



# The Catherine Bullen Foundation

*Making a difference in rural Namibia*

## NEWSLETTER

No: 58

Summer 2026

### ***Namibia here we come!***

After a self-imposed exile due to Roger's hip replacement revision operation, we are finally returning to Namibia after a break of eighteen months at the beginning of September.

While we are there, we will be volunteering at the Otjimanangombe Primary Healthcare Clinic and the Catherine Bullen Primary Healthcare Clinic for four weeks at a time and visiting the three schools that the Foundation supports to identify any potential projects. We also plan to visit the Agricultural and Horticultural Vocational School at Vasdrai which the Foundation has assisted by part funding a tractor and funding some renovation work.

Towards the end of the trip, we will be joined by Foundation supporters and friends, Sue and Martin Lay to show them our past projects. It's always good to see the projects through someone else's eyes.

Please note, our trip is self-financed and no charity money is used for this purpose.

### ***Its all change at Otjimanangombe Primary Healthcare Clinic***

After spending many years in charge of the clinic that the Foundation built, Sister Linea Tomas recently left to take up a new post in Gobabis. We will miss her and wish her well in her new post.

Nursing wise, the staff now consists of Enrolled nurse Frieda who is now the longest serving member of staff. In 2025 she was joined by Registered nurse Penexupifo Augustus and also recently Enrolled nurse Julia Handura. Julia joined the clinic a number of years ago as a healthcare assistant responsible for HIV testing and monitoring. She then left to do her nurse training and after qualifying went to the clinic at Eiseb before returning to Otjimanangombe. Finally on the nursing side is Tjimbondjo Ndjirera who also joined the clinic as a Healthcare assistant and went on to do his training and recently qualified as an Enrolled nurse.

On the none nursing side, there is Veri the TB promoter who is sponsored by Cohena. Gertrude the cleaner who has been at the clinic since it opened in 2008. Apehe the ambulance driver who is please to be back driving the ambulance after a prolonged period of servicing and repairs to the vehicle. Finally there are two security guards working opposite shifts. A far cry from just one nurse and the cleaner when the clinic first opened.



From the top: Frieda, Penexupifo and Julia



Left to right: Penexupifo, Tjimbondjo and Frieda.

## ***Donkerbos Primary School and Hostel***

As mentioned in our last newsletter, there was a requirement for a water point at the hostel where the children can get a drink of water and also wash their hands before having a meal. The Foundation agreed to fund this and it received support from the residents of Mersea Court and Akhurst Court, West Mersea who raised £360 towards its cost, our grateful thanks to Val for organising this.



The children making use of the completed waterpoint at Donkerbos Hostel



## ***Good Hope Primary School and Hostel***

This is the school that receives support from our partner St Mary's Senior School in Colchester.

In 2024, the school provided funds for an irrigation system for the school garden. This year they had a bumper harvest to provide vegetables for the hostel kitchen and also to sell the surplus to the community.



Some very proud children with their vegetable crop.

## Fundraising

### Marathon Fundraiser

In our Winter Newsletter we announced that Mr Satya Annapureddy, an orthopaedic surgeon at Colchester General Hospital would be running the Berlin marathon in September this year to raise funds for the Foundation. Unfortunately, he has sustained an injury which means he is unable to run a full marathon. He will now run two half marathons, firstly this years Great North Run and secondly the Cardiff half marathon. He is hoping to move to Berlin marathon place to next year. We wish him good luck.



Satya after running the Great North Run to raise funds for the Foundation

If you would like to sponsor Satya please go to his Justgiving page by hitting 'Ctrl' and clicking here [https://www.justgiving.com/page/satyanarayana-annapureddy-3?utm\\_medium=FR&utm\\_source=EM](https://www.justgiving.com/page/satyanarayana-annapureddy-3?utm_medium=FR&utm_source=EM)

JustGiving sends your donation straight to The Catherine Bullen Foundation and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.

### Colchester County High School for Girls

In April, we attended the Leavers assembly at Catherine's former school and presented her Memorial Prize to Matilda Smith who is going to university to study medicine. We were also pleased to receive a donation cheque towards our projects of £2,302.50 for which we are very grateful.





## Shop Collections

Since our last newsletter, we have carried out the following shop collections:

Morrisons Maldon - twice

Morrisons – Little Clacton

Morrisons Clacton Town (Waterglades Retail Park) – twice

Manningtree Co-op Supermarket

West Mersea Co-op Supermarket

Total raised was: £1,171.33

We would like to thank Geoffrey, Sue, Martin, Sandra, Shirley and Eilish for their help with the collections.

## Colchester Food and Drink Fair

On the last weekend of June, we attended the Colchester Food and Drink Fair with our homemade cake stall which proved very successful raising £681.61 towards the Foundation's projects. We would like to thank everyone who made us the fabulous cakes, and Teresa, Steve, Sue, Martin, and Eilish for their help on two extremely hot days.



Linda and Roger with a fully stocked stall of homemade cakes

## Sales and Publicity Stalls

We attended the following events with our sales and publicity stall:

Hospital Fete, Castle Park

Lions Summer Fete and Car show

## **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 visited the following and given our presentation on the Foundation's history and its work.

Strood Womens Institute, West Mersea  
Wimpole Road Methodist Church Ladies Fellowship, Colchester

## **Forthcoming Events**

We have the following events scheduled for the rest of this year. We welcome volunteers to help at these events, so if you can be of assistance, please get in touch.

Saturday 5 September  
Shop collection – Morrisons Maldon

*Saturday 5 December*  
West Mersea Lights up – Homemade cake stall

*Saturday 12 December*  
Shop Collection - Morrisons Clacton Town (Waterglades Retail Park)

*Saturday 19 December*  
Shop Collection - West Mersea Tesco

Sunday 31 January 2027  
Fundraising Indian lunch at Titash, West Mersea

## ***Donations***

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 online on our website [www.namibia-aid.org.uk](http://www.namibia-aid.org.uk) through 'justgiving' or 'Paypal'.

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

Or you can donate by bank transfer to:  
Account Name: The Catherine Bullen Foundation  
Sort Code: 20-22-67  
Account No: 53717690

## ***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. For which we are extremely grateful. If you would like to support us in this way, please use the Foundation banking details so that you can set it up.

## ***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 online at [www.namibia-aid.org.uk](http://www.namibia-aid.org.uk) or sending it to the address on the next page.

## ***How to contact us***

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Mobile: 07771 630928 and 07733 140748



'Water is Life', the children at Donkerbos Primary School and hostel enjoying a drink of fresh water from the borehole provided by the Foundation.

**The Catherine Bullen Foundation in partnership with  
Titash Indian Restaurant**

**Invite you to an**

***Indian Lunch***

**at Titash, High Street, West Mersea**

**Sunday 31 January 2027, 12.00 to 15.30**

**Tickets: £30.00**

**Reserve your ticket by emailing: [rogerbullen409@btinternet.com](mailto:rogerbullen409@btinternet.com)**

We have held the ticket price for a number of years at £25. Unfortunately, due to rising food and staff costs we have had to put it up to £30. We think you will agree it is still good value for money.



## 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).**