



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 24

Spring 2015

WMTRC warm up the San for winter

At the beginning of the year, the Foundation was donated surplus garments from the 2014 West Mersea Town Regatta by the committee led by Sarah Sherwood. These were taken to Namibia, by trustees, Linda and Roger Bullen and distributed during their recent visit, to the San bushman families. These will be very useful during the coming winter in the next three months when temperatures fall to below zero during the night and we are very grateful for their generosity.



The children from the San Settlement at the Ombili Foundation near Oshivelo very happy with their tops

Eiseb Primary school Hostel dormitory.

Roger and Linda have just returned from their first project monitoring trip this year. As reported in our last newsletter, Komeho were having problems trying to source a builder to carry out the remedial work on the superficial cracks. Roger and Linda completed a final inspection last month and Komeho will now send their own team to carry out the work when the school returns from its holidays in late May. Once this work has been completed, the Namibian German Special Initiative will deliver the lockers and then forty senior girls will be able to start using the dormitory. Unfortunately, progress is still slow 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. Whatever happens, the Foundation's dormitory will be officially inaugurated in October 2015.



The very wet gravel road to Eiseb in March 2015, not quite the A12!

Eiseb Primary School Hostel kitchen and dining area

On their arrival in Windhoek at the end of February, Linda and Roger met with the architect and later were provided with detailed plans for the kitchen and dining area. They were then able to brief three builders who are currently in the process of compiling their estimates. Subject to funding being in place it is hope to start building in the latter part of 2015.

Vasdraai

Vasdraai is a resettlement farm situated 65 kilometres south-east of Gobabis in the Omaheke region. Until 1999 it was a commercial farm and was purchased by the Government under the 'willing seller, willing buyer scheme'. It covers a total area of 4,315 hectares and was subdivided into nine posts, plus the main farmstead which together is inhabited by 81 households of different ethnic groups who have been resettled by the government. Their main occupation has been cattle farming, and in common with communal areas in the region the farm is overgrazed causing the land to be degraded.

Komeho Namibia Development Agency, our partner ngo in Namibia has a major long term project at the farm which consists of re-generating the grassland with assistance from the Politechnic of Namibia and constructing a Vocational Training Centre at the main farmstead which they will run.

Water for the farm is supplied by four working boreholes and one redundant borehole, all of which need re-equipping with modern technology such as solar pumps and panels. Komeho have found a donor to fund four boreholes and the Foundation have sourced an organisation in the United Kingdom for the fifth.

They are *theLONGWELLwalk* charity based in Sheffield, and their aim is to deliver sustainable, long term water and sanitation projects. We look forward to a long and successful relationship. Their website is <http://thelongwellwalk.org/>.



Borehole No 2 which will be refurbished by *theLONGWELLwalk*.

Linda and Roger Bullen report on their visit and time spent volunteering in clinics

The Catherine Bullen Primary Healthcare Clinic

We arrived at the clinic in the late afternoon of 25 February after a nine hour drive from Windhoek. Everyone was pleased to see us and we settled into accommodation unit B1, our home for the next three weeks which was not without its challenges. As was evident during our previous visit, the clinic is very busy and on our first full day we became aware of an accident on the main road to the north. We were alerted to this by a school teacher who came speeding into the clinic requesting help as one of his pupils had been knocked down. With the ambulance already out, we put a mattress in the back of our Hilux and with another nurse we rushed to the scene. Here we found a small boy laying on the side of the road surrounded by a crowd of people having been hit by a minibus transport. It was obvious that the accident had been fatal, but not wanting to leave him in the dust and heat, we placed him in the back of our vehicle and took him to the clinic. At the other end of the spectrum we had a birth, although that was in the back of the ambulance some 30 kms on the road to Tsumeb. Once delivered the ambulance returned to the clinic with mother and its extra passenger, the baby, who both were well.



First time mums with jumpers and hats knitted by Colchester ladies.

During our visit we met the Chief Medical officer for the region at Omuthya to discuss the possibility of medical staff from Colchester General Hospital coming to the area to carry out voluntary work. We were also taken to the homestead of the sister in charge of the clinic where we tasted the delights of mahangue and spinach. A trip to Tsumeb one weekend gave us the opportunity to meet up with Derek Sherratt from Chesterfield who are twined with Tsumeb and support a kindergarten and Family Support Group which has refuge for victims of gender based violence. Derek kindly donated eleven trees for the clinic grounds.



Linda with nurses Cecilie and Maria



Patients waiting to see the doctor



Otniel Uirab, the clinic HIV/Aids Field worker and the pharmacist dispense anti-viral drugs to an HIV patient.



Knitted hat and jumper from the Colchester ladies.



Linda trying her hand in a mahangu field



Bringing granny to the clinic !!!



Visiting bonny baby Catherine born on the day the Clinic opened on 16 July 2014



Nurse Cecilie with the baby she delivered in the back of an ambulance.

Oshivelo Football team

Otniel Uirab, the clinic HIV/Aids Field worker has encouraged the local youngsters to form a football team to keep them out of trouble. The Foundation was able to supply them with T-shirts, but they

would appreciate a proper kit including boots. They even have to borrow a ball from the local Police station. Otniel is also keen to start a junior football team and a senior and junior netball team for the girls, which all need kit. If you can help please get in touch with us.



The Oshivelo men's football team, Otniel is on the right in the bottom row.

Otjimanangombe Primary Healthcare Clinic Post 8

Having completed three weeks at Oshivelo, we drove cross country to Otjimanangombe in the Omaheke region to the clinic that the Foundation built and was opened in 2008. Here we experienced another set of challenges mainly to do with distance. For instance if an ambulance was called it would take at least two hours to reach the clinic and then another two hours to get the patient to hospital, subject to the condition of the roads, it being the rainy season. Again below is a selection of photos from our visit.



Thanks to Ernest, the clinic's TB Field worker, this little San girl's mother was diagnosed with TB and referred to hospital. Luckily, her daughter did not have the disease and she will be looked after by her family.



Busy morning at the clinic after the Easter weekend.



The ambulance donated by the Foundation picking up a new mum and baby from the clinic to be taken to the regional hospital in Gobabis.



The clinic staff. Top: Gertrude, the cleaner, second row: Nelson, the HIV/Aids Field Worker, Ernest, the TB Field worker, Sherishee, volunteer, bottom row: Grace, the Clinc nurse and Messalina, the security Guard.

Family narrowly escape shack fire

Many families in rural areas and in informal settlements in the towns and cities live in corrugated metal shacks. These have no electricity or running water. The only means of lighting are oil lamps or candles. Unfortunately, shack fires are all too common resulting in some cases to loss of life. The week prior to us arriving at the clinic, Severn the clinic security guard lost all his and his families possessions when their shack burnt down. The fire was caused by a candle and his wife and children were lucky to escape with their lives.



Severn standing on the far left viewing the remains of his families shack

Lifeline Clinic, Epukiro

Situated 80 kms west of Otjimanangombe, the Lifeline Clinic is a private clinic run by the Nankuse Foundation and focuses on the San Bushman Community. Volunteers from all parts of the world spend time there and British doctors take time out from the UK to practice in the clinic usually for a year. Currently, there are two doctors, Ian and Sharon who are joined from time to time, by a third, Tim. Tim's emphasis has been on educating the San on the symptoms of TB and preventing cross infection. He has also been involved in training Health workers in the community who observe and report any problems back to the clinic.

We stayed at this clinic for four days after leaving Otjimanangombe, working in the clinic and going out into the community with Tim. Just after we arrived, the clinic was notified of a problem with a San gentlemen in the local settlement. On investigation we found Simeon aged 21 years, who had suffered from TB of the spine and testicular cancer, both of which had been cured. Unfortunately, the TB had left him paraplegic and doubly incontinent. Simeon had been discharged from hospital with large pressure sores on his hips and ankles. It was his wish to return to his family, and while we were there, we went with the clinic staff to visit him twice a day to deal with his personal needs, change his dressings and lift him in and out of his wheelchair.



From left to right: Simeon's relatives, Anna (Lifeline nurse), Linda, Dr Sharon (Lifeline UK doctor), Katy (volunteer), below: Simeon. The photo to the right is where Simeon stays and is typical structure where the San live.

The Catherine Bullen Memorial Prize

Since 2003, this Memorial Prize has been presented to an upper sixth form pupil at Catherine's former school, Colchester County High School for Girls at their last assembly prior to taking their A Levels. It usually goes to a girl who will go on to study medicine at university. This year's winner was Kate Hann and the prize was presented to her by Roger and Linda on 7 May.



Roger and Linda with prize winner Kate Hann

Fund raising

Shop Collections

Our first shop collection of the year was at the West Mersea Co-op Supermarket on Saturday 2 May and thanks to the generosity of its customers we raised £239.86.

China smashing stalls

The first event for our china smashing stall was at the St Helena Hospice Community Fete and Fun Day held at the Colchester Rugby Club on Bank Holiday Monday 4 May. It was well supported and we had a steady stream of customers resulting in the stall taking £274.65. A donation has been sent to the St Helena Hospice.



Our china smashing stall at the St Helena Hospice Community Fete and Fun Day

Jeremy triumphs for Namibia

Jeremy Parker, a consultant Orthopaedic surgeon at Colchester General Hospital completed this years London Marathon in a time of 4 hrs 43 mins after having stepped into the breach for the Catherine Bullen Foundation after their original runner dropped out through injury. After his run Jeremy commented ' I am always happy to support the Foundation, its all made worthwhile knowing that every penny of the £1,400 I have raised so far will go to its project at Eiseb in north eastern Namibia, to build a kitchen and covered seating area for the children'. He is still accepting sponsorship at www.virginmoneygiving.com/JeremyParker.



Jeremy at the 16 km mark and at the finish with Linda.

Girl Guide Group Bingo Evening

In March, Phoebe Hubbard, a pupil at Catherine's former school, Colchester County High School for Girls organised a fund raising bingo night for her Guide Group as part of her Girl Guiding Baden Powell Challenge. She raised a total of £71.50 which she donated to the Foundation.

Mersea Island Guardian Angels

The Guardian Angels made a donation of £200 to the Foundation for which we are very grateful. We thank them for their support

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 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.

Forthcoming Events

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

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 anything, please contact Linda on 01206 383368



**Please bake or
donate 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 23 and Sunday 24 May 2015

All stall profits towards the Foundation's Appeal to build a kitchen and dining area at the Eiseb Primary School Hostel.

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

Many thanks

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

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 26 September 2015

Seafood Supper at the Company Shed

The Catherine Bullen Foundation in partnership with the nationally renowned 'Company Shed'

Invite you to

A Seafood Supper

at The Company Shed, West Mersea

on Saturday 26 September 2015, 19.00 for 19.30

Tickets: £21.00

**Reserve your ticket now from : Linda and Roger Bullen –
phone 01206 383368/07771 630928/07733 140748 or email:
roger@mersea48.freeseve.co.uk**

(Note: High Tide is at 23.47, which means leaving the island at 22.45, so plenty of time to enjoy the evening)

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

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).**

End Piece



We now have quite a few individual ladies and groups knitting for the Foundation enabling us to donate these items, especially to the San children now that winter is coming in Namibia. If you know of any company that can donate us container space to Walvis Bay, we would be pleased to hear from you.