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## Welcome

This newsletter gives you a snapshot of the amazing number of projects you all, by your generosity, have made possible in spite of COVID.

*Caroline*

## Clinic News

The CRESS funded clinic in Mijale was thrilled to finally receive their longed-for scanner earlier this year.

Jojo Seme wrote:

*"The clinic is among the few health facilities in Yumbe district that provides quality medical services to both the Ugandan and South Sudanese nationals.. It is located very close to the border of Uganda approximately 5 km from South Sudan and 40 km (about an hour drive) to Yumbe town."*

### New diagnosis for Pita Mary

Pita Mary a South Sudanese refugee was in lockdown in Osubira village 7 km away from the clinic. After being scanned she was diagnosed with liver cirrhosis.

She said,  
*"Thank you, doctor, for your explanation to the cause of my stomach enlargement. All this time I have been taking medicine for spleen enlargement with no improvement."*



THE  
CRESS FUNDED  
CLINIC IN MIJALE HAS  
SEEN OVER

**5954**

PATIENTS IN  
2020

## Maternal Services

During lockdown student Midwife Celina has been able to join the clinic and is helping Midwife Bethy deliver all of the maternity services. Improvements in the clinic's services include:

- Provision of skilled care to mothers and their babies during pregnancy, labour and after childbirth
- Improvement of birth outcomes
- Family planning advise

Ms. Kiden Susan said,  
*"I truly lacked words to*

*express my happiness and joy following the safe delivery of my live bouncing baby boy Baba when my husband was away. I have carried my baby for 9 months and been so fortunate to be able to attend four antenatal visits here in the clinic – I really appreciate the kindness and expertise of the*



*Celina with Ms. Kiden Susan and her new baby*

*clinic midwives who saved my life and that of my third born (baby) over the weekend."*

## FUNDS

Jamie Melville's 34 mile fundraising walk raised over £1500 for replacement clinic equipment which

was greatly appreciated. If

you feel you can support the clinic through a donation for equipment, medicine or to regularly support a salary for a member of staff, contact Caroline or donate online.

The CRESS funded clinic costs £200 a week to run, could you help

**DONATE ONLINE**  
[cressuk.org/donate](http://cressuk.org/donate)

## In the camps

### Agriculture

With the support of our wonderful donors, CRESS agriculture department in the Diocese of Liwolo (DOL) has been able to achieve a huge amount since July as easing lockdown has allowed agricultural work to continue. We now have 16 new groups to add to our original 8.

- 672 pineapple suckers have been delivered. They cost £1.05 each, produce their first fruit in 4 months and each fruit sells for about 40p
- Agriculture tools were distributed
- The groups have all sown their vegetable seeds and they have germinated well
- Formal assessments to show the difference being part of an agriculture group has made to refugees' lives



Members receiving Pineapple suckers

Agricultural Officer demonstrating the planting of Pineapple suckers



Pineapple suckers after 4 months growth



Nyulo after his CATT Counselling

*has been congesting my head is NO more! – My mind is now free from any past stress. I am freely interacting with friends and my performance at school has greatly improved. A HUGE thank you to the people supporting this great work – I find this therapy very enjoyable as it involves some play"*

## Savings Groups



## Children's Accelerated Trauma Therapy

A case study from the CATT team. Godfrey Nyulo, a 10 year old South Sudanese boy witnessed both his parents being attacked before fleeing to Uganda. He started having a recurrent headache, constant nightmares, loss of appetite and difficulty sleeping. After 4 sessions of CATT Therapy and Psycho-education with Rev. Gale Scopas, little Nyulo has expressed his thanks,

*"Today I am VERY happy to announce that the entire traumatic incident about our family that*

## Work Experience

These graduate students have all been educated for many years by faithful sponsors in the UK

### Murye Scopas, IT Student

Murye Scopas, a college student studying Software Engineering, is currently volunteering in the DOL office and overseeing the IT. He has shown great aptitude for his work. He began by focusing on helping the students, ensuring that their student laptops were working and up-to-date and that they had the skills needed to get the most out of their technology. He helped many of them with online courses for Word, Excel, business & touch typing.

Then he moved on to help the clinic and Diocese of Liwolo (DOL) office. He has updated their systems and helped some like Midwife Bethy gain new skills. He has also been helping Jeska the Education Co-ordinator and ourselves through the COVID changes with our ever evolving education database and budgets.

*Clinic Midwife, Bethy learning how to use her new laptop.*



*Alia Gloria's choir singing for the Chalke Valley Benefice service in August*



*Scopas and Charles Kenyi during training in Mijale*

### Viola Poni, Agriculture & Nutrition Student

At the beginning of lockdown Viola Poni who is studying for a diploma in Agriculture and Nutrition volunteered with Goal International, an organisation that is formed to enhance health and nutrition. She had good experience with them and has now returned to the DOL office in Arua and is heading a project to teach farmers about preparing and cooking vegetables, the nutrients obtained from them and why these nutrients are important to our bodies.

*Students at the DOL Office  
Viola Poni,  
Isaac Kwaje, Alia Gloria and Murye Scopas*



### Alia Gloria, Logistics & Procurement Student

Alia Gloria is working in the DOL office with Isaac, the Logistic, Procurements and Communication Officer. She has also set up a choir in the office who sang for the Chalke Valley Benefice service in August.

Funds have just been sent out for her to purchase guitars and drums for the students to learn music and lead worship in the future.

**Tertiary students** cost CRESS £1200 per annum, to complete their education but now they are giving that amount and more back by volunteering in the office/surgery.

Internet bundles for the tertiary level students cost £300 per month

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## Education

We want to thank all our sponsors so much for supporting the students in Uganda through these changing times.

As Uganda went into lockdown all the students who are supported through the CRESS Education Sponsorship programme were sent home. It was expected that schools would open in June, but lockdown was extended and at the end of September we heard that just final year students at each level would be returning.

### Home learning packs

To support the students through this time Jeska and the Education Team first delivered home learning packs.

*Home education packs delivered to students*



### Home coaching trial

Then in August they trialed a month's home coaching with local teachers. The reports from the home coaching have arrived at the same time as the announcement about schools partially reopening.

*Students learning with coaching*



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Primary student sponsorship costs £25 a month

### This term's education

So the plan is that those who can will go back to school and those at home will be supported with home coaching or online learning if their school is offering this. There is also the opportunity to enrich the students' lives while they are at home with books and equipment like footballs and instruments.

The whole education team has been working hard together to ensure that the children have the best experience possible despite the pandemic.

### CHRISTMAS CARDS



This year CRESS has produced Christmas cards. Each card provides an outline of how CRESS supports the South Sudanese in Uganda.

A pack of 10 cards with envelopes costs £5

Hand delivery available in the Chalke Valley or postage £1.50.

To purchase, please email:  
[caroline.lamb@cressuk.org](mailto:caroline.lamb@cressuk.org)

Pay via **BACS** to CRESS  
Account: **71407090**  
Sort Code: **40-12-18**  
Reference: **CARDS-[YOUR-NAME]**.

Or post a **cheque** to Caroline Lamb at the address below.