

NEWS FROM CRESS

Trip News Oct 2025



Caroline at Windsor Palace presented with her MBE

WELL DONE, MUM!

A Member of the British Empire for an indelible mark on a South Sudanese Community.

Flicking through the names and roles of those being recognised, it was clear that these honours — excluding the political ones — cannot be bought or swindled. This eclectic mix of wonderful British citizens is a credit to the country and clearly cherished by their communities.

It is a spark of compassion that creates a flame of service - years, decades, even lifetimes, spent quietly showing up again and again. And of course, Mum: "Services to South Sudanese Refugees." These kind hearts — usually unsung, except on this golden day. Whatever your stance on the monarchy, these honours speak to something precious: to those who resist the evolutionary urge to better themselves, and instead suggest — in this moment of global reckoning — that the human capacity for kindness and regeneration may yet prevail.

extract of a letter from Simon Lamb

TRIP OVERVIEW

Caroline and Jonathan have just returned from their trip to Uganda.

While Caroline has visited 26 times in total, this was

Pamugun CSCG in their cabbage garden in Mijale



Jonathan's first trip. In summary he said: *"I was always keen on the multifaceted work of CRESS, but nothing could have prepared me for seeing and hearing the impact it has. It has been a very moving privilege to come here and see that first hand."*

He visited the established Livelihood groups in Mijale and the very new gardens in

Rhino camp (Eden and Ocea zones) and saw the healthcare station in newly created Zone 8 in Rhino camp.

With Caroline he met the extended CRESS Africa Foundation (CAF) team in Arua including the new Children's Workers

who are doing such inspiring work in the refugee settlements. In conclusion he reflected: *"There are considerable challenges ahead. Not only has US aid reduced dramatically but we heard through our contacts that most nations are reducing their aid budgets. The need for help is not diminishing as more refugees arrive. The CAF team are agile and well placed to navigate this with help and support from CRESS UK and we ask for your prayers in this time of reflection and discernment of how CRESS can be sustained for the long term future."*



Caroline at the office in Arua with Barbara the dog and Amat

WHERE YOU CAN HELP?

£80 WATERPROOFS

For team members as they travel and do their work

£210 COULD BUY

a mobile phone for a field officer or office staff member (6 needed)

Donate: cressuk.org/donate

Get in touch: Email caroline.lamb@cressuk.org

THE FULL CRESS AFRICA TEAM



The CRESS Africa Team including volunteers in Arua

All our CRESS employees, CATT Counsellors and 8 volunteer children's workers along with some local sponsored children and their parents met Caroline and Jonathan on the Sunday of our trip in Arua.

We started with 30 minutes of hymns, songs, a short sermon and a few prayers. Then Isaac Soro, the leader spoke briefly. They had planned that all the 33 employees would come up to the front, introduce themselves and then share something about the impact of

CRESS on their personal lives or on the beneficiaries. I looked and saw that we had 3 hours planned of just sitting and listening, so I suggested we break every hour for 5/10 minutes for a short break, and it also meant I could make myself a nice caffeine shot of coffee!

I have been visiting CRESS some 26 times since the initial visit in September 2009, and I always say to myself, I wonder what will bring tears to my eyes and to my surprise, the minute I saw everyone there

and heard their joyful singing, tears arrived! Then, as we listened to story after story of improved lives and hope and health, we both felt very moved! And as I looked out on everyone, they all looked at peace and healthy – not that all their problems are gone, but they feel better – eat better – can educate their children, and they have that most important attribute: HOPE!

It's hard to know which story to pick, but the unpaid Child Evangelism Youth Workers were so impressive. They are all South Sudanese – they all live in the camp with no jobs, no income, no future plans, yet they had a joy and professionalism about them. One such person was Daniel from Imvepi camp. Clearly, he had had a good education in South Sudan before he fled, as he spoke excellent English and was very competent.



Daniel - Volunteer Children's Worker from Imvepi

KEJI'S HOUSE

Meet mama Keji Jenifer who at 53 years old has a family of seven.

She has been a member of Faith CSCG in Mijale for 7 years. Through her small business and savings goals, she has finally constructed for her family a decent house which cost 28 million Ugandan Shillings (about £6,100) - although she would

Keji Jenifer with a new fruit tree



Keji Jenifer outside her house still like the house to be painted.

Her journey with the savings group has made success possible for the family as she is a widow and has no other support. She thanks CRESS for supporting her family.

He spoke about the work with the children to tell them the Christian gospel and how this work has helped children so so much with not only giving them faith but their behaviour has improved in their homes (they would not have any schooling at all so these activities are such a life line to them) but what struck me most was that in this work they are helping the different tribes in Imvepi to work together so there is more unity in the camp. SO it is having a major impact on the camp!

HEALTH CARE FOR NEW REFUGEES

Jonathan visited the CRESS health project in the newest refugee settlement, Rhino 8. Four of our health care staff cover a wide range of clinic services including maternity services. Their dedication is amazing, operating in a tent, provided by UNHCR, with minimal facilities as all of this is very newly established.

They are doing life saving work - and have **seen over 480 patients in the 10 days** they have been present.

They have to live in tents themselves which are too hot to enter between mid morning and early evening.

CRESS said they would initially provide a clinic there for three months which would take us up to Christmas.

Those overseeing the refugees are desperate for us to stay, but it is not right for our staff to live and operate like that for too long and other partners must increase their support.

Photos: Above - Lulu Emmanuel with local children. Below - the team in the marquee clinic. Middle - Lulu walking towards the accommodation tents. Bottom - Bethy at work. Right - Asaba at work.



QUICK NEWS CATCH UP



A huge thank you to Tom who ran the Cologne Marathon, raising £3,404 towards salaries for Community Process Facilitators (CPFs). Tom's fundraising will pay for our 10 CPFs for just over 5 months.

James is also running for CRESS this month - amazing fund-raisers! If you would like to fundraise for CRESS, please get in touch!



Members of Wellspring group in Broadchalke and other individuals have donated money for bibles and prayer books.

The bibles are one for each of the 72 Livelihood Groups and prayer books for the CPFs and some of the Child Volunteer Workers. Thank you all so much and we look forward to sharing distribution photos on our website.



The team visited a few of the gardens where tools and seeds had been provided from those who donated when Caroline was Awarded her MBE. Rose Modong is new to farming but has started exceptionally and was chosen to showcase her new skills during the visit. Thank you to everyone who supported these new gardens.



<https://tinyurl.com/cressbiggive25>

BIG GIVE 2nd-9th DECEMBER

Please join us in raising money for primary, maternity and mental healthcare in refugee camps in Uganda

To donate visit: <https://tinyurl.com/cressbiggive25> between 2nd-9th of December. During this week, donations made via the Big Give Campaign page will be matched by our Champion up to £32,800!

Put the dates (2nd-9th December) in your diary or set up a reminder on your phone using <https://tinyurl.com/cressbiggive25> so that you can help us provide much needed health intervention to vulnerable people living in refugee camps.

You can also involve your friends and loved ones by sharing our campaign with them or sharing information about our campaign on social media.

Find us on Facebook and LinkedIn @CRESS UK or Instagram @cresscharity to stay up to date with our news, events and fundraising.



CATT Counsellor Kenyi Alex during a therapy session



Asaba listening to a baby



Asaba, Bethy and Apangu

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