

Amaudo Itumbauzo Visit

27th November to 6th December 2016

Kate Lumley & Dan Worrell

The objectives of the trip were to:

- Participate in the 2016 Discharge Service and activities
- Visit and spend time in Amaudo 1 and Amaudo 2
- Meet with Rev Kenneth for updates and planning
- Review 2015/16 funding and see how it has been used
- Identify and understand current funding needs in order for Amaudo UK to draw up a 2017/18 strategic plan
- Meet project Board Members, management committee members, church and government representatives to strengthen relationships
- Carry out a psycho-drawing workshop with residents
- Deliver Social Media and Communications Training (Dan Worrell)
- Gather video, photos and stories for Comms
- Develop Website Plan in liaison with Rev Kenneth
- Plan for Sarah and John's visit in January 2017
- Develop a Communications Committee Plan for 2017

Participate in the 2016 Discharge Service & activities

2016 Amaudo Discharge Service and Family Training

It was a real privilege to participate in the 2016 discharge service. 30 residents were sent off and many family members were able to attend. The event was also attended by the deputy governor's wife, and her entourage, as well as a number of other local, church and government dignitaries.

The family seminar was held in the chapel at Amaudo 1 on the evening of the 2nd December, It was a really special evening with residents and their families in attendance. They were given lots of information and individual support was also on offer.



We were based at Amaudo 1 and stayed there for 6 nights which offered us a great opportunity to participate in daily life and meet many of the staff and residents. The residents looked well cared for and many were excited about going home – there was a real sense of anticipation in the air. The staff are purposeful and engaged, the environment looked very well cared for and daily life is running smoothly. It would be good to understand further the daily programme for residents – it was the week running up to discharge the usual programme was not always running fully. We were unable to view the workshop and again it would be great to see how this is functioning.

We visited Amaudo 2 for the day and met the new Co-ordinator Rev. Samson Kelvin Okoh. He is a very able, enthusiastic and gentle man and seems to have a real heart for the work. He was able to introduce us to each and every resident by name and with lots of information about them. The residents looked well cared for and happy. So after some difficult Amaudo 2 looks like it is facing a much brighter future.

The buildings and equipment at Amaudo 2 are very dilapidated and are in urgent need of refurbishment before they become completely derelict. The kitchen roof has already recently collapsed; re-roofing the houses is urgent and the family house dining room is dark, gloomy and grotty. Work has begun to try and renovate the centre. It has benefitted from the water project and the new system is working but needs completing. They have also just purchased new beds and foams for everyone (24 in total).

While everyone looks well cared for and happy there doesn't seem to be much direction for Amaudo 2 and now there is a new Co-ordinator it would be a great time to review where the centre is going and how it plans to get there.



Meet with Rev Kenneth for updates and planning

We had two key meetings with Rev Kenneth who, as always, was very forthcoming with details and answered all of our many questions.

2015/16 funding and see how it has been used

Water Project

The water project is complete at Amaudo 1 and almost complete at Amaudo 2. It has been a massive piece of work but it is amazing to see real toilets, working standpipes and hand-washing sinks in the dining room. It has not been easy as the first water tower installed at Amaudo 1 collapsed ruining the new water tanks and the pipe-work was more extensive than planned. It would be good to know whether any more funding exists to refurbish the bathrooms, as was first proposed, as this work has had to be put on hold due to lack of funds. Continued care and maintenance will be essential but getting this far is a real triumph.



HR Training

The Human Rights training has had a massive impact on Rev Kenneth's approach to his work. This is evident in both the way residents are viewed and treated in Amaudo 1 and 2 and in the confidence Rev Kenneth has to challenge the Government and others on the rights of those with mental health problems. I believe it is also the reason why the Self Help Groups are doing so well. Members of these groups who came to talk at the discharge services were self-assured, articulate and very moving and inspiring.

Rev Kenneth has requested support to further his training (more details below).

Roofing and refurbishment

The new roofing of the residential blocks at Amaudo 1 looks very impressive and there are only 6 blocks which need to be reroofed. Initially the funding provided by Amaudo UK was to include roofing and refurbishing however Kenneth has prioritised the roofing as the damaged being caused to the building by the environment was leading to bigger problems. As a result more roofs have been replaced but rooms have not been refurbished. The refurbishing of rooms will be addressed by John during his visit as part of the maintenance worker plan.

Maintenance worker plan

Amaudo UK has already secured funding to employ a regular maintenance worker to take care of the sites at Amaudo 1 and 2. This project will be launched during John and Sarah's visit in January 2017. (more details in Appendix 5) The basic plan is for John to work alongside the maintenance worker and prepare a room to a minimum standard that all rooms at Amaudo 1 and 2 should replicate. This role will also look at general maintenance around the sites and include all buildings. I would

encourage Rev Kenneth and his team to view this as a Human Rights issue – people who are living and working at Amaudo have the right to a basic level of accommodation especially residents who have few other options. It is also a Health and Safety issue – Amaudo has a ‘duty of care’ to those living and working at its sites and as such must provide a safe environment.

Beds

80 new beds and foams have been purchased for Amaudo 1 and 2 residents – 56 for Amaudo 1 and 24 for Amaudo 2. Kenneth has sourced metal beds in the hope that they will be resistant to pest damage and mattress covers to protect the mattresses.



Equipment funding

Funding was made previously for Rev Kenneth’s car, the Project Comfort motorcycles and the generator at Amaudo 1. All this equipment is still in good working order and is being used as agreed.

Identify and understand current funding & support needs in order for Amaudo UK to draw up a 2017/18 strategic plan

Amaudo HQ

- Write, design and print (in Nigeria) an information/fundraising leaflet promoting Amaudo to be distributed in Nigeria
- Provide a grant for Rev Kenneth to continue his Human Rights training in South Africa (£5000 fees plus travel and accommodation)
- Joint fundraising activities – it was suggested that Amaudo Itumbauzo and Amaudo UK should work together to explore fundraising opportunities within Nigeria but broader than Abia State. It was proposed that Amaudo UK could carry out some of the research from the UK and Rev Kenneth could then follow up ‘warm’ leads in Nigeria. In preparation for this we brainstormed companies and organisations to approach. It was also suggested that Amaudo should explore the idea of a fundraising dinner to be held in Umuahia. While these are popular in the UK they are a new concept in Nigeria but with the support of Amaudo UK it was felt that this may be a lucrative event.

Amaudo 1

- Maintenance - implement a one-year pilot project to employ a maintenance worker at Amaudo 1 & 2 to carry out painting, small repairs and other small maintenance jobs eg changing light bulbs. Include in the funding a small monthly grant to purchase paint, equipment etc. The project should prioritise resident’s houses. (John is kicking this off as I type!)
- Provide grant (s) to refurbish residential blocks including new furniture. (£10,000 estimate)

- Provide grant to complete the roofing (£1880 per block – 6 remaining – total £11280)
- Support the development of a proposal for a mental health student training programme including the building of an accommodation block and the refurbishment of the community hall to double up as a training space. (Awaiting costings)
- Write, design and print an information booklet for discharged residents and their families. This can be based on our education pack. (£2500 estimate)

Amaudo 2

- Support Amaudo in developing a clear vision for the school and then consider supporting aspects of the plan
- Provide a grant for Gari processing machines (£300)
- Provide a grant for the reroofing of the Amaudo 2 residential houses (16 houses @ £1200 per house)
- Provide a grant for new bedding (£5 per bed x 24 beds total = £120)
- Repaint the dining room in the family house – John Pennells
- Provide a grant to build a new kitchen - £1000
- Increase monthly grant by £150
- Provide a grant to replace the generator - £280
- Implement the maintenance programme of ongoing inspection and repairs at Amaudo 2.

Project Comfort

- Sarah to investigate during her trip

Education and Enterprise

My recommendation is to scrap the sponsorship scheme (almost all students have finished schooling) and set up an Education and Enterprise fund which can be used more flexibly. Any current sponsors whose students are finished should be contacted to see whether they are willing to continue contributing but into the more unrestricted pot of 'Education and Enterprise'. While this does not fund Amaudo's core activities it has the huge benefit of supporting the local community to which Amaudo has commitments and gives Rev Kenneth some local political leverage.

Current needs/requests include:

- Sponsorship for local resident, Christian, to study Additional Mathematics (£30 per month)
- Increase monthly grant to HH School to cover staff salaries (currently we provide £65 per month but the total cost is £140 per month)
- Raise seed business funding for Oliver (one off grant £200), possibly provide business mentoring.
- Sponsor David Oku – awaiting admission details (this is fully funded already)
- Provide training at the local Helping Hands School on play and developing local resources as toys. Sarah has been asked to deliver this during her next visit in January/February 2017.

Meet project Board Members, management committee members, church and government representatives to strengthen relationships

We were able to spend time with Archbishop Opoko; Rev Chiemeka, Chair of the Board; Emma Ndukwe, Chair of the Management Committee. We also met the Deputy First Lady of Abia State and the local chief of Mbaukwa. It was a pleasure to spend time with them all and we are grateful for their generous hospitality.



Carry out a psycho-drawing workshop with residents

Report attached in Appendix 1

Deliver Social Media and Communications Training (Dan Worrell)

This event was carried out and was well attended. Participants engaged with the activities and it was a fun day. We are looking forward to lots of feedback from Nigeria next year.



Gather videos, photos and stories for Comms

Together we took hundreds of photos, made a number of films, made recordings and noted down stories. Some of these have been sent to Edel for distribution. We are also planning to use them on our website, our 2016 annual report and on social media.

Develop Website Plan in liaison with Rev Kenneth

Our new website has been launched.

Develop a Communications Plan for 2017

A Calendar has been drawn up and the Comms team are working from it.

Appendix 1

Psycho-drawing Workshop with Residents at Amaudo

Definition

Psychodrawing is a projective technique that is used in qualitative research to enable consumers to express their feelings through drawing. While the quality of their drawing is not important, the objective is to understand how an issue or topic is visualized without the bias of questioning.

Respondents are asked to draw out their feelings around a topic - e.g. work or oral care ("think about how you feel when you wake up in the morning and your teeth are still not clean - can you express/show how you feel through a drawing?")

Participants

5 residents selected by Rev Kenneth participated in the workshop. All of them were due to go home during the upcoming discharge services.

Process

The residents were asked to draw a picture that tells something about how they were in the months before they came to Amaudo, 'when life wasn't so good'. They were told 'it can be a big thing or a small thing, you can draw as much or as little as you like – anything you draw, no matter how good or bad the drawing is it will be important and useful to me.'

Residents were then given a blank sheet of paper and a selection of felt tip pens. They were given about 10 minutes to draw whatever they wanted in response to the instructions.

Participants were then asked to hold up their picture and describe it to the group. They were then asked to repeat the process but this time to draw a picture about what their lives are like now and how they are feeling now.

Resident had another 10 minute to draw their second picture and then described it to the group.

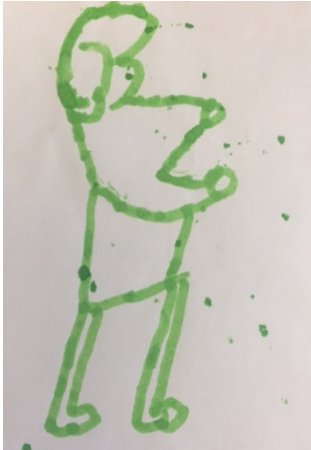
Results

The residents were all very unconfident about drawing and all of them attempted to write rather than draw however with some encouragement they all managed to produce 2 drawings. Their drawings were very simple but when participants were asked to explain their pictures they all had interesting stories to tell.

As a method it was very unfamiliar to participants and, as we suspected might happen, they were very inexperienced at drawing. It did however offer a unthreatening environment to hear directly from residents about their experiences and once people overcame their shyness they appeared to enjoy the process.

Feedback

Monday



1st Drawing

'Monday' had been a resident at Amaudo Itumbauzo for almost two years before being reunited with his family at this year's discharge ceremony.

His first picture shows him as a 'boxer'. He described how when he was on the street people would abuse him and make him so angry and he didn't really know what to do with all the aggression he felt. It made him feel like a boxer because he felt like being violent towards people all the time, and as a result, unsurprisingly he often found himself in violent and aggressive situations. He explained how he didn't know how to make the violence stop or how to respond differently.



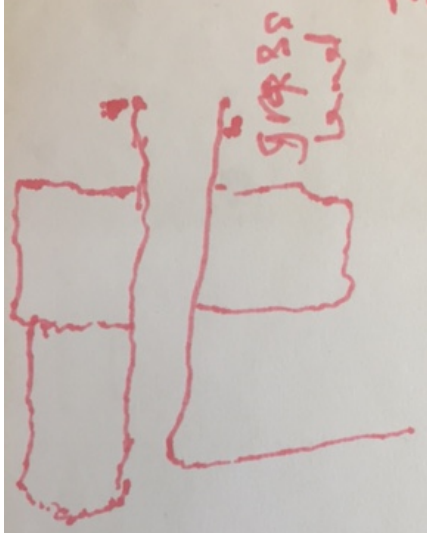
2nd Drawing

Monday's second picture shows him being a 'leader in a band'. He explained how he likes being the centre of attention in an entertaining role rather than in an aggressive way. He described how Amaudo had helped him to manage his anger and to channel his energy into other pursuits. On leaving Amaudo he wants to become a performer and a musician - not surprising given he's very much the showman: "I just want to entertain people and make them smile".

At the discharge service a few days later 'Monday' stole the show! He entertained the crowds with an amazingly moving speech followed by singing and praising.

It's interesting to note that in the first picture Monday is turning sideways and has almost drawn himself 'out of focus' whereas in the second picture he is looking straight on and confident, and is interacting with a crowd he has drawn.

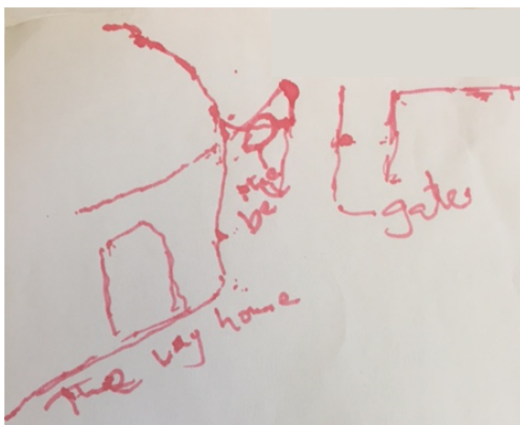
Chidi



1st Drawing

Chidi had only been at Amaudo for 4 months but had progressed so well that she was being reunited with her family and going home at the upcoming discharge service.

She explained that her first picture is of a map which shows the area near the World Bank offices where she ended up living on a patch of rough ground. She told us that she had fallen sick before her youngest child had started at school and wandered the streets of Umuahia until she ended up on the corner by the bank where she lived for 2 months. People regularly threw rubbish at her and hurled verbal abuse in her direction. She felt 'banished and very scared'. Sometimes people gave her small amounts of money which enabled her to survive.



2nd Drawing

Chidi's second picture depicts another map but this time it shows where she has been staying in Amaudo. While telling us about this picture she told us that living at Amaudo has made her feel 'secure and relaxed'. The gates and the security station made her feel protected and contained. She

told us how excited she feels to be going home to her husband and children and that she plans to earn some money using the hairdressing skills she has learnt at Amaudo.

We love the fact that she has written 'The Way Home' on her Amaudo map!

Kate Lumley