



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 30

Spring 2017

Foundation starts new Namibian project

Roger and Linda Bullen, trustees of the Catherine Bullen Foundation, have just returned from Namibia after carrying out their first project monitoring trip of 2017.

It was while at Otjimanangombe, that they finalised the Foundation's latest project at Omuhaturua Primary School Hostel which 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, it is hoped to have everything completed by October 2017.



The photographs above show the sites for the girl's (left) and boy's (right) toilet blocks which will be attached to each end of the current building which will be converted to a dormitory to accommodate increasing pupil numbers.



Contracts being signed for the new project at Omuhaturua Primary School Hostel. On the left is Mr Steve Kavari, Headmaster. Centre: Deputy Headmistress with Roger and to the right are the contractors.

Drama at Otjimanangombe Primary Healthcare Clinic

Roger and Linda's trip was not without its drama as after only being there a few days at the Foundation-built bush clinic at Otjimanangombe, they found themselves in a Congo fever scare with one death already reported just two hours away. It is caused by an infested cattle tick biting its victim who then develops Ebola like symptoms and it can be passed on the same way through bodily fluids. A child and a San bushman who had travelled 200 kms, arrived at the clinic with tick bites, and fortunately they were not infected. Linda who volunteered at the clinic commented 'it was quite scary and suddenly you realised this was for real.' Luckily due to the quick reaction of the Namibian Health authorities there were no further cases. Plans are in their final stages to enlarge the clinic with the work being funded by the Global Fund.



Left: Linda and Frieda all masked up



Right: Suspected Congo fever cases in isolation underneath a tree. Later in the day, they were given the all clear.

Pat wins Ongombo the goat

24 March 2017, was World TB Day and was used as a fundraising opportunity by the Otjimanangombe Clinic Health Committee to raise funds to provide nutritious food for TB patients being treated at the clinic. Led by Kahure the TB Community Health worker working for COHENA, an ngo dealing with TB and based at the clinic, they arranged a raffle with the first prize being Ongombo the goat (Ongombo is the Hereo word for goat). The goat was from a flock that was supplied by COHENA for breeding purposes to provide meat for patients suffering from the disease. Roger and Linda took to Facebook and sold raffle tickets to friends and family back home. One of the tickets was bought by Pat Finlay who won the goat and then generously donated it back to COHENA. Chrissie Westgate won 2nd prize, a mobile phone also generously donated back. Many thanks to all our supporters who bought raffle tickets.



Left: Kahure giving food supplies to a TB Patient. Right: Ongombo the goat

Emotional Eiseb visit



Over 300 children sitting in the dining area awaiting their midday meal

Roger and Linda also visited Eiseb Primary School Hostel where they opened the kitchen and dining area last October. Roger commented, 'it was very emotional for us to see this project in action, with well over 300 children seated at tables eating a nutritious meal that had been cooked in the kitchen in hygienic conditions'.



The seated children eating their meal of mince, onions and maize

Some of the children had been asked to write a small piece on the history of the school and hostel which are featured below.

Eiseb Primary School was established in 1997. The former Aminius Regional Councillor Honourable Erwin Uangula was the first principal of the school. During his period there was no hostel. Learners were walking from their homes to the school.

Fortune Andrias, Grade 5B

In the year 1998, Mr GT Tjizoo became the principal after Mr E. Uangula returned to Aminius. There were only 6 teachers and 258 learners enrolled and 2 hostel blocks with 2 rooms were built. These remained un-used up to 2007 because of lack of hostel materials.

Nguseta Korupanda, Grade 7

In 2007, Mr A.J. Hange was appointed principal and he came with an idea of opening the hostel for learners. During his period he requested mattresses, cooking pots and other necessary equipments and materials.

Barnabas Katjiteo, Grade 7A

It was so hard for the learners. The requested beds and mattresses were not enough for the learners. We were feeling so bad. Some of the learners were sleeping right on the floor even in the winter time. Our hostel workers were cooking in the open air using fire. Fire wood was the source of energy for cooking and was fetched from far with a donkey cart. For bathing, learners were using buckets. It was so very harsh. We were over crowded in those two rooms.

Kopekuma Hange, Grade 7

Today we achieved a lot of developments through Catherine Bullen Foundation and other Foundations. Although there are still some pressing needs we are so very happy and we are feeling so glad for what

we got. We have new beds and mattresses, flushing toilets, modern bathrooms and new dormitories. A well equipped kitchen. Our workers are no more cooking outside using fire. We are using gas stoves.

Vehupa Hengari, Grade 6A

Thank you Catherine Bullen Foundation for the development that you brought to our hostel. We are so very happy, we will not forget you and we will look forward for other developments that you will bring to our hostel in future. Thank you very much.

Frans Isaak, Grade 5A

'Integration' sets a challenge

Health Ministries all over southern Africa are introducing a system into the clinics known as 'integration', and Namibia is no exception. The idea is that each patient will have a designated nurse who will deal with all their medical problems and when they return they will see the same nurse. HIV patients will also be included to reduce the stigma as previously they were in a separate area and from this everyone can tell they were HIV positive. The Catherine Bullen Primary Healthcare Clinic has been designated as a pilot clinic to trial the system which started when Roger and Linda were there. This meant that they were able to assist in bedding in the system. It was quite challenging as some patients with simple procedures were having to wait along time if the person in front of them had a more complicated problem. It also identifies those nurses who are good time keepers and efficient against those who are not and may need more training. The latter shows up by having longer queues of patients. It will be interesting to see how this progresses.

During each visit the Foundation carries out a maintenance audit on all the buildings it is involved with. In the case of this clinic the list of minor maintenance issues was getting quite long and a meeting was held with the person responsible for maintenance. A schedule of work was agreed, but there was a problem with the clinic sign. This had been 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 should be in place in the next few weeks.



Busy day at the clinic, with the overflow outside. On one of the days during our visit 119 patients attended.

Vasdraai

Komeho Namibia Development Agency has been our ngo partner in Namibia since 2003 and without their guidance and assistance we would not have been able to achieve so much. They are currently establishing a Vocational School for Agriculture to teach those who for some reason or other have not had a successful education to give them a skill. This is based at a resettlement farm at Vasdraai, some 70 kms from Gobabis. The main building was funded by the Japanese embassy and the derelict farm buildings are now being repaired. The main farmhouse will provide an office and staff accommodation. Unfortunately, this had to be rewired leaving no money for solar to provide electricity. Therefore the trustees of the Foundation at its AGM agreed to fund the solar panels.



Left: The main teaching building.

Right: The renovated farmhouse

Fund raising

Shop Collections

In our last newsletter we reported that our final collection for 2016 would be at the West Mersea Tesco. This proved a great success with a total of £410 being collected, a record for a shop collection. Our first collection of 2017 was at West Mersea Co-op on 29 April and the amount raised was £221.04. In both instances we were ably assisted by Nicky, Mike, Sandra and Shirley. A list of shop collections for this year can be found at the end of this newsletter and if you can help in any way, please get in touch.

Colchester County High School for Girls

Catherine's former school continues to support the Foundation. Since the last newsletter, We have received £320 from the Geography class, £327.70 from Form11C's non uniform day and £336.24 from Form 11L's non uniform day. A huge thank you for their continued support.

China Smashing Stall

Again this summer we will be out and about with our china smashing stall at various events. On 30 April, we attended the St Helena Hospice Fete at Colchester Rugby Club and raised £268.65. Many thanks to Jo, Ryan, Kim and Paul for their help. Running the stall is quite physical and we are looking for volunteers to do a stint on a rota basis. A list of events can be found at the end of this newsletter, so if you could help we would be very grateful.

Indian lunch is hot on raising funds

A very popular annual event in the Catherine Bullen Foundation's fundraising calendar took place on Sunday 5 February, when friends, family and supporters sat down to a charity lunch at Titash Indian Restaurant in the High Street, West Mersea. After an excellent meal, the packed restaurant were updated by Roger on the past years events which have led to the official opening of the Foundation's last project, the construction of a kitchen and covered seating area at Eiseb Primary School Hostel, in a remote area of north eastern Namibia, to provide a hygienic environment for the cooking and

consumption of meals. A total of £1,354 was raised at the lunch which included the auctioning of days use of the Mersea Lions beach hut generously donated by them. For the last ten years Titash have been generously hosting this event which has raised a total of £10,911, and Roger commented ‘that the Foundation was extremely grateful to the restaurant and its customers for their support’.



Full house again at the Titash Indian Restaurant, West Mersea

Three Bands for a Tenner

On Friday 5 May, the Mersea Rotary Club held their popular bands night at Mersea Outdoors. It was a great night with four bands performing and giving their services free of charge. The profits were split between the Foundation and the Mersea Festival which is a weekend at Mersea Outdoors for people with disabilities. The final total is still to be confirmed but it looks like each charity will benefit by around £850. Our thanks go to Paul Button and his team for a wonderful night.



Paul Button from Mersea Rotary Club and Manager of Essex Outdoors announces the next band

African Lunch

On Wednesday 10 May, Linda and Roger travelled to Ilkeshall St Andrews, nr Bungay to give a presentation on the Foundation to the ladies and their guests of the Bungay Inner Wheel. They had organised the African themed lunch as a fundraiser for the Foundation. With a menu of rice, Bobotie (meat pie), chicken in peanut sauce and vegetable curry it proved a great success and around £565 was raised. So a big thank you to the ladies. To add to the enjoyment of the event, Linda and Roger were able to meet up with some old friends not seen since they moved to Mersea from Bungay.



Left: Mrs Lou Townsend with her vegetable curry. Right: Lunch ready to be served.

Sponsored events

A chance meeting in Costa coffee in Colchester resulted in Helen Gilfillan a former work colleague of Rogers, at Polestar running the Brighton Marathon for us on 9 April. This was her first marathon and she raised £709.50 for the Foundation including Gift Aid

Foundation trustee, Rachel Gooden and her husband undertook the Marlowe 5 km walk and raised £246.25 including Gift Aid.

So a big thank you to Helen, Rachel and her husband Paul.

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.

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

Sunday 21 May 2017

Clacton Car Show – China smashing stall

Sunday 21 May 2017

Car Boot sale, Waldegraves, West Mersea – Manning car park

Saturday 27/Sunday 28 May 2017

Mersea Island Food, Drink and Leisure Festival – Homemade Cake Stall



**Do you enjoy
baking
homemade cakes**



**Then why not bake a
cake for the children
of Namibia**

to be sold by

The Catherine Bullen Foundation

on it's

Cake stall

at the

The Mersea Food, Drink and Leisure Festival

on Saturday 27 and Sunday 28 May 2017

All stall profits towards the Foundation project to build flush toilets and washing facilities at Otjimanangombe Primary School Hostel

If you can bake or donate a cake, please ring Linda on
01206 383368 or 07771 630928 – Many thanks

Monday 29 May 2017

Hospital Radio Fund Day, Lower Castle Park, Colchester – China smashing stall

Wednesday 14 June 2017

Presentation to the Mersea Island British Legion Ladies branch

Saturday 17 June 2017

Shop Collection – Manningtree Co-op

Friday 30 June 2017

Presentation to the First Mersea Guides

Tuesday 4 July 2017

Presentation to the Clays Retirement Association

Saturday 15 July 2017

Shop Collection – Brightlingsea Co-op

Saturday 22 July 2017

Shop Collection – Halstead Co-op

Saturday 29 July 2017

Shop Collection – Stanway Co-op, Colchester

Sunday 6 August 2017

Five Parishes Show, Fingringhoe Ranges – China smashing stall

Saturday 12 August 2017

Mersea Lions Summer and Transport Show, Waldegraves – China smashing stall

Saturday 26 August 2017

Shop Collection – Woodbridge Co-op

Sunday 27 August 2017

Clacton Car Show – China smashing stall

Saturday 9 September 2017

Shop Collection – Frinton Triangle

Saturday 9 September 2017

Seafood Supper at the Packing Shed – Tickets £22 each. **Now booking**

Saturday 9 December 2017

Shop Collection – West Mersea Co-op

Saturday 23 December 2017

Shop collection – Tesco, West Mersea

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

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

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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).**