

# AMAUDO

2019 ANNUAL REPORT



# **AMAUDO UK 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.



## CHIMA'S STORY

I am a newly married man and I live in Lagos with my wife. We were overjoyed when my wife became pregnant with our first child and when the date for her to deliver the baby drew near, I took her to my home village in Eastern Nigeria so that she could be supported by my family at her time of her delivery and in the early weeks of our baby's life. Until this time my wife had not had any form of mental illness.

On the day our child was born we were so excited when she delivered a baby boy. Unfortunately, what was supposed to be a joyful time in the life of our family turned to sorrow because my wife could not care for her baby. In fact, worryingly, she attempted to harm our new baby.

My mother took my wife to the prayer house because we suspected that she was having a spiritual problem like "Ogbanje" or "Ukeh"\*. She stayed in the prayer house for about two days. When she returned the problem became worse, she became more distressed and still could not care for her new-born child.

It was not long before she abandoned the baby altogether and wandered away from home. She lived rough on the streets for about one week before Amaudo workers found her. They took her to Amaudo where her mental health was properly assessed.

After one week she slowly began to recover, and she remembered that she had delivered a baby but she felt really worried about going home. During a review session she was able to give her father's mobile phone number to the staff. Her father visited her at Amaudo and narrated the story about how the entire family had been looking for her everywhere and had even reported to the Police that she was missing.

When my father-in-law informed me that she was at Amaudo I did not know about Amaudo or where it was located. When I finally arrived at Amaudo and saw my wife I could not believe that she was alive. I had spent so long travelling the streets and the bush searching for her.

It was a warm reunion with tears of joy. I was able to bring her home to our baby son and she is now able to care for him.

Amaudo saved my wife and my new-born child. Amaudo saved me from accusations and suspicion. I promise take care of my wife because I now understand that my wife is not experiencing 'Ogbanje'. Truly Amaudo changed the life of my family.

\*Many women across the world experience postpartum psychosis. In Nigeria because of a lack of information many husbands and family members regard it as "ogbanje" or "ukeh" types of spiritual problems and as a result some women are abused, abandoned or divorced.



## ESTHER'S STORY

As a young girl, I grew up with lots of hope in my life. I attended primary and secondary schools. Then I became mentally ill and my life turned upside down. I faced stigma and discrimination. I could not continue my education. My family took me to our local Amaudo Community Mental Health Clinic where I received treatment and I became mentally stable. I visited the clinic every month for my mental health review with the psychiatric nurse. The payment for the cost of my monthly medication was made by my parents.

Eventually, my parents became old and the cost of my livelihood and my monthly medication became a burden on my family. One day my Psychiatric Nurse informed me that Amaudo has introduced the Self-Help Group for people who have a mental health problem and I was invited to the meeting. I felt reluctant to attend the meeting because I did not want to be exposed to people who will stigmatize me because of my illness but I attended the meeting at last. I felt safe at the meeting because I did not see anyone who will stigmatize me.

Amaudo organised training for us on "Micro Finance Credit and Setting up Small Business for Livelihood". They taught me that I can still do something to earn a living instead of depending on my family and society. Amaudo had promised to give small loans to any member of Self-Help Group who has a business idea and passion to start the business.

I indicated interest to start a small shop where I will sell some consumables like soap, toothpaste, toilet rolls, biscuits. Soft drinks etc. I was given a loan by Amaudo to start the business. I successfully started the small shop for consumables (provisions). I did very well in the shop and paid back the loan I received from Amaudo.

Presently my shop is doing very well, and I can provide my basic needs and pay for my monthly medication. I do not have to depend on my family or go and beg people for money for my livelihood. I have gained some respect from the community because people come to my shop to purchase items. They do not see me again as someone who cannot do anything for myself because of my illness.

I am very grateful to Amaudo for changing my life.



**Kate Lumley**  
CEO, Amaudo UK

### **30 YEARS OF AMAUDO**

2019 marked 30 years of Amaudo – what an incredible achievement. 30 years of hard work, 30 years of reaching out to some of the most marginalised people in our world, 30 years of collaborating with communities, churches and governments and 30 years demanding that mental health should be on the health agenda.

For me I see Amaudo as offering a beacon of hope in a sometimes cruel and chaotic world. Of course it has brought hope to the thousands and thousands of service users it has supported over the years but I also believe it should bring hope to us all. Amaudo gives us the opportunity to witness such amazing care and kindness, such dedication and

determination and to see real, positive changes to the lives of so many people.

Ros Colwill, who founded Amaudo 30 years ago, did not dare to hope that her vision would still be a reality in 2019, but with the support and dedication of so many I know that it is a reality which will be with us for at least another 30 years and will continue to strive to make the world a better place.



### **Amaudo Itumbauzo**

During 2019 Amaudo 1 supported for 43 residents in its residential centre in Itumbauzo. They joined community life and were provided with a safe place to stay, regular meals, healthcare, support and training. During the discharge service in December 25 residents were well enough to return home to their families and communities.



### **Amaudo Ntalakwu**

Amaudo 2 cared for 23 residents during the year. 17 are recovered mentally ill people living in the community village. Many have extra care needs as they are getting older, Mama Comfort, the oldest resident is in her 80s, so Amaudo has recruited an extra staff member to support them. 6 people with learning disabilities were cared for in the family house.



### **Project Comfort**

Project Comfort provides community-based support and therapy for children with learning and physical disabilities. During 2019 the project saw 83 children regularly with various disabilities through its programme. The project also provided assistive devices for children with disabilities to enable them sit, walk or move around. The project delivered training to women on nutrition and childhood disabilities.





## **Mental Health in the Community**

Amado continued its programme of mobile mental health clinics in local communities in Abia State. Events were well attended and attendees were able to access a range of services. Following the 'pop-up' clinic feedback confirmed that the majority of those who received treatment and advice were now stable and had returned to their local community psychiatric clinic. Other referrals to the clinic also increased as the communities became aware of the services. Community leaders played a crucial role in promoting the events and encouraging communities to engage with the programme. They reported back how much the lives of people who had received treatment had already changed.

Amado's Community Mental health Programme works in partnership with the government to provide a network of psychiatric clinics across four states. Each clinic has a psychiatric nurse who supports local people with mental health challenges and they also work in the community promoting mental health issues. During the year the number of new services users increased due to the sign-posting from the mobile mental health project and awareness raising activities. During 2019 almost 10,000 people accessed the service.



## IMPROVING INFRASTRUCTURE

Amaudo UK provided over £10,000 in grants to Amaudo during 2019 to improve and maintain the facilities at Amaudo 1 and 2.

Having completed the reroofing project at Amaudo 1 we were able to move on to Amaudo 2 where we were able to fund 4 new roofs. This work is essential to stop the buildings deteriorating in the rainy season. Also at Amaudo 2 funds were used to fix the ceilings and repaint the family house to ensure that it was safe and clean for residents to live in.

Funding was also used to renovate the community hall which is being repurposed as a training centre. During the year student nurses used the new facility and in the future it will be used with different groups for seminars, workshops, training, meetings and retreats. It is planned that Amaudo will be able to rent out the space to provide a source of income.



## RAISING AWARENESS

Raising Awareness about Amaudo and mental health issues continued throughout the year. Amaudo's Director, Rev Kenneth, has worked hard to nurture relationships with local television and radio stations and frequently provides stories, jingles and news about Amaudo and mental health issues which reach a large local audience.

During our CEO's visit to Nigeria in December she participated in a live one-hour show on BCA (Broadcasting Corporation of Abia State) with Rev Kenneth and Emma Ndukwe, the Chair of the Board. They were interviewed by the host on many different aspects of mental health and the services provided by Amaudo and how to access them. They also participated in two radio shows where again they talked about mental health issues and answered a number of insightful and curious questions.



**SKILLS, KNOWLEDGE  
& EDUCATION**

## Student Nurse Training

During 2019 Amaudo hosted 25 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. The main focus for 2020 is to gradually renovate the rooms where the students currently stay while trying to secure funding for a purpose-built accommodation block.

## Self-Help Groups

Amaudo's network of self-help groups was established to support people who have experienced mental health challenges. During 2019 a group of members received training on liquid soap making to be able to gain skills for employment. Some of them received micro finance credit from the SHG revolving micro finance credit scheme to establish their own businesses.

## 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.

## LEGO Training

During the year the LEGO Foundation kindly donated sets of Duplo as part for their Six-Bricks Challenge. During Kate's visit to Amaudo she was able to deliver a LEGO training session with the Headteacher, staff and children from the local Helping Hands School.

104.1FM



*Sharing God's Love*

VISION AFRICA RADIO

**BUILDING  
PARTNERSHIPS**



Amaudo UK and Amaudo Itumbauzo continued to strengthen their partnership with a visit by Kate Lumley, CEO of Amaudo UK, in December. Kate was able to participate in a broad range of Amaudo's activities during her stay and attended the launch of the Mobile Mental Health Project in Umunneochi LGA in the north of Abia State.

She also participated in several 30th Anniversary events including Amaudo's Anniversary Fundraising Banquet and a one-hour TV special interview on Amaudo and Mental Health.

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.





	2019			2018		
	GENERAL	RESTRICTED	TOTAL	GENERAL	RESTRICTED	TOTAL
<b>OPENING BALANCE</b>	£18,826	£13,346	£32,172	£21,061	£10,372	£31,433
<b>INCOME</b>	£32,860	£32,515	£65,375	£33,557	£35,055	£68,612
<b>EXPENDITURE</b>	£34,701	£35,266	£69,967	£35,792	£32,081	£67,873
<b>FINAL BALANCE</b>	£16,985	£10,595	£27,580	£18,826	£13,346	£32,172

The finances of Amaudo UK have remained steady throughout the year. Regular donations have dropped by a small amount but overall the supporter base remains strong. Amaudo UK benefitted from a significant grant from Joseph Rank trust which helped to offset the drop in general donations and also a smaller amount received through Gift Aid. Amaudo UK continues to develop its strong social media presence and website. A heartfelt thankyou to all those who have supported Amaudo UK throughout the year enabling the work to transform the lives of those experiencing mental health issues in Nigeria.



**Dan Worrell**  
Chair of Trustees  
Amaudo UK

**I first visited Amaudo back in 1997 and all these years later it's inspiring to see that the organisation continues to evolve and thrive.**

It was a great honour to become Chair of Trustees for Amaudo UK in 2019, especially as we were celebrating 30 years of Amaudo's pioneering mental health services in Nigeria.

To mark 30 years we gathered together a collection of personal stories about Amaudo which can be found on our website. They are a celebration of hope and courage and demonstrate how the ripples of Amaudo's work have travelled far and wide. It was a process that brought back many memories for all involved.

2019 was also tinged with sadness when Lena Kiselyk, our UK Administrator,

passed away suddenly. Our condolences to her friends and family, especially her husband and three sons. Lena worked with us for many years and we miss her hugely.

I'd like to thank Sarah Dockree for passing on the Chair in such strong and vital health and look forward to an exciting and productive 2020.

Thank you.



V. Rev Kenneth  
Nwaubani  
Director, Amaudo

**The year 2019 is a memorable year because Amaudo celebrated 30 years of uninterrupted service to humanity, especially to people who have mental health problem through the mercy of God Almighty.**

This service has been achieved with uninterrupted support from Amaudo UK.

Amaudo UK has been the Big Brother to Amaudo Nigeria for many of our 30 years and you have not relented.

I say a big thank you to my big brothers and sisters in Amaudo UK and to everyone who has supported them over the years.

Though the journey has been sometimes been stressful my joy is that the vision of Sister Rosalind Colwill is in our hands and is still changing lives and bringing

hope to the hopeless.

This is the reason why we all should continue to support Amaudo Itumbauzo.



## **AMAUDO UK STAFF**

Kate Lumley (CEO)

## **PATRON**

Jackie Kay MBE FRSE

## **INDEPENDENT EXAMINER**

Nadezda Wandiy

## **TRUSTEES**

Dan Worrell (Chair)

Tejesh Mistry (Vice-Chair)

Meagan Adriaans (Treasurer)

Sarah Dockree

Enyi Anosike

David Cruise

Peter Dockree

Michelle Knaggs

Liuna Fekravar

Ayesha Murtaza

John Pennells

Leila Reid

# AMAUDO

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