



AMAUDO

ANNUAL REPORT 2021



Student nurses at Amaudo learning about mental health in the community

MISSION STATEMENT

Amaudo UK works in partnership to create affordable, accessible and sustainable solutions for people with mental health needs 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 Amaudo Itumbauzo team to help them achieve their vision of changing more lives.







REPORT

KATE LUMLEY

CEO & Founder, Amaudo UK

2021 was still a year of uncertainty with the Covid restrictions ebbing and flowing in the UK, meanwhile in Nigeria they faced different struggles. Violence and protests erupted in towns local to Amaudo and the cost of living crisis saw many people go hungry. Even with this worrying background Amaudo was determined to continue delivering a wide range of mental health services to those that needed them. Yet again Amaudo's staff continued to impress us with their resilience and resourcefulness.

During the pandemic, mental health issues rose up the political and social agenda in many places. In Nigeria, Amaudo has grasped this opportunity and, for me, one of this years biggest successes has been the weekly radio show. Amaudo has driven the mental health narrative through a lively debate where mental health topics are discussed with an expert guest and calls from members of the public. It has become a safe yet powerful space for people to share their own mental health challenges, confronting the stigma and shame that so many people often feel.

The radio show is just one example which demonstrates how Amaudo is skilfully responding and evolving in an ever changing landscape. Faced with so many challenges their continued focus on sustainability, harnessing local resources, sharing their experience and championing mental health loudly and widely makes an impressive impact in this corner of the world.

CASE STUDY

OKORO'S STORY



Okoro was collected from the streets of Umuahia, the capital of Abia State, during the first week of January. He had been living beside a waste dump site. He appeared very unkempt with overgrown fingernails and he wore multiple female wigs which he tied on his hair. He was also wearing 15 women's bras. He asked us where we were taking him to, and we assured him that he was going somewhere that he would be taken care of and that he will be safe.

When he arrived at Amaudo he was able to bathe and have a hair cut. He had no insight about his mental health problems, and he claimed to be employed at the local dump site where he was paid N12,000 every month! He made remarkable progress during his first week at Amaudo, especially in his physical appearance. He was happy that he was given soap to bathe with and that Amaudo has given him clothes to wear. In fact, he removed his clothes to show staff that his body was clean. He was equally happy that the centre provided regular meals for him to eat. His delusions of working at the dump and being paid a monthly salary remained strong in the first few weeks and he regularly requested that Amaudo take him back to the dump to claim his salary.

Within 2 months of living at Amaudo, Okoro was able to take care of himself with minimal supervision. He happily engaged with the farming project, learning new skills. He worked very hard and was proud of his achievements, he told staff that when he harvests the vegetables he will take them to the kitchen so the cook can use them to prepare soup for the other residents.

Okoro was able to tell us his State of origin, which is the first step in us being able to trace his family. Okoro was emerging as a kind, hard-working and fun-loving member of our community. He loved to play draughts with other residents during our indoor games' afternoons.

After 5 months, Okoro was able to manage his personal care independently and was proactive in bathing, brushing his teeth, washing his clothes and dressing appropriately. He attended clinic daily and took his medication without any reminders. Okoro started to share information about his family and we learnt that he had a wife and child.

The next few months were an exciting time for Okoro, his family were successfully traced and he was able to return home. Amaudo staff discovered that he had been missing for over 2 years with his family members searching for him all over the State. Okoro will now live with his brother in the community supported by Amaudo staff.

In addition to support from residential staff, Okoro is also under the care of his local Community Psychiatric Clinic. Recently Amaudo carried out mental health awareness training in this village and worked with traditional rulers and local community members so as to increase their understanding of mental health issues and how best to support people. It is hoped that Okoro will enjoy the support and understanding of those he will be living alongside.



IMPACT

COMMUNITY MENTAL HEALTH



Amaudo's longstanding Community Mental Health Programme (CMHP) provided mental health care for 5000 people with mental health needs in the communities of Abia, Imo, Ebonyi and Anambra States. The Community Mental Health Programme has suffered some setbacks because of a lack of commitment by the governments of the beneficiary states especially Ebonyi and Anambra States who have struggled to replace retired psychiatric nurses. The CMHP Co-ordinator and Director continues to work with these Government departments to try and put in place strategies to address this.

In a continuation of Amaudo's promise to support initiatives in the communities surrounding Amaudo 1, Amaudo has worked with the Abia State Primary Health Care Development Agency to launch a new primary health care clinic in Itumbauzo which will provide health care to local communities.

5000+

people accessed support and care through Amaudo's Community Mental Health Programme

400

people attended the 'pop up' mental health clinic in Arochukwu

1

new primary health care clinic opened in Itumbauzo to provide healthcare to local villagers

On July 10th, Amaudo's Free Mobile Community Mental Health Programme opened a 'pop up' clinic in Arochukwu Local Government Area. The clinic provided mental health services to local people, many of whom had been identified beforehand and encouraged to come on the day by volunteer fieldworkers. The event was advertised on the local radio stations and Amaudo staff worked with community leaders to ensure the engagement of the community.

On the day, 57 people with mental health needs accessed help and were started on treatment paths, 3 of whom were taken back to Amaudo for residential care and rehabilitation. A mental health awareness campaign in the village engaged over 400 people.

Eke's Story

During the community mental health outreach day in Arochukwu the Amaudo team noticed Eke wandering around the market place. He was wearing clothes he had made himself from sack bags and was talking loudly to himself. We discovered that he was well known to local people but they didn't know what to do about him. Many felt scared by his presence and some had witnessed him being verbally abused. Staff managed to locate his family who explained that they had visited a herbal doctor but it hadn't helped and they were unsure what else they could do. They agreed that Amaudo could take him back to their Centre where he could receive treatment and support until he was well enough to return home.



IMPACT

TRAINING & AWARENESS RAISING



In March 2021, the Very Rev Kenneth launched a dedicated weekly radio show, sponsored by Amaudo UK. Each week he discusses different aspects of mental health with guests and callers. The radio show has proven to be an excellent medium for raising awareness and has resulted in a large number of listeners seeking further information and help.

Despite Covid constraints, Amaudo was still able to train 120 Student Nurses in "Community Mental Health Care" in 2021 and undertook training with Methodist Ministers on the theme "The role of the church in mental health care and advocacy". There were 86 participants including the Bishop, the Rt Rev O C Chiemeka and his wife. Ministers reported that they felt empowered by the training to support those members of their churches who may have a mental health need and to refer them to the nearest community mental health clinic for treatment and support.

120

student nurses stayed at Amaudo to participate in training on Community Mental Health Care

48

live radio shows in 2021 every Monday morning to discuss a range of mental health topics with guests

86

ministers came to Amaudo to explore "The role of the church in mental health care and advocacy"

IMPACT

AMAUDO 1 & 2



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 2021 a total of 40 residents lived at Amaudo 1. 28 people were admitted during the year. In December 20 residents were well enough to be discharged home to their families. During their stay at Amaudo residents learnt skills such as tailoring, hairdressing, bead making, trading, and farming to enable them to earn a livelihood and support themselves when they are discharged.

Amaudo 2 is a small, long stay community village. It has a family house for people with learning difficulties and smaller homes where people live who are unable to be reunited with their families. In 2021, 24 residents lived at Amaudo 2 with 11 staff to support them.

28

homeless, mentally ill people were collected from the streets and brought to Amaudo 1

20

residents completed their rehabilitation at Amaudo 1 and went home to their families and communities.

24

residents lived in the family house & community village at Amaudo 2 with a team of house parents



IMPACT

INFRASTRUCTURE & AGRICULTURE

During the year Amaudo UK was able to make a final grant to fund the refurbishment of the conference hall. This has been a four year project to renovate an existing building which has been repurposed as a training venue. Amaudo is always looking for ways to share mental health skills and knowledge and hopes that having the facilities to this will encourage even more visitors. Amaudo also reroofed the chapel at Amaudo 1 and continued re-roofing houses at Amaudo 2.

To try and combat some of the escalating food costs, Amaudo has invested heavily in expanding it's agricultural activities. During the year Amaudo has grown cocoa, plantain, cassava, melon, palm fruit and vegetables. It is able to process it's own palm oil and garri, a staple food eaten daily. It has also kept goats and poultry. In addition to providing food the farm gives residents the opportunity to learn farming skills which will be important when they return home to mostly rural communities.

100%

of palm oil used by Amaudo is grown and processed on site.

180

chickens have been kept to provide eggs and meat for residents and staff at Amaudo 1 and 2

7

roofs have now been replaced at Amaudo 2. We're still trying to raise funds for the remaining 9

IMPACT

PROJECT COMFORT



During 2021 Project Comfort provided community based rehabilitation (CBR) for 96 children with physical and learning disabilities in Bende, Isuikwuato and Ohafia Local Government Areas of Abia State.

The project collaborated with local people including women leaders, primary health care attendants and community leaders to identify children with disabilities who may benefit from the programme's therapeutic interventions and support. Project Comfort fieldworkers delivered training on how to support children with disabilities to parents and wider family members.

The project also organised training programmes for pregnant women and nursing mothers on child health topics particularly those where illness and subsequent disability may be prevented. Some children were supported by project Comfort to register for school.

96

children with special needs received rehabilitation and support from Project Comfort

3

Local Government Areas of Abia State were covered by the services of Project Comfort

8

fieldworkers provided therapeutic interventions for children with learning disabilities

IMPACT

HELPING HANDS SCHOOL



The Helping Hands primary school, in the nearby village of Mbokwa, was established by Amaudo as part of its commitment to support the local community. In recent years Amaudo UK has been providing an annual grant to contribute to teachers' salaries. This has meant that children do not miss out on school because their parents can't pay their school fees and the teachers get paid every month on time. This has resulted in children attending school more regularly and the school community focussing their energy on providing an education rather than worrying about where basic costs are coming from. During 2021 Amaudo UK continued to provide a grant to contribute to teachers' salaries which has enabled 98 children to attend school regularly.

"If not for Helping Hands our children would have remained illiterates because we can not afford the cost of education. Even if we had the money the road is so bad for our children to trek to another community for a basic education" Year 3 Parent

98

local children attended school during 2021

350

previous students have now completed university, studying subjects such as law, medicine & engineering

9

teachers work at the school including the headteacher who has been in post for over 20 years

FINANCIAL SUMMARY 2021

	2021			2020		
	GENERAL	RESTRICTED	TOTAL	GENERAL	RESTRICTED	TOTAL
OPENING BALANCE	£27,850	£9,202	£37,052	£16,985	£10,594	£27,579
INCOME	£47,167	£24,400	£71,567	£29,329	£10,454	£39,783
EXPENDITURE	£39,557	£27,652	£67,209	£18,464	£11,846	£30,310
FINAL BALANCE	£35,460	£5,950	£41,410	£27,850	£9,202	£37,052

The continuing generosity of those who make a regular contribution by standing order underpins the financial health of Amaudo UK. A further generous grant from the Lindsays Good News Trust and donations in memory of the late Margaret Clutterbuck have ensured that it has been possible to make grants to Amaudo in Nigeria to further specific projects. Fundraising remains a challenge in the current economic climate and our sincere thanks are offered to all those who continue to give. As new ways of fundraising are explored, the support of the online shop has been a great encouragement.

John Pennells
Chair, Finance Committee

GRANT HIGHLIGHTS

£2,000

Agricultural Equipment

£5,300

Radio Awareness

£3,500

Infrastructure Projects

£3,000

Community Mental Health

£1,800

Amaudo 2 Running Costs

£2,400

Project Comfort

£2,500

Covid Recovery Grant

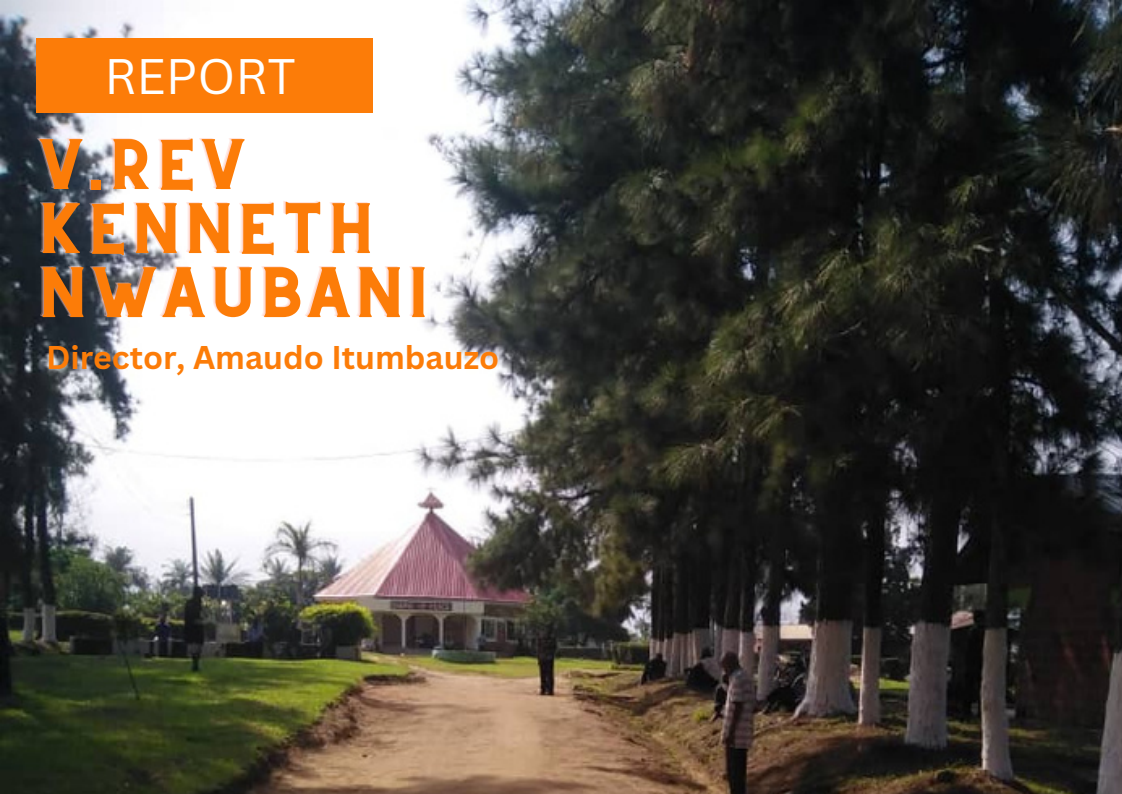
£2,500

Helping Hands School

REPORT

V. REV KENNETH NWAUBANI

Director, Amaudo Itumbauzo



The year 2021 was a challenging year for Amaudo, financially and socially, due to the COVID-19 pandemic and the subsequent insecurity and violence which increased in Nigeria. The situation caused an increase in the cost of goods and services for example in the price of food items, diesel and petrol, psychotropic drugs and services to maintain the generators and vehicles. For me, as the manager of Amaudo 2021 was a tough year. Despite the difficulties, Amaudo overcame the storm and carried out treatment and rehabilitation of people who have mental health challenges, and children with disabilities. We discharged 20 residents and reunited them with their families. All Amaudo projects including the Helping Hands School continued to receive their monthly funding and staff were paid their salaries throughout the year. We can say that Amaudo survived the horrible challenges occasioned by the COVID-19 pandemic because God is with Amaudo.

It is important to state here that Amaudo UK showed great commitment to supporting Amaudo despite the increase in COVID-19 in the UK. They provided the regular transfer of funds for monthly project support, a special fund to cushion the effect of COVID-19 and funds for infrastructural development like reroofing the Amaudo 2 residential building and equipping the community hall. They also funded the Community Mental Health Outreach project and the weekly radio awareness programme. Amaudo UK demonstrated her love and support for Amaudo Nigeria in 2021 despite the challenges. They helped us to remain strong and we can only thank them for their support during those horrible times of 2021.



REPORT

DAN WORRELL

Chair, Amaudo UK

After the challenging events of 2020, we all entered 2021 with a new found sense of hope and optimism for the future. Alas, myriad challenges continued; be they Covid related, political or economic. But difficult times often bring out the best in people and the Amaudo community has certainly come together to safeguard the future of the organisation, and continue to innovate and pioneer our important work in the mental health sector in the region. The team in Nigeria always amaze me with their resilience and ability to continually step up and meet new challenges head on, and I'm pleased to say the organisation continues to thrive as a result.

The team at Amaudo UK refocused their efforts for fundraising and pivoted to support the needs of the team in Nigeria, to great effect. The operational set-up in Nigeria has become more sustainable as a result and fundraising performance remains strong. We ended the year in a good position thanks to the efforts of everyone involved, particularly the leadership of Rev Kenneth in Nigeria and Kate in the UK, and I'm pleased to say Amaudo remains well placed not just to meet any further challenges ahead, but to keep building on the achievements previously made. Our various programmes continue to impact the lives of more and more people and it's this impact that continues to motivate all involved.

THANK YOU

As a small charity with big ambitions, your donations have a huge impact. Amaudo is truly grateful for every penny you have so generously given during 2021





INFORMATION

AMAUDO UK TEAM

AMAUDO UK STAFF

Kate Lumley (CEO)
Julieann Withey
(Administrator)

PATRON

Jackie Kay MBE FRSE

INDEPENDENT EXAMINER

Alfonso del Valle

TRUSTEES

Dan Worrell (Chair)
Tejesh Mistry (Vice-Chair)
Meagan Adriaans (Treasurer)
John Pennells (Secretary)
Enyi Anosike
Sarah Dockree
Peter Dockree
Liuna Fekravar
Michelle Knaggs
Ayesha Murtaza
Leila Reid

CONTACT US

Amaudo UK, Forest Hill Methodist Church & Centre,
Normanton Street, London SE23 2DS

07765151030

amaudouk@amaudo.org

www.amaudo.org

Registered Charity Number: 1084963