



2022

# AMAUDO

MAKING AN IMPACT  
IN MENTAL HEALTH

## Annual Report

Amaudo UK  
Normanton Street  
London SE23 2ER

[www.amaudo.org](http://www.amaudo.org)

# Our Mission & Aims

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



## 1 IMPROVE KNOWLEDGE

We aim to improve the mental health skills and knowledge of the Amaudo worker team and other health workers. We will also support training initiatives in local communities and with leaders and decision makers.

## 2 STRENGTHEN INFRASTRUCTURE

We aim to strengthen Amaudo's infrastructure by funding improvements and developments to current facilities at Amaudo 1 and 2. We will also provide funding for new equipment and resources.

## 3 RAISE AWARENESS

We aim to reduce the stigmatisation experienced by people with mental health needs and ensure their human rights are upheld. We will do this by raising awareness of mental health issues across the communities in which Amaudo works

## 4 INCREASE CAPACITY

We aim to increase the capacity of Amaudo Itumbauzo by accessing and utilising funding, expertise and resources in the UK. We will also support local fundraising, collaborations and networking in Nigeria.

# Sarah Dockree

## Chair of Amaudo UK

Amaudo has a long history of reaching those who many would say were unreachable – of transforming the lives of individuals affected by mental illness, giving families hope who thought they'd lost their loved one forever, bringing children with disabilities who were being hidden into full view and giving them a better quality of life. Over the years it has persevered – through so many challenges and obstacles, never giving up on reaching those on the edge of society. As I read this report and consider the impact Amaudo is currently having, I am amazed at where its expertise, its transforming care and its consistent campaigning and advocacy is reaching. The radio show broadcast each week reaches millions of people, listening from far and wide; the community awareness programmes reach hundreds of villagers each time. Training for journalists and others mean that they not only hear the message of Amaudo but are equipped and empowered to pass it on through their professions – the transformative work of Amaudo no longer knows any bounds.

Today, Amaudo is not limited to those who live nearby or happen upon its residential centres, it is not limited to those who have found themselves destitute – instead it reaches into many thousands of lives, through its clinics, its centres, its programmes and the training of so many. All of this is made possible, of course, by the generosity of so many individuals, grant makers and funders, to all of whom we are very grateful. Whether you have recently discovered Amaudo or have followed its journey for many years, I encourage you to pause as you read this and consider the wonder of where Amaudo has come from and the possibilities of where it may still reach.



# Godwin's Story

My mental illness started in 1987 when I was 15. On that fateful evening as I was taking supper with my brother, I suddenly started to hear strange voices in my head. Before I could reason what was happening, I had lost my memory and control of my mental faculties.

I was taken to different places for treatment but to no avail. On occasion my father would bring men who would bundle me to a native doctor for treatment in chains. It was horrifying. I saw myself in a constant state of internal disintegration and external shame.

One evening my father came home and saw my terrible condition. Soon after, he took me to a more powerful native doctor. After administering his medications, I regained my faculty for some weeks, only to relapse again. My family then took me to see a man called "The Final Bus Stop". After another relapse they gave up on me, it was 1999. Meanwhile, I completed my secondary school education amidst public stigmatisation. I was once shot almost dead by village vigilantes, whilst wandering late at night, not knowing where I was. They mistook me for a thief and opened fire. After this incident, my father left me to my fate.

It was at this point that the co-ordinator of Amaudo came into my life. From that moment my story started changing for good. Amaudo provided a safe space for me to recover. I was able to receive professional care alongside living in an active community. I gradually began to improve and Amaudo helped me get back in touch with my family.

After I got well, I completed my BSC in Biology and married my lovely wife and our union is blessed two beautiful girls. Without Amaudo and the psychiatric nurse that handled my case maybe I would be dead by now.

***"Without Amaudo and the psychiatric nurse that handled my case maybe I would be dead by now."***



# Amaudo 1

Amaudo 1 provides a residential, therapeutic community for people who are homeless and mentally ill. Rehabilitation takes place whilst residents and staff live, work, eat and socialise together. Rehabilitation can involve counselling, medication, training and family tracing. Most residents are reunited with their families and resettled back to their communities.

During 2022 a total of 44 residents lived at Amaudo 1. By 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 UK support in 2022



**Workshop  
Equipment**



**Kitchen repairs**



**New beds**



**Pathway  
refurbishment**



***“At Amaudo I felt safe for the first time in months. The peaceful setting and the encouraging staff enabled me to get well.” (Stella)***

# Amaudo 2

Amaudo 2 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 2022, 22 residents lived at Amaudo 2 with 11 staff to support them.

In August 2021, our longstanding supporter and dear friend of Amaudo, Margaret Clutterbuck, died. Having lived and worked in Nigeria for many years she was able to draw on her experiences and share her wisdom with us.

She established the Worcester Link Group to support Amaudo 2 which has been vital to the project's ongoing success. She inspired others to take this group forward when she was no longer able to, which has enabled it to raise thousands of pounds to support Amaudo 2 into the future. We are so grateful to her for establishing this group and are so thankful for those who continue to take it onwards.

With Margaret's generous legacy gift and donations raised at her funeral, Amaudo, in partnership with her family, decided to refurbish the chapel at the heart of Amaudo 2.



*"This chapel was rebuilt by the family of Margaret Clutterbuck in memory of their mother who supported the work of Amaudo during her lifetime."*

Memorial plaque at the Chapel of Peace, Amaudo 2



**2 new roofs for community village houses**



# Training

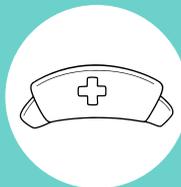
During 2022 Amaudo UK funded two mental health training events. In July a training seminar was held for Ministers of Methodist Church Nigeria in the Uzuakoli Diocese. The theme of the training was "The role of the pastoral staff of the church in community mental health". The training focused on engaging the pastoral staff of the church to identify and refer their members, who have mental health needs, to the community mental health clinics or to Amaudo for treatment, support and rehabilitation.

Forty-four participants, including the new Bishop, Rt Rev Dr James Alozie Anyawu, participated in the training. It was a great achievement to bring the ministers, many who have been newly posted to the Diocese, to see Amaudo for the first time. Most of the ministers confessed that they were amazed at the residential facility and how well the residents were.

The second training event was held in August for Community Psychiatric Nurses (CPNs) from Imo and Abia State. The Training focused on atypical psychotropic drugs. Dr Obayi Okwudili, a Consultant Psychiatrist from Ebonyi State Teaching Hospital, was the main speaker. Dr Okwudili was very detailed in the training and many of the nurses asked questions and shared their experiences in the field. After the training the nurses said that they felt motivated and empowered with their new knowledge and skills. The Executive Secretary of Abia State Primary Health Care Development Agency also attended the training together with a media team. In total there were 22 participants including 5 staff from Amaudo.



Training for  
44 Ministers



Training  
for Community  
Psychiatric Nurses



# Training

For many years Amaudo has hosted students as part of their general nursing course, providing training in mental health skills and giving student nurses the opportunity to observe Amaudo's projects. In 2022 Amaudo provided training for 782 student nurses.

With such large numbers of students it has been a challenge to accommodate them all at Amaudo and students have often had to sleep on the floor. It was therefore such a boost to finally secure funding to build a hostel to house students and other groups who come and visit Amaudo to learn about the work.

Funding from the Bloom Health Foundation was secured during the year and work began immediately. The foundation laying for the student's hostel was done on 30th September 2022 by the Amaudo Board Chairman, Rt Rev Dr Alozie Anyanwu.

By early 2023 a 48 bed hostel, powered by solar panels, will be completed. Funding will also cover beds, desks, chairs and bookshelves.



**In early 2023 Amaudo's Director, Very Rev Kenneth, will begin an online PGDip in Public Mental Health with Cape Town University.**



# Awareness Raising

The radio show is a weekly live phone in programme every Monday at 11.30 am to 12pm by the Broadcasting Corporation of Abia State (BCA) . Each week a mental health topic is discussed by professionals and relevant stakeholders to create awareness on mental health and promote the work of Amaudo. During the programme the public are invited to call in to contribute or ask questions.

The programme covers the Southeast States including Abia, Imo, Enugu, Ebonyi, Anambra and South-South states like Akwa Ibo, Rivers, Bayelsa, Delta, Edo, and Cross River States. Together these states have a population of over 50 million people.

Since the radio show began there has been an increase in people talking about mental health issues and more people are confident to discuss their mental health live on air. After each show there is an increase in people contacting Amaudo to ask for help and support. In 2024 we plan to have the radio show live streamed through Facebook where people can engage globally.



**LISTEN TO OUR RADIO SHOW every Monday  
@Broadcasting Corporation of Abia State (BCA) 88.10 FM**



**Amaudo's weekly radio show  
about mental health issues is  
broadcast across 11 States  
every Monday.**



# 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 a good education rather than worrying about where basic costs are coming from. During 2023 Amaudo UK continued to provide a grant to contribute to teachers' salaries which has enabled 74 children to attend school regularly.

**“If not for Amaudo, my child would not have been able to go to school because I cannot afford to pay school fees, but Amaudo has helped us by paying the teachers who teach our children.”**



**Teacher's Salaries paid for the year**



# Community Projects

## Community Mental Health Programme

Amaudo's Community Mental Health Programme (CMHP) is actively providing community mental health care services for 5000 people who are mentally ill in the communities in Abia and Imo. The Programme is a pioneering collaboration between Amaudo and State Governments and other local stakeholders. Nurse-led clinics provide accessible and affordable care to people in their own communities and also support residents who have been discharged from Amaudo's residential centre.

The Programme continues to experience setbacks in Ebonyi and Anambra States who have struggled to replace retired psychiatric nurses. It is hoped that the training of general nurses in mental health skills at Amaudo will encourage a new generation of staff.

Amaudo's weekly radio show is helping to increase referrals to the Community Mental Health clinics and the programme co-ordinator continues to work with Government Departments to re-establish the programme in Ebonyi and Anambra.



*An ex-resident returning from the farm during a monthly supervision visit by CMHP staff*

# Project Comfort

During 2022 Project Comfort has continued to provide community-based rehabilitation for 95 children with physical and learning disabilities in communities in Bende, Ohafia and Isuikwuato Local Government Areas in Abia State.

This year Project Comfort focused on Ohafia Local Government Area to strengthen the successes that have been made through partnerships with the local women's group, philanthropists, traditional rulers and churches.

8 fieldworkers worked with children and their families providing therapeutic interventions, information and training. They also carried out awareness raising activities on child health topics and disability. Some children were supported by project Comfort to register for school.



**Project  
Comfort  
running costs**

# Primary Healthcare Clinic

In a continuation of Amaudo's promise to support local communities, Amaudo has been working with the Abia State Primary Health Care Development Agency to launch a new primary health care clinic at Amaudo 1 which will provide health care to local people from Mbukwa and Itumbauzo.

In March the clinic opened and on the first day it provided basic health care to 85 people. They were treated for a range of health conditions including malaria and high blood pressure and 25 children were dewormed. People paid a small fee to register and were able to buy medication for an affordable amount. In the future the clinic will be open for 2 days a week.



**Equipment  
for the Primary  
Health Clinic**

# Finances

|                        | 2022           |               |                | 2021           |               |                |
|------------------------|----------------|---------------|----------------|----------------|---------------|----------------|
|                        | GENERAL        | RESTRICTED    | TOTAL          | GENERAL        | RESTRICTED    | TOTAL          |
| <b>OPENING BALANCE</b> | £35,460        | £5,950        | £41,410        | £27,850        | £9,202        | £37,052        |
| <b>INCOME</b>          | £44,369        | £34,766       | £79,135        | £47,167        | £24,400       | £71,567        |
| <b>EXPENDITURE</b>     | £56,141        | £34,387       | £90,528        | £39,557        | £27,652       | £67,209        |
| <b>FINAL BALANCE</b>   | <b>£23,687</b> | <b>£6,329</b> | <b>£30,016</b> | <b>£35,460</b> | <b>£5,950</b> | <b>£41,410</b> |

The receipt of a significant legacy from the late Margaret Clutterbuck, a further generous grant from the Good News Trust and two generous individual gifts have been major elements of Amaudo's income in 2022. As always, the generosity of those who contribute regularly by standing order underpin the ongoing role of Amaudo. Grant seeking and fundraising continue to be very challenging in the present economic climate and Amaudo is extremely grateful for the ongoing financial support which allows the development of the projects identified throughout the report.

**John Pennells**  
Chair, Finance Committee

Reserves Policy  
[www.amaudo.org/documents](http://www.amaudo.org/documents)

## GRANT HIGHLIGHTS

**£2,875**  
Kitchen Repairs

**£5,375**  
Radio Awareness

**£2,678**  
New Beds at Amaudo 1

**£2,115**  
Training Events

**£47,782**  
Chapel Refurbishment

**£2,430**  
Project Comfort

**£4,200**  
New roofs at Amaudo 2

**£2,460**  
Helping Hands School

# Very Rev Kenneth Nwaubani

## Director of Amaudo Nigeria

I have come to believe that God understands the efforts and resources we are investing to ensure that we give hope to the people who have mental health problems in Nigeria, especially the people who are mentally ill and homeless. That may be the reason why Amaudo has continued to provide services to our service users, despite the difficult times in Nigeria. In fact, we faced many challenges in 2022 and I often wondered how Amaudo would survive the next month. But Amaudo did not stop because of a lack of funds and other resources because our local and foreign partners supported Amaudo during these difficult times. Indeed, your support to Amaudo in 2022 helped us to provide relevant mental health services to the target population.



***“I can always assure you of the appreciation and joy of all Amaudo, our service users, and their families. Thank you for supporting Amaudo.”***

**Very Rev Kenneth Nwaubani**

# 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 2022



# Amaudo UK Team

## AMAUDO UK STAFF

Kate Lumley (CEO)

Julieann Withey  
(Administrator)

## PATRON

Jackie Kay MBE FRSE

## INDEPENDENT EXAMINER

Tunde Adesuyan

## TRUSTEES

Sarah Dockree (Chair)

Dan Worrell (Vice-Chair)

Meagan Adriaans (Treasurer)

John Pennells (Secretary)

Enyi Anosike

Peter Dockree

Liuna Fekravar

Ayesha Murtaza

Leila Reid

Tejesh Mistry



# CONTACT US

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**Registered Charity Number: 1084963**