



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 27

Spring 2016

Foundation's current project progressing well.

During a recent visit to Namibia to monitor past and current projects, Roger and Linda Bullen, trustees of the Foundation, made two visits to Eiseb Primary School Hostel to see progress on the building of a kitchen and covered dining area at the hostel. They found that the main structure had been finished and the kitchen which is accommodated within this building was progressing well.



An overall view of the kitchen and dining area under construction at Eiseb Primary Hostel

On completion the project will provide a hygienic environment for the preparation and consumption of food. Currently, the cooking is carried out on wood fires which are a danger to the children and the smoke is a source of respiratory problems. When the new kitchen is in operation, the cooking will be done on gas ranges and we are pleased to acknowledge the donation of the cost of the gas installation by our architects, Kondjeni Architects. It is planned to formally open in October 2016. **The whole project will cost around £90,000 and we are still fundraising for this.**



Internal view showing the kitchen being constructed at the far end of the main building.
The dining area is to be paved and will accommodate 300 children.

While at Eiseb, Roger and Linda were able to present donation cheques for the project from Mersea Island Lions (£500) and Sophie Carter's Thomas Lord Audley School Project Group (£281). The presentation was accompanied by traditional dancing by the San Bushman children.



The children of Eiseb Primary School Hostel receiving the cheques. In the background is a hostel worker, Linda and Mr Marenga the headmaster.

Catherine Bullen Primary Healthcare Clinic

Linda and Roger spent most of last March at the clinic with Linda again carrying out nursing duties while Roger helped out in reception. This was welcomed by the nursing staff who were under pressure as the Sister in charge gave birth to a baby girl while they were there, and another of the nurses was temporarily transferred to another clinic. There had been an outbreak of malaria in the area resulting in some deaths, so the staff were on the look out for further cases. Also one patient had recently died of rabies after being bitten by a dog.



Children from the local Kindergarten paid a courtesy visit to the clinic



The clinic ambulance had to attend this vehicle which had been rolled by tourists in the Etosha National Park after taking a corner too fast. One of the hazards of retrieving the patients was the possible presence of lions. The nurse came back with some nice pictures of giraffes and wilderbeasts on his phone!

Ondera San Resettlement Farm

Linda and Roger again visit this farm to distribute knitted items to the San Bushman children which were gratefully received in view of the coming winter when temperatures plummet to below freezing at night. The knitted items are produced by ladies on Mersea and in Colchester. Unfortunately, the Foundation has had to call a halt on the knitting, as over twenty bags are currently in store waiting for donated space to be come available in containers being shipped to Namibia. We would welcome any help with this.



The San Bushman children at Ondera Farm after receiving their blankets and jumpers knitted by ladies in West Mersea and Colchester

Otjimanangombe Primary Healthcare Clinic

Linda's input was again welcome, as the second nurse SEN Freida was temporarily transferred to another clinic due to staff holidays. The Foundation trustees were pleased to see that the maintenance issues raised by their recent audits had been resolved, even to the extent of signs being erected at the entrance to the village notifying travellers of the clinic's presence. These had been requested since 2008.

Developments at the clinic included the appointment of a supervisor based at the clinic to oversee the Health Community workers who operate in outlying villages. These workers are trained in First Aid and to spot anything that might develop into something serious which is then referred by them to the clinic. Another appointment was a TB Community worker who works for the charity COHENA and is based at the clinic. Both of these people are taking an active role in the Clinic Health Committee which is raising funds to provide a garden to grow vegetables for those suffering with TB. During a recent doctor/optician/dentist visit they ran a refreshment stall selling goat's meat and fatballs (donuts) to raise funds.

All this has put pressure on space at the clinic, unfortunately expansion plans mentioned in the last newsletter to be funded by the Global Fund have been put on hold due to lack of money and it is hoped that the Ministry of Health will step in.

During their stay, Linda and Roger were able to assist Sister Grace on two outreach trips into the 'bush' to bring medical treatment to those who were unable to come to the clinic because of lack of transport and the distances involved. Encountered on the trips were a 5 month old baby who had not been

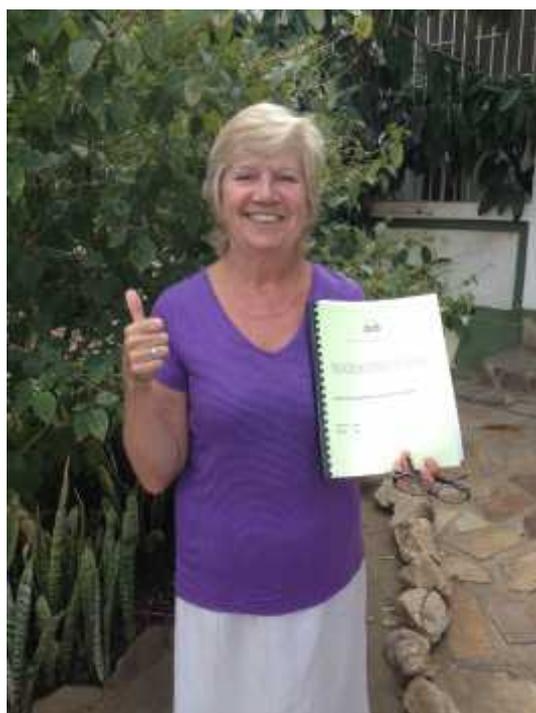
immunised since birth, another baby with burns and an elderly lady with high blood pressure, so serious, that she was taken back to the clinic for treatment.



Linda and Sister Grace during an outreach visit to a San Bushman homestead.

Linda an 'International' nurse

Due to a change in Namibian Government policy, Linda found herself having to register with the Nursing Council of Namibia which required her to take an oral examination. Linda commented 'I was really apprehensive about taking the exam and felt like a student again. Luckily, I passed and as well as being a registered nurse in the UK, I am now registered in Namibia. The Foundation would like to thank Dr Simon Ikandi, Chief Medical officer for the Omaheke Region and Mrs Kasuto of Komeho for their assistance in this matter.



Linda feeling relieved after gaining her registration with the Nursing Council of Namibia

Drought – a serious threat in Namibia

While the government has still not declared an official drought emergency in Namibia, the Food and Agricultural Organisation (FAO) has identified Namibia as one of the high-priority countries where emergency and recovery responses are urgently needed. According to one of its latest reports with regards to El Nino, the FAO says the drought is one of the worst in Namibia's history, severely affecting more than 1.5 million people who rely on subsistence farming, while more than 578,480 people (almost a quarter of the total population) are food insecure. Food security conditions have weakened with most households having already depleted their stocks from last year's harvest and have become dependent on market supplies and the Government's Drought Relief Food Programme. Overall cereal production in 2016 is provisionally forecast at 75,000 tons based on a Government-led assessment in February, putting this year's crop at 33% below the five year average. The poor seasonal rains have also negatively impacted on pasture growth and water availability, resulting in a deterioration of livestock body conditions. The report further says that many farmers in the north-central, north-western, central and southern parts have reported increased livestock deaths because of the drought.

Source: Extract from the Namibian Sun, 28 April 2016

It is also predicted, that if nothing changes, the capital, Windhoek and the central region of Namibia will possibly have limited supplies of water by October this year.

(Since 2008, Linda and Roger have been visiting Namibia twice a year to monitor the Foundation's projects. They pay for their own flights and living expenses, ensuring that all money raised by the charity goes to its projects.)

Fund raising

Indian Lunch, Titash Indian Restaurant, West Mersea – Sunday 7 February 2016

A very popular annual event in the Catherine Bullen Foundation's fundraising calendar took place on Sunday 7 February, when friends, family and supporters including the West Mersea Mayor John May 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 official opening 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 £1,355 was raised at the lunch which included the auctioning of days use of the Mersea Lions beach hut.



A full house for the Indian Lunch

Shop Collections

So far this year we have carried out two shop collections, the first at West Mersea Co-op where £241.17 was raised and secondly at Felixstowe Co-op raising £181.53. Many thanks to Mike, Sandra and Shirley for their help. We have a full shop collection programme throughout the year.

China smashing stalls

The first china smashing stall of the season was at the Clacton Car Show on Sunday 15 May where we raised £204.55. Thanks to Kim, Paul and Emma for their help.

Colchester County High School for Girls

This was Catherine's former school and it continues to support the Foundation. Form 110 held two non uniform days and together with the staff donating instead of sending Christmas cards, a total of £773.38 was raised.



Roger and Linda receiving the cheques from the girls at Colchester County High School for Girls.

Thomas Lord Audley School

Last January, we were contacted by Sophie Carter who attends Thomas Lord Audley School. She was part of a group taking GCSE Citizenship and for part of this they have to complete course work. The group chose the topic 'The right for children to get an Education in developing countries'. They decided they would like to fundraise to support our project at Eiseb. In February, they did a shop collection outside the West Mersea Tesco and raised £281. Many thanks to Sophie, Katie, Emad, Billy, Jordan and Dan.

The TCES Group of Schools

On 29 January, all schools in the group participated in a fundraising day for the Foundation. Staff and pupils at the East London Independent School spent a couple of months knitting in order to make a quilt that was then auctioned and raised £60.



The quilt produced by pupils and staff of the East London Independent School

Mersea Lions Award Evening

Each year the Mersea Lions hold a number of fundraising events which culminates in an awards evening where donations are given to local charities and organisation. This year's event was held on Friday 5 February and the Foundation was pleased to receive a cheque for £500.



Lion President, Christine Chamberlain presenting the cheque to Roger and Linda

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. Also since the last Newsletter we have received a grant of £2,000 from the St Columbas Church of Scotland.

Stop Press!

Bank Holiday Bonanza – Saturday 28 to Monday 30 May 2016

On Saturday 28 May and Sunday 29 May we attended the Mersea Island Food, Drink and Leisure Festival with our homemade cake stall and over the two days we raised £852 with the sale of cakes and donations making it a record for this event. On Monday 30 May, we took our China Smashing stall to the Colchester Hospital Radio Fun Day at Lower Castle park and raised £138 in cold and windy conditions. Coupled with £26 from the collection tin at Barclays Bank, we raised £1016 towards our project at Eiseb over the whole weekend. Many thanks to those who made cakes and helped us man the stall.



Our cake stall at the Mersea Food, Drink and Leisure Festival with helpers Emma, our granddaughter, Linda, Lil Clarke and Nicky Wilmott.

Forthcoming Events

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

Saturday 11 June 2016

Shop Collection – Manningtree Co-op

Saturday 18 June

West Mersea Street Party celebrating the Queen's 90th birthday

Saturday 2 July 2016

Orthofest, Langham, Essex – Private function raising Funds for the Foundation
Attending with China Smashing stall

Saturday 9 July 2016

Shop collection – Ipswich Co-op

Thursday 21 July 2016

Colne Engaine WI Presentation – evening

Saturday 23 July 2016

Shop collection – Stanway Co-op

Sunday 24 July 2016

Family Day - Norfolk and Suffolk Aviation Museum, Flixton, nr Bungay
Sales Stall

Saturday 30 July 2016

Shop Collection – Brightlingsea Co-op

Sunday 7 August 2016

Five Parishes Show – China Smashing stall

Saturday 13 August 2016

Mersea Lions Summer and Transport Show, Waldegraves Leisure Park
China Smashing Stall

Sunday 14 August 2016

Car Boot – Manning Car Park – Waldegraves, West Mersea

Saturday 20 August 2016

The Friends of Namibia invite you to

A Summer Celebration

at ACS Cobham International School, Cobham, Surrey.

Tickets £6. To book go to

Eventbrite <https://www.eventbrite.co.uk/e/friends-of-namibia-summer-celebration-tickets-25632996984>

Live band - 5 to the bar, jazz and blues, plus more live music!

Braai

Cash bar

Exhibition and traditional craft stalls - Namibia organizations and those supporting Namibia

Tickets £6.00 (includes Eventbrite fee) - entrance and 1 free drink. PLUS early-bird tickets get a free braai meal. Funds raised go to Catherine Bullen Foundation, registered charity number Registered Charity No: 1110516.

Bookings close 1 August

Saturday 27 August 2016

Shop Collection – Abbots Road Co-op

Sunday 28 August 2016

Clacton Car Show – China smashing stall

**The Catherine Bullen Foundation
in partnership with the Company Shed**

invite you to a

Seafood Supper

**at the Company Shed, Coast Rd,
West Mersea**

Saturday 3 Sept 2016, 19.00 for 19.30

Tickets: £22.00

Raffle

To book your ticket, phone 07733 140748/07771 630928/01206 383368

Saturday 10 September 2016

Shop Collection – Frinton Triangle Shopping centre

Saturday 10 December, 2016

Shop Collection – West Mersea Co-op

Saturday 24 December 2016

Shop Collection – West Mersea Tesco Supermarket = to be confirmed

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)

Mobile: 07771 630928
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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).**