaudo 1 – a total of 18 buildings have been reroofed over the past 4 years. All residential houses now have new roofs and are watertight. Not only does this mean residents and staff can live in them comfortably it will also ensure that the buildings will not be damaged through the erosion that occurs during rainy season.
- made a grant to reroof and renovate the community hall at Amaudo 1 which is being repurposed as a training centre. The first wave of work took place in 2018 in preparation for the first training event in early 2019.
- provided a grant to buy a Cassava grinding machine for Amaudo 2 so that they can grind their own cassava rather than taking it to the local village.
- Funded the reroofing of the solar house at Amaudo 1 – this is an essential resource to store the batteries needed for producing solar energy.

**RAISING
AWARENESS**



Amaudo continued its awareness raising activities primarily through its innovative Mobile Mental Health and Awareness Programme which continued to move around the state bringing a mental health drop-in clinic to rural communities. This project works with local leaders, local government health officials and volunteer fieldworkers who promote the programme and support people with mental health needs and their families.

Amaudo UK's CEO, Kate Lumley, was able to witness the launch of the programme in Umuahia South Local Government Area. She reported that *“staff knew exactly what was expected of them and the Amaudo team worked together seamlessly. Their approach to some really difficult clients was calm, efficient and professional. They worked with some really distressed families, one of which brought a man in chains as they felt unable to manage his behaviour. Another man was brought in handcuffs by his family along with the police who had arrested him the previous day for causing a disturbance in his village. Amaudo staff were able to negotiate his release and he attended the clinic alongside the other clients. It was a truly multi-agency approach which was attended by representatives from the police, government, local elders and leaders and local people who had been recruited as ad hoc fieldworkers in the previous weeks. Every person was attended to with no sense of rushing. Each person saw a general nurse then a community psychiatric nurse and a psychiatric doctor. They were then able to access counselling and the pharmacy team if needed. Each family were supported by the fieldworker that had encouraged them to come. Some of these fieldworkers stayed all day to be alongside those they were supporting. The chairman and secretary of the local Self-Help group also attended to offer support and advice and to stand testament as people who had been through a similar experience and come through it. During the day over 50 people came all of whom received care from the Amaudo team. All were referred on to the local Community Mental Health Programme for further appointments.”*

A group of approximately 15 people, including men and women of various ages, are posed for a group photo outdoors. Most of them are wearing traditional Nigerian attire (boubou and gele) with a white base and large red polka dots. Two individuals in the front row are kneeling on the grass, one holding a white folder or document. The background features a brick building with a light-colored roof, green hedges, and trees under a clear sky. The text 'NURTURING SKILLS & KNOWLEDGE' is overlaid in white, bold, sans-serif font on the left side of the image.

**NURTURING
SKILLS & KNOWLEDGE**

Amaudo remains committed to developing the skills and knowledge of its workforce and other key stakeholders in mental health and advocacy skills.

Despite being unable to secure significant funding, Amaudo has continued to invite nursing students to Amaudo to learn about mental health issues and give them the opportunity to experience life in the Amaudo community. During the year students from regional nursing colleges and institutions participated in this programme bringing the total number of student visitors to 1050 since 2014. The community hall renovations were motivated by a need to provide learning space for visitors with a stake in mental healthcare. Rev. Kenneth is also planning to use the new centre as a hire venue for conferences, retreats and training events which would both generate funds and would be done on the understanding that people learnt a little about the work of Amaudo and Mental Health as part of the deal.

During the year Amaudo also supported 9 self-help groups which were strengthened through the formation of a central leadership structure to oversee the groups while still allowing local leaders to continue to attend to local matters of their groups. Amaudo provided training for the central leaders in advocacy skills and supported them to make an advocacy visit to the Head of Department of Health in Umuahia South Local Government Area, Abia State. 3 members of Self-Help Group received micro credit from the revolving fund which enabled them to develop their own business. The previous three members of the group who have received loans have now become financially stable having raised enough capital to sustain their businesses hence they did not request for new credit in 2019.

A close-up photograph of a group of African people. On the left, a woman is wearing a vibrant, patterned dress with red, blue, and yellow geometric designs. In the center, a young girl with a shaved head is looking intently towards the right. To her right, another young girl is also looking in the same direction. The background is slightly blurred, showing other people. The overall mood is one of focused attention and community.

**BUILDING
PARTNERSHIPS**

Amaudo UK and Amaudo Itumbauzo continues to strengthen their partnership further with a visit by Kate Lumley, CEO of Amaudo UK, in November. Kate was able to participate in a broad range of Amaudo's developments during her stay and attended the launch of the Mobile Mental Health Project in Umuahia South and join in the celebrations at the discharge service where 30 residents were reunited and repatriated with their families.

Amaudo works hard to nurture and sustain partnerships with a diverse range of individuals and organisations without whom the work would not be possible. Links with government departments at a local, regional and national level, and with traditional community leaders and groups are vital to make the wide-reaching impact in mental health that Amaudo achieves year after year.

This year Amaudo was delighted to welcome Nneoma Florence Uche, Wife of the Prelate, Methodist Church Nigeria, who chose to celebrate her birthday on 1 December 2018 with the staff and residents at Amaudo Itumbauzo.

As Rev Kenneth reported "Nneoma Florence Uche, who lives in Lagos, ignored the glamour and dignity of celebrating her birthday in the cosmopolitan city. Rather she chose to cut her birthday cake in the remote community of Itumbauzo flanked by people who are ordinarily abandoned and rejected by families and the society. This is a remarkable way to promote mental health in Nigeria."

RAISING
FUNDS



	2018			2017		
	GENERAL	RESTRICTED	TOTAL	GENERAL	RESTRICTED	TOTAL
OPENING BALANCE	£21,061	£10,372	£31,433	£17,497	£14,911	£32,408
INCOME	£33,557	£35,055	£68,612	£31,193	£24,759	£55,952
EXPENDITURE	£35,792	£32,081	£67,873	£27,628	£29,299	£56,927
FINAL BALANCE	£18,826	£13,346	£32,172	£21,061	£10,372	£31,433

The financial position of Amaudo UK continues to remain stable and has benefitted from the increased web presence and social media engagement leading to an increase in online giving. A sincere thank you to everyone who has supported Amaudo UK throughout the year with their generous donations. Looking to 2020 we need to grow our Amaudo community through greater engagement with individuals and organisations to ensure that the funding is available to allow the ongoing transformation of lives of those experiencing mental illness in Nigeria. *John Pennells, Chair of the Finance Committee*



Sarah Dockree
Chair of Trustees
Amaudo UK

I am passionate about community. Whether that is in my street, my town or more generally, I believe we were made to work and live together, supporting each other and benefiting from one another's strengths and skills as we each walk through life.

Part of this passion was definitely instilled in me during the time I spent living and working in Amaudo - such a unique place that seems to embody "community" in all it does and seeks to do, in how it works, how it is structured and how it looks forward.

The community of Amaudo doesn't just exist in Nigeria though, it spans states, countries and continents - every one of you who supports Amaudo in any way is part of that community and it is all the

richer for it. If you're reading about Amaudo here for the first time we hope very much you'll join this amazing community and discover all that it offers and achieves for yourself.

Thank you.



V. Rev Kenneth
Nwaubani
Director, Amaudo

Since the creation of man God has continued to demonstrate love and care for humanity especially the needy and less privileged people in the society.

At Amaudo we are able to sustain our projects through donations and support from individuals, organisations, governments and corporate bodies including churches. This love and care for humanity demonstrated by all of you has sustained Amaudo for almost 30 years.

Now let me thank Sister Rosalind Colwill, for her vision and let me thank all of the partners and volunteers from UK who came to Nigeria to support her and later went back to UK and formed Amaudo UK.

Amaudo will be 30 years in 2019. What a journey.

But have you observed that despite all the contributions Amaudo has made together

with other service providers in mental health for the last 30 years instead of mental disorders reducing it is rather on the increase? As the Director of Amaudo, I know the overwhelming needs and challenges in this work and sometimes I am scared, but I have always learned to quietly trust in God Almighty.

Therefore, Amaudo has more work to do in the years ahead.

I therefore appeal to you all do not give up in supporting Amaudo financially, materially and with your prayers so that we can continue to care for humanity especially people with mental disorders.



AMAUDO UK STAFF

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AMAUDO

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