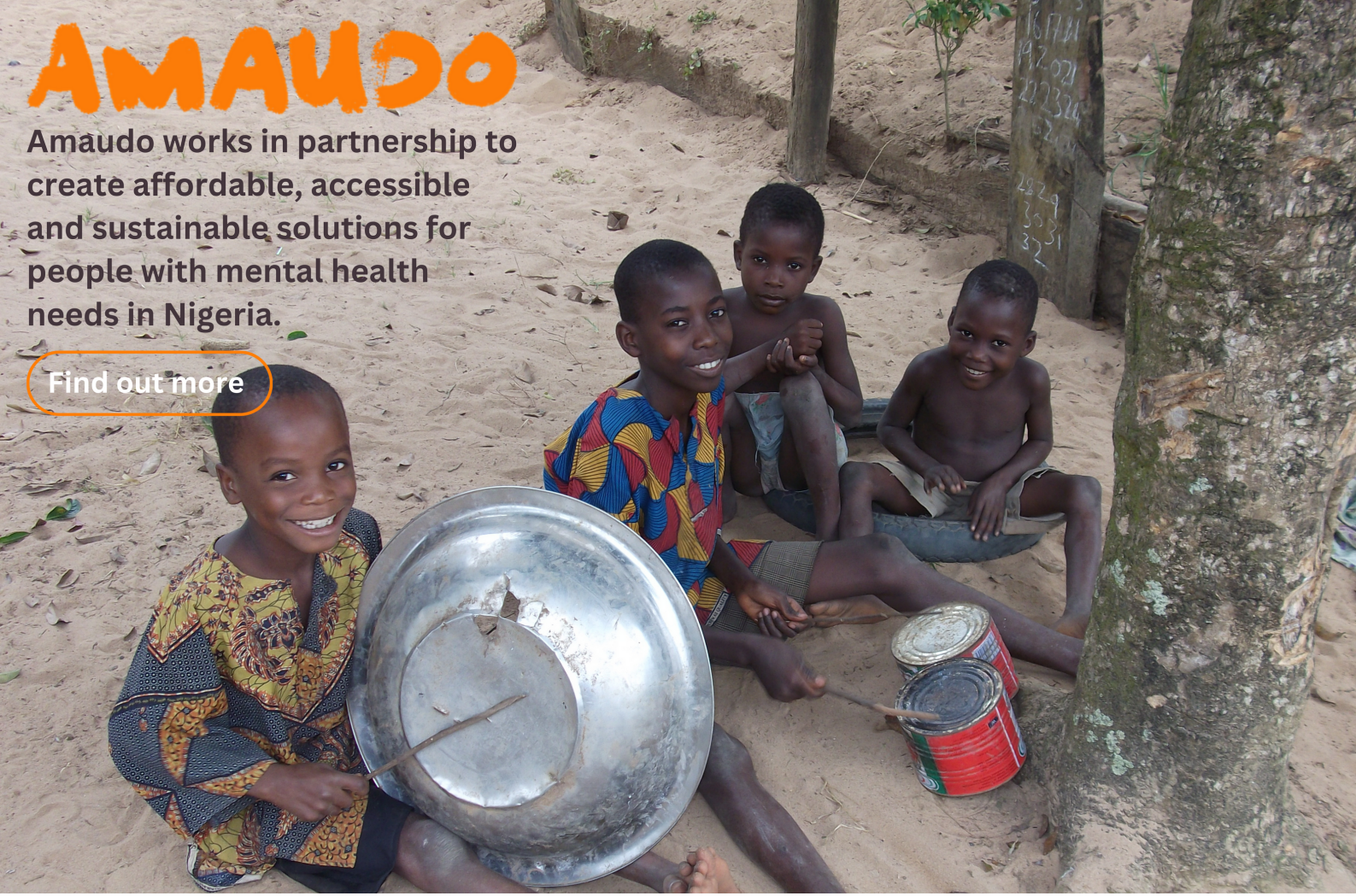


# AMAUDO

Amaudo works in partnership to create affordable, accessible and sustainable solutions for people with mental health needs in Nigeria.

[Find out more](#)



## Autumn Newsletter 2023

Dear Friends,

As the nights draw in and autumn settles upon us, we hope this letter finds you well and warm. Your continued support means the world to us, and we wanted to share some recent updates from Amaudo that your generosity has helped make possible.

At the beginning of November a new group of residents joined the Amaudo community, embarking on their journey towards rehabilitation. All were living on the streets of Umuahia until the Amaudo team found them and brought them to the Amaudo community. Your support enables us to provide a nurturing environment where they can recover and access the care and services they need.

The newly completed residential training facility has already hosted a number of groups of nursing students to participate in our mental health training programme. It is already proving to be a crucial space for learning and development, fostering the next generation of mental health professionals.

On October 10th, Amaudo joined hands with the Federal Medical Centre Umuahia to celebrate World Mental Health Day. The event brought together dedicated staff to explore the theme, "Mental Health is a Human Right."

As we find ourselves in the midst of a cost of living crisis, charitable funding is harder than ever to secure and we are therefore hugely grateful for your ongoing generosity and commitment to Amaudo UK.

Best wishes

The Amaudo Team



# News from Nigeria



## Helping Hands School

The Helping Hands School has a new 4 class block, funded by the Nigerian Universal Basic Education Fund. The children are very pleased with their new learning environment and the community is happy too! 97 children from the village of Mbukwa currently attend the primary school. Amaudo UK makes a regular contribution towards the teachers' salaries.



## Amaudo 2

Very Rev. Kenneth, Amaudo's Director, recently spent the afternoon at Amaudo 2, Amaudo's long stay community

"At my recent visit to Amaudo 2, I had a warm stay with Kathy, Charity and Christiana. Kathy and Charity are the longest staying residents at Amaudo 2. Both are above 70 years old. It is amazing that God continues to sustain their lives."



## Student Nurses

In October 114 student nurses came to Amaudo to for community mental health care experience and training. All nursing students have to undertake a mental health component as part of their course and Amaudo is providing this opportunity for a number of institutions in the region.

You can find out more about Amaudo at:  
[www.amaudo.org](http://www.amaudo.org)

# Support Amaudo this Christmas

## Online Christmas Gifts

If you are looking for alternative presents this year, we have a range of Virtual Christmas Gifts available. Buy a Gift Certificate from Amaudo and support Amaudo's residents on their road to recovery. We will email you a pdf of your gift certificate to print at home.

Ranging from £5 for the Gift of Transport to £100 for the Gift of Family, we have ideas to suit all pockets. You can find our gifts at [www.amaudo.org/shop](http://www.amaudo.org/shop).

## Regular Giving

In these challenging times being able to plan ahead and fund ongoing projects is really important to us. Would you be willing to pledge a regular donation to Amaudo?

Just £5 a month (worth £6.25 if you are able to Gift Aid your donation) is enough to fuel a motorbike for a community mental health nurse to reach all corners of their area. Even just £2 a month (worth £2.50 with Gift Aid). could help spread the message of the importance of good mental health and help those who cannot help themselves. If you contact the office we can send you forms to set up a standing order or you can set up regular donations online using our JustGiving account. Find out more here: [www.amaudo.org/make-an-impact](http://www.amaudo.org/make-an-impact)

## Easyfundraising - free money for Amaudo when you shop

Please remember, when you are doing your Christmas shopping, and even your everyday shopping, you can support Amaudo and it wont cost you a penny. Easyfundraising helps turn your online shopping into free donations for Amaudo. Just sign up and select Amaudo UK as your charity. Find our more here:

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



**We need your support.**

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

Contact Us

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