



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 31

Autumn 2017

Margo to run the Skeleton Coast again!!

Last year Margo Bishop, Marketing Manager at ATI Holidays based in Windhoek, in a moment of madness had the not so daft idea of running a half marathon to raise funds for the Foundation's Projects in Namibia. Having never done any running before this was quite a challenge for her but she successfully finished the run in a time of 1:59:42 and raised £1,595.50.

She enjoyed the experience so much that she has decided to do it all again this year. The half marathon is taking place on Saturday 7 October and she will be running from Long Beach to Walvis Bay. We wish Margo the best of luck and if you would like to sponsor her please go to <http://uk.virginmoneygiving.com/MargoBishop>. Alternatively if you are in Namibia you can pay into our Namibian partner ngo's account – Komeho Namibia Development Agency account no: 62252322004, branch code: 280872. Please support this lovely lady.



Margo Bishop, our Namibian half marathon runner

The Catherine Bullen Foundation – Catherine’s legacy lives on

Wednesday August 23, 2017, marked the fifteenth anniversary of the sudden death of our daughter Catherine at the age 22 years from severe gastro enteritis at the old clinic in Oshivelo, Namibia in 2002. Thanks to the generosity of the Mersea community, the local area and further a field it has so far raised £400,000 for the Foundation’s projects in Namibia which can be seen on www.namibia-aid.org.uk. To mark this occasion the Foundation had wide coverage on BBC Look East, BBC Radio Essex and the East Anglia Daily Times. We would like to take this opportunity to thank everybody who has supported the Foundation and our volunteers.

Omuhaturua Primary School Hostel

As reported in our last newsletter, the current project is the construction of two blocks containing flush toilets and washing facilities for the children in line with the United Nations Sustainable Development Goal No 6 on sanitation. The project will also include the conversion of a large storeroom into another dormitory. Costing £30,000 in total, the work commenced in late May.



Progress so far, the girl’s toilets on the left and the boys on the right.



The installation of new windows as part of the conversion of a storeroom into a dormitory.

Otjimanangombe Primary Healthcare Clinic

One of the first projects funded by the Foundation was the building of a Primary Healthcare Clinic in the village of Otjimanangombe which was opened in July 2008. Last year the Namibian Ministry of Health recognised the need to enlarge the clinic and gained funding from the Global Fund. The Global Fund is a 21st-century partnership organization designed to accelerate the end of AIDS, tuberculosis and malaria as epidemics. Founded in 2002, the Global Fund is a partnership between governments, civil society, the private sector and people affected by the diseases. The Global Fund raises and invests nearly US\$4 billion a year to support programs run by local experts in countries and communities most in need. Construction of the extension commenced in June this year and will include additional consulting rooms, specialist treatment rooms and nurses accommodation and work on these commenced in June 2017.



Construction work taking place at the clinic. (apologies for the quality of the picture on the right).

Staff wise at the clinic its all change. The Namibian Ministry of Health have introduced a policy not to renew the contracts of foreign health workers as from 1 September 2017, to make way for newly trained Namibian staff. So registered nurse Grace Marata from Zimbabwe has left the clinic to be replaced by a Namibian nurse in the near future.

The Catherine Bullen Primary Healthcare Clinic

As reported in the last newsletter, the clinic sign was destroyed by a freak wind last December and a replacement would take time if it went through official procedures. Therefore, it was agreed that the Foundation would fund a new sign and this was finally erect in August 2017.



Left: Fritz one of the clinic ambulance drivers admiring the new sign. *Right:* Tourist Emmanuelle Marfing from Strasbourg, France dropped into the clinic to donate pregnancy testing kits and thermometers. Seen here with Fritz and nurse Maria.

A bionic Bullen

Some of you are aware that in early July Roger went into hospital to have his right hip joint replaced which meant that we were unable to attend events with our china smashing stall for the rest of the year. We are pleased to report that he is recovering well from the operation. Unfortunately, the left hip joint also needs replacing and he will be going into hospital at the end of October. Because of both operations, we will not be able to go to Namibia again this year, but hope to return in March 2018. A big thank you to those who stepped in at the last minute to help with shop collections, while Roger was incapacitated.

Fund raising

Shop Collections

During the summer, The Foundation has carried out a number of shop collections at Co-ops in Felixstowe (£132.71), Manningtree (£302.19), Brightlingsea (£142.43), Halstead (£172.31), Stanway Colchester (£131.30), Woodbridge (£169.09) and finally the Triangle Shopping Centre at Frinton (£170). Our final collections for 2017 will be at West Mersea Co-op on 9 December and West Mersea Tesco on 23 December. Many thanks to Geoffrey, Pat, Eilish, Jayne, Nicky, Mike, Sandra and Shirley for their help. A list of shop collections for next year will be published in the Winter Newsletter.

Colchester County High School for Girls

Catherine's former school continues to support the Foundation. Since the last newsletter, We have received £94 from Form 7H, the proceeds from selling cakes. A huge thank you for their continued support.

China Smashing Stall

Before Roger's operation, we were able to take the china smashing stall to various events. These were, the Clacton Car Show (£193.10), Hospital Radio Fete (£196.58) and the Tendring Show (£458.12). Many thanks to Jo, Ryan, Kim, Paul, Pat, Jayne, Clive, Harry and Rishi for their help. A list of events that we plan to attend next year will be published in the Winter Newsletter.



Our china smashing stall at the Hospital Radio Fete and the Tendring Show.

Mersea Island Food, Drink and Leisure Festival

This was held on Saturday 27 May and Sunday 28 May at Mersea Outdoors and once again the Foundation had its homemade cake stall. Weeks beforehand Linda had primed up her cake baking volunteers and they did not disappoint. By the end of the Festival the stall had sold out and raised a magnificent £835. Many thanks to all who baked cakes and to Nicky, Shirley and Sandra who helped out over the two days.



Nicky and Linda getting ready to sell their wares on the first day

Rotarians support the Foundation

As previously reported, the Mersea Rotary Club held their popular bands night at Mersea Outdoors last March. The profits were split between the Foundation and the Mersea Festival which is a weekend at Mersea Outdoors for people with disabilities. At the beginning of July a cheque for £1,000 was presented to the Foundation.



Presentation of the cheque by Mersea Rotarian, Paul Button

The Foundation was nominated by the Bungay Rotary club as their International Charity and in July we were presented with a cheque for £500 for our projects in Namibia. A big thank you to both clubs for their support.



The presentation of the cheque for £500 by the Bungay Rotary Club

Treasure in a bottle

Over the last twelve month's David Buck and his friends from St Francis Church in Welwyn Garden City have been filling a very large whisky bottle full of 5p's. At the end of July, he bought it to be emptied and counted and was found to contain £287.30. A great total and our thanks to everyone who donated.



David and his whisky bottle full of 5p's.

The Company Shed filled to capacity

On Saturday 9 September, the Foundation held its annual seafood supper at the Company Shed, West Mersea which was filled to capacity. Guests enjoyed a variety of seafood on offer ably served by Caroline and her staff. Together with proceeds from the raffle, a total of £803 was raised.



Our guests enjoying the Sea food supper

Presentations

The Foundation is pleased to give presentations to groups and clubs on its work during the day or evenings. Since the last newsletter we have given presentations to the Arlesford WI, West Mersea Girl Guides, West Mersea British Legion (Women's branch), Old Heath Sewing Group, Clays Retirement Association, Layer WI and the St Michael's Church Women's Fellowship (Leigh-on-Sea). So if you are looking for a speaker please contact us.



Linda being presented with a blanket knitted by the West Mersea British Legion, Women's branch which will be taken to Namibia and donated to the San Bushmen

Individual Donations

We have continued to receive individual donations, both large and small, which are very much appreciated. Each donation receives an acknowledgement of thanks from the Foundation and through this newsletter we would like to thank you again for your continued support.

Regular giving

Some of our donors have made a more formal arrangement by setting up a standing order to donate a regular monthly or yearly sum. If you would like to support us in this way, please email us at rogerbullen409@btinternet.com and we will supply you with the Foundation's bank details so that you can set up a standing order.

Forthcoming Events

At the date of going to press, we have the following events planned

Thursday 5 October 2017

Presentation to Frinton Rotary Club

Saturday 25 November 2017

Stall at the Christmas Market at St Peters Brewery, nr Bungay, Suffolk.

Friday 1 December 2017

Stall at Mersea Lights Up at the MICA

Saturday 9 December 2017

Shop Collection – West Mersea Co-op

Saturday 23 December 2017

Shop collection – Tesco, West Mersea

Sunday 28 January 2017

Indian Lunch, Titash Indian Restaurant, High Street, West Mersea. 12.00 to 15.00. Tickets: £22

Wednesday 4 July 2018

Presentation to AMAzing Women, St Matthew's Church, Harwich Rd, Colchester at 19.30

If you would like to help at any of these or organise an event in support of the Foundation, please let us know. We will add events to our list on the website and in the next newsletter.

Make a difference!

The Catherine Bullen Foundation is working with local communities to help build and nurture a new life for the people in rural Namibia. Because we are a small charity, our overheads are small and are personally covered by the trustees, so that every single penny donated to us goes to the intended project, with spending strictly monitored by the UK trustees and their ngo partner in Namibia. All visits to Namibia are self-financed and no charitable funds are used for this purpose. Please help us make a difference by making a donation, either on line at www.namibia-aid.org.uk or sending it to the address on the next page.

How to contact us

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Donation/Gift Aid Declaration

(The Catherine Bullen Foundation – Registered Charity No. 1110516)

Details of donor

Title..... Forename(s).....Surname.....

Address.....

.....

.....

Post Code.....

Signature.....

Date.....

I want the charity to treat

*the enclosed donation of £..... as a Gift Aid donation

*the donation(s) of £..... which I made on .../.../..... as (a) Gift Aid donation(s)

**delete as appropriate*

**You must pay an amount of Income and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year.
(currently 25p for each £1 you give).**