

# AMAUDO



## Spring Newsletter

Dear friends,

It's been a busy few weeks at Amaudo. The residential accommodation for trainee nurses is almost complete and funding has just been secured to purchase all the equipment necessary to equip it for the students when they arrive for their mental health training. The radio show, which discusses mental health issues each week, is prompting more and more people to reach out to Amaudo for information and support. And, as always, the Amaudo team continue with their everyday work supporting those with mental health needs in the community and in its residential centres.

Once again Nigeria is presenting many challenges for Amaudo. Currency denominational changes, high inflation, National and State elections and an increase in violence and unrest are all making the work more difficult, yet our amazing team plough on, undeterred, hoping that things will settle soon. There was cautious optimism earlier in the year when Nigeria's Mental Health Bill was finally signed into law and although its impact will not be fully felt for some time, we are optimistic that Amaudo can use it in the fight for Mental Health rights.

In the UK we continue to be grateful for the generosity shown by our loyal supporters. We love seeing and hearing about all the wonderful ways you raise money for Amaudo that allow us to continue to support the life changing work that is undertaken in Nigeria.

We hope you enjoy Blessing's story below and news of the 70th birthday fundraiser for Amaudo's founder, Ros Nkechi Colwill.

Best wishes

The Amaudo Team

# Celebrating 70!

## Amaudo's Founder, Ros Colwill, turns 70



Ros founded Amaudo over 30 years ago in response to growing numbers of mentally ill people roaming the streets of south east Nigeria. At the time she was working as a Methodist mission partner in a Leprosy Centre in Uzuakoli not far from where Amaudo's centre is now sited.

She developed a pioneering vision for a safe and tranquil place where homeless people with mental health needs could come and recover in a therapeutic community.

With her dogged determination, and many miles travelled on her beloved moped, she managed to persuade others to come on board with her plans and Amaudo was born.

Over the years, the organisation has grown to provide a range of mental health services. Amaudo continues to work with local communities to raise awareness of mental health issues to reduce stigma and discrimination. It also challenges the government to ensure basic human rights. Despite its growth, much of Ros's original vision and founding principles stand strong and through Amaudo Ros has touched many thousands of lives.

This April we will celebrate her 70<sup>th</sup> Birthday and in honour of this event Ros has set up a birthday fundraiser to raise £3,500 for a community mental health outreach event in Umuahia, the capital of Abia State. The event will target young people and raise awareness about drug abuse which is on the increase and exposing many young people to mental health problems.

Any contribution you can make to this project would be much appreciated.

Thank You.

Please donate at <https://justgiving.com/campaign/ROSIS70> or by cheque posted to the office.



## **Blessing's Miracle**

**by the Very Rev Kenneth Nwaubani  
(Director, Amaudo Itumbauzo)**

Blessing was discharged in December 2022, but she could not be reunited with her family because she suffered severe traumatic memory loss. We had taken Blessing to two different locations that she had mentioned but nobody could recognize her.

Blessing watched on as her colleagues who were discharged alongside her went home and she became very worried that she would never be reunited with her family. Blessing remained at Amaudo.

The miracle happened when two ladies visited Amaudo and introduced themselves as being from Blessing's family. The co-ordinator who received them was very surprised and inquired how they knew that Blessing was at Amaudo. They told how a pastor, who knows their family very well, informed them that she saw Blessing on television during the 2022 Amaudo discharge service thanking Amaudo for her recovery from her mental health problems. They were initially reluctant to visit Amaudo but after the burial of their late father, they decided to visit Amaudo to find out if the information given by the pastor was true. But Blessing did not recognize her sisters. Since we could not confirm they were related, we were unable to release Blessing into their care.

I decided to personally take Blessing to Umuahia to see if anyone there could recognise her. When we arrived at the community square a man, unprompted, joyously exclaimed "Blessing are you alive?". The man identified Blessing as his elder brother's daughter. He led us to Blessing's family and her mother was overjoyed when she saw her daughter. The community gathered and Blessing was finally reunited with her family.

This amazing story demonstrates the importance Amaudo attaches to the family and community in mental health care and recovery.



## **Do It For Amaudo - Inflatable Obstacle Course**

Every day the staff and residents at Amaudo overcome seemingly impossible obstacles - be they impassable roads, lack of services or stigma.

Would you be willing to face some obstacles and take part in a sponsored Inflatable Obstacle Race to raise money for Amaudo?

- \* Choose a course near you
- \* Thirty-two inflatable obstacles
- \* 5km, 10km or 2.5km
- \* From £30 for adults and £20 for children
- \* Support with your fundraising efforts
- \* Personalised JustGiving page

Email us at [amaudouk@amaudo.org](mailto:amaudouk@amaudo.org) for more information or to sign up.





## Free donations to Amaudo when you shop

In this age of internet shopping there are many ways you can help Amaudo without any extra cost to yourself. Sadly, Amazon Smile ceased to exist at the end of February but you can still support Amaudo through shopping by signing up to Easyfundraising.

You can find out more at

<https://www.easyfundraising.org.uk/support-a-good-cause/>



**We need you support.**

**As a small charity with big ambitions, your donations can have a huge impact in tackling mental health challenges.**

For Amaudo UK enquiries please contact Kate or Julieann at:

07765151030 | [amaudouk@amaudo.org](mailto:amaudouk@amaudo.org)

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

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