

In September this year a team of seven CRESS supporters visited our South Sudanese community in the refugee camps of Northern Uganda. Across a trip like this you are exposed to, and share in the full spectrum of human emotion from unbridled joy, to damning despair, hope, sadness, reflection, humility and everything in between. Having now been home for a few weeks, and taken the time to process what we saw and what we learnt, we asked each member one simple question, **What moved you most?**

**Danda wrote:**

Esther Joan, a mother of four living in Imvepi refugee camp, showed suffering but her stature was strong. Despite all she has been through, I was moved by her resilience.

Esther Joan has successfully used her training with CRESS and now has her own lucrative agricultural business.

Even though CRESS is small and resources stretched, their strength is demonstrated through in-country lead staff and the care and respect they have for the people they support.

"CRESS has empowered me just to help the family"



It was a real pleasure to be part of the team and capture the impact of CRESS's work.

Buying on Amazon?

Amazon will donate 0.5% of your item's purchase price to CRESS if you choose CRESS as your chosen charity and buy through smile.amazon.co.uk.
Try it next time you buy!

Jamie Melville wrote:

I think in particular of Jackie Gire. Thanks to CRESS, and its many supporters, she has a chance to learn. In order to do so, she walks two and half hours each way, every day, from her adopted family home to the Arua Medical School.



"I cannot pay you back, so simply ask that God bless you all."

Have you got a corporate contact who could support CRESS?

CRESS could be your company's charity of the year, or beneficiary for Christmas Jumper Day!

If you or a business you know can support CRESS please contact
Caroline.

e: caroline.lamb@cressuk.org
t: 01722 780789 www.cressuk.org

Find CRESS Charity on  

Fiona Sheldon wrote:

What moved me most was seeing the latest chapter in a wonderful story of human resilience.

An exhausted pastor, teacher and father sat on the front row of the Emotional Health Conference in Arua in January 2018, with a large gash in his leg from a motorbike accident en route. He was attentive, but exhausted and clearly struggling with considerable trauma. I agreed to see him for a psychotherapy session early the next day to treat his trauma.

He was leading his people in the bush, having lost all his cattle to the Dinka, his village had been flattened and his wife murdered by a relative, leaving him to raise his children.

At the end I asked what one thing he would like to accomplish – he said "to set up a school for all the children in his community". As we left the room, we met a CRESS team member with £100 available to help build a school.



In September 2019, he is now happily remarried and his wife is helping him to raise the family, while she runs a tailoring business. In January this year he was trained as CATT volunteer to treat traumatised children in his community. He told me of the school he started, with now more than 300 children and an ambition to find secondary teachers to meet that educational need.

Seeing him - a restored father, pastor, teacher, CATT volunteer and community leader making a real difference – moved me most.

Thank you for your support and encouragement this year, we have been able to achieve so much and look forward to continuing our journey with the South Sudanese in 2020.
Caroline

Becky Sedgwick wrote:

What moved me the most was the children asking riddles when we went to church in Gabor, because I realised that these children were getting the most fantastic education. The school is rapidly gaining a reputation for excellence.

Even though they receive no payment for their work, other than small donations from parents, Emmanuel Murye and his team of teachers are so committed to giving these children the best possible start in life.



The 180 pupils enrolled in a bush school back over the South Sudan border, which all started with just a £100 donation from CRESS. It is that type of impact which makes CRESS such a rewarding charity to support.

Give a charitable gift this Christmas

Buy a gift for refugees in Uganda and we will send you a thank you card from us which you can give to your loved one.

Buy a Gift

Bicycle: £100 for a
Community Business Facilitator overseeing 3 groups

Savings Group Kit: £50 includes
savings box, padlocks and log books for a group of 20

Malaria Medicine: £25 enough to treat 30 people

Watchman's Uniform: £65
for our 2 new watchmen

Monthly Giving Gifts

£10/month gives 1 week of medicines for 125 people who visit the clinic

£20/month gives medicines for 250 people who visit the clinic

£10/month supports one community Business facilitator to look after 3 savings groups

You can give online via our website or by contacting Caroline caroline.lamb@cressuk.org
t: 01722 780789 www.cressuk.org