

# ANNUAL REPORT 2023

*Building stronger, for a better future*

registered charity no. 1141343



Knighton Manor, Broad Chalke, Salisbury, Wiltshire SP5 5EB

[www.cressuk.org](http://www.cressuk.org)

e: [caroline.lamb@cressuk.org](mailto:caroline.lamb@cressuk.org)

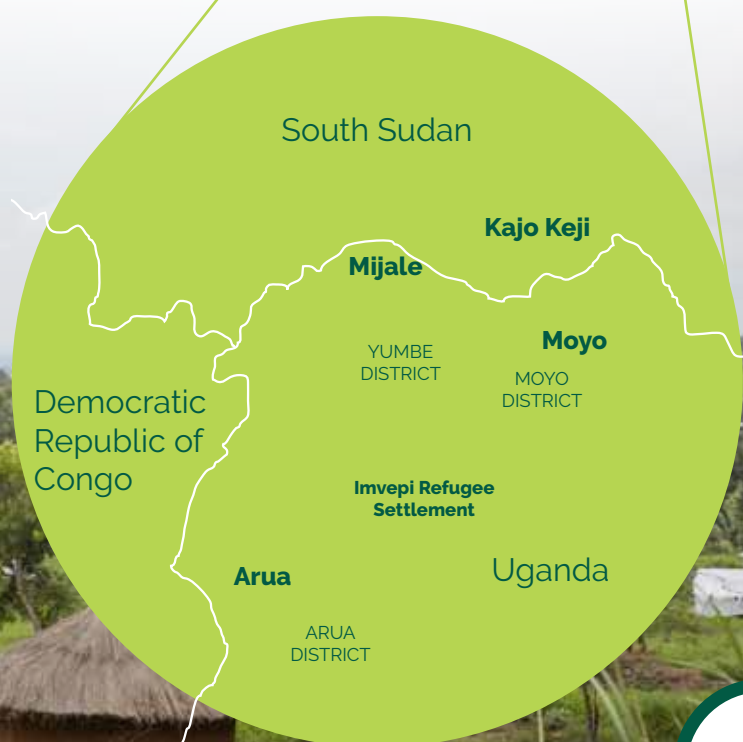
t: 01722 780789



# CONTENTS

- 3 Vision, Mission & Values**
- 4 Charitable objectives**
- 5 Our work**
- 6 Message from the CEO**
- 9 Achievements**
- 14 Impact**
- 16 13 years of CRESS**
- 17 Making a difference**
- 18 Finance**
- 19 Strategic objectives**
- 20 Governance**
- 23 Charity details**
- 24 Accounts 2023**
- 34 Independent examiner's report**
- 35 Statement of trustees' responsibilities**

*since 2010 CRESS  
has been helping the  
South Sudanese  
create self-sufficient,  
sustainable and ethical  
communities*



# VISION, MISSION & VALUES

Some of the 12 newly trained agriculture groups



## CORE VALUES



Christian Relief  
Education Skills and  
Sustainability

## VISION

Holistically transformed  
communities living self-  
sufficient lives

## MISSION

Educate and train South Sudanese  
refugees and local Ugandans with  
the knowledge and skills to empower  
them to establish self-sustaining  
communities.

Christian  
foundation  
drives how we  
operate and  
our values

Steady  
organic  
growth taking  
feedback and  
learning on the  
way

Based  
on strong  
personal  
relationships in  
Uganda and in  
UK

Unique  
blend of  
development  
and relief

Empower  
key groups  
such as  
students, farmers,  
women and  
clergy through  
education

Most  
projects  
have sustainable  
outcomes with  
the goal of them  
becoming self-  
supporting in  
time

100%  
local staff.  
They know and  
love their people  
and will remain  
with them

Strong  
financial  
accountability



# CHARITABLE OBJECTIVES

## Purpose

The prevention and relief of poverty, suffering, distress and ill-health and the advancement of education, self-sufficiency, sustainability and Christian discipleship in Africa by providing grants, items and services in such ways and such places as the trustees see fit, which includes but is not limited to:

(a) improving educational opportunities and standards through sponsorship

(b) improving primary health, trauma and maternal care through training and sponsorship, including the provision of a primary health care clinic;

(c) providing training and support for but not limited to agriculture;

(d) promoting community finance through the establishment of Savings Groups and the provision of loans, education and advice;

(e) equipping, training and supporting local clergy and lay church members

Agriculture group photos, demonstration of vegetable garden in Mijale, Friendly Group and a cookery demonstration



*"Before this training, I was blind, in the sense that I have not got such training.*

*Now my eyes were opened and I realised I was left behind. I am happy that now my family is benefiting from these trainings through the vegetables I grow. I am supporting my children in their education, feeding, and treatment through the vegetables. Thank God for CRESS and DOL for their wonderful support."*

*Member of God's Will agriculture group  
Imvepi point C.*



# OUR WORK





# MESSAGE FROM THE CEO

2023 was a big year in many ways. We started with the preparation teamwork that displayed huge support for CRESS in the Chalke Valley Churches Lent Project. The project aimed to raise funds for the CRESS Agriculture programme, to provide for the startup costs and training for 10 of our Savings Groups to become confident, sustainable and successful farmers. In the end enough was raised for 12 groups to be started and we are so grateful to all those who ran events and donated and to the Chalke Valley Benefice for selecting us as beneficiary.

A landmark for CRESS's Education Sponsorship was also reached this year when Godfrey, Bishop Joseph Aba's son graduated. I wrote back to him saying *"The completion of your Bachelor Degree in Civil Engineering is a historic moment for CRESS - the reason is you were the first student to be sponsored when I returned home after my first visit to South Sudan in September 2009 - 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."*

2023 saw Bishop Joseph visit the Chalke Valley and The Diocese of Blackburn and then to speak at the Alpha Leadership Conference with myself and Nicky Gumbel in London. It was inspiring to hear the Bishop talk about the situation of his people and his hopes for the future and for those people who have supported him and his ministry for many years to speak with him in person.

Bishop Joseph Aba with some of the many CRESS supporters he met on his visit

In November I made the return trip, my first since COVID, with Rev. Andrew Staley and,



new legal Trustee, Anthony Belchambers. We were warmly welcomed in Arua by the office staff. From there we visited the Savings and Agriculture Groups in Imvepi and Mijale as well as the clinic in Mijale. I realised as we travelled deep into the bush areas how remote some of these communities are and they told me how the Savings and Agriculture Groups give them more than just a way to earn money, but a sense of community, hope and inspiration which was missing from their lives before. A huge benefit for all. I even met the deputy governor of the South Sudanese in Imvepi camp and she said that CRESS' input had made the refugees no longer vulnerable.

Seeing the clinic staff made me realise how much like a family they have become, they clearly get on well and work very hard. They said they tend to get a lot of seriously ill patients whose lives they save, the patients come to the clinic when they have tried other places and they have failed to find healing. I met the two midwives Asaba, a lovely bubbly young girl, and Bethy who has worked with the clinic for years. Asaba goes into the camps every other month and might travel up to 40 km on the motorcycle to meet groups of pregnant women. She takes mosquito nets, mama kits and iron pills and encourages them to come to the clinic to deliver. If they live far they might come to the village a few days early. On the month she is not in the field she is helping Bethy so that Bethy does not have to get up every night as well as work in the day. Between them they have delivered a staggering 542 babies this year – 200 more than 2022

I also met the 9 CATT (Children's Accelerated Trauma Therapy) counsellors at the clinic. Through their stories I see how much need there is for their services. I know we need to work to find more funds for this and the adult trauma work for 2024.

It was a very busy week, so wonderful to hear the positive stories for growth in the refugee population, but there is so much more that can be done.

### **Looking forward**

Bishop Joseph's vision for the future is to lead his people and diocese back to South Sudan. CRESS will not be able to follow them there, the UK Government and banking system will not allow us to as the country is too unstable. So at the end of 2023 we began to work to set up an indigenous NGO called CRESS Africa Foundation Limited. They will be delivering the agriculture and savings projects in Uganda going forward and will continue working with the refugee population who stay in the Arua and the refugee settlements. We are reviewing how we meet the growing need for medical services and are investigating moving to a larger premises. At the same time we updated our name to "Christian Relief Education Skills and Sustainability" and refined our charitable objectives. My thanks to the Trustees for all their extra support and work this year.

We wish the very best to the Diocese of Liwolo and thank them for their outstanding work during our long and successful partnership and we are looking forward to "Building stronger for a better future" (CRESS Africa's new strap line).

*Carlie*





*I am Gire Lucy Songa, 27years old, living in Matu village 7.5 miles away from the clinic and it takes 2hours 30mins to get here. I would like to thank the staffs for the wonderful health services they offer, antenatal classes, free distribution of Mama kits, mosquito nets, iron pills, good scanning services and a clean place with maximum care given to me by the midwives.*



# ACHIEVEMENTS 2023

## Savings Groups

SAVINGS  
GROUPS  
ESTABLISHED

76

INC.11 NEW IN  
2023

Savings groups act like a community bank. Refugees put their money in and can then ask for loans for business or the needs of their family. They repay over time with interest. The groups also are encouraged to be involved in projects together to raise funds which are distributed yearly.

WE  
SUPPORT

13

CBFs (COMMUNITY  
BASED FACILITATORS)  
WHO SUPPORT THE  
GROUPS

SAVINGS  
GROUPS TRAINED

1,669

MEMBERS BY SEP 2023

1,259 OF MEMBERS  
ARE FEMALE

### HOW ARE SAVINGS USED?

- 138 VSLA\* members invested in house improvements
- 894 members used VSLA savings for children's education
- 925 used VSLA money for medical treatment
- 59 used VSLA money for family celebrations
- 41 VSLA members were able to buy bicycles
- 8 members bought motorcycles using VSLA funds
- 176 in agriculture groups run livestock businesses
- 47 members purchased cows
- 181 members purchased goats
- 213 members invested in poultry
- 114 members bought and started rearing pigs

Before joining the group, Adede Grace (below centre) had limited knowledge of savings, group leadership or business. After saving for 4 cycles, she used her savings and profits from businesses (started with loans) to build a house.

Lead CBF mentoring CBF on data collection in Imvepi



Adede Grace with her goats



Morjita Mixed C receiving saving materials

### AGNES'S STORY

Agnes Ngonga: A 20-year-old married female with one child. Agnes is a member of the Emmanuel Loguwate Savings Group in Imvepi Refugee Settlement. She joined the Group this year and used the loans from the group to start a successful food items business, showcasing the rapid impact the programme can have.

Photo: Agnes with her group CBF at her stall



\* Savings Groups are also known as Village Savings and Loan Associations VSLAs

# ACHIEVEMENTS

## 2023

## Agriculture

The aim of our agriculture training is to equip learners with the skills of sustainable organic farming practices that will enable them to improve their families' food security, nutrition and income.

SUPPORTED

**48**

AGRICULTURAL GROUPS  
AN INCREASE OF

**12** in 2023

A TOTAL  
POPULATION OF  
ALMOST

**11,000**

LIVES\* IMPACTED  
POSITIVELY THROUGH  
INCREASED ACCESS TO  
VEGETABLES

TOTAL  
VEG VALUE  
PRODUCED BY  
PROJECT

**£200K**

IN 2023

OVER

**1,360**

REFUGEE FARMERS NOW  
TRAINED & SUPPLIED  
WITH ESSENTIAL  
INPUTS

**12**  
NEW  
GROUPS TRAINED

**360**

IN SUSTAINABLE  
AGRICULTURE &  
VEG

ALL

**13**

CBFS TRAINED IN  
SUSTAINABLE ORGANIC  
AGRICULTURE, NATURAL  
MEDICINES AND AGRO-  
FORESTRY

TREE  
SEEDLING  
DISTRIBUTED

**1,200**

IN 2023  
IN TOTAL NOW  
**7,000+** TREES

FAST  
GROWING  
WOODFUEL &  
FODDER TREES  
SEEDLINGS PLANTED

**100**

FOR 1st TIME IN  
2023

## TREE PLANTING

2023 saw a further 1200 fruit tree seedlings distributed to group members in Imvepi and Mijale. This brings the total fruit tree seedlings distributed by the project to over 7000. They include quick ripening papaya and nutrient rich avocado. Trees planted in the agriculture landscape are crucial for environmental protection and ameliorating the effects of climate change. Tree seedling distribution also included for the first time 100 seedlings of Calliandra a key nitrogen fixing fast growing tree important for woodfuel and fodder, and which again gives key sustainable services to the environment.

\*based on 8 per household



Photo: Members of the groups doing successful business raising hands

## SHARING SUCCESS

Conference meetings were conducted in Imvepi and Mijale at the start of the year and are used to evaluate the performance of agriculture groups, and to plan and prepare groups ready for the first planting season 2023.

These conferences where all group members come together for shared testimonies of agriculture and savings achievements are now increasingly attended also by government representatives, local church leaders and other NGOs. This shows the success of the projects and the wider impact they are having on the community at large. This also indicates a growing confidence in group members to engage with local establishment to access information, support and extend influence.

Photo: Packing fruit trees for delivery to group members



**10**



# ACHIEVEMENTS 2023

## Christian Discipleship

DISCIPLESHIP  
TRAINING FOR

**16** NEW LICENSED  
LAY READERS

**5** MOTHERS  
UNION  
LEADERS

LITURGICAL  
TRAINING FOR

**52**  
IN MAY

DAILY  
NEWS &  
ADVICE  
AS WELL AS  
SPIRITUAL  
SUPPORT

LOUD  
SPEAKER  
SYSTEMS IN REFUGEE  
SETTLEMENTS

**5**

**1** NEW IN 2023 WITH  
LOCAL COMMITTEES  
OVERSEEING

PRAYER &  
INTERCESSOR  
TRAINING FOR

**31**  
IN JULY

NEWS  
REACHING  
**7,000+**

REFUGEES & POOR  
UGANDANS

PARENTING  
IN FAITH TRAINING  
FOR

**29**

FAMILIES IN THREE  
LOCATIONS

HYMN  
BOOKS  
& LITURGICAL  
MATERIALS  
PURCHASED AND  
DISTRIBUTED BY  
DOL  
ENABLING  
WORSHIP

BIBLE  
STUDY GROUPS  
SUPPORTED

**240**

IN IMVEPI CAMP  
& MIJALE  
BUSH

NEW  
EQUIPMENT  
& TENTS FOR

**5**

ENABLING JESUS  
FILM

BIBLE  
STUDY BOOKS  
& TRAINING FOR

**150**

FOR DIFFERENT  
DEMOGRAPHICS

BIBLES  
FOR

**128**

YOUTHS & SAVINGS  
GROUP  
MEMBERS

BICYCLE  
FOR  
**1**

PASTORS PASTORAL  
MINISTRY

JESUS  
FILM SHOWN  
TO

**2,269**

REFUGEES IN  
2023



# ACHIEVEMENTS 2023

## Clinic, CATT\* & outreach

The clinic we fund is in Mijale in rural Northern Uganda.

FUNDING  
PRIMARY HEALTH  
CARE CLINIC WHICH  
HAS SEEN

**6,946**

SOUTH SUDANESE  
REFUGEES & POOR  
UGANDANS

EXPECTANT  
MOTHERS SEEN IN  
THE CLINIC

**2,080**

ANTENATAL CLASSES  
& CHECKUPS

MIDWIFERY  
SERVICES AT CLINIC  
DELIVERED

**542**

BABIES SAFELY IN  
2023

ULTRASOUND  
SCANS FOR LOCAL  
DIAGNOSIS OF

**474**

PATIENTS SAVING  
EACH PATIENT  
50MILE ROUND  
TRIP

HYGIENE,  
FAMILY  
SPACING, MALARIA  
TRAINING & MOSQUITO  
NETS FOR

**200**

REFUGEE MOTHERS  
FROM AGRICULTURE &  
SAVING GROUPS IN  
IMVEPI & MIJALE

### RUMPS TRAINING

Refugee schoolgirls in Northern Uganda face many barriers to staying in education, one is the cost of sanitary wear. The inability to manage their periods in school means they miss school, fail their exams and then are destined for early marriage with no life prospects.

CRESS offers RUMPS (reusable menstrual pads) training that is practical, the girls make their own pads using locally available materials and are given the gift of underwear and soap.

*"This CRESS training is different from other trainings as I did not know all the materials that were needed, how to measure, how to cut, how to arrange, how to sew or even how to cater for it [after use], but since this [training] I can now train other fellow women and my fellow sisters who lack the knowledge. Other organisations have just given us already made pads without the knowledge, pants, soap and even refreshment food."*



RUMPS  
TRAINING FOR

**216**

in 2 SCHOOLS  
2023

COMMUNITY  
EMOTIONAL  
HEALTH  
PROGRAMME  
RAISING  
AWARENESS FOR  
CHILDREN &  
ADULTS

TRAUMA  
THERAPY

**9**

SOUTH SUDANESE PEOPLE  
TRAINED  
TO WORK WITH  
TRAUMATISED  
REFUGEE  
CHILDREN

CATT\*  
COUNSELLORS  
SUPPORTED

**534**

CHILDREN IN  
2023

**12**

### MIDWIFE SUPPORT FROM THE CLINIC

The clinic continues its amazing work in supporting and guiding women in Mijale and the surrounding area. Pictured below is a group of mothers attending an antenatal health class led by community midwife Asaba.

In September Asaba supported 158 women in the community. She distributed over 120 mosquito nets and demonstrated correct usage.



In addition, pregnant mothers were given mama kits to help them prepare for their new baby and reduce expenses. They also received necessary medication and supplements to ensure their very best health during pregnancy.

\*CATT Children's Accelerated Trauma Therapy



# ACHIEVEMENTS 2023

## Education Sponsorship

PRIMARY  
& SECONDARY  
EDUCATION FOR

49

REFUGEE  
STUDENTS

PRIMARY  
LEAVERS EXAMS  
TAKEN & PASSED

5

IN 2023

UGANDAN  
CERTIFICATES OF  
EDUCATION\* TAKEN

3

UGANDA  
ADVANCED  
CERTIFICATE OF  
EDUCATION EXAMS  
TAKEN

2

BACHELOR  
DEGREE IN CIVIL  
ENGINEERING

1

COMPLETE EDUCATION  
SPONSORED SINCE  
2009

SUPPORTING

12

THROUGH FULL  
TIME TERTIARY  
EDUCATION

AND  
SUPPORTING

1

THROUGH NIGHT  
SCHOOL

DIPLOMA  
IN ACCOUNTING  
AND FINANCE

1

COMPLETED



### CHRISTINE'S EDUCATION

Christine is a 17 year old orphan whose education is supported by CRESS donors. In 2023 she took her Primary Leaver Exams. She is pictured above with Scopas who went, on behalf of the CRESS Education department, to attend the parents' meeting for her. All the exam candidate were taken to Jinja for extra study and needed those fees paid. The study tour took place in July and the exams in November,

Being an orphan she had no one else to go to the meeting for her. She says to Scopas she never knows where she would be now without CRESS!

To her sponsor she wrote

*"Am working so hard so that I secure good grade for secondary education. I would love to study in Arua for my secondary education."*

*I spend my holidays in Imvepi Refugee camp. I live with my elder brother's wife. We grow small garden of vegetables like sukuma, cabbages and I enjoy them a lot as we use it to supplement with the small beans we receive from UN.*

*I want to become a medical doctor or a nurse when I finish school. I want to help my community with health care services."*

---

We have just found out that Christine has passed her PLE in third grade and therefore she is enrolling at Nyangilia Secondary School in Koboko. She hopes to continue her hard work, improve her grades and move to Usindi Secondary School in Arua next year.

### YENSUK'S YEAR

Her parents wrote "It is hard to imagine this support, but only to find this miraculous education support which is hard to get. Our daughter Yensuk is progressing very well. Her end of year results is too encouraging as her trend of results is going upward."

She had 108 students in her new Primary 3 class. She started the year 44th and ended in 4th position. A huge improvement and on to P4 next year.



\*UCE Uganda Certificate of Education equivalent to GCSEs

CRESS' 2023 strategy aims to help tackle the underlying causes of poverty and social injustice, as part of global efforts to meet the Sustainable Development Goals (SDGs).

## 1 NO POVERTY



In the Agriculture Groups, 3/4 of the harvest from group gardens and 1/4 from individual gardens is sold. This income, however small, helps families enormously and is used for school fees and vital medicines. Once these immediate expenses are met group members then usually start building/renovating their houses, and start investing in their small businesses, which gives a level of financial security.

The 76 Savings Groups also help break the cycle of poverty by delivering loans and money skills training to their 1669 members, representing over 10,000 within their households, which in turn provides them with financial security and the ability to afford an education, better nutrition, hygiene and health.

We gave 216 refugee young women RUMPS training means they can save money on costly disposable menstrual pads and they can continue their lives at school and work.

## 2 ZERO HUNGER



CRESS aims to increase food security through 46 Agriculture Groups by delivering training to new group members, to key community leaders and existing groups. Our training focuses on sustainable vegetable growing and agriculture using organic regenerative practices such as composting, tree planting and soil conservation.

Planting fruit and other tree species for garden and field protection to enhance the resilience of food security has been a big part of our agriculture plan, with over 7000 trees now planted. The species mix includes quick maturing papaya, nutrient rich avocado and nitrogen fixing calliandra. Some fruits are already maturing thus able to improve nutrition especially during hunger seasons of low food availability.

Selling excess fruit, vegetables and crop production provides income for all 1360 trained group members and their families. This provides increased food security for over 11000 individuals.

## 3 GOOD HEALTH AND WELL-BEING



In 2023, CRESS' Primary Healthcare Clinic treated 6,946 South Sudanese refugees and poor Ugandan people. Malaria, pneumonia and diarrhoea are mostly seen in children below 5 years and pregnant mothers. Peptic ulcers, brucellosis and typhoid including STIs and skin conditions were mostly seen in adults. Cases of malnutrition were seen in the clinic.

The ultrasound equipment provided a diagnosis for 474 patients. The clinic's midwives helped safely deliver 542 babies and saw 2,080 mothers for antenatal clinics.

200 Mosquito nets were distributed and mothers trained in malaria prevention, family spacing, water sanitation and hygiene.

Our CATT programme helped 396 children cope with difficult life situations.



CRESS prefers to talk about our contribution to change, rather than claiming our work alone led to any given change.

\*Education Response Plan for Refugees and Host Communities in Uganda (2018-2022) - [www.edu-links.org](http://www.edu-links.org)

## 4 QUALITY EDUCATION



CRESS education sponsorship programme has supported young people in the refugee camps to access education including 12 students in tertiary education. 21 children have been supported to attend primary school and 28 at secondary level.

In 2023 CRESS has also supported two staff members to continue their education through night classes enabling them to fulfil their potential.

Continuing training for our staff this year has included Sustainable Organic Agriculture, Agroforestry and Natural Medicines for the CBFs and Apiculture/Bee Keeping training for our Agriculture Officers. This training will be passed on to members of the savings and agriculture groups.

## 5 GENDER EQUALITY



CRESS has supported women via the primary healthcare clinic outreach services. 200 Refugee women have been taught malaria prevention and control, hygiene, sanitation and family planning and given a treated mosquito net.

1259 of 1669 registered Agricultural and Savings Groups members, are female. They have been taught skills to improve their food and financial security, enabling them to increase levels of empowerment and equality to become a force for change in their communities. By September 210 businesses had been set up by women. CBFs reported *"women now peacefully co-exist with their husbands because of the support they are bringing to their homes through the agriculture program, [means] there are no more family disputes."*

CRESS has always seen good gender balance in its education sponsorship. Currently, 29 out of 61 of our sponsored students are female.

## 8 DECENT WORK AND ECONOMIC GROWTH



Through the 70 Savings Groups and the 34 Agricultural Groups, CRESS has helped the group members to set up and develop their own businesses and group businesses, grow their own food and generate their own income.

# 12 YEARS OF CRESS

2010

2011

- > 1st Chalke Valley trip & Clergy conference
- > 11 Clergy treated for River blindness
- > 20 children sponsored
- > Small 2 roomed clinic opens in Liwolo

2014

- > Chalke Valley Lent Project raises £20,000 for building 8 roomed clinic in Liwolo

2016

- > 35 women form first agriculture project
- > Solar fridge arrives at the clinic
- > People start to flee to Uganda

2018

- > Clinic accredited with Ugandan Health Authority
- > Agriculture training re-starts

2020

- > Supported refugees through COVID lockdown with food, PPE, home-schooling and Loud Speaker Project
- > Zoom for meetings with DOL & UK events

2022

- > Clinic oversaw eye health clinic & surgery
- > Pastor and youth conferences run by DoL
- > Fruit tree survey show 2,000 trees thriving
- > 70 Savings groups with 2,094 members

2013

- > 85 water filters given out
- > First agricultural training in Uganda
- > Women's conference attended by 200 women in Kajo Keji led by 6 women from UK

2015

- > New clinic opened by CRESS team
- > Fred Taban comes to the UK to study at All Nations College

2017

- > War means many from Kajo Keji flee to Uganda
- > CRESS moves to Uganda - office opens Arua
- > May. Joseph Aba becomes Bishop of the newly created Diocese of Liwolo
- > CRESS makes Diocese of Liwolo their partner
- > Clinic opens in September in Mijale

2019

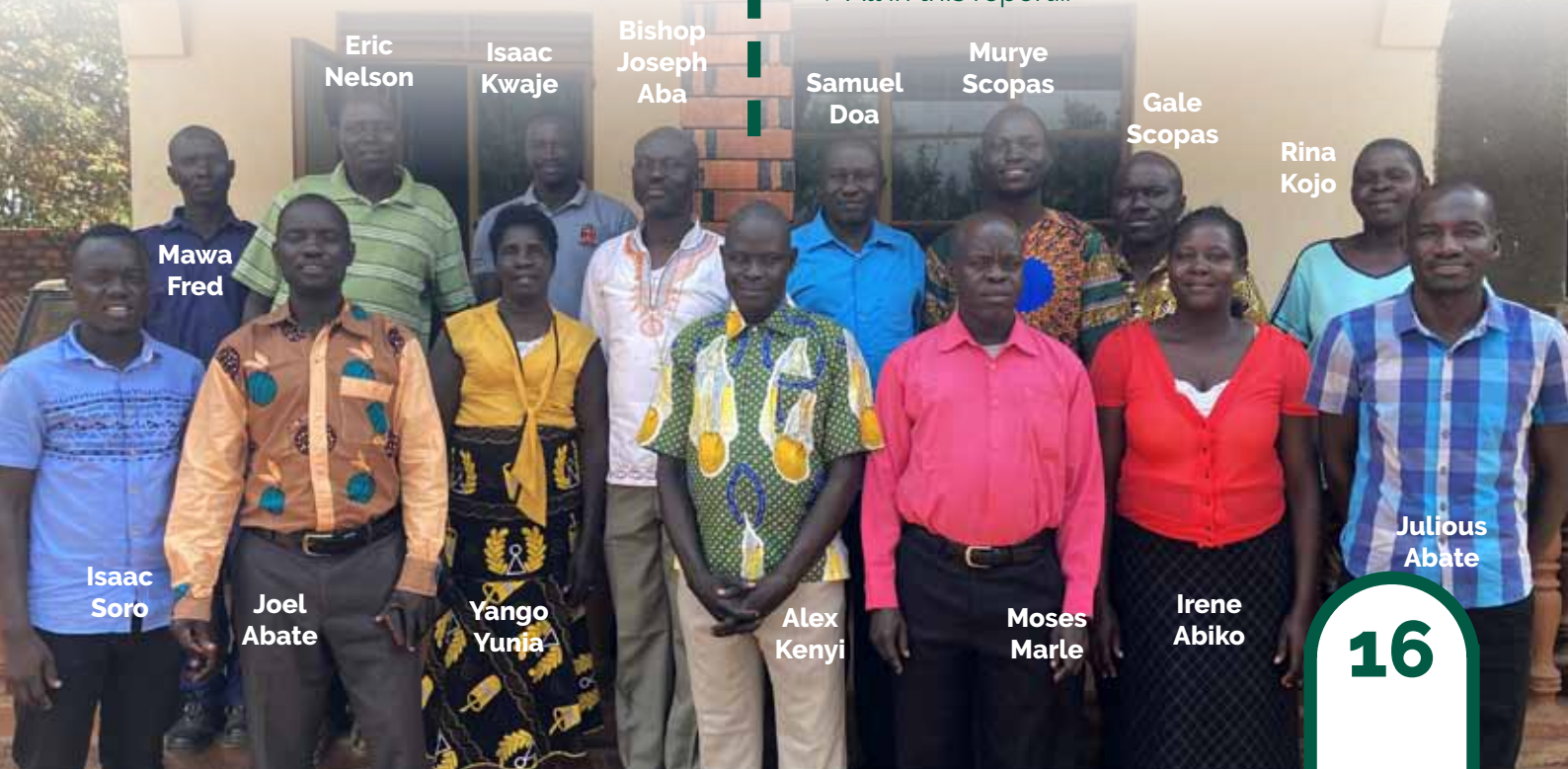
- > 41 savings groups started with 1,041 members
- > Clinic did hygiene and RUMPS training, co-ordinated CATT Counsellors & saw 7862 patients
- > Bishop Joseph leads a student conference

2021

- > Savings groups now have 1,570 members.
- > 76 pastors included within our agriculture training in addition to 320 group members.

2023

- > All in this report...



Eric Nelson

Isaac Kwaje

Bishop Joseph Aba

Samuel Doa

Murye Scopas

Gale Scopas

Rina Kojo

Mawa Fred

Isaac Soro

Joel Abate

Yango Yunja

Alex Kenyi

Moses Marle

Irene Abiko

Julious Abate

16



# MAKING A DIFFERENCE

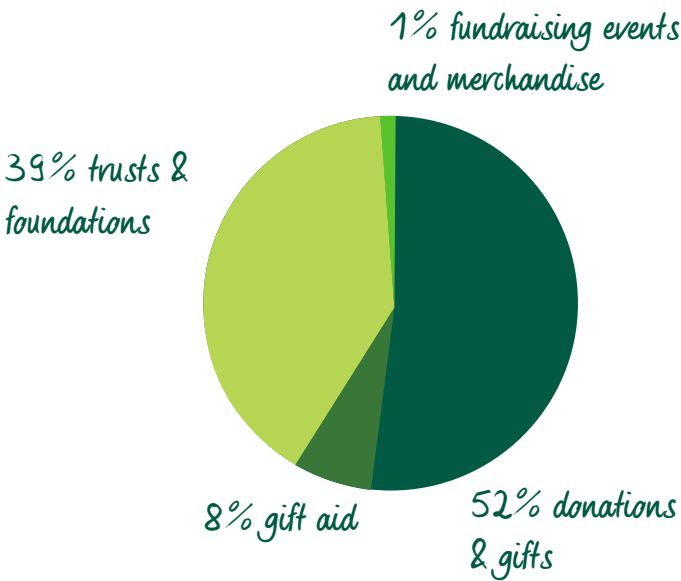
## COMMUNITY SUPPORT



# FINANCE

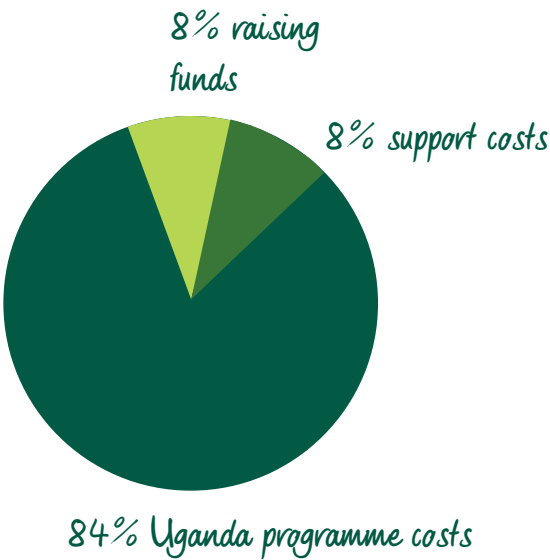
## Income

Total: £318,277



## Expenditure

Total: £293,762



Finance highlights of CRESS' 2023 Accounts



New loud hailer installed in Pingo



# STRATEGIC OBJECTIVES

The table below sets out our plans for the coming year:

Strategic Objective	Plans 2024
Begin process of community ownership without UK for increased sustainability	<ul style="list-style-type: none"> <li>• New indigenous NGO (non-governmental organisation) to take over running CRESS projects in Arua. Looking for partner for Christian Discipleship.</li> <li>• Support new clinic with increased local ownership</li> <li>• Invest clinic income into clinic running costs</li> <li>• Work towards new poultry &amp; garden projects to support office &amp; clinic including trialling growing medicinal herbs for malaria</li> <li>• Increase diversity of CRESS in UK governance board</li> </ul>
Equip local Ugandans and refugees to be income secure for increased self-sufficiency	<ul style="list-style-type: none"> <li>• Create new Savings Group and Savings &amp; Agriculture Groups near the new clinic. Continue with support and training</li> <li>• RUMPS training for schoolgirls</li> </ul>
Improve and develop training to boost livelihood opportunities for young	<ul style="list-style-type: none"> <li>• Sponsored education, academic and vocational, both to be valued</li> <li>• RUMPS training</li> </ul>
Build capacity and capabilities of organisation to deliver strategy	<ul style="list-style-type: none"> <li>• Improve current monitoring and supervisory processes</li> <li>• Develop and train CRESS staff &amp; volunteers</li> <li>• Further develop strategies, policies and budgets with the new NGO</li> <li>• Equip a new office for the NGO</li> </ul>
Diversify income generation and boost fundraising	<ul style="list-style-type: none"> <li>• Increase Regular Donors, Major Donors, Corporates, Trust Funds</li> <li>• Increase fund-raising events</li> <li>• Recruit Ambassadors and volunteer fund-raisers</li> </ul>
Improve health in the community and sustainability of clinic	<ul style="list-style-type: none"> <li>• Support new larger clinic</li> <li>• Invest clinic income into clinic running costs</li> <li>• Improve clinic inventory and finance systems</li> <li>• Continue to support CATT counselling and Adult Trauma</li> <li>• Trialling growing medicinal herbs for malaria in clinic garden</li> </ul>

# GOVERNANCE

## Governance

CRESS is an unincorporated organisation. Its governing document is a trust deed dated 12th of April 2011, as amended by resolutions dated 23rd of January 2013 and 11th of November 2019.

CRESS recruits Trustees in the UK with the skills and experience to ensure the charity carries out its activities effectively and efficiently. New Trustees are appointed by existing Trustees.

The Trustees take an active interest in operational activities and remain informed through regular reports and three full Board meetings a year.

## 2023 Trustees

### Chair of Trustees

Jeremy Metcalfe OBE

### Trustees

Caroline Lamb MA Oxon. PGCE.  
Dr Jonathan Cullis MA (Cantab) MBBS. MD. FRCP. FRCPATH.  
Dr Jane Guy MB,BS. MRCP. DRCOG.  
Anthony Belchambers ( Inner Temple )  
- appointed 28/09/2023  
John K E Broadley, MA Oxon, CMG.

### Specialist Volunteer Advisers

Education and Sponsorship

Janet Carlsson

Agricultural Adviser

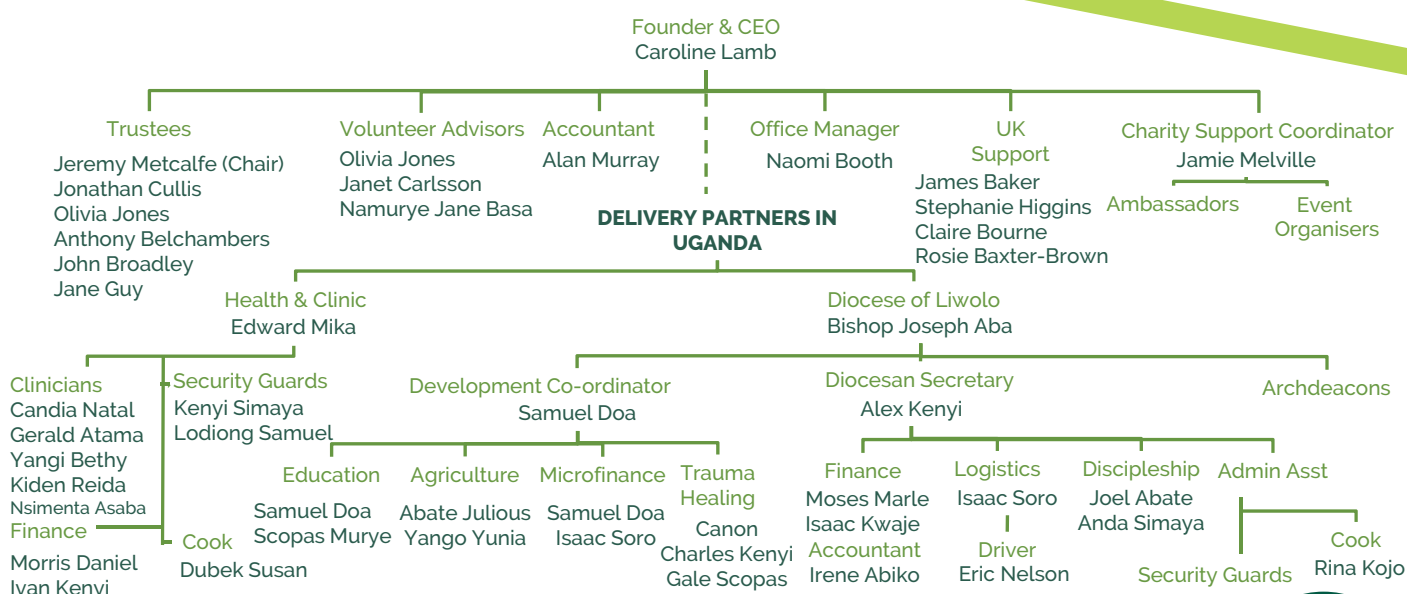
Olivia Jane Jones

South Sudan Adviser

Namurye Jane Basa

Volunteer Coordinator & Strategy Assistant  
Jamie Melville

## ORGANISATION STRUCTURE







## Public Benefit

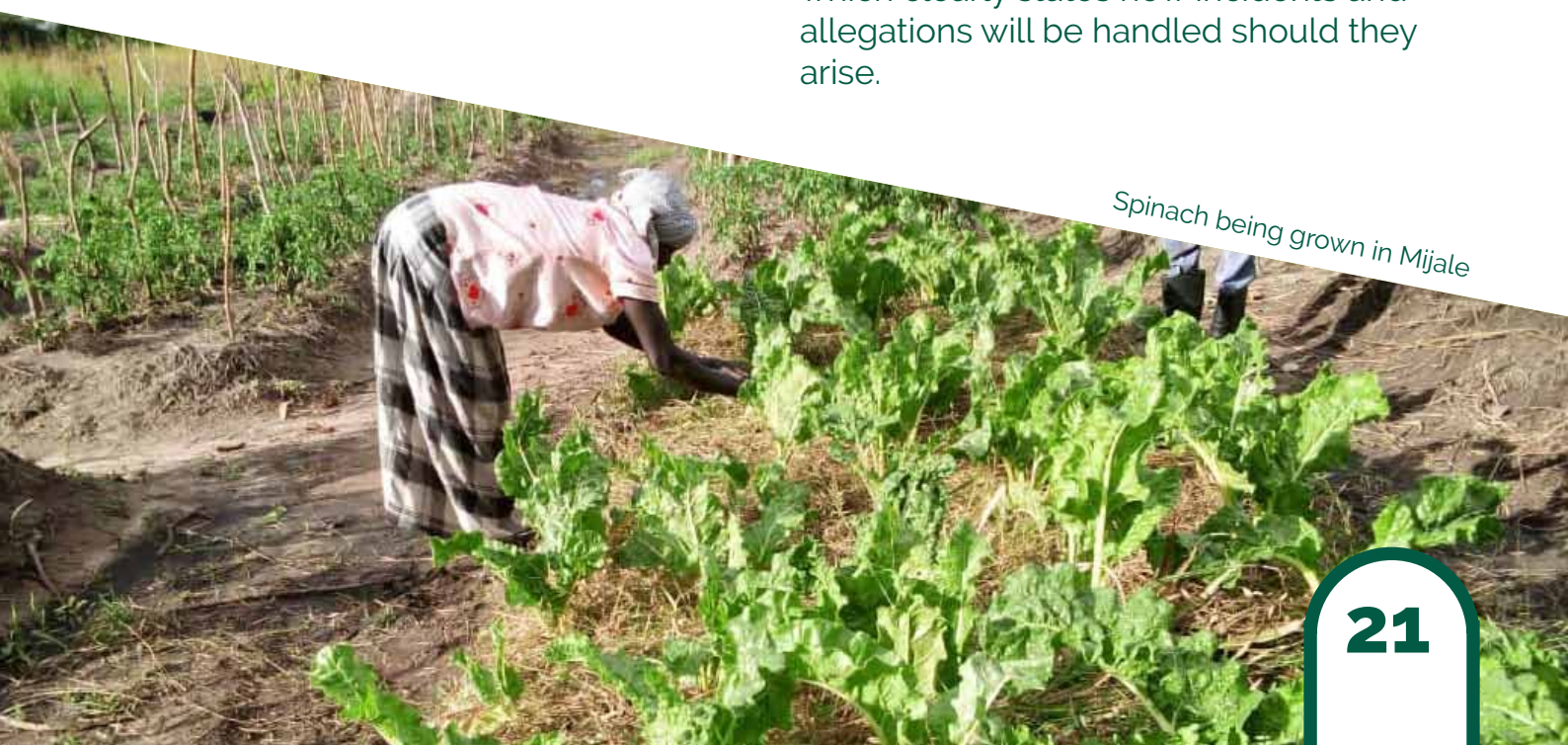
The Trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales. This Annual Report provides a summary of our main activities undertaken in 2023 demonstrating our charitable purpose for the public benefit.

## Risk Management

The Trustees have a risk register, important risks are discussed at each trustee meeting. The register is reviewed annually.

## Safeguarding

The Trustees believe that the welfare of children and vulnerable individuals is paramount. The charity operates within the framework of its safeguarding policy, which clearly states how incidents and allegations will be handled should they arise.







CATT Counsellors gathered at the Mijale clinic

## Financial Overview

CRESS' financial position is shown in the attached accounts.

Donations from regular supporters continued to be strong during the year and a number of one-off gifts from individuals and charitable trusts resulted in a small increase in income overall to £318,277 (2022: £314,389).

Expenditure on the Uganda programme showed an increase over the previous year at £247,168 (2021: £228,037) which was mainly driven by an increase in salary costs. Expenditure on fundraising services and management support reduced significantly compared to the previous year due to lack of funding for the personnel involved.

The charity achieved a small surplus of £4,368 on unrestricted funds with reserves carried forward of £53,463 providing a secure start to the new year. Restricted reserves grew by £20,147 to £92,096 which will ensure continuity of the Uganda programme well into 2024.

## Reserves

CRESS understands that our supporters want our resources to be used in the most efficient and effective manner achieving maximum impact for our beneficiaries. The Trustees aim to maintain unrestricted bank balances at a level which will provide sufficient funds to ensure that charitable activities, support and governance costs are covered for 3 months. The Trustees believe that the scale of our current operations requires no change to the reserves policy. However, they will continue to review the situation as the charity develops.

Rev. Jacob Karaba and his wife with their 3 year old mango tree





# CHARITY DETAILS

## Charity

CRESS

Christian Relief Education Skills and Sustainability

## Registered Charity Number

1141343

## Principal Address

Knighton Manor Farm, Knighton Road, Broad Chalke, Salisbury, Wiltshire, SP5 5EB

## Bankers

HSBC Bank Plc Blandford Forum

17 Market Place, Blandford Forum, Dorset, DT11 7AG

## Independent Examiner

H Flint FCA

Mead House, High Road, Broad Chalke, Salisbury, Wiltshire, SP5 5EH

## Accountant

Alan Murray

72 Churchfield Road, Poole, Dorset BH15 2QP

# ANNUAL ACCOUNTS

**CRESS**

**For the year ended 31 December 2023**

Registered charity number: 1141343

## CONTENTS

<b>25-33</b>	<b>Statements of Financial Activities</b>
<b>34</b>	<b>Independent Examiners report to the Trustees</b>
<b>35</b>	<b>Statement of Trustee responsibilities</b>



# STATEMENT

## of Financial Activities

Year ended 31st December 2023

		Unrestricted Funds	Restricted Income Funds	2023	2022
<b>Incoming resources (Note 2)</b>					
	Income and endowments				
	Donations and legacies	108,203	207,776	315,979	311,341
	Other trading activities	1,138	1,160	2,298	3,028
	Investments	-	-	-	20
	Total income and endowments	109,341	208,936	318,277	314,389
<b>Resources expended (Note 3)</b>					
	Expenditure				
	Raising funds	23,905	-	23,905	30,265
	Charitable activities	75,999	193,858	269,857	262,590
	Total expenditure	99,904	193,858	293,762	292,855
<b>Net income (expenditure) before transfers</b>		9,437	15,078	24,515	21,534
<b>Transfer of funds</b>					
	Transfer of funds P&L	(5,069)	5,069	-	-
<b>Net movement in funds</b>		4,368	20,147	24,515	21,534
<b>Reconciliation of funds</b>					
	Total funds brought forward	49,095	71,949	121,044	99,510
	Total funds carried forward	53,463	92,096	145,559	121,044

# BALANCE SHEET


CRESS

As at 31 December 2023

		2023	2022
<b>Fixed assets</b>			
	Tangible assets (Note 6)	87	116
<b>Current assets</b>			
	Debtors (Note 7)	7,077	6,893
	Cash at bank and in hand (Note 9)	139,345	115,460
		146,422	122,353
<b>Creditors: amounts falling due within one year</b>			
	Creditors (Note 8)	950	1,425
<b>Net current assets (liabilities)</b>		145,472	120,928
<b>Total assets less current liabilities</b>		145,559	121,044
<b>Funds of the charity (Note 11)</b>			
	Restricted funds	92,096	71,949
	Unrestricted funds	53,463	49,095
	Total funds	145,559	121,044

## Approval

Signed on behalf of all the trustees

 .....

Jeremy Metcalfe  
Chair of Trustees

Date

19.03.24 .....



# NOTES

## to the Financial Statements As at 31 December 2023

### 1. Accounting Policies

#### Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014;
- the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102); and with
- the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

#### Going concern

The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

#### Income

##### Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

#### Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

#### Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

The charity is not registered for VAT.

#### Tax reclaims on donations and gifts

Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

#### Donated goods

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

#### Support Costs

The charity has incurred expenditure on support costs.

## Notes to the Financial Statements

### Year ended 31st December 2023

#### Income from interest, royalties and dividends

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

#### Expenditure and liabilities

##### Liability recognition

Liabilities are recognised where it is more than likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

#### Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions.

#### Creditors

The charity has creditors which are measured at settlement amount less any trade discounts.

#### Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year, and cost at least £1,000. They are valued at cost. The depreciation rates and methods used are as follows:

Account	Method	Rate
Equipment	Reducing balance	25%

#### Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement account after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### Transactions in foreign currency

Transactions in foreign currency are translated into the Charity's functional currency at the spot rate applicable on the day of each transaction. Foreign currency balances in the balance sheet are translated at the rate applicable on the reporting date and exchange differences are included in the statement of financial activities.



## Notes to the Financial Statements

### Year ended 31st December 2023

		Unrestricted Funds	Restricted Income Funds	2023	2022
<b>2. Analysis of income</b>					
	Donations and legacies				
	Donations and gifts	69,486	94,604	164,090	150,843
	Gift Aid	6,812	19,528	26,340	23,021
	General grants provided by other charities	31,905	93,644	125,549	137,477
	Total donations and legacies	108,203	207,776	315,979	311,341
	Other trading activities				
	Events and merchandise	1,138	1,160	2,298	3,028
	Total other trading activities	1,138	1,160	2,298	3,028
	Income from investments				
	Interest income	-	-	-	20
	Total income from investments	-	-	-	20
	Total income	109,341	208,936	318,277	314,389
	Total income in the previous year	126,116	188,273	-	314,389
		Unrestricted Funds	Restricted Income Funds	2023	2022
<b>3. Analysis of expenditure</b>					
	Raising funds				
	Expenditure on raising funds	23,905	-	23,905	30,265
	Total raising funds	23,905	-	23,905	30,265
	Charitable activities				
	Programme costs	53,310	193,858	247,168	228,037
	Support costs	22,689	-	22,689	34,553
	Total charitable activities	75,999	193,858	269,857	262,590
	Total expenditure	99,904	193,858	293,762	292,855
	Total expenditure in the previous year	122,360	170,495	-	292,855

## Notes to the Financial Statements

### Year ended 31st December 2023

	Unrestricted funds	Restricted income funds	2023	2022
<b>4. Programme costs</b>				
Agriculture	-	7,369	7,369	6,841
CATT training	3,258	563	3,821	9,010
Christian discipleship	8,508	4,206	12,714	7,564
Clinic equipment and running cost	4,925	5,641	10,566	10,626
Clinic medicine	639	4,140	4,779	8,129
Clinic health projects	-	3,729	3,729	9,115
Education	-	44,997	44,997	49,284
General office costs	-	15,504	15,504	4,754
Lent Project	-	7,762	7,762	-
Management, admin & staff support costs	28,490	-	28,490	29,009
Salaries	-	93,813	93,813	74,924
Savings groups	2,010	4,654	6,664	8,748
Support medicine	-	-	-	2,363
Travel	640	-	640	1,058
Vehicle purchases	-	-	-	1,472
Vehicle maintenance	4,840	1,480	6,320	5,140
Total	53,310	193,858	247,168	228,037
<b>5. Support costs</b>				
Governance	1,859	-	1,859	144
Office and accountancy support	11,961	-	11,961	28,504
IT software and consumables	3,462	-	3,462	2,704
Printing postage and stationery	474	-	474	373
International travel	3,138	-	3,138	2,237
Others	1,795	-	1,795	591
Total	22,689	-	22,689	34,553



## Notes to the Financial Statements

### Year ended 31st December 2023

#### 6. Tangible fixed assets

		Equipment		Total	
Cost					
	At 1 January 2023	650		650	
	At 31 December 2023	650		650	
Depreciation					
	At 1 January 2023	534		534	
	Charge for year	29		29	
	At 31 December 2023	563		563	
Net Book Value					
	At 31 December 2023	87		87	
	At 31 December 2022	116		116	
		Unrestricted income funds	Restricted income funds	2023	2022
<b>7. Debtors</b>					
	Prepayments and accrued income	7,077	-	7,077	6,893
<b>8. Creditors</b>					
	Accruals and deferred income	950	-	950	1425
<b>9. Cash at bank and in hand</b>		47,249	92,096	139,345	115,460

## Notes to the Financial Statements

### Year ended 31st December 2023

<b>11. Charity funds</b>		Balance at	Income	Expenditure	Transfers	Balance at
		1 January 2023				31 December 2023
<b>Unrestricted funds</b>						
	Contingency	18,899	-	-	-	18,899
	General	21,115	68,975	(77,412)	(9,863)	2,815
<b>Designated funds</b>						
	Vehicle replacement fund	2,488	1197	-	-	3,685
	Programme costs	6,593	39169	(22,492)	4,794	28,064
	<b>Total</b>	<b>49,095</b>	<b>109,341</b>	<b>(99,904)</b>	<b>(5,069)</b>	<b>53,463</b>
<b>Restricted funds</b>						
	Agriculture	2,742	7,645	(7,369)	1,000	4,018
	Big Give	-	3,938	-	-	3,938
	Bush schools fund	500	-	-	-	500
	CATT training	-	1,000	(563)	-	437
	Christian discipleship	3,005	12,260	(4,206)	-	11,059
	Clinic equipment and running costs	5,394	4,356	(5,641)	-	4,109
	Clinic medicine	404	9,525	(4,140)	-	5,789
	Clinic health projects	3,770	-	(3,729)	-	41
	DoL Blackburn	-	1,206	-	-	1,206
	Education	13,669	50,706	(44,997)	-	19,378
	General office costs in Uganda	10,206	12,017	(15,504)	-	6,719
	Lent Project	-	15,253	(7,762)	(2,500)	4,991
	Salaries	29,317	80,325	(93,813)	7,069	22,898
	Savings groups	1,742	8,636	(4,654)	-	5,724
	Travel	500	-	-	(500)	-
	Vehicle maintenance	700	2,069	(1,480)	-	1,289
	<b>Total</b>	<b>71,949</b>	<b>208,936</b>	<b>(193,858)</b>	<b>5,069</b>	<b>92,096</b>
<b>Total funds</b>		<b>121,044</b>	<b>318,277</b>	<b>(293,762)</b>	<b>-</b>	<b>145,559</b>

### Notes

The Designated Funds represent unrestricted income funds that have been provisionally set aside to provide for replacement vehicles for the operations in Uganda, and certain other salaries and expenses in the coming year in order to ensure continuity of essential coordinating services provided by the implementing partner agency.

The Restricted Income Funds represent grants and other donations that have been specifically raised for certain elements of the development programme in Uganda.

The Education fund includes a sponsorship programme covering fees and other educational expenses for a number of school and university students in the community.

The salaries fund includes grants and sponsorship for key staff and project coordinators in the Diocese of Liwolo.

## Notes to the Financial Statements

### Year ended 31st December 2023

	Balance at 1 January 2022	Income	Expenditure	Transfers	Balance at 31 December 2022
<b>Unrestricted funds</b>					
Contingency	18,899	-	-	-	18,899
General	18,157	126,116	(122,360)	(798)	21,115
Designated funds					
Vehicle replacement fund	1,690	-	-	798	2,488
Programme costs	16,163	-	-	(9,569)	6,594
<b>Total</b>	<b>54,909</b>	<b>126,116</b>	<b>(122,360)</b>	<b>-</b>	<b>49,096</b>
<b>Restricted funds</b>					
Agriculture	4,776	4,080	(6,114)	-	2,742
Bush schools fund	500	-	-	-	500
CATT training	15	2,925	(3,081)	141	-
Christian discipleship	-	9,826	(6,821)	-	3,005
Clinic equipment and running costs	2,100	5,290	(1,996)	-	5,394
Clinic medicine	5,673	2,860	(8,129)	-	404
Clinic health projects		10,780	(7,175)	165	3,770
Education	13,726	49,227	(49,284)	-	13,669
General office costs in Uganda	2,839	12,121	(4,754)	-	10,206
RUMPS - womens' health	1,531		(1,940)	409	-
Salaries	13,195	83,549	(73,880)	6,452	29,316
Savings groups	-	6,415	(4,673)	-	1,742
Support medicine for staff	-	-	(1,590)	1,590	-
Travel	246	500	-1,058	812	500
Vehicle maintenance	-	700	-	-	700
<b>Total</b>	<b>44,601</b>	<b>188,273</b>	<b>(170,495)</b>	<b>-</b>	<b>71,948</b>
<b>Total funds</b>	<b>99,510</b>	<b>314,389</b>	<b>(292,855)</b>	<b>-</b>	<b>121,044</b>

## 12. Transactions with trustees and related parties

During the year six trustees made donations totalling £13,695 (2022: £21,184) towards the normal activities of the charity.

One trustee was reimbursed £4,408 (2022: £1,377) for expenses incurred on behalf of the charity in the implementation of its activities. No other trustees have received any expenses or benefits from the charity during the year.



# INDEPENDENT EXAMINER'S

## Report to the Trustees of Christian Relief Education Skills and Sustainability CRESS

For the year ended 31 December 2023

I report to the Trustees on my examination of the accounts of the above charity (Christian Relief Education Skills and Sustainability) for the year ended 31 December 2023 which are set out on pages 24 to 33.

### Responsibilities and basis of report

As the Charity's Trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of 2011 Act and in carrying out my examination, I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

I have completed my examination. I confirm no material matters have come to my attention in connection with the examination which give me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*Henry Flint*

.....

Henry Flint FCA

Mead House, High Road, Broad Chalke, Salisbury, Wiltshire, SP5 SEH

Date: 20.03.24

# STATEMENT

## of Trustees' Responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations. The law applicable to charities requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- observe the methods and principles in the Charities SORP
- make judgements and estimates that are reasonable and prudent
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## Declaration

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees



.....

Date: 19.03.24  
.....



# CRESS

CHRISTIAN RELIEF  
EDUCATION SKILLS AND  
SUSTAINABILITY



*CRESS would like to thank all our  
supporters and donors for their support in 2023.*