



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 33

Spring 2018

Matt to run for Mattresses

The Foundation had all but given up having a runner in this year's London Marathon as all our local supporters who applied for a place through the ballot were unsuccessful. Then up popped Matthew.

Matthew, aged 43, a serving police officer from Wokingham, will be running his first London Marathon to raise funds to improve the lives of children living in school hostels in rural Namibia in southern Africa. Initially, Matt didn't generally enjoy exercise, but in recent years has taken up running on and off. He has participated in the Great South Run twice and has also completed a half marathon but the London Marathon 2018 will be his first attempt at such a long distance.



Matthew Reeves who is running the London Marathon for the Foundation

Matt is married to Pam, a clinical psychologist who is originally from Namibia. When Matt secured his place in the London Marathon he wanted to use the opportunity to raise some money for charity. He had heard about the Catherine Bullen Foundation from a Margo Bishop who had run a half marathon for the charity along the Skeleton Coast in Namibia, (see Newsletter Winter 2017) and he knew immediately that it was a cause close to his heart. He has travelled around Namibia several times and has family who live there so he is delighted to be raising money that will go to such good use. You can sponsor him via this link. <https://uk.virginmoneygiving.com/MatthewReeves7>. The money raised by Matt will go to providing mattresses for the children at Omuhaturua Primary School Hostel in the new dormitory provided by the Foundation and those whose mattresses are now worn out with some children sleeping on blankets

Mattresses Matter Appeal

It is a well known fact, that if children get a good nights sleep, they will be able to concentrate easier at school. At the Omuhaturua Primary School Hostel, the mattresses are now worn out, and desperately need replacing with some children just sleeping on blankets. The Foundation has been asked if we can help replace these. The requirement is for 200 mattresses and the cost per mattress is £30. So we are launching this Appeal for donations of £30 to buy mattresses for the children. You can donate via our website www.namibia-aid.org.uk using 'MyDonate' or send a cheque made out to 'The Catherine Bullen Foundation' to our address at the end of this newsletter. Thank you

St Mary's Senior School to partner the Foundation

The Foundation is in conversation with St Mary's Senior School based in Colchester to become involved in their Round Square activities



St Mary's School Head, Hilary Vipond, Roger Bullen and Ben Russell

Round Square is an organisation that has almost 200 member schools across 6 continents. It was founded by an educationalist called Kurt Hahn - who also set up the Duke of Edinburgh Awards scheme - with the idea of broadening education beyond narrow definitions of success in purely academic terms, into a much broader, rounded and 'holistic' "character education". It has six guiding principles or "IDEALS" - which is an acronym for Internationalism, Democracy, Environmentalism, Adventure, Leadership, and Service - which their activities are structured around.

In terms of the schools involvement in Round Square, they are at the very beginning of the journey and they are just beginning to shape their future direction and involvement, in areas the students think will be valuable, they are interested in and will benefit from. Nevertheless, they of course have some ideas they want to get the students help in considering pursuing. For example, they are very keen to develop the "Service" aspect - as this is perhaps an area where they are not currently as strong as in other areas and there is room for development.

The school wanted to get involved with a local charity which was involved in international projects and they could identify with and so they thought of the Catherine Bullen Foundation!

Roger and Ben Russell, the schools Round Square representative have been exploring ways how the students can get involved with our work (including, but hopefully not limited to raising money) but developing an ongoing relationship of service between the school and the Foundation. This could be anything from small scale support, such as helping with the Foundation's fund raising activities, or maybe even seeing if (in a few years time - not now!) there would be any value in the school running a Service Project out to Namibia - for our Year 11s when they have finished their GCSEs.

The International School of Paris update

Roger and Linda self funded a trip to Paris in early February to visit the International School of Paris where they did a number of presentations to the students of which some will be in the party that visit Namibia at the end of June. Their proposed projects at Omuhaturua Primary School Hostel were discussed and as reported in the last newsletter they will include the construction of an Adventure playground and painting the outside of the hostel buildings.

Mersea Island Girl Guides

Following a presentation last year, the girl's decided to collect tooth brushes and toothpaste for the children at Omuhaturua Primary School Hostel. On 23 February these were presented to Linda and Roger to take with them on their next visit. We thank them very much.



Mersea Island Girl Guides presenting their tooth brushes and tooth paste to Linda and Roger

Omuhaturuwa Primary School Hostel

As previously reported, our 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 also includes the conversion of a large storeroom into another dormitory. This is now complete except for the tiling of the dormitory floor which should take place during the Easter break.

We are also fundraising to replace all the mattresses in the hostel which were last replaced in 2009 and they are now worn out.

During Roger and Linda's last visit in March/April 2017, Steve Kavari, the headmaster of Omuhaturuwa Primary School discussed with them whether it would be possible for the Foundation to provide a school hall. All school assemblies and large meetings are held outside and are subject to the vagaries of the weather especially during the rainy season. Roger and Linda suggested that this should be more than just a school hall in that it should be also an activities and recreational hall for the hostel where the children could play indoor netball, volley ball and baseball etc especially as it gets dark quite early and this would be somewhere for the children to go. It could also be used by the local community and could be a venue for an indoor market where local produce could be sold providing income. In other words a multipurpose venue for the them. The construction would be the same as the dining area at Eiseb consisting of a sectional steel building but with enclosed sides.

This project was discussed at the trustee's Annual General Meeting in January and it was agreed to go ahead and it will be the focus of the Foundation's fundraising.

Otjimanangombe Primary Healthcare Clinic upgrade

Work continues to enlarge the Otjimanangombe Primary Healthcare Clinic by the Global Fund and it is scheduled for completion in March 2018. We will report back following our visit in March.



This photo show progress as at January 2018 and shows the Reception area

Fund raising

Shop Collections

Our final shop collection of 2017 was at West Mersea Tesco on 23 December where we raised a total of £350.05. Many thanks to Eilish, Nicky, and Mike for their help. A full list of shop collections for this year is at the end of this Newsletter and any help with these would be gratefully appreciated.

China Smashing

We have a full list of fetes and shows that we will be attending this year at the end of this newsletter. Again any help with this would be gratefully appreciated.

Indian Lunch at Titash, West Mersea

The Foundation nominated its mattress appeal to be the recipient of monies raised at its ever popular annual charity lunch held at Titash Indian Restaurant in West Mersea. It was held on Sunday 28 January and the restaurant was packed with friends, family and supporters and a total of £1,366 was raised. Many thanks to the Mersea Lions who donated their beach hut for the day to be auctioned. After an excellent meal provided by Titash staff, the diners were updated by Trustee Roger Bullen on the Foundation's current project, the upgrading of the Omuhaturua Primary School Hostel at Otjimanangombe.



Diners enjoying their Indian meal

Essex Fresh Start Independent School, Witham

This school is part of the TCES Group which is supporting the Foundation. The school held a Catherine Bullen Foundation fund raising day on 19 January and raised £89.73. Many thank to the pupils for their hard work.

Barclays Bank Coffee Morning

This was held on Thursday 22 February at the West Mersea branch of Barclays. Customers were treated to coffee or tea and cake for a donation. Our grateful thanks to Rita from the bank who came on one of her holiday days to help and Nicky for her help. A total of £235 was raised and which will be matched by Barclays. A big thank you to all those who donated cakes.



Linda, Nicky and Rita at the Barclays Coffee morning

Presentations

The Foundation is pleased to give presentations to groups and clubs on its work during the day or evenings. So far this year we have given presentations to the Colchester branch of Advanced Motorists and a Ladies Church Group at West Bergholt. 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 20 May 2018

Clacton Car Show – China smashing stall

Saturday 26/Sunday 27 May 2018

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

Sunday 27 May 2018

Car Park collection – Car Boot, Waldegraves, West Mersea

Monday 28 May 2017

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

Saturday 2 June 2018

Shop collection – West Mersea Co-op

Saturday 9 June 2018

Shop Collection – Manningtree Co-op

Sunday 17 June 2018

Blackwater Show – China smashing

Saturday 23 June 2018

Shop Collection – Felixstowe Co-op

Saturday 14 July 2018

Tendring Show – China smashing - to be confirmed

Wednesday 4 July 2018

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

Saturday 4 August 2018

Shop Collection – Brightlingsea Co-op

Sunday 5 August 2018

Five Parishes Show, Fingrinhoe Ranges – China smashing stall

Saturday 11 August 2018

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

Saturday 18 August 2018

Shop Collection – Halstead Co-op

Saturday 25 August 2018

Shop Collection – Woodbridge Co-op

Sunday 26 August 2018

Clacton Car Show – China smashing stall

Saturday 8 September 2018
Shop Collection – Stanway Co-op, Colchester

Saturday 15 September 2018
Shop Collection – Frinton Triangle

<p style="text-align: center;">The Catherine Bullen Foundation Invites you to A Seafood Supper At The Company Shed, West Mersea Saturday 15 September 2018 19.00 for 19.30 Tickets: £23.00. Raffle</p>

Saturday 22 September 2018
Autumn Food and Drinks Market, St Peter's Hall, nr Bungay – Homemade Cakes Stall

Saturday 24 November 2018
Christmas Market, St Peter's Hall, nr Bungay

Saturday 8 December 2018
Shop Collection – West Mersea Co-op

Saturday 22 December 2018
Shop collection – Tesco, West Mersea – to be confirmed

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).**