

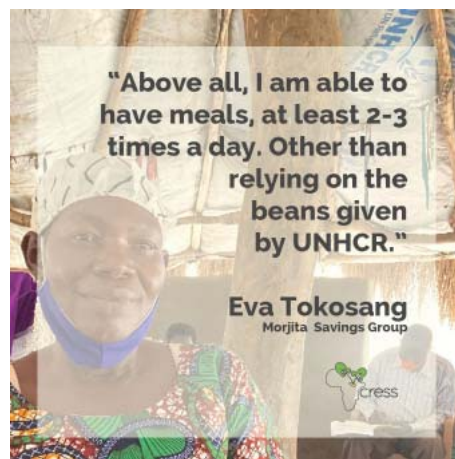
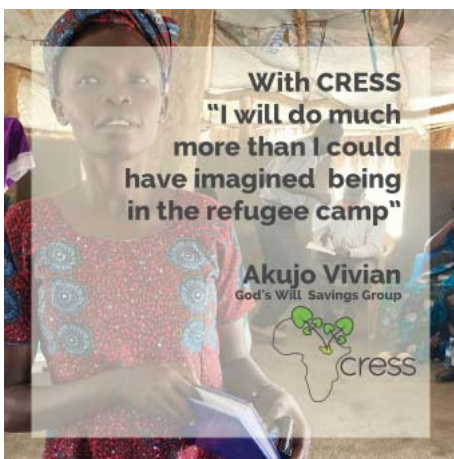
BUILDING FOR THE FUTURE

This year CRESS in the UK is looking to create a more solid foundation in terms of its team and revenue streams. Caroline is hoping to transition some of her UK work to a newly appointed development manager, but will continue to head up the charity and liaise directly with Uganda. The DOL (Diocese of Liwolo) team in Africa is doing amazing work, growing in skill and impact and we are so delighted with the stories and thanks that are sent back to us to share with you. With the uncertainty created by COVID, now is a really important time for the UK team and we thank you for your continued support, it means so much.

Caroline

Meet Gubaji Beatrice, from Morjita the mixed agriculture and savings group in Mijale. She said "After joining the group, I and my husband used the money we saved for building a permanent house. We were relieved of the burden of cutting grass every year for building. I have also opened a small retail business selling pancakes and vegetables in the market to raise more money for continuous savings. Apart from that, my family now have meals 2 or 3 times a day."

CREATING IMPACT



The savings and agriculture groups are having a huge impact on the 1415 members and their families and we want to share this news, not only with trusts, and you our supporters, but with others too. If you are on social media, look up @CRESScharity on Facebook and Instagram, CRESS UK on LinkedIn. A **Like** and a **Share** may be all it takes to help us gain a new supporter and give our savings groups a more secure future. Who will you share the work of CRESS with?

WHERE YOU CAN HELP?

£25 A MONTH

Supports a business facilitator to advise 3 groups or part of a DOL staff members salary

SHARE CRESS

Be an Ambassador for CRESS, talk to friends or share on social media?

Donate: cressuk.org/donate
Interested in being an Ambassador? Email: jamie.melville@cressuk.org

JAMIE MELVILLE

After volunteering with CRESS for over a year Jamie is now Charity Support Coordinator and will be developing an ambassador role for CRESS among many other tasks!



JEREMY METCALFE

Jeremy is a long term supporter of CRESS and Caroline, and since retiring in March he has taken on the role of Chair of Trustees and we look forward to working with him.

NEW CRESS UK TEAM MEMBERS

"I am delighted to take on the role of CRESS chairman, and greatly look forward to working with the teams in UK and Africa. I have visited both South Sudan and Northern Uganda, and hope we can all continue to support our South Sudanese 'cousins' and raise much needed funds for the benefit of their welfare, education, agriculture and transport." Jeremy Metcalfe

PASTORS RECEIVE AGRICULTURE TRAINING

Many of us joined with the Chalke Valley Churches as they worshipped on Advent Sunday with the South Sudanese refugees in Impevi Refugee Settlement. CRESS wanted to find a way of helping the pastors of the DOL increase their food supply.

Julius, part of the Agricultural Team with the DOL, reported:

"We trained Pastors and their spouses in Imvepi and Mijale on the best principles and practices of organic farming skills. The training was done for two days in each location. Altogether 76 people received the training."



Rev. Besta Ropani said she has gained knowledge on formulating manure, pesticides and management practices and through the training, she will be able to provide the basic needs for her family.



DONATION ENABLES FOOD DISTRIBUTION

The Diocese of Liwolo (DOL) was given 60 bags of rice to transport to the IDPs (Internally displaced people) in Logo.

We would like to thank the local family in the Chalke Valley, who donated the money they raised by selling plants, which enabled CRESS to fund the transportation of the rice so it could be delivered to those in need.

Left: Members receiving their rice. Inset: Each family receives 14 small mugs of rice (7kg)

AT THE CLINIC

The number of people being seen at the clinic has soared again this year. So far, monthly patient numbers have been between 900 - 1,100. About 600 of these are out-patients and 350 in-patients. Every month about 50 patients make use of the clinic scanner service and between 120 - 230 expectant mothers are seen by the clinic midwife.

The most common illnesses treated are:

- Malaria
- Typhoid
- Brucellosis - a bacterial disease acquired through direct contact with infected animals, by eating or drinking contaminated animal products
- Peptic ulcer disease
- Giardiasis - an infection in your small intestine caused by a microscopic parasite *Giardia lamblia*. Giardiasis spreads through contact with infected people, or by eating or drinking contaminated food/water.

CLINIC NEWS



The clinic after dark & team below



OUTREACH

In March, outreach services at the Clinic in Mijale delivered the first family planning/spacing, hygiene and malaria prevention training to women refugees for 2021. These teachings aim to prevent the most common diseases seen at the clinic.

Edward Mika said *"The training was fantastic, very much welcomed and appreciated, especially the training on family planning/spacing, as lack of child spacing poses a lot of danger to them in many ways including maternal and child death, hunger, fighting and separation of families."*

Once COVID lockdown is lifted, Edward hopes to undertake more health and hygiene workshops. In the meantime they are looking to organise more vitamin deliveries to pregnant mothers in Imvepi Refugee Settlement.



Participants with their mosquito nets



MATERNITY SERVICES

May saw 32 mothers giving birth in the clinic, the same as the whole of 2020!



Excited expectant mothers receiving their Mama Kits



One of the babies delivered in the clinic



Patients and expectant mothers wait for their scans

RUMPS

RUMPS (Re-usable Menstrual Pads) training is set to begin again, when COVID restrictions ease, after money has been received from a new Trust.

DID YOU KNOW?

Only 2% of the Ugandan population have received a COVID vaccine with less than 0.1% having both. There are currently no vaccines available to be able to buy in the Arua area.

NEW REGULAR DONORS NEEDED!

Our delivery partners in Uganda, at the Dioceses of Livolo Office and the Clinic in Mijale, do an amazing job ensuring the money we raise improves as many lives as possible, but we need more regular donors to solidify the grant we send for their salaries. Please consider this appeal and share it with others. **£30 a month** pays a gardener or CATT counsellor or part of a more senior salary. Visit cressuk.org/donate or call 01722 780789 to request a form.

KNIGHTON MANOR OPEN GARDEN



**11TH & 12TH SEPTEMBER
2PM - 5PM**

2021 APPEALS

AND KEEP IN MIND...

CRESS Christmas cards will be available from October



MAIN APPEAL: A NEW VEHICLE



Without transport the teams in Uganda are stuck. They cannot visit the camps to distribute goods, give training, deliver medicines to the remote clinic in Mijale, or deliver the bishop to his churches.

This is why, our main appeal this year, is to raise sufficient funds to purchase a new vehicle for them. **We need £20,000** which is 16K gift aided or 32 people giving £500 each.

Current vehicle: Nissan Datsun Double Cab, 2000

Milage: 205,005km

Day	Distance	Reason for travelling
Monday	360km	Visiting Imvepi Refugee Settlement for Agriculture Training
Tuesday	130km	To Mijale for Agriculture Training
Thursday	153km	Return from Agriculture Training
Friday	12km	Visit market for food stuff

“ This is the only vehicle available for DOL/CRESS to use in Arua in order to deliver services and relief to the project beneficiaries in Imvepi, Mijale and Goboro. It is so strained, it covers about 1,344km on very bad roads on a monthly basis. As a result, the breakdown rate is so high and hence the overall cost of maintenance is high. It's still serving us during this period of lockdown. We cannot hire vehicles to support our activities at the moment and so it's our priority to request funds to purchase another vehicle. Your donations towards this cause will make a significant difference to improve the lives of the refugees in these settlements.

Isaac Soro, Logistic & Procurements Officer, Arua

DONATE TODAY

HOW TO DONATE

Complete the form cressuk.org/donate with your Gift Aid and donation details, or simply pay by BACS or cheque and call us for a Gift Aid form.

BACS

Account No: 71407090

Sort Code: 40-12-18

Reference: VEH-[YOUR-NAME]

CRESS, Knighton Manor, Broadchalke, Salisbury, Wiltshire, SP5 5EB

caroline.lamb@cressuk.org | 01722 780789 | cressuk.org

DONATE: cressuk.org/donate

If you would like to change your communication preferences for CRESS, please email naomi.booth@cressuk.org