



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 23

Early Spring 2015

Jeremy comes to the rescue



Jeremy Parker at the Colchester Half Marathon

At the beginning of the year, we found ourselves without a runner for the London marathon due to injury. However, Jeremy Parker a Consultant Orthopaedic surgeon and seasoned marathon runner stepped into the breach to raise funds to provide a kitchen and covered seating area for the Eiseb Primary School hostel in the Omaheke region in eastern Namibia.

Jeremy commented 'My plan for this year was to run the Loch Ness Marathon in September and training has been progressing well. I was delighted, however, to receive a telephone call from Linda Bullen offering a place in the London Marathon. I am always happy to support the Catherine Bullen Foundation and I look forward to raising money for this worthy cause'.

Jeremy has worked at Colchester General Hospital as a Consultant Orthopaedic surgeon since July 2003, having previously trained at the Royal London Hospital; Charite Hospital, Berlin and Tampa General Hospital, Tampa Florida. While he was in the USA, he took up running as a way to keep himself fit whilst enjoying the American lifestyle. He has now completed four Marathons, London twice, Edinburgh and Paris. Juggling work, training and family commitments is difficult, but with support from fiancée Alice and five children, Abigail and Sam who are twins aged 13; Olivia aged 11, Elizabeth aged 2 and Benjamin aged 6 mths, he is able to hit the road and ramp up the mileage. Jeremy's ambition in running is to take part in the North Pole Marathon, which he hopes to achieve before his 50th birthday.

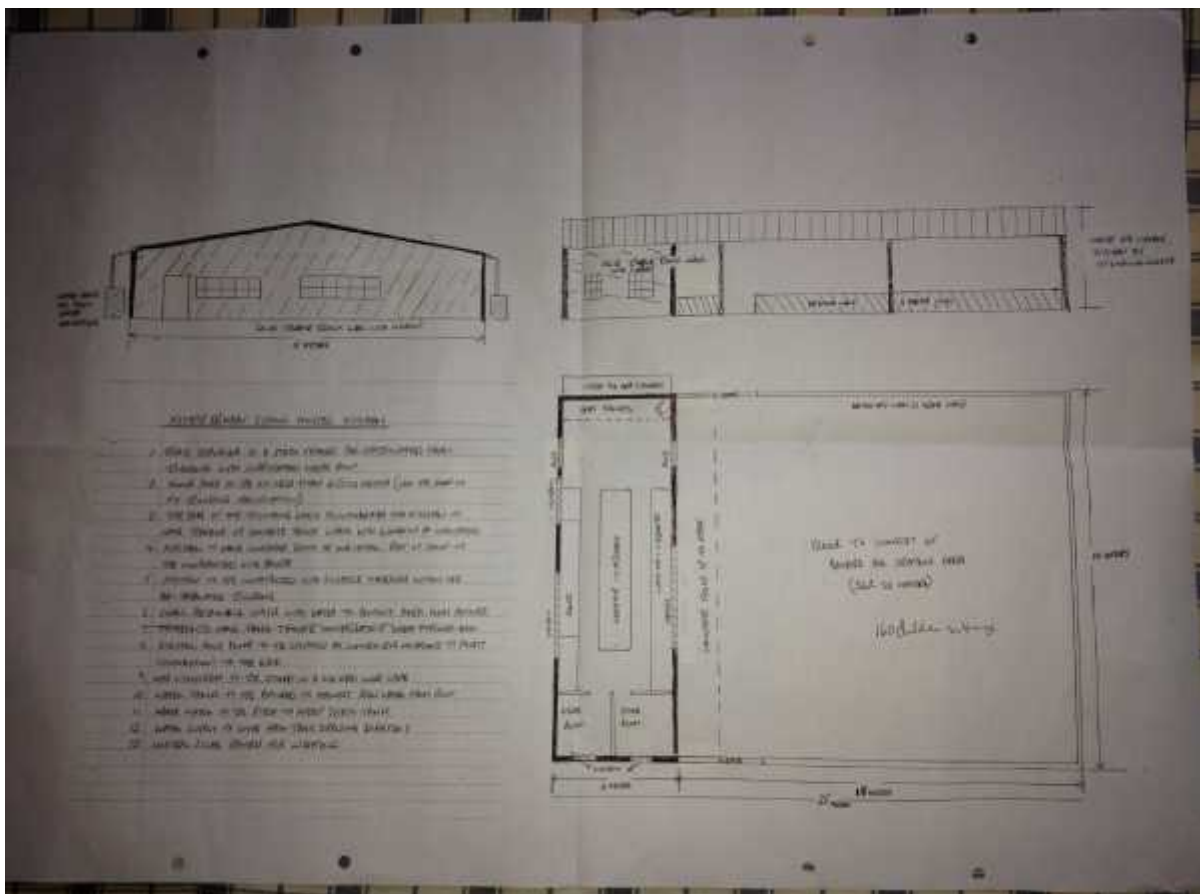
To sponsor Jeremy, please go to www.virginmoneygiving.com/JeremyParker

Rotary Club of Corringham Thameside

Each year the Rotary Club of Corringham Thameside organise a Corringham Junior School Choir competition. This will take place on 10 June with six schools taking part and the proceeds are being donated to the Foundation. The Club is also arranging a number of fundraising activities to raise money for the tables, chairs, cutlery and kitchen equipment for the Eiseb Hostel kitchen for which we are extremely grateful.

Eiseb Primary School Hostel kitchen and dining area

Having decided to go for a new build, we have engaged the services of an architect who we used before on the kitchen at the Omhuhaturua Primary School Hostel at Otjimanangombe and they have been modifying those plans to reflect the alterations to the original specification. We have also managed to source a builder in Gobabis who supplies agricultural buildings which will provide our basic structure. We hope to tie up the loose ends during our next visit starting at the end of February. Subject to funding being in place we hope to start building in the latter part of 2015.



Rough plan for the new kitchen and dining area.

Eiseb Primary school Hostel dormitory.

Since our monitoring trip late last year, Komeho have been trying to source a builder to carry out the remedial work on the superficial cracks. This has been delayed by the long Christmas break and the lack of enthusiasm of some builders to travel five hours into the bush to carry out the work. However, we are hopeful that a solution will be found soon. Unfortunately, there has been little progress by the Namibian German Special Initiative Programme's (NGSIP) contractors and it looks as if they will not finish their part of the project until late 2015.

The Foundation appoints a new trustee

Sadly early last year, one of our trustees, Graham Strange died. His wife Celia who was also a trustee has decided to move up to Nottingham to be with her family, so she tendered her resignation at the end of last year. We are extremely grateful to her for her work and support for the Foundation. This left us with two vacancies for trustees. One has been filled by Rachel Gooden and we are pleased to welcome her to the Foundation. She has a wealth of knowledge on International Health Development and has been involved with Voluntary Service Overseas. So we are sure we will draw on her experience.

Fund raising

China smashing stalls

We are slowly filling up the calendar with shows and fetes to take our china smashing stall to. However, due to the Colchester Lions being unable to have their Fun Day at Castle Park because of lack of manpower we are looking for a venue on Bank Holiday Monday 4 May. If you know of somewhere, please let us know

Shop Collections

A full list of shop collection that the Foundation is undertaking can be found at the end of this newsletter. If you wish to help, please let us know.

Bristol Medics fancy dress Pub crawl – 19 October 2014

Following the publicity we received after the opening of the clinic at Oshivelo which included articles in the Bristol Medical Students magazine and in the Bristol Evening Post, the medical students decided to raise funds for us and two other charities by doing a Fancy Dress pub crawl, resulting in a donation of £527 for our projects.

Earsham Hall Christmas Market - 3 December 2014

When we visit our relatives in Bungay we go to the café at Earsham Hall and each year we have a stall at their Christmas market. Unfortunately, last year it was on the day we returned from Namibia. So they ran a stall for us and raised £102.

West Mersea Lights up – 5 December 2014

Three days after returning from Namibia, we had a cake and San jewellery stall at the MICA when the Christmas lights were switched on and raised £146

Barclays Bank, West Mersea branch coffee morning - 12 December 2014

Thanks to the help and support of Rita and her staff we held a coffee morning at the bank and raised £265, this was matched by Barclays resulting in £530 going to the Foundation's projects.

Manningtree Methodist Church

The Foundation was chosen as their Christmas Charity which resulted in a donation of £127.

Mersea Island Lions Award – 6 February 2015.

Each year the Mersea Lions distribute the money they have raised during the year to worthy causes and we received a cheque for £500, which was greatly appreciated.



Linda and Roger receiving the £500 cheque from Lions President Christine Chamberlain

St Francis Church Men’s Breakfast Club, Welwyn Garden City – 7 February 2015

In 2000, Roger carried out research on the lives of those who died in the First World War and are recorded on the West and East Mersea War Memorials. This resulted in email correspondence from then to the present day with David Buck, whose uncle Frederick White was one of those commemorated on the West Mersea Memorial. David asked us to do a presentation to the Men’s Breakfast Club, which on this occasion was an open meeting, so the ladies were allowed to attend. So we left Mersea at 5.30 am in the morning arriving in good time for the meeting. We received a very warm welcome including a nice continental breakfast. We received a donation from them of £75 and a private donation of £100. They are also collecting 5p’s in a huge whisky bottle for us which is nearly full. When full it holds about £440 worth of 5p’s which will be coming our way. It was one of those meetings when we were inspired by the warmth and interest of those who attended.



Titash Indian Restaurant in West Mersea. Waiting for the guests to arrive

Fundraising Indian Lunch – Titash Indian Restaurant, West Mersea – Sunday 8 February 2015

A very popular annual event in the Catherine Bullen Foundation’s fundraising calendar took place on Sunday 8 February, when friends, family and supporters including the West Mersea Mayor and

Mayoress Peter Clements and Liz Clements sat down to a charity lunch at Titash Indian Restaurant in the High Street, West Mersea. After an excellent meal provided by it's staff, the packed restaurant were updated by Roger Bullen on the past years events which have led to the completion of the Foundation's last project, the construction of a dormitory to alleviate chronic overcrowding at Eiseb Primary School Hostel in a remote area of north eastern Namibia. A total of £1,315 was raised at the lunch towards the Foundation's current project the cooking and consumption of meals.

Schools

A number of schools in the area continue to support the Foundation. We are extremely grateful for the support we are receiving from the following schools.

St Mary's Junior School, Colchester

Mersea Island School

Colchester County High School for Girls

TCES Group

In Namibia: **The International School of Windhoek**

Presentations

The Foundation is pleased to give presentations to groups and clubs on its work during the day or evenings. So if you are looking for a speaker please contact us.

Donations

We have continued to receive individual donations, both large and small, which is 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.

St Peter's Hall, South Elmham nr Bungay Suffolk

For many years, Jill Hall has run the café at Earsham Hall, nr Bungay. She has supported us with an evening event, allowing us to have a stall at their Xmas market, and in the café she has a display featuring the Foundation with a collection tin.

Jill is now moving to take over the café and restaurant at St Peter's Hall, South Elmham, near Bungay which is in an old medieval manor house. The Hall also has its own brewery which has become quite famous in the area.

So if you are in the area, please make a detour to the café, its well worth a visit.

Open Wednesday to Sunday from 4 March 2015

Forthcoming Events

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

Sunday 26 April 2015

London Marathon – Foundation represented by Jeremy Parker

To sponsor him, please log on to www.virginmoneygiving.com/JeremyParker

Saturday 2 May 2015

Shop Collection – West Mersea Co-op

Tuesday 5 May 2015

Presentation at the Free Church, West Mersea – 14.45

Sunday 17 May 2015

Clacton Car Show – China smashing stall

Tuesday 19 May 2015

Presentation to the St John's Association, West Mersea – 19.30

Saturday 23 & Sunday 24 May 2015

Mersea Food and Leisure Festival Cake Stall. We are again making an appeal for home made cakes. If you can make one, please contact Linda on 01206 383368

Monday 25 May 2015

Colchester Hospital Radio Fun day, Lower Castle Park, Colchester – China smashing stall

Saturday 4 July 2015

Shop Collection – Manningtree Co-op

Sunday 5 July 2015

Waldegraves Car Boot – Car park collection. If you can help, please give us a ring.

Saturday 18 July 2015

Shop Collection – Brightlingsea Co-op

Sunday 19 July 2015

Norfolk and Suffolk Aviation Museum, Flixton, Family Day – China smashing stall

Saturday 1 August, 2015

Shop Collection – Stanway Co-op

Sunday 2 August 2015

Five Parishes Summer Show – China smashing stall (to be confirmed)

Saturday 8 August 2015

Mersea Lions Transport Show – China smashing stall

Saturday 15 August, 2015

Shop Collection – Abbots Road Co-op

Sunday 30 August 2015

Clacton Car Show – China smashing stall

Saturday 5 September 2015

Shop Collection – Frinton Triangle Shopping centre

Saturday 12 December, 2015

Shop Collection – West Mersea Co-op

Saturday 19 December 2015

Shop Collection – West Mersea Tesco Supermarket

If you would like to help at any of the above 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 below.

How to contact us

By Email: info@namibia-aid.org.uk

By Post: The Catherine Bullen Foundation
Pear Tree Cottage
15 Colchester Road
West Mersea
Colchester
Essex
CO5 8RS
United Kingdom

By phone: 01206 383368 (inside UK) or 0044 1206 383368 (from outside UK)

Mobile: 07771 630928
07733 140748

Donation/Gift Aid Declaration

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

Details of donor

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

Address.....

.....

.....

Post Code.....

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).**