



**MENTAL HEALTH MATTERS**  
**ANNUAL REPORT 2015**



**Amaudo**<sup>uk</sup>



**Amaudo**<sup>UK</sup>  
mental health matters

## VISION

A world that protects and promotes good mental health for all.

## MISSION

Amaudo UK, works in partnership, to create affordable, accessible and sustainable solutions for people experiencing mental health problems or learning disabilities in Nigeria.

## KEY AIMS

- To improve the skills and knowledge of the Amaudo Itumbauzo worker team and other associated health-workers.
  - To increase the capacity of Amaudo Itumbauzo by accessing and utilising expertise, resources and funding in the UK
  - To increase awareness and promote Amaudo Itumbauzo and Amaudo UK.
  - To work with other likeminded organisations to share learning and knowledge about global mental health issues.
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**Family member celebrating repatriation**



## **MESSAGE FROM THE CHAIR OF TRUSTEES**

### **SARAH DOCKREE**

Empowerment – that was the word that repeatedly came to mind as I read through last year’s annual report for Amaudo Itumbauzo. Empowerment of individuals with mental illness to change their future through rehabilitation, training and self help groups; empowerment of families who have a child with a disability, to manage, to understand and to equip their child for his/her future; empowerment of individuals to be the best they can be at the work they do; empowerment of those who seek to change policy and opinion at the highest level – a powerful picture of the wonderful work that Amaudo continues to do in Nigeria, a work we are proud to continue to support and resource through the aims and activities of Amaudo UK.

The stories and achievements written about here are of real people, real individuals facing the challenges of mental illness head on whether as a service user, a member of staff, an advocate or a supporter. Real change that is happening every day through the work of Amaudo. Real lives which are being transformed.

Of course, none of this change is possible without the ongoing commitment and generous support of our supporters, donors, staff and trustees and I would like to thank each and every one of you for journeying with us. I hope you will continue to share in these stories and lives, or join us for the first time in doing so, in empowering those we seek to serve through the work of Amaudo UK.

**Sarah Dockree**

## MESSAGE FROM THE DIRECTOR OF AMAUDO ITUMBAUZO

### VERY REV **KENNETH NWAUBANI**



I am writing this story to share the importance of providing mental health awareness to people with mental health needs, their family members and the society.

One morning I stopped at a fuel station in Umuahia. On my vehicle there is this inscription “AMAUDO ITUMBAUZO, COMPREHENSIVE COMMUNITY MENTAL HEALTH PROGRAMME”. I observed a man carefully reading the inscription. He courageously walked to me and told me that his brother is mentally ill and how can Amaudo help. I told him about Amaudo’s Community Mental Health Programme which comprises 73 nurse lead community mental health clinics.

I discovered that the man and his brother lived very near to one of the clinics and I quickly gave him the address and asked him to visit. It was very touching when I received a phone call from the man a few days later. He said “Rev, thank you for granting listening to me at the fuel station about my brother’s mental health problems, I am at the clinic with my brother now and the nurse is attending to him

After two weeks the man called again and informed me that his brother is doing very well with the treatment with great and remarkable improvement. The entire family is happy. If we engage more resources in creating awareness about mental health issues and inform people of the work of we will hear of more successes and how mental illness can be treated and people will do well again in life.

**Very Rev Kenneth E Nwaubani,**



**Rev Kenneth**



The road to Amaudo



Amaudo®

**PROVIDING EXPERTISE, RESOURCES & FUNDING**

## **TRANSPORT**

*“Last year I used the four wheel drive on my new vehicle ten times - this is ten times that in my old vehicle I would have been stuck, unable to visit Government officials, clients and project workers, ten times that I would have been worried about whether anybody would be able to help me get out of the mud and back on the road. Ten times I would have disappointed and let people down - crucial work stalled and delayed, not to mention my own personal frustration and worry. To carry out the work of Amaudo, reliable, strong transport is essential.” Rev. Kenneth)*

In December 2014 Amaudo UK funded a new vehicle for the Director of Amaudo Itumbauzo Rev Kenneth Nwaubani. The new vehicle has had a significant impact on his ability to carry out his role without experiencing delays and cancellations because of transport availability or getting stranded on the terrible roads.

In 2015 Amaudo UK has continued its commitment to improving transport and provided funding for 10 motorcycles for Project Comfort. This has enabled the mobilisation of the fieldworkers across Ohafia and Isuikwuato Local Government Areas (LGAs) in Abia State.

Project Comfort provides community based rehabilitation for children and young people with learning and physical disabilities. Fieldworkers also work with families and communities to increase local knowledge about learning disability issues and to challenge stigmatisation and negative beliefs. In 2015 the project worked with 215 clients across 3 LGAs.

With increased transport the project was able to take its services into two new communities. In Ogakwe, one of the new areas, a community awareness event was carried out where eight new clients, with a range of disabilities, were identified as suitable beneficiaries of the rehabilitation services on offer.

Not only have the bikes increased the capacity of the project but they have also saved considerable amounts of money which was being spent on maintaining the old fleet of bikes. In just two months the project save almost £300! The project Co-ordinator has also reported how much more motivated staff have been since they received their new bikes. Travelling daily on the rough roads which run to some of Abia State's remotest villages is hard work enough without an unreliable bike.

Mr Evan is one of the Fieldworkers to receive a new bike. Here is his story:

***"I am highly motivated by the allocation of a new motorcycle for my fieldwork because I can now keep up with the appointments for clients and their families, unlike before when the old motorcycle would develop a fault on the road thereby resulting in the delay or cancellation of an appointment. I have also saved money from frequent repairs of old motorcycle as I now do not visit the mechanic unless the servicing is due. The new motorcycle has raised the confidence of the clients' families and the society in me because when I used the old motorcycle to visit my clients they seemed worried because of our inability to purchase a good motorcycle which made them not believe that my services could be of help to them. I am happy because more children with disabilities are seen and supported every day. Many thanks to Amaudo UK ."***



**New bikes for Project Comfort**



Amaudo

**PROVIDING EXPERTISE, RESOURCES & FUNDING**

## **WATER & SANITATION**

The aims of the water and sanitation project at Amaudo 1 and 2 are to improve the water storage and supply by the building of an additional 20 feet high water tower at Amaudo 1 to improve general storage levels and better distribution at the site. Work will also be carried out on the existing water tower and general distribution network as well. In Amaudo 2. A 20 feet high water tower will be built, replacing two existing hand pump water sources. The storage tanks will have a capacity of 3000 litres on each tower. At Amaudo 1, there will be a small toilet block with 4 cubicles, an essential addition given the considerable number of visitors to the Centre.

The sanitation element will include the replacement of the existing pit toilets - the notorious long-drops - which were installed when the housing was first constructed over 25 years ago. Some of the pits are full and require chemical treatment - there are problems with unpleasant odours and the female residents have concerns about potential health matters if there is no improvement. The project will result in the installation of water system toilets at both Amaudo 1 and Amaudo 2. There will be the additional benefits through cost reductions in the ongoing maintenance costs of dealing with the existing pit toilets.

The work has already begun, the water towers have been constructed and some of the water system toilets have been installed. The whole project should be completed in early 2016. The total cost of the project will be £30,000 and this has been met by a grant from the legacy of the late Miss Renee Grimley, a member of Wealdstone Methodist Church for which grateful thanks are expressed.

**The new water tower at Amaudo**



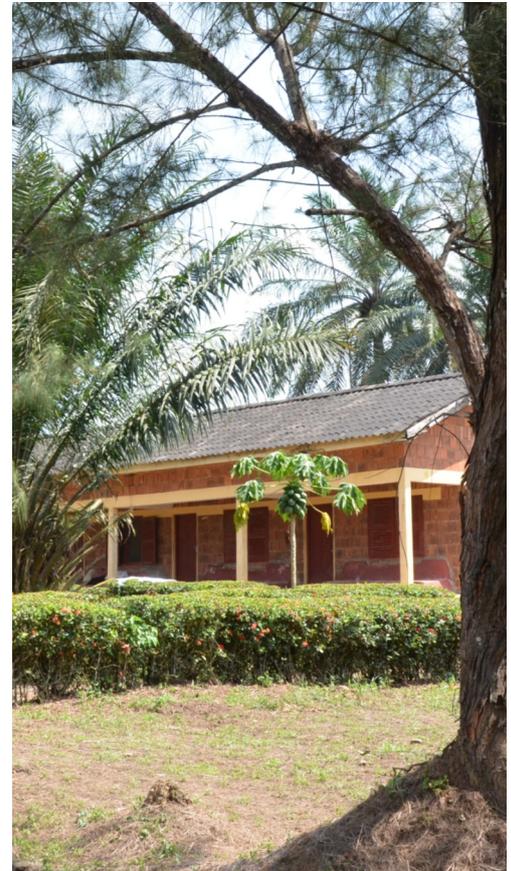
**PROVIDING EXPERTISE, RESOURCES & FUNDING**

## **Amaudo® HOUSING**

The site at Amaudo 1 was built over 25 years ago and has seen continuous use since then. While a number of maintenance initiatives and ongoing tasks have been carried out during that time, the 17 residential blocks are in urgent need of more large scale repairs. In many of these buildings the roofs are leaking and causing serious damage to the rest of the structure. Some blocks have structural problems caused by the rains and the erosion of the land surrounding them. All buildings are in dire need of internal redecoration and refurbishment. It is essential to tackle these issues as soon as possible to halt the escalation of damage which will in time result in the need to completely rebuild a number of houses.

Tackling these problems will benefit both the residents and staff significantly. Well cared for facilities reinforce the essential message of respect and dignity which is such a critical part of rebuilding residents' self esteem and confidence. It is also crucial that Amaudo is able to offer high quality accommodation to staff as part of their remuneration packages. Salaries within the organisation are relatively low and accommodation is an important part of the 'offer' made to them.

***“The reroofing of 5 residential houses has been completed and the houses have become stronger and more conducive for living. They have been saved from dilapidation and perhaps collapse. The houses also have better value now. We are very thankful to Amaudo UK and all who donated funds for this project.”***



**House at Amaudo**



**Sunday Oyiri**



**Amaudo**

## **IMPROVING SKILLS & KNOWLEDGE**

# **EDUCATION**

During 2015 Amaudo UK continued to fund a number of students through their schooling with a particular focus on the children of Amaudo's residents and staff. It is heart-warming to hear reports from our sponsored students who have completed their courses and are now stepping out into the world of work and independence.

One story we have been following for many years is that of Sunday Oyiri. Born on the streets to a mother experiencing chronic mental health issues, he arrived at Amaudo as a small child. As his mother recovered, Sunday grew in confidence and attended the local school where he was a bright and cheeky pupil. As he entered secondary school Amaudo UK secured a sponsor for him who has generously supported him right through to his recent graduation from the Methodist Theological Institute Umuahia.

Sadly Sunday's mother died from malaria a few years ago but Amaudo has continued to support him both financially and with regular mentoring. Having graduation in June 2015, Sunday is now working for Methodist Church Nigeria and has been posted to the Diocese of Port Harcourt in Rivers State. According to a recent report from Rev Kenneth:

***Sunday is happy that he has been supported by Amaudo Itumbauzo and Amaudo UK to overcome his juvenile challenges which would have ruined him! He is very happy in his present position as a Minister in Methodist Church Nigeria .***



**IMPROVING SKILLS & KNOWLEDGE**

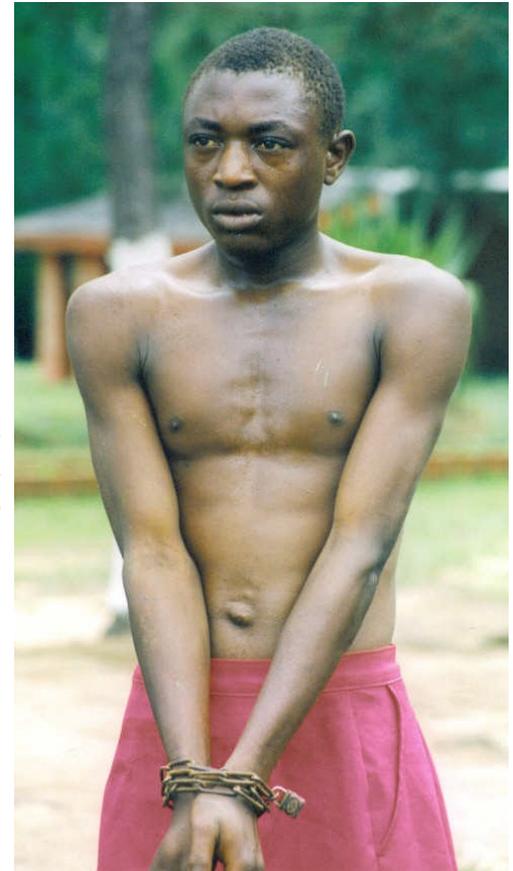
## **EDUCATION**

2015 saw Rev Kenneth awarded a diploma in Mental Health, Human Rights and Law in India. The course is run by the Indian Law Society in collaboration with World Health Organization and is offered as a distance learning programme with two residential sessions to accommodate working professionals across the globe. The diploma equips participants to undertake advocacy and provide them with the knowledge and skills to actively engage their countries and communities in the human rights of people experiencing mental health problems.

*This training has helped me to understand what a mental health policy and law of a country is and how to assess the human rights content of the national mental health policy and legislation. I have also learnt how to assist a country or government to draft mental health legislation and policy that is compliant with International Human Rights Instruments.*

*I now have understanding of International human Right Instruments and how to apply them within the local area for advocacy for people with mental illness; I have better knowledge and skills for advocating for the human rights of people with mental health problems and to engage the government in these issues.*

*The training has exposed me to other mental health experts and service providers from different parts of the world and I have learnt what is happening other countries and how they are overcoming challenges. (Rev Kenneth)*



**Challenging Human Rights Abuses**



**Eunice Matthias**



**Amaudo\***

## **PROFILE - AMAUDO HOUSE PARENT**

# **EUNICE MATHIAS**

Miss Eunice Mathias is a female house parent and clinic assistant at Amaudo 1.. She is one of the longest standing members of staff at Amaudo with over 9 years service. She has gained so much valuable experience over the years through training and her work.

Eunice lives alongside the residents in the community at Amaudo 1 and is on call 24 hours a day to support the eight women she has direct responsibility for. She helps new residents to freshen up with a hair cut (as shown in the picture left), bath and clean clothes when they first arrive at Amaudo. She then works alongside them to relearn daily living skills,, she supports them to become part of the community and ensures that they are taking their medication and participating in therapeutic activities.

House parents participate in a number of activities during the day including chapel, mealtimes and leisure pursuits. All the time they gently encourage and observe the residents in their care, and guide and support them in their recovery.

Miss Eunice also assists in the clinic to administer prescribed medication to the residents.



## PROFILE - AMAUDO RESIDENT

# Amaudo\* CHIBUZO

In March 2015 Chibuzo was picked up from the streets of Umuahia unkempt and almost naked. She was very confused but came willingly with the Amaudo staff members who promised her food, shelter and safety. Mentally ill women are particularly vulnerable on the streets and frequently experience sexual abuse.

Once she settled down to the routines at Amaudo 1 her rehabilitation, although challenging at times, progressed astonishingly quickly. Within just six months her mental health stabilised and her family were successfully traced. As part of the repatriation programme she went to stay with her family for a two week trial period. Her family were so pleased to have her back especially as they could see how well she was. They also greatly appreciated the support that Amaudo staff were able to offer them as they were able to learn about mental health issues and how best to support Chibuzo once she came home permanently. Due to her fast recovery she was discharged on December 6<sup>th</sup> 2015 along with 29 other residents.



The photograph (right) shows her when she first arrived at Amaudo in March and then (left) in December shaking hands with Bishop Chiemeka receiving her discharge certificate.

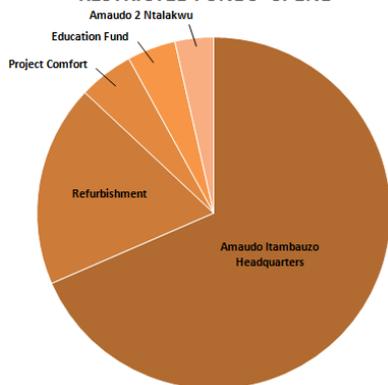


**Chibuzo**

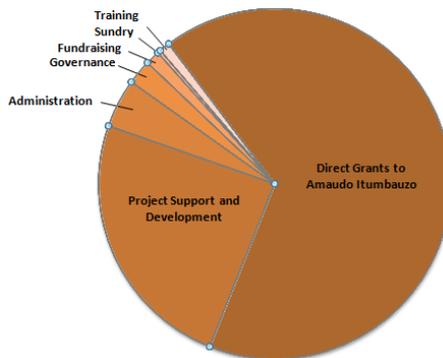


**WHERE YOUR MONEY GOES**

**RESTRICTED FUNDS - SPEND**



**AMAUDOUK - SPEND**



The finances of Amaudo UK have continued to improve and the reserve position has been maintained. However the need to increase the number of regular donors to provide a sound income base throughout the year rather than relying on generous one-off donations must remain a priority. Gift Aid also remains a significant income element but as with all charities, there is concern that the raising of the tax free allowance will disbar some donors who currently allow gift aid to be claimed. Savings were made in the year as there were no trips to Nigeria - however these trips are an important factor in ensuring that the work of Amaudo UK is focused and it is fully intended that some are made in 2016. Efforts continue to reduce the ongoing costs of the Amaudo UK operation and further savings will be made in 2016.

	2015			2014		
	General	Restricted	Total	General	Restricted	Total
Opening Balance	£14,737	£6,173	£20,910	£10,400	£12,165	£22,565
Income	£32,285	£59,030	£91,315	£37,650	£33,236	£70,887
Expenditure	£25,156	£52,509	£77,666	£33,314	£39,228	£72,542
Final Balance	£21,866	£12,693	£34,559	£14,737	£6,173	£20,910



**AMAUDO UK OPERATIONS**

**Amaudo**

## **WHO IS AMAUDO UK?**

The Amaudo UK board of trustees oversee the work with three meetings per year, and frequent email correspondence as needed. The Chair of Trustees manages our Chief Executive, who manages all other staff (currently one). There are several sub-committees of trustees: finance, fundraising, communications, project liaison, and organisational. Chairs of these committees are appointed at the AGM, along with the other trustee posts. Trustees work to a policy document which outlines the expectations and responsibilities of trustees, their selection and induction, election of officers, and includes brief role profiles for the Chair and Secretary.

Historically most of our trustees have been ex-volunteers at Amaudo, who have wanted to continue to support the organisation. More recently, we have recruited trustees through acquaintances, informal networks and through contact with Reach, a skilled volunteering charity. 2015 welcomed two new trustees.

### **TRUSTEES AND STAFF OF AMAUDO UK IN 2015**

#### **Trustees**

Sarah Dockree (Chair)  
Enyi Anosike (Vice-Chair)  
Meagan Adriaans (Treasurer)  
Peter Dockree  
John Pennells  
David Cruise  
Michelle Rossouw  
Tejesh Mistry  
Ayesha Murtaza

#### **Staff**

Kate Lumley (CEO)  
Lena Kiselyk (Administrator)

#### **Patrons**

Jackie Kay MBE  
Sam Dede

#### **Independent Financial Advisor**

Tunde Adesuyan



**Reunited family**



## STAY IN TOUCH

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