

NEWS FROM CRESS

Autumn 2023



New savings group start-up kits

JOIN US TO GIVE BIG

This winter we are partnering with the BigGive.org to raise even more funds for our work. We have the opportunity to double donations made between 28th November and 5th December. For more information, please read the back page.

We are so pleased that Lent Project funds have trained 12 new groups in vegetable production, alongside providing support to previously trained groups, such as a help to these refugee lives and our Savings Groups continue to expand, now supporting more than 2000 members.

All of the stories you read here are possible because of your generous support and funding. We hope you enjoy this insight to the work we do together.

Cassie.

LENT PROJECT UPDATE

A huge **“Thank you”** to all of you who were involved in raising funds for our Lent Project especially Chalke Valley Churches, Stonehenge Deanery and our many individual donors. You have enabled us to provide 360 refugees with skills and equipment that will mean they can eat more healthily, begin to make money from their agriculture work and so pay important bills like medical and school fees. Each of these people will support an average household of 8 meaning your donations positively influence 2880 lives!

12 groups, who already have training in savings and small business, have been trained in sustainable, organic vegetable production. This has been successfully completed just prior to the second rainy season in Uganda which is very exciting. They have their starter kit tools and the training and encouragement from the agriculture team will enable them to become confident, sustainable and successful farmers.

Read the full report: cressuk.org/lent-project-in-action



Lent Project Starter kits ready to go to the groups

WHERE YOU CAN HELP?

£10 MAMA KIT

Supporting mothers who visit our clinic for antenatal services?

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

LIFE IN THE REFUGEE SETTLEMENTS



Imvepi refugee settlement in the dry season



A market place in Imvepi

The food situation in the refugee camps of Northern Uganda has become increasingly difficult as monthly rations from the World Food Programme have been diminishing. Originally refugees received 12kg of grain per month. In July 2023, however, these rations stopped for most people.

Category 1. The most vulnerable people with disabilities etc have recently received 8kg grain per month, reducing to 6.25kg in July.

Category 2. Families comprising both able and vulnerable people, was 5kg, reducing to 3kg per month.

Category 3. Those fit and able to work will now have no assistance

Things are already hard, there is little land available for refugees and many have survived through the rations given by the World Food Programme. The rations would be used to feed themselves and to exchange for other items they needed.

HOW THE LENT PROJECT IS HELPING

July was the start of the second growing season in northern Uganda. The 12 new groups supported by the Lent Project have been trained in sustainable agriculture techniques and shown which vegetables grow best in their area.

The team also continue to support previously trained groups. There will be new fruit trees given to the group members which, once established, will provide fruit for the families or for selling for income.

We spoke to Julious and Yunia, CRESS agriculture officers in Arua, they said

"Many people have survived because of the agriculture project. The people will need to work hard to get something from the project now there is no other food. We encourage them to work hard to survive, because there is no other way.

The people in the camp will transfer the knowledge they have gained from our project to their neighbours. In this way they help the whole community."



Yunia with group members of Paji Kido agriculture group ready to dig their garden for transplanting vegetable seedlings

QUICK NEWS CATCH UP



Bishop Philip North, Blackburn Diocese and his chaplain Rev. Sam Cheesman took on an epic 100km trek across Lancashire for his Bishop's Harvest Appeal which supports CRESS and through us Bishop Joseph's ministry and new trees.



With nibbles and wine flowing at our Open Garden Evening there was such a warm and friendly atmosphere. Including Gift Aid we raised just over £1500 - a massive boost for our work - thank you to everyone who came!



The maternity work at the clinic continues to give knowledge and support to women in Mijale, rural northern Uganda. Midwife Bethy and field midwife Asaba gave 145 expectant mothers similar classes, as pictured, in August this year.

FIRST SPONSORED STUDENT'S DEGREE

Godfrey Murye has this summer completed his Bachelor Degree in Civil Engineering, an historic moment for CRESS as he was the first student to be sponsored when Caroline returned home after her first visit to South Sudan in September 2009. We look forward to his graduation photos!

She says "I remember so well seeing you in the class in Ebenezer School in Kajo Keji. You were sitting on a small stool with no desk and I am not sure if there were any books. You were the only member other than your father to speak English so I could only speak to you two when I visited your home in Liwolo. The transformation in your life and many many others is remarkable - it is as if you have all climbed up the ladder of life and you now have so so many opportunities at your feet to be able to choose. Your sponsors have been so so generous, they know they have completely changed a life and then many others as I am sure you will be a change maker for others too."



Godfrey Murye doing fieldwork

RUMPS TRAINING IN SECONDARY SCHOOLS

CRESS's clinic outreach programme include RUMPS training for young women. In rural Northern Uganda, most people are on a very low income. Many girls' families may not have enough money for disposable pads, and children do not have money of their own. The girls often manage their periods by staying home for four or five days. This can result in falling behind at school and if they do not keep up with the work, they fail their classes and end up dropping out. The alternative is using old rags which can introduce infections that leads to health problems.

This is why we take RUMPs training to the schools, so girls do not have such a disadvantage due to their periods. In July CRESS conducted our second RUMPs training this time in Imvepi Refugee Settlement Secondary School. The team use locally sourced materials so the girls know they can replicate their pads.

They each make their own RUMP during the training and are also given new underwear to help them as that is also something many girls lack.



"The training was awesome and skilful. This is different from other trainings as I did not know all the materials that were needed or how to cater for pads [after use]. Other organisations have just given us ready made pads without the knowledge, pants and soap."



Pamugun savings group with their new materials

SAVINGS GROUPS EXPAND

The team in Arua successfully conducted comprehensive training sessions for all 72 VSLA groups in Imvepi and Mijale. The participants actively engaged in the sessions, demonstrating enthusiasm and eagerness to apply their new knowledge. The trained members have since mentored others within their groups.

Savings materials were delivered to 10 groups. These materials, including savings boxes, record books, and other scholastic items will significantly enhance their financial management and tracking of savings and loan activities. The secretaries of all the savings groups have also just received new training to enable them to better administer their groups, after this need was noted as part of the ongoing evaluation and development of the groups. Full report <https://cressuk.org/savings-group-report/>

CAROLINE VISITING UGANDA

After over 4 years, Caroline is returning to Uganda in November. From the 12th-22nd, Caroline and Andrew Stayley will be travelling to visit our partners on the ground. They will be taking donations with her to be dropped at Knighton Manor by the 5th November.

They are looking for;

- watches
- ladies pants in multi-packs (sizes 10-14)
- children's pens and felt-tips, exercise notebooks
- science textbooks
- new bibles
- cash for local presents and food

Donations can be left in the porch at any time.



BIG GIVE CHRISTMAS APPEAL

This year we are partnering with BigGive.org to raise even more funds for our work.

Donate between **28th November - 5th December** to gain match-funding on your donation. **Please add the Big Give date to your diary!**



SCAN ME

or visit

<https://tinyurl.com/cress-big-give-2023>



Bringing inspiration, our BigGive this Christmas will support our Savings Group and Education conferences

CHRISTMAS CARDS



With thanks to local artist, Celia Normand, for our designs this year, the CRESS Christmas cards are now available £5 for 8 cards from The Hub in Broadchalke or email - caroline.lamb@cressuk.org There is an extra charge for postage

Not sending cards?

Why not send some via email - dontsendmeacard.com/ecards/charities/cress/christmas

DONATE TODAY

DONATE IN THE USUAL WAY

Complete the form at 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: YOUR-NAME

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

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DONATE: cressuk.org/donate

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