



cress

sowing seeds for life

Summer Newsletter

August 2015

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Welcome!

Welcome to our **NEW** bi-annual newsletter! All the Cress news and events over the past months in one place for your enjoyment, plus updates from South Sudan where activity has been made possible by the generosity of **YOU** our supporters. Please do read and pass on helping us to raise the charity's profile and more importantly tell others about the work that we do.

What's coming up?

We are planning for our visit in September – already there is lots of excitement around the official opening of the Liwolo Clinic! Joseph tells me they are expecting around 1,300 people to come including the governor of the province and other dignitaries. I have my dress and hat organised!

But never mind my hat and dress, we are having to find funds to feed everyone at the opening – meat will be cooked and fizzy drinks purchased, something that only happens when outsiders pay for such delights! So whilst the amount budgeted for the opening seems huge at \$3,700 it is perhaps small if one considers 1,300 people celebrating in such a way. I do remember a church in the United States once paid for all the deaneries in the diocese to have meat for Christmas, so our own party will be quite some celebration.

Before the clinic opening there is to be a clergy conference. We are not sure how many will attend but eight other dioceses have been invited to send two clergy each, although may be put off coming by the troubles on the Kajo-Keji Juba Road. Four of Bishop Anthony's staff all had all their money and phones stolen two months ago on this journey.

We are also planning for Maggie Metcalfe, a nurse and midwife, to spend three days in Liwolo at the clinic advising and reviewing the staff. Becky Sedgwick is also joining us for three days teaching Sunday school teachers. So a busy trip!

With warm regards,

Caroline Lamb

Founder and CEO



A visit by Fred Taban . . .

Earlier in the year we had Fred Taban staying with us in the Chalke Valley for his month's holiday from All Nations' College. Suffice to say rural Wiltshire is more than a little different to his home in Arua Refugee Camp, and yet Fred took to it with ease, bringing with him humility, a strong Christian faith and an excellent sense of humour.



It was a privilege to spend time with Fred, and this trip along with feeding his family, two terms of college expenses and the money to cultivate his fields has been so generously given by Cress supporters.

During Fred's visit, Simon (my youngest son) came down to stay for the weekend with a 'dreadful cold', which caused some amusement to Fred, who broke into uncontrollable laughter at the use of the word 'dreadful' to describe something as trivial as a cold!

Simon was down to celebrate his 26th birthday and by chance it was also Fred's who, despite reaching the grand old age of 49, has never received so much as a birthday card. But he did this time!

Support making a difference

A fundraising event earlier in the year . . . a burger night would you believe . . . has enabled the purchase of vital furniture for the Liwolo Clinic. As you maybe aware or can appreciate there are many challenges to buying furniture and perhaps even more so in then getting it to the clinic. We are thrilled to tell you that beds, mattresses and more have been procured and SAFELY delivered.



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A reality check!



Earlier in June we learnt that one of our sponsor children, Stephen Loboko was very unwell. Sadly this is the reality of the work that we do and why it is so important that we continue to support the South Sudanese people. Stephen's sponsor was at my garden party and upon hearing the terrible news of the young boy's illness (Hepatitis B) whose father had no money to pay for treatment wonderfully sent over enough money to cover the desperately needed treatment and medicine.

A message from the people of Liwolo:

"The community of Liwolo are thrilled with the arrival of beds, mattress and long waited furniture for the Clinic. This has lifted the hope of the people in the community that health services are at their door. I would like to sincerely appreciate and thank Caroline Lamb, the Cress Trustees and Donors that donate generously for the furniture and beds cost. Your efforts, hard work and finances have lasting impact in the lives of the poor people of South Sudan and in particular people of Liwolo. You are heroes and kept your works of love for us all in natural archives for generations. God bless you all. Well done for your good work."

Please help CRESS to make a difference

You can support any of our projects by making a donation online by following the links on our website or send a cheque to:

Cress UK, Knighton Manor, Broad Chalke, Salisbury SP5 5EB

If you are a UK tax payer please don't forget to complete a **Gift Aid** form – available to download from the website or contact us and we will post one to you.

Fundraising fun . . .

Simon Lamb, proving himself to be more than a snivelly cold-sufferer, and three friends recently completed the awesome feat that is the Fellsman Challenge. Through pure grit and determination the boys covered over 61 miles of the Yorkshire Dales, climbing 11,000 feet in 23 hours and raised £3,000 in the process.



This money is being used to furnish the new Liwolo Clinic and the furniture is being made locally. The money will also be used to pay the staff working at the clinic.



Once again Pauline Cullis held an annual sale in her beautiful home – selling her jewelry, scarves and clothes by Emma Darlington. A fantastic total of £1,000 was made and every penny of this money will go towards medicines for the Liwolo Clinic. A huge thank you to Pauline for being amazing and for organising this

event on top of a 4-day week job teaching English at St Joseph's Catholic School in Laverstock.

At the beginning of June, I held my annual two day garden party, raising £1,360. It was really great to have Fred Taban with us and that night he and I enjoyed a typical Kuku Evening – just sitting and talking. In our western world we might call this “wasting time”

but not the Africans, and it felt good to just “hang out together”. The Sunday was much hotter and although Fred was not able to join us, as he was attending the Sudan Medical Link Garden Party in the Bishop's garden, 56 visitors joined us for afternoon tea and relaxing in the sunshine. The money raised will go towards the three conferences/teaching sessions we are running in South Sudan in September.



Thomas Clarke took part in the L'Etape, an annual sportif where a stage of the Tour de France is opened up to amateurs before the pros flaunt their stuff. No mean feat and gruelling at times, Tom has raised an amazing £7,000! This money will pay the clinic's lab technician for a year, vital equipment for their use and for Joseph to attend a three week intensive study of English in Kampala, plus cover the clinic opening celebration costs!

And yet more remarkable fundraising has enabled Francis Candiga, a south Sudanese Sunday school teacher to attend a college in Uganda to further his teaching skills.



The proceeds from Jenny Head and Anne John's book about the history of the Teacher Training College in Salisbury Close has also been kindly donated to Cress. And in expression of thanks, what more is there to add than Francis' own words: *'I am bursting with happiness... this is indeed a miracle.'*



Working with schools ...

It is always a great pleasure to go into schools and talk about our work, children are fascinated by the world outside their backyard and enjoy finding out about the children in South Sudan.

In June I visited Broad Chalke School to talk with Year 6 children in Jez Howell's class. I shared with them the life of the children in South Sudan through photographs; showing them what their homes and school were like. The young people I was talking with were amazed to learn how different school was for the South Sudanese children with no class furniture, no food during the day, no textbooks, no wall displays, no sports equipment!

One photograph I showed them, that continues to haunt me as it is so shocking, is of the children sitting out in a disused building under the hot sun with a tiny bit of blackboard. Year 6 said it made them feel privileged and very fortunate to be educated in Broad Chalke School. They then had a discussion about how they might help these children and I have promised to speak with Joseph to find out what is needed at the school and what the Broad Chalk primary children can do!

The young ladies of Godolphin school have also showed interest in our charity and the work that we do and it is very much hoped that they will raise money for vitally needed infrastructure to provide the Liwolo Clinic with solar power.

As a former Godolphin girl I am thrilled that my old school want to get involved with Cress UK.



St James' doing their bit



St James' Church in Devizes has had a long standing relationship with the people in Kajo Keji through their Salisbury Diocese Sudan Link and this relationship has

been made even stronger by working in partnership with Cress to get things delivered on the ground. Last year Becky Sedgewick and Adrian Burholt went with me to Kajo Keji and they liked it so much they're coming back again this year! Becky, with St James' sponsorship and support, will be running more Sunday School training and Adrian will be working with Golda on a women's enterprise conference.

Purchases

THANKS to three young men (all my family members), Simon, Edward and Tom, who have raised over £20,000. Joseph Aba who is in Kampala, studying at the present time, will be using some of this money to purchase solar power for the clinic; and for his house, which will be used as an office for Cress from September when we will have three staff members.

Unfortunately a recent cost increase to the charity is the border charge into Uganda, which has been doubled in amount from \$50 to \$100. This has had an impact on staff travelling in and out of South Sudan and the cost of items being brought in. It seems very hard to continually penalize a landlocked country such as South Sudan.

During our September visit we have to enter Uganda twice, and this will cost £133 per person, so for the seven of us that is a HUGE total of £931!

Thank you... A huge thank you to all our supporters who enable Cress UK to make a practical difference in South Sudan.