

AMAUDO

Making an impact in mental health

Annual Report 2020





Mission

Amaudo UK works in partnership to create affordable, accessible and sustainable solutions for people experiencing mental health problems or learning disabilities in Nigeria.

Aims

FUNDS FOR SUSTAINABLE DEVELOPMENT

We 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

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

GUIDANCE, TRAINING & MENTORSHIP

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



Kate Lumley

CEO and Founder

We headed into 2020 full of exciting plans and new ideas. We had projects to roll out, training to undertake and all kinds of fundraising activities lined up. And then Covid-19 struck and who would have ever believed the overwhelming impact it would have on all of our lives?

Very Rev Kenneth, Amaudo's Director, was quick to put plans in place to make sure all the residents and staff stayed safe. He implemented Covid protocols and trained staff to follow them. He also secured supplies of food, fuel and PPE and shared these with local communities in need. Thankfully no one fell sick, and Covid rates in this region of Nigeria have, so far, stayed low. The biggest challenge has been rising prices of basic goods and a marked decrease in local donations.

Despite the tragedies and uncertainties of the past year there have been some unexpected gifts. Simple acts of kindness, reaching out and caring for one another. Mental health has climbed the political agenda and we hope will stay a priority as we come out of the pandemic.

The slower pace has enabled us to have time to think and reflect about Amaudo and it's work and we continue to make exciting plans and develop new ideas. Hopefully we will be able to implement them soon.

Very Rev. Kenneth Nwaubani

Director, Amaudo Itumbauzo

The beginning of a new year in Amaudo comes with great excitement, zeal, and energy to engage in the proposed activities for the year. The passion to go to the streets and bring in people who are mentally ill and homeless to benefit from the rehabilitation, to visit clinics and support the psychiatric nurses, to identify children who have disabilities in communities and support them to live normal lives and to raise funds and create awareness about mental health. To achieve these, we have to collaborate with communities, service users, local and international funders, professionals, government etc. There will be travels, communications, and contacts with stakeholders. So, in January 2020 our doors were open for work.

But surprisingly and gradually the rumours and news about the Covid-19 began to spread. It was very far away in Wuhan, China so we, in the remote environment at Amaudo, were not worried because we thought it would be difficult for the disease to travel to Nigeria. We thought that if it did it would be controlled or its effect would be reduced before it reached us. Unfortunately, our assumptions were proved wrong, in a few months, this strange and devastating illness had spread around many countries. In Nigeria, the Federal Ministry of Health confirmed the first case of Covid-19 on 27th February 2020.

4th May 2020 will remain in the memory of the people of Nigerian because of the first lockdown by the Federal government to check the spread of the Covid-19 Pandemic. Then there came the other protocols of social distancing, wearing of face masks and regular hand washing etc. The lockdown and other measures seemed impossible and people found it hard to adjust to the new ways of life.

At Amaudo, the lockdown and social distancing affected our community life and services because community life is a life of sharing, touching, and living together. It was also very difficult to reach those in other communities. Nevertheless, we quickly reviewed our work so that Covid-19 would not be used as an excuse to neglect people who have disabilities especially people with mental health problems who before the pandemic already suffered social distance and other forms of restrictions. Covid-19 was a true test of our resilience and God helped us to overcome the challenges of hunger, high cost of food and service provision. None of Amaudo's project stopped, we did not lose any staff or resident. We discharged 20 recovered residents back home and children with disabilities were attended to despite the pandemic.

We were highly encouraged by the financial support we received from Amaudo UK to counter the economic and social effect of the pandemic even though the impact of Covid-19 was strong in the UK. We must praise and thank God Almighty for protecting all of us at Amaudo even though we risked our lives to go out to support our residents and other service users in the communities. We are very glad and grateful to God for protecting all at Amaudo UK. We sympathise with those who have lost their father, mother, child, or friend because of the Covid-19 pandemic.



Amaudo 1

Amaudo 1 provides a residential therapeutic community for homeless mentally ill people. Residents live alongside staff and are provided with a safe room to stay, regular meals, physical and psychological healthcare, support and training.

During 2020 Amaudo 1 supported 29 residents which was less than usual due to the Covid-19 pandemic. By December 15 were well enough to go home to their families.

Amaudo 2

Amaudo Ntalakwu is a small long stay community village. It has a family house for people with learning difficulties and smaller homes where people who are unable to be reunited with their families live. In 2020 there were 25 residents housed at Amaudo Ntalakwu.

Covid-19 Impact

Amaudo did not have any cases of Covid-19 during 2020 however they were severely impacted by the Government lockdown which restricted movement and saw the cost of basic supplies rise significantly. Amaudo UK was awarded a grant from the Joffe Foundation which was used to purchase PPE for staff and to ensure that Amaudo's water systems were in good order and running throughout the day for regular handwashing. It was also used to buy food which was distributed to local villages and members of Amaudo's Self Help Group.



Project Comfort

In 2020, Project Comfort provided support and rehabilitation for 88 children with a range of physical and learning disabilities from Bende, Ohafia and Isuikwuato Local Government Areas. The project also provided assistive devices for children with disabilities to enable them sit, walk or move around. Families who had malnourished children were supported to enable them to regain their growth.

On the ground

“During the second lockdown I mobilised the Project Comfort team to go to Ohafia because 3 children within the ages of 4- 5 month were booked for rehabilitation to correct club foot which was seriously affecting their legs.

We went to Ohafia with our protective equipment like face masks, gloves etc and we cast plaster of Paris on their feet so that the children’s’ feet could be corrected. I was filled with excitement because we could go out during such difficult time to help those children to overcome what would have caused long term deformity to their feet and that would affect their movement when they grow up.

We can always do just little things to change somebodies’ life especially during difficult times. If we fail to do that little thing someone (maybe a child) may live with deformity which could have been corrected. This is what Amaudo is doing.”

Community Mental Health

During 2020 the Community Mental Health Programme provided mental health care for approximately 5200 people across communities in Abia, Imo, Ebonyi and Anambra States.

Psychiatric Nurses went above and beyond their duties to deliver care however the project did experience a small rise in relapsed cases because of economic challenges and the restrictions in movement which made it difficult for some clients to access mental health services from the clinics.

Amaudo continued to ensure that psychotropic drugs were constantly supplied and that nurses received support and supervision during the lockdown.

Since the end of Amaudo's Mobile Mental Health project there have been a number of communities which have stayed in touch with Amaudo and worked hard to improve the mental health support and services locally. In the community of Ovim they have opened a new community mental health outreach clinic with the support of Amaudo and the approval of the Abia State Primary Health Development Agency who have posted a permanent community psychiatric nurse to the clinic.

In addition to this, one of the traditional rulers from Ovim volunteered to be on the Board of Amaudo to give traditional rulers a voice in the strategic planning of the organisation.





Agriculture

With escalating costs and supply issues facing Nigeria the farm has become an important investment at Amaudo. During 2020 Amaudo expanded its production of cassava, melon, and vegetables to reduce the feeding costs of the residents at Amaudo 1 and 2.

The palm plantation is now 5 years old and is running well. It produces all the palm oil needed at Amaudo 1 and 2. Amaudo is also self-sufficient in garri, a staple eaten daily. Amaudo also keeps goats and grows cocoa and plantain.

In addition to proving food the farm gives residents the opportunity to learn farming skills which will be important when they return home to mostly agricultural communities.



Student Nurse Training

During 2020 Amaudo hosted 30 students from School of Psychiatric Nursing Calabar. They were given the opportunity to experience community mental health work and shadow Amaudo's staff. The goal for the student nurses project is to increase the mental health skills of nurses and improve their capacity to engaged in mental health care both directly and indirectly as part of their nursing practice.

All other nurse training plans had to be postponed due to the pandemic.

Helping Hands School

Amaudo UK has been supporting the Helping Hands School by providing a regular grant to fund the teacher's salaries. This has meant that children do not miss out on school because they can't pay their school fees and teachers get paid every month on time. As a result, the children are attending more frequently and the school community is focussing their energy on providing an education rather than worrying about where basic costs are coming from.

2020 Financial Summary

	2020			2019		
	GENERAL	RESTRICTED	TOTAL	GENERAL	RESTRICTED	TOTAL
OPENING BALANCE	£16,985	£10,594	£27,579	£18,826	£13,346	£32,172
INCOME	£29,329	£10,454	£39,783	£32,860	£32,515	£65,375
EXPENDITURE	£18,464	£11,846	£30,310	£34,701	£35,266	£69,967
FINAL BALANCE	£27,850	£9,202	£37,052	£16,985	£10,595	£27,580

Overall the finances of Amaudo UK are in a better state than might have been expected thanks mainly to the ongoing support received through regular giving and a generous grant from the Lindsays Good News Trust.

Expenditure was also lower than planned due to Covid-19 which meant that unfortunately there was no opportunity to visit Nigeria. The year ended with a comfortable surplus.

Access to grants became difficult through the year due to Covid-19 and this is likely to be an ongoing issue for the foreseeable future.

Our thanks as always to all those who have continued to support Amaudo in these difficult times, helping to change lives in Nigeria.

John Pennells
Chair, Finance Committee



Dan Worrell

Chair, Amaudo UK

I don't think any of us could have anticipated the events that would overtake the world in 2020. From the first few cases of Covid-19 being reported in Wuhan in China in January to the lockdowns around the globe from March, the speed and impact of the global pandemic was unprecedented. Thankfully the public health impact in rural Nigeria has so far been limited compared to many nations, but the economic impact is now starting to bite.

Thanks to the hard work of the team Amaudo UK fundraising remained resilient in 2020, but as we look ahead to 2021 the picture in Nigeria looks increasingly difficult. Inflation is high and overhead costs continue to increase, whilst local revenues are down. The UK team will continue to support the efforts of the team in Nigeria to ensure organizational stability in the long term.



AMAUDO UK STAFF

Kate Lumley (CEO)

Julieann Withey

PATRON

Jackie Kay MBE FRSE

INDEPENDENT EXAMINER

Alfonso del Valle

TRUSTEES

Dan Worrell (Chair)

Tejesh Mistry (Vice-Chair)

Meagan Adriaans (Treasurer)

Sarah Dockree

Enyi Anosike

Peter Dockree

Michelle Knaggs

Liuna Fekravar

Ayesha Murtaza

John Pennells

Leila Reid

Address: Amaudo UK, Forest Hill Methodist Church,
Normanton Street, London SE23 2DS

Telephone: 07765151030

Email: amaudouk@amaudo.org

Website: www.amaudo.org



Facebook.com/Amaudo



Instagram.com/Amaudo_Itumbauzo



Twitter.com/Amaudo

Registered Charity Number 1084963