



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

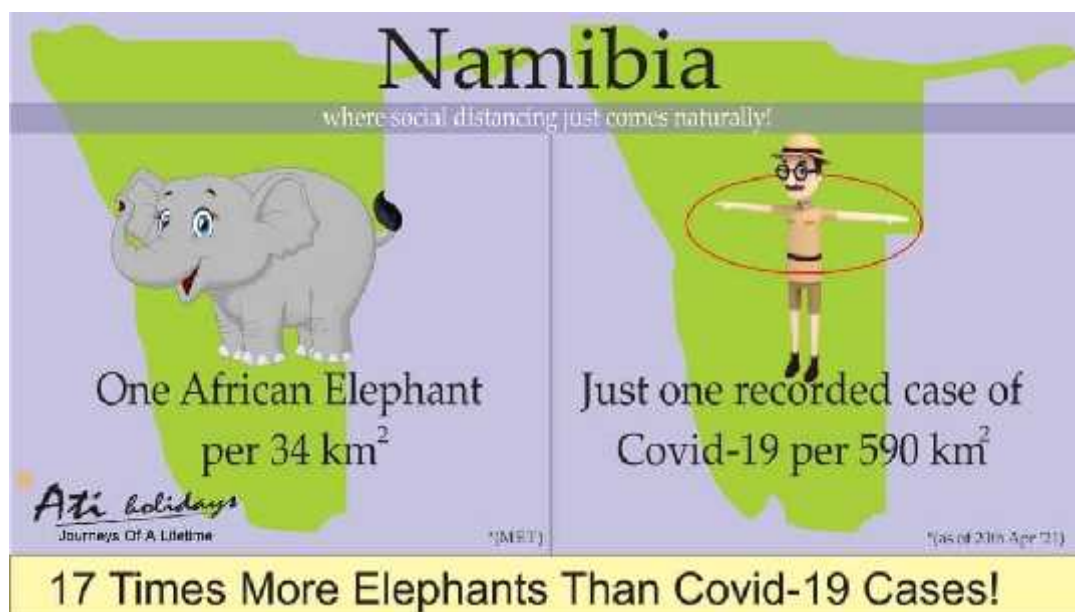
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Spring 2021

Usually the Spring newsletter would be full of reports of our first yearly visit to Namibia from mid-February to the end of March. But unfortunately due to the Covid19 global pandemic we were not able to undertake it this year. So apologies for yet another slim newsletter again this time.

When we produced our last newsletter in December 2020, little did we know that we would go into a second lockdown at the beginning of January. Subsequently, the British Government added Namibia to its Red list meaning that anybody returning from there had to quarantine in a hotel at their own cost. This is ongoing so any plans we had to return to Namibia have been put on hold, and it now looks as if it not be until the end of this year before we can travel there, subject to Namibia coming off the Red List.

The tourist industry is suffering, and Covid19 daily cases continue to remain low with 140 being reported on 18 April leading to industry representatives lobbying the British Government to take it off the list although its proximity to South Africa might hamper this. In recognition of how important the tourist industry is, the Namibian Government has classed those who work in it as essential workers and have been given priority in the vaccination programme together with health workers and those in the care industry.



On 25 April, France had 24,465 new cases and is not on the Red List. On 25 April, Namibia had 105 cases and is on the red list, where is the logic in that?

Back in the UK, as we emerge from the lockdown guided by the Government's road map, organisers of events are predictably cautious leading to all the events that we usually take our china smashing stall being cancelled for another year. Social distancing means that both the Indian Lunch and the Seafood supper will probably not take place this year. However, we are pleased to announce that shop collections are taking place again, with the first being at West Mersea Co-op on Saturday 1 May. We recognise that the carrying of cash has reduced and therefore we will have a credit card machine on hand if people wish to donate that way.

St Mary's Senior School for Girls

As mentioned in our last newsletter, the girls are raising funds to purchase school uniforms for the children attending Good Hope Primary School and Hostel in the village of Okovimburu. Due to the lockdown, there has been little activity on this, but as things loosen up, plans are afoot. The first event will be a raffle with a large Fortnum and Mason hamper as the first prize. We are grateful to one of Linda's nursing colleagues husband for donating this.

The provision of an ambulance for Otjimanangombe Clinic

We have briefly mentioned before that the Foundation is fundraising to provide a 4x4 ambulance for the Omaheke region of Namibia to be based at the Otjimanangombe Primary Healthcare Clinic. This rural clinic was built by the Catherine Bullen Foundation and handed over to the Namibian Ministry of Health in July 2008. It was extended by the Global Fund in 2018.



A 4x4 ambulance similar to the one that the Foundation is fundraising for.

Currently, there are a limited number of ambulances in the region and these are mainly centred in Gobabis the regional capital and they rarely venture into the bush due to the state of the roads. Hence

the requirement for the ambulance to be 4x4. The rural clinics are served by Ministry of Health pick-up vehicles with a canopy over the back and a mattress on the floor. These vehicles have no medical equipment on board and no provision for a nurse to travel with the patient and monitor his/her condition on the way to hospital. The nurse has to travel in the cab with the driver.

If there is a need for a vehicle, the nurse at the clinic contacts the hospital in Gobabis to request a 'so-called' ambulance. There are three vehicles which serve the area where the clinic is situated and are also on call to three other clinics, the furthest being four hours away from a hospital. So when a request is made, the vehicles could be anywhere. Once a vehicle arrives at the Otjimanangombe clinic it is a two hour journey to the hospital. It is not uncommon for a patient to wait most of the day for a vehicle.

The local community has highlighted the need for an ambulance to be based at the clinic. Prior to Covid 19, Linda and I visited the clinic twice a year, volunteering for a month at a time. During these visits, they have witnessed for themselves the challenges caused by the ambulance situation. For instance during one of their visits, a San bushman family arrived early in the morning suffering from malaria, an ambulance finally arrived during the early evening to take them to hospital. It was a very stressful and potential life threatening situation.

It is planned that the project will have the following outcomes, which will be a reduction in waiting and journey times resulting in an improved outcome for the patient. For instance if the ambulance is standing at the clinic, then the journey to hospital would be around two hours with no waiting. If the ambulance has already been given a job and is in its journey cycle, then it will be around two to five hours waiting for an ambulance and a journey time of two hours. This is against the current situation of a waiting time up of to eight hours plus a journey time of two hours.

As the ambulance will be a 'proper' ambulance, it will be fully equipped and have room for the nurse to travel with the patient. This will cause less stress for the patient and nurse, give a more safer and comfortable journey and enable the nurse to monitor the patient's condition and take the necessary action to stabilise the patient if the need arises.

It is envisaged that the two ambulance drivers will be recruited from the local community where there is a high incidence of unemployment.

Fundraising for an ambulance receives a boost

In January, we received a donation of £900 from the Mersea Island Rotary Club which was part of the proceeds of their Santa's Sleigh collection for which we are very grateful.



In March we were successful in applying for a grant of £5,000 from Sevenhills Wholefoods based in Wakefield as part of their Health and Education programme in the Developing World.

This was further boosted with a donation of £5,000 from a long time supporter and for both sums we are very grateful.

The Foundation's Projects

The multi-purpose hall – Omuhaturua Primary School and Hostel, Otjimanangobe

Regrettably the builder has not kept to his time schedule and he is currently offsite. A meeting has been arranged at the end of April between the builder, Komeho (our ngo partner) and the Governor of the Region to hopefully resolve the situation.

Borehole for Eiseb Primary School and Hostel

It is planned that Roger and Linda should be back in Namibia at the end of December 2021. It has always been their intention to see the borehole being drilled which will take place in the following January.

4x4 ambulance for Otjimanangombe Primary Healthcare Clinic

See report

The Catherine Bullen Primary Healthcare Clinic

Then it was up and then it was down again, now up again

In one of our newsletters last year we reported that we had finally managed to get one of the clinic direction road signs re-erected again after having been hit by a lorry. At the beginning of March we were told that the same thing had happened again. A quote was obtained for re-erecting it again with concrete obstacles to hopefully stop lorries hitting it. We are very grateful to supporters, Bry and Alan Mogridge for funding the work and the sign is now up again.



The re-erected sign with the concrete obstacles

Good rains

After years of lower than average rainfall and drought conditions, the past few months have seen record levels of rainfall in most parts of the country. The newly commissioned Neckartal Dam in the south of the country near Keetmanshoop was filled to overflowing with other dams reporting significant inflows.



Catherine's clinic after a rain storm

Foundation Items for sale



We have the full range of this unique San Jewellery for sale and can be found on our website at www.namibia-aid.org.uk, or call us on 01206 383368.

Fundraising

With the lockdown easing we are able to plan a limited number of fundraising activities mainly involving shop collections. We also plan to do one or two yard sales.

For a number of years, the ladies of West Mersea and the surrounding area have been knitting blankets, woolly hats and jumpers. Last year we were able to ship a large amount of items to Namibia, thanks to the Namibian High Commission in London. It was planned that we would distribute these during one of our visits last year which of course due to the pandemic we were unable to undertake. These items remain in storage in Namibia.

We are now accumulating knitted items at home and are considering selling these on a craft stall and using the proceeds to buy food for the San Bushmen and TB patients. We have mentioned this to one or two of our knitters and they are quite happy with this. If you are one of the knitters perhaps you could let us have your opinion on this.

Virgin Virtual London Marathon 2021

We are very pleased to announce that we have secured three places in the Virgin Virtual London Marathon 2021 on 3 October, where runners will run a marathon course of their own choice. We have two runners from the Mersea Island Park Run, Nigel Eden and Hayley-Jane Gladwell and Wendy Hobbs from Colchester. To support Wendy go to <https://uk.virginmoneygiving.com/wendyhobbs> and Hayley go to <https://uk.virginmoneygiving.com/hayley-gladwell-SAVMLMBONDS333-2020-208675>

Donations

In common with other charities, the Catherine Bullen Foundation is having to restrict its fundraising activities during the period of Government Covid19 restrictions.

It would be very much appreciated, if you feel you could support us with a donation for our projects in Namibia. As we are a UK charity working overseas we are not eligible for any British Government grants.

It can be made on line on our website www.namibia-aid.org.uk through 'virginmoneygiving' or 'Paypal'.

By sending a cheque made out to the Foundation to 15 Colchester Road, West Mersea, Colchester, Essex, CO5 8RS

By bank transfer to:

Account Name: The Catherine Bullen Foundation Registered Number – 1110516

Sort Code: 20-22-67

Account No: 53717690

Thank you and stay safe.

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 use the above banking details so that you can set it up.

Presentations

The Foundation is pleased to give presentations to groups and clubs on its work during the day or evenings. Obviously this is now on hold due to the Covid19 situation.

Forthcoming Events

We have the following shop collections booked:

May Bank Holiday Saturday 1 May 2021

Shop collection – West Mersea Co-op

Saturday 15 May 2021

Shop collection – West Mersea Tesco

Saturday 5 June 2021

Shop collection – Halstead Co-op

Saturday 12 June 2021

Shop collection – Felixstowe Co-op

Saturday 31 July 2021

Shop collection – Manningtree Co-op

Saturday 14 August 2021

Shop collection – Brightlingsea Co-op

Saturday 28 August 2021

Shop collection – Woodbridge Co-op

Saturday 4 September 2021

Shop collection – Stanway Co-op

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
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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.....

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).**