

# AMAUDO

Making an impact in mental health



# Annual Report 2023

# 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

As always, as I review the activities of the past year, I find myself reflecting on the incredible journey that Amaudo has been on over the last 35 years, the constant evolving and developing of all it offers to meet challenges in new and innovative ways. And of course, how many individuals have been and are part of that journey - we couldn't do it without you.

2023 ended with the fantastic news that, thanks to a generous donation from Let Yourself Trust, we had at last raised enough for Amaudo to purchase a new vehicle - what a gift it will be to finally see it in action, serving the needs of all Amaudo does and achieves. What a journey it's been to raise that money - something that wouldn't have been possible without numerous supporters and awareness raising, thank you. And what journeys it will go on once it is in operation - journeys that will bring hope and healing to hundreds and thousands of individuals over the coming months and years, journeys that will raise awareness of mental health across south east Nigeria, challenge the perspectives of relatives, professionals and students, journeys that will convey workers for training, therapy, clinics and more.

I hope you will continue to journey with us and with Amaudo as we continue to change the lives of those suffering from mental ill health in SE Nigeria.



# Ihedinma's Story

In October 2023, the Amaudo team went to Umuahia to collect a number of homeless, mentally ill people living on the streets of the town.

*"As we approached the motor park we saw an unkept woman wandering around wearing multiple items of clothing. We parked up and gently approached her and asking her if should would come with us. She agreed and entered our vehicle. As we prepared to drive away the people around the park shouted "Amaudo take her and go". They were familiar with her roaming the area but no-one knew how to help her other than to give her some food.*

*Inside the vehicle she was calm. Muttering occasionally to herself and laughing unexpectedly every so often as we drove the bumpy roads back to Amaudo 1. Once we got to the Centre, house parents helped her to get clean and discovered that she was wearing seven cloths at once! We assigned her a room, provided basic provisions for her and found her a hearty meal which she wolfed down.*

*We thought she might be a difficult case as she had obviously had a troubled time on the streets and her mental health was very poor. We anticipated that she would need to stay many months to become stable but to our amazement, after one month, she was able to tell us her name and her place of origin which enabled us to start our family tracing process. In fact, in the second month, during the Sunday service where we were celebrating those about to be discharged she stood up and said "I am also well and I will join those who will be discharged!" We said "okay" but we took it as the usual request of "I want to go home" by residents. However, during our next ward round and the following weeks all reports from everyone involved in her care confirmed that she has become well and stable and would be able to go home.*

*On December 2, 2023, just two months on from being picked form the streets, Ihedinma's family travelled to Amaudo where they all reunited for the discharge service. They participated in the training event for family members and were able to take her home. With support from her sister, she visited the mental health clinic in Umuahia where she will now go every month for support and medication.*

*It was a quick recovery indeed and encourages us to leave no one behind!"*

# 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 involves counselling, medication, occupational therapy and family tracing. After a period of time staying at Amaudo, most residents are reunited with their families and resettled back to their communities.

During 2023 a total of 35 residents lived at Amaudo 1. By December 18 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 2023

Our biggest project during 2023 was to increase the water capacity at Amaudo 1. The water needs of the community grew dramatically due to the construction of the Student Nurses Hostel which hosts up to 70 students at a time. The Centre also houses up to 100 residents and staff, as well as hosting visitors who come and learn about Amaudo's work. Amaudo also provides clean drinking water to the local village.

This project increased the water storage capacity from 2000 to 6000 gallons of water which enables Amaudo to store and distribute water to 350 people for four days. This reduces the pumping costs and secures a good, clean reliable source of water for everyone at Amaudo.



**Increase the  
water capacity**

***"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 2023, 25 residents lived at Amaudo 2 with a team of staff to support them.

*Living in our exciting Amaudo 2 community village are Charity and Katty. They are the oldest residents at the Centre with both of them being over 70 years old. I am always amazed at how lively and active they still are, participating in many of the daily chores around the compound and engaging in community activities. They certainly ignite the life at Amaudo 2.*



*Both have made remarkable recoveries from mental illness and a hard life on the streets before they came to Amaudo almost 30 years ago. Amaudo has helped them to live their lives happily despite the challenges they have faced and we value them dearly as part of the Amaudo family. (Rev Kenneth)*



**Annual Grant**



# Training

Over many years Amaudo has often noted that the media frequently contributes to the stigmatisation of individuals with mental illnesses in society and perpetuates unhelpful stereotypes and harmful myths. Consequently, they decided to run a mental health training day for media professionals in Southeast Nigeria.

The training session was themed “Changing the narratives in mental health in Nigeria – the role of the media,” and was held at the Amaudo 1 Centre. Mental Health professionals delivered seminars and Rev Kenneth took participants on a tour of Amaudo and explained the work of the organisation.

Over 30 media professionals from TV, radio and print attended the event. For 80% of the participants, it was their first seminar on mental health. Additionally, 95% of participants admitted to using language in their reports that promotes stigma, unaware of its impact on individuals with mental health issues.

At the seminar's conclusion, participants issued a communiqué to advocate for mental health awareness and services through their reporting. Following the training, the media have increased their promotion of mental health issues. The event has fostered a stronger collaboration between the media and Amaudo.



**Training for 70  
members of the Media**





# 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 2023 Amaudo provided training for 715 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 from the Bloom Foundation to build a hostel to house students and other groups who come and visit Amaudo to learn about the work.

The hostel was finally completed at the beginning of the year. *"On Saturday 29th, April 2023 Amaudo was in a joyful mood as we marked the completion and dedication of the Dr Ureh Lekwauwa Student's hostel built and equipped by Dr. Ureh Lekwauwa and the Bloom Health Foundation. The dedication service was officiated by Rt. Rev Dr James Alozie Anyanwu and attended by the community and officials from the government church."*

The 48 bed hostel is powered by solar panels. In addition to the dormitories it has spaces for students to study with desks, chairs and bookshelves also funded by the Bloom Foundation. In addition to the nurses, Amaudo is planning to use the hostel for other groups who visit Amaudo to learn about mental health issues.



**Amaudo's Director, Very Rev Kenneth, completed his 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.



**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

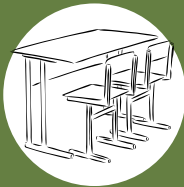
The Helping Hands School has continued to provide basic nursery and primary education to children in Amaudo's host community, Mbukwa and from the surrounding communities of Itumbauzo. The school aims to provide basic education to these children as a platform for them to go on to further education or learn formal skills.

The cost of basic education is free for families as it has been highly subsidised through funding support by Amaudo UK. In 2023 60 children enrolled for studies. 12 children graduated from the Primary section and are ready to proceed to secondary education. Amaudo has started to add secondary provision to the school in response to requests from local parents. This will help to build on the successes and provide school from early childhood right through to adolescence.

During 2023 a number of maintenance repairs were carried out in the school including to the borehole and toilets to ensure that sanitation and clean water is available for all staff and students. The classrooms were refreshed with a coat of paint and new desks were purchased to improve the learning environment for the children.



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



**50 new desks**



**Borehole and toilet  
repairs**



***"If not for Amaudo, my child would not have been able to go to school because I cannot afford to pay school fees"***

# 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, Ebonyi, Anambra and Imo State. 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. The programme also struggles in some areas due to lack of State Government commitment.

In 2024-25 Amaudo aims to create 3 strategic hub clinics in Umuahia, Aba and Ohafia which will each support their surrounding clinics. Each hub will have at least one Community Psychiatric Nurse and a Social worker and will be able to call on the services of a psychologist and psychiatrist who will work across the three hubs. The clinics will be promoted through community awareness and the radio show and will be integrated into training activities.



# Project Comfort

During 2023 Project Comfort has continued to provide community-based rehabilitation for 63 children with physical and learning disabilities in 26 villages in communities in Ohafia Local Government Area in Abia State. The area is divided into two zones for easy coverage by fieldworkers and supervisors.

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. There is an active Parent Support Group which assisted by the local traditional ruler and Women's Group.



# Fundraising in Nigeria

During 2023 we worked closely with Amaudo Nigeria to design a fundraising strategy and materials to use to raise money within Nigeria. We wrote, designed and printed a brochure and letter to send out to high net worth individuals in Abia state and further afield. We plan to continue this work in 2024 with a visit to Lagos to meet potential funders.



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



**Project Comfort  
running costs**



*“We are exploring opportunities in Ohafia to touch more children with disabilities through project Comfort’s community work.”*



# Finances

	2023			2022		
	GENERAL	RESTRICTED	TOTAL	GENERAL	RESTRICTED	TOTAL
OPENING BALANCE	£23,687	£6,329	£30,016	£35,460	£5,950	£41,410
INCOME	£32,685	£23,148	£55,833	£44,369	£34,766	£79,135
EXPEND-ITURE	£38,831	£27,479	£66,310	£56,141	£34,387	£90,528
FINAL BALANCE	£17,542	£1,998	£19,540	£23,687	£6,329	£30,016

In addition to the ongoing generosity of those who regularly contribute by standing order which provides a solid support for the work of Amaudo, generous grants have been received from the Souter Trust, the Good News Trust, the Christadelphian Samaritan Fund and Wealdstone Methodist Church. This level of income has enabled AmaudoUK to contribute significantly to the ongoing work at a time when inflation is a major factor in Nigeria. Grant seeking and fundraising are still challenging tasks but efforts continue. The ongoing support is greatly appreciated and provides continuing encouragement.

**John Pennells**  
**Chair, Finance Committee**

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

## GRANT HIGHLIGHTS

- RADIO AWARENESS**  
**£5375**
- AMAUDO 1**  
**WATER PROJECT**  
**£ 4710**
- MEDIA TRAINING EVENT**  
**£3482**
- PROJECT COMFORT**  
**£2460**
- HELPING HANDS SCHOOL**  
**£4660**
- DIRECTOR TRAINING**  
**£1432**

# Very Rev Kenneth Nwaubani

## Director of Amaudo Nigeria

At the end of last year I reflected on the difficulties we passed through in 2022 due to economic challenges and insecurity in Nigeria, worsened by the Covid Pandemic. I felt that we had overcome the Covid and the new Nigerian Government which was inaugurated in May 2023 would implement policies that would reduce the socioeconomic and security challenges in Nigeria such as poverty, high unemployment, high inflation, kidnapping, terrorist attack and banditry. Unfortunately, our expectations were false because the cost of food, fuel, diesel, and other services increased by over 400%. Fuel, which used to be 260 Naira per litre, is now sold at 700 per litre.

It has been so difficult to provide charity in such a difficult environment and I have been disgusted but for the support from Amaudo UK which is dependable and consistent. Amaudo UK helped and strongly supported Amaudo Nigeria and helped us survive and succeed in our rehabilitation work and infrastructural development. The support from Kate and the entire Amaudo UK Trustees has made me strong.

I have also become stronger after reading a letter that Sister Rosalind Colwill wrote to her sister, Jen, in 1993 on her experience with the difficult situation in Nigeria. Her letter stated thus *"We are experiencing the worst inflation I've ever seen now. Garri, our staple food is now N100 for 1 cup - it used to be 26 cups for N100. We have had a fuel scarcity for the last 6 weeks. For a couple of weeks, vehicles were parked everywhere and abandoned. No fuel anywhere. You sat in queues for a whole day to get a couple of gallons. It has eased now but it is not yet back to normal. The exchange rate for the Naira is now N32 to 1. In 1986 it was N1 to 1"*.

So after 30 years we are still crying over the same difficult situation. The lesson for me is to keep pushing Amaudo through these times, despite the difficulties, rather than waiting for a time when everything is better. Regardless of the constant challenges Nigeria throws at us Amaudo has managed to survive, thrive and grow and we continue to march onwards .



# 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 2023**



# Amaudo UK Team

## TRUSTEES

Sarah Dockree(Chair)

Dan Worrell (Vice-Chair)

Meagan Adriaans (Treasurer)

John Pennells (Secretary)

Enyi Anosike

Peter Dockree

Liuna Fekravar

Ayesha Murtaza

Leila Reid

## AMAUDO UK STAFF

Kate Lumley (CEO)

## PATRON

Jackie Kay MBE FRSE

## INDEPENDENT EXAMINER

Tunde Adesuyan







## CONTACT US

**Amaudo UK, Forest Hill Methodist Church & Centre,  
Normanton Street, London SE23 2DS**

**07765151030   amaudouk@amaudo.org   www.amaudo.org**

**Registered Charity Number: 1084963**

# **AMAUDO UK**

(Charities Number 1084963)

**ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023**

# AMAUDO UK

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

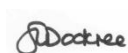
	Notes	2023 General £	2023 Restrict £	2023 Total £	2022 General £	2022 Restrict £	2022 Total £
<b>INCOME</b>							
Regular Donors		9,914	5,763	15,677	10,277	5,988	16,265
Donations	8	5,438	17,385	22,823	15,280	28,778	44,057
		15,352	23,148	38,500	25,557	34,766	60,322
Grants	8	12,000		12,000	13,000		13,000
Gift Aid		5,247		5,247	5,803		5,803
Bank Interest		87		87	9		9
<b>Total Income</b>		32,685	23,148	55,833	44,369	34,766	79,135
<b>EXPENDITURE</b>							
Transfers to Nigeria			27,479	27,479		34,387	34,387
Nigeria expenses							
UK Expenditure							
Office rent and costs		783		783	2,568		2,568
Rent	750						
Stationery/telephone	33						
Salaries and costs		19,813		19,813	21,676		21,676
Salaries	16,783						
Pension and N. I.	3,031						
Software		412		412	380		380
Fundraising		252		252	2,276		2,276
Insurance		262		262	427		427
Employees travel		20		20	13		13
Local	20						
Overseas	-						
Sundry expenses		591		591	576		576
Trustees travel		66		66	-		-
Local	66						
Overseas	-						
Training		-		-	-		-
Donation		1,520		1,520	1,914		1,914
Contribution for Amaudo HQ		15,111		15,111	26,311		26,311
Depreciation		-		-	-		-
<b>Total Expenditure</b>		38,831	27,479	66,310	56,141	34,387	90,528
<b>Net Income less Expenditure</b>		(6,146)	(4,331)	(10,476)	(11,772)	379	(11,393)
Balance at beginning of the year		23,687	6,329	30,016	35,460	5,950	41,410
<b>Balance at end of the year</b>		17,542	1,998	19,540	23,687	6,329	30,016

## AMAUDO UK

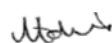
### BALANCE SHEET AS AT 31 DECEMBER 2023

	Notes	2023	2022
		£	£
<b>ASSETS</b>			
Fixed Assets	3	-	-
Current Assets			
Debtors	4	8,818	10,214
Inventory	5	-	-
Cash at Bank		11,067	21,057
Total Current Assets		19,886	31,271
less Current Liabilities			
Creditors	6	346	1,255
Net Current Assets		19,540	30,016
<b>Total Assets less Liabilities</b>		19,540	30,016
<b>FUNDS</b>			
Restricted	7	1,998	6,329
less Unrestricted		17,542	23,687
		19,540	30,016

Signed on behalf of the Trustees of Amaudo



Chairman



Treasurer



# AMAUDO UK

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 1 Accounting Policies

#### a Basis of Accounting

These accounts are prepared on the historical cost basis and in accordance with applicable recognised accounting standards and the statement of Recommended Practice on Accounting by Charities (the Charities SORP).

#### b Grants

Grants are recognised in the Statement of Financial Activities on an accruals basis in accordance with any pre-conditions.

#### c Donations, Fundraising and Gifts

Donations are recognised in the accounts on a received basis. Gifts in kind are recognised at their value to the charity (none were received in 2023).  
No value is assigned to donated facilities.

#### d Expenditure

Expenditure is recognised on an accrual basis, with overheads being allocated to restricted and unrestricted overheads in proportion to donations and grants received.

#### e Capitalisation

Expenditure on repairs, renewals, plant and equipment which costs in excess of £200 is capitalised together with expenditure on Furniture and fitting and donated goods.

#### f Depreciation

Provision for depreciation of Fixed Assets held for use by the charity is made at annual rates calculated to spread the cost of each asset over its expected useful life.

The depreciation rate in use for this year is as follows:

Office equipment	33%
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#### g Taxation

No provision for taxation is included in these accounts as the charity is entitled to exemption from tax afforded by section 505 of the Income and Corporation Act 1988.

#### h Cash Flow

The charity qualifies as a small charity and therefore, in accordance with FRS 1, no cash flow is required.

# AMAUDO UK

## NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023

### 2 Employees

During the year the charity employed two people, each on a part time basis.

### 3 Fixed Assets

#### Office Furniture and Equipment

Cost	
Balance at 31 December 2022	1,023
Scrapped during the year	-
	<hr/>
Additions during the year	
Furniture	-
Office Equipment	-
	<hr/>
Balance 31 December 2023	1,023
	<hr/>
<b>Accumulated Depreciation</b>	
Balance at 31 December 2022	1,023
Utilised	-
	<hr/>
Charge for the year	-
	<hr/>
Balance 31 December 2023	1,023
	<hr/>
Net Book Value at 31 December 2022	-
Net Book Value at 31 December 2023	-

### 4 Debtors

	2023	2022
	£	£
Transfers made in advance to Amaudo Itambauzo	4,038	4,038
Gift Aid receivable	4,254	5,560
Office rental - deposit	450	450
Insurance - prepaid	53	165
Credit card annual fee part-refund	24	-
	<hr/>	<hr/>
	8,818	10,214

### 5 Inventory

	2023	2022
	£	£
Learner packs	-	-

### 6 Creditors

	2023	2022
	£	£
Accruals	346	1,255
	<hr/>	<hr/>
	346	1,255

## AMAUDO UK

### NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2023

#### 7 Restricted Funds

The funds of the charity include restricted funds comprising the unexpended balances of donations and grants held on trust to be applied for specific purposes

	Balance 1 Jan	Movement in Funds		Transfers	Balance 31 Dec
		Incoming	Outgoing		
Amaudo Itambauzo Headquarters	1,872	16,071	16,167	-	1,776
Amaudo 2 Ntalakwu	(1,736)	1,560	1,860	-	(2,036)
Project Comfort	921	1,935	2,460	-	396
Project Director's vehicle fund	1,267	1,074	2,341	-	-
Amaudo 1	511	-	-	-	511
Education Fund	3,494	2,508	4,651	-	1,351
	6,329	23,148	27,479	-	1,998

#### 8 Reclassification of Income

In 2022, £13,000 worth of Grants were incorrectly classified as Donations. This has now been corrected retrospectively. Net impact of this reclassification on Total General Funds Income is £0.



## Section A

## Independent Examiner's Report

### Report to the trustees

Charity Name  
Amaudo UK

### On accounts for the year ended

31 December 2023

Charity no  
(if any)

1084663

### Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 12 / 2022**.

### Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

Signed:

*SSmith*

Date:

01.08.2023

Name:

Samantha Smith

Relevant professional qualification(s) or body (if any):

ACMA CGMA

Address:

31 Birchwood Road, West Byfleet, KT14 6DW

**Section B****Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**