



# The Catherine Bullen Foundation

*Making a difference in rural Namibia*

## NEWSLETTER

No: 34

Summer 2018

### ***Foundation donates a dormitory, new toilets and mattresses***

It was with smiles of delight that the learners at the Omuhaturua Primary School Hostel witnessed the Catherine Bullen Foundation handover its latest project at the Hostel situated in the village of Otjimanangombe in the Omaheke region of Namibia.

During their recent visit, Foundation trustees, Roger and Linda handed over two blocks of flush toilets, one for the boys and the other for the girls in line with the United Nations Sustainable Development Goal No 6 on sanitation. In addition to this, because of the increase in the number of children in the hostel which had resulted in overcrowding, the Foundation converted a large storeroom into another dormitory which alleviated the situation. Finally, the Foundation donated 130 mattresses to ensure that the children in the hostel are comfortable and get a good nights sleep.



Cutting the ribbon to officially open the new dormitory is from the left Councillor Cornelius Kanguatjivi MP and Linda Bullen. On the right is the Omaheke Regional Education Director Pecka Semba and Roger Bullen.

Attending the handover on 19 April, were the Regional Director of Education, Mr Pecka Semba, Councillor Mr C.V. Kanguatjivi MP and Traditional leaders. In his speech, Roger quoted the United Nations Children’s Fund (UNICEF) which states that a lack of water and sanitation infringes on rights relating to human safety and dignity. The Foundation had already provided fresh water for the school and Hostel in 2004 by refurbishing a borehole and it was now providing sanitation with flush toilets. The total cost of the project was £27,000 making a total of £400,000 that the Foundation has invested in projects in the Omaheke region in the past 14 years relating to health and education in partnership with Komeho Namibia Development Agency. The handover ceremony included the children singing, and a dancing group performing their Western-Afro dance. There were also a number of speeches praising the work of the Foundation and Catherine’s legacy. It turned out to be a very emotional day.



In the far left of the picture are the boy’s toilets, while the middle building is the new dormitory and to the right are the girl’s toilets.



Inside the new dormitory with some of the new donated mattresses

## ***Otjimanangombe Primary Healthcare Clinic upgrade***

As reported in previous newsletters, the Global Fund in conjunction with the Ministry of Health decided to extend the clinic that the Foundation built and opened on 4 July 2008. Work commenced during the latter part of last year and at the time of writing is awaiting the handover to the Ministry of Health who will then have to equip it before the official opening which should take place in October during Linda and Roger's next visit. The new extension includes additional consulting rooms, a new delivery suite and dedicated rooms for HIV testing and treatment and for TB patients. Also included are a new reception area, security office, new public toilets and two extra accommodation units for the nursing staff. When Roger and Linda volunteered in the clinic for four weeks in March, it was operating in the middle of a building site, with no toilets, running water and limited electricity which proved to be a very challenging environment. The end result will be very impressive and if the original clinic has not been built then none of this would have taken place.



New outside seating area with security office behind

Entrance to TB Unit



Computer simulation of the extended clinic, the old clinic is on the far left with the canopy in front.





Herman Afrikaner the new registered nurse.



Linda working in a corridor with the builders in the background.



The new entrance to the clinic with its impressive sign.

## ***The Catherine Bullen Primary Healthcare Clinic, Oshivelo***

Linda and Roger spent around four weeks volunteering at the clinic which is as busy as ever, with it no longer closing at lunchtime. Although it is stipulated that the clinic is only open for emergencies at night and the weekend, there is out of hours, a steady trickle of patients seeking treatment for headaches, stomach upsets and insect or snake bites. More serious cases including ladies about to give birth have to be escorted in the ambulance by the on-duty nurse to the hospital at Tsumeb. This could be anytime at night, leaving the clinic short of nurses the following day.

While at Oshivelo, Linda and Roger again visit the San bushmen and their families at Ondera Resettlement Farm where they distributed knitted blanket, hats and jumpers produced by ladies in West Mersea and Colchester. The items were very welcome as the night time temperatures are currently near or below freezing.

On leaving Oshivelo, we left behind some blankets etc, to be picked up and distributed by the Deputy Minister of Poverty in a settlement further north.



Left: Twins with their jumpers and woolly hats.

Right: a lucky recipient of a blanket

## ***Agriculture Training Centre, Vasdraai***

Komeho Namibia Development Agency, our Namibian partner for the last fifteen years have established an Agriculture Training Centre at Vasdraai Resettlement Farm in the Omaheke Region with the aim of delivering vocational agriculture training courses to marginalized communities. In order to operate, they need to obtain funding from the Namibia Training Authority, and Stage 1 funding was obtained for tools and equipment. The next step was Stage 2 funding to pay for the actual running of the training centre.

Before this could happen the National Training Authority had identified a number of areas that needed attention, mainly to do with infrastructure, health and safety. The Foundation was approached to ask if it was possible to assist with the cost of these. The trustees unanimously agreed to give a grant of £5,845 towards this.

The project also received overwhelming support of the region, and the office of the Omaheke Region selected 18 trainees who were predominantly San youth.

Towards the end of June, the Stage 2 audit took place which was successful and this will be ratified at the National Training Authority meeting in August.

## ***Goeie Hoop Primary School - Post 10***

This school and hostel is approximately 40 mins from Otjimanangombe and they are seeking funding for renovations. Linda and Roger paid a visit to the school on Tuesday 13 March 2018.

The Headmaster told them that the school was 50 years old, and had 532 pupils of which 133 were from marginalised groups. There were 450 children in the hostel.

He outlined the following issues with the hostel. The toilets and drains were old and failing but they had managed to secure funding from the Social Security Fund to upgrade these. The hostel hall roof had been blown off by a mini-cyclone in November 2016 and needed repairing. They also required two new electric cooking pots in the hostel kitchen to increase capacity to cope with the current work load which cost around £2,675 each. One of the teachers, Mrs Sylvia Kavari, who is the wife of the headmaster of Omuhaturua Primary School, also mentioned that the school needed a library and a dedicated computer room and computers.



The hostel kitchen requires two more of these electric cooking pots to cope with the current workload.

Linda and Roger explained that the Foundation was fully committed to the project at Omuhaturua Primary School Hostel. When this was completed or if funding became available, it might be in a position to help.



## ***Matt's marathon success***

On Friday 19 April, two days before the London Marathon, the children of Omuhaturua Primary School Hostel recorded two videos of encouragement which were posted to Matt on Facebook. Matt commented that they inspired him to do well and he finished the marathon with a time of 4 hrs 51 secs and raised £1,600 for the Foundation's projects, beating his target, three times. The Foundation is extremely grateful to Matt for this.



Matthew Reeves who ran the London Marathon for the Foundation

## ***St Mary's Senior School and Foundation partnership update***

On Monday 3 July 2018, Linda and Roger attended the school's assembly as part of their Round Square activities. They gave a brief outline of the Foundation's origins and its projects and at the end of the assembly it was announced that the Foundation would become its charity of the year from September 2018 to the end of the school year in 2019. The Foundation is very grateful and looks forward to working with the school on this. The following day, Roger visited the school again, to give a full presentation to some of the children and invited guests.

## ***The International School of Paris update***

On Sunday 1 July 2018, students and teachers from the International School of Paris arrived at Otjimanangombe and set up camp in the clinic compound. Their tasks over the next two weeks are to construct an adventure playground and paint the outside of the hostel buildings. They will also go into the school and take part in the children's lessons. It is a bit of a challenging environment as temperatures are below freezing during the night as it is in the middle of Namibia's winter. We wish them well and thank them for their continuing support. Our grateful thanks to Henk Olwage and his team for manufacturing the adventure playground in kit form and transporting it to Otjimanangombe.

## ***Mersea Island Girl Guides***

In our last newsletter we reported that the girls had collected tooth brushes and toothpaste for the children at Omuhaturua Primary School. During their last visit, Linda and Roger handed them out to a number of senior pupils at the school and the items were very much appreciated.



Senior pupils with their tooth brushes and tooth paste.

## ***Fund raising***

### **Shop Collections**

Throughout the summer we are carrying out shop collections at Co-op stores in the area. We have so far been to West Mersea Co-op and raised £275.13, Manningtree Co-op and raised £287.93 and Felixstowe Co-op and raised £187.86. Many thanks to Shirley, Sandra, Pat, Nicky, and Mike for their help. A full list of shop collections for the remainder of the year is at the end of this Newsletter and any help with these would be gratefully appreciated.

### **China Smashing**

We are now into the china smashing season, and this year we have a new prop in the form of a welsh dresser donated to us by the 5 Parishes committee who previously had used it on their china smashing stall. It has taken quite a few knocks, but is surviving well. We have so far attended the Clacton Classic Car show (£162 raised), Colchester Hospital Radio Fun Day (£136.61 raised), Blackwater Show (£243 raised) and the Waldegraves 70<sup>th</sup> Birthday Fun Day (£236.70 raised). Many thanks to Harry, Millie, Pat, Clive, Jayne, Paul and Kim for their help. We have a full list of fetes and shows that we will be attending for the remainder of this year at the end of this newsletter. Again any help with this would be gratefully appreciated.

### **Frinton Rotary Club**

The club has been very supportive of our projects in Namibia and we recently received a donation of £300, for which we are very grateful.



### **The Rotary Clubs of Welwyn Garden City and Hatfield's WHWalk**

This sponsored walk took place on 29 April, 2018, and our good friends, David and Gillian Buck took part to raise money for the Foundation. They converted their sponsorship money into 5p's to help fill their huge whisky bottle which when emptied totalled £300. Well done David and Gillian for completing the walk.



David and Gillian Buck after completing their walk

### **Mersea Music Marathon**

This was held over a 30 hour period on the 11/12 May in the West Mersea Parish church of St Peter and St Paul. Sponsored participants pledged half their money to the church and half to their nominated charity. Caroline Lavery who knew Catherine from school choose the Foundation as her charity and raised £120 for us. Many thanks Caroline.

### **Tour de Tendring Bike ride – 13 May 2018**

Eleven year old, Lewis Radford undertook the junior six mile course at this event with his mum Sharon and raised £200 for the Foundation's projects. Well done Lewis.



Lewis getting ready for the Tour de Tendring Bike Ride

### **Colchester County High School for Girls**

Catherine's former school continue to support us, and the Head Girl Team organised a Charity Day where students in the Sixth Form could wear less formal clothing and raised £455.13. Many thanks to the girls for this marvellous result.

### **Mersea Island Food Drink and Leisure Festival**

This was held on the late May Bank Holiday weekend on 26/27 May at Essex Outdoors in East Mersea. Once again the Foundation had its homemade cake stall at the event and as usual was very popular with a sell out on both days. The total raised was £819 and we would like to thank Nicky, Sandra, Shirley and Jayne for their help. Also thanks to the organiser Bev Perkins and her helpers for a great Festival. On the Sunday while this was going on, the Foundation had another team at the Waldegraves Car Boot sale manning the car park and raised £258.14 through parking donations. Many thanks to Graham, Nicky, Terry, Eric and Mike for their help.



Linda and Nicky Wilmott manning the stall

### **Gorleston Community Choir Concert**

On Saturday 9 June 2018, Linda went back to her roots when one of her school friends, Tamara Betts arranged a Choir Concert in Gorleston's St Mary Magdalen Church in aid of the Foundation. The very talented choir sang a repertoire of pop classics including a couple of Beatles songs. The ticket sales were split between the choir and the Foundation and together with donations and sales of the San jewellery, a total of £400 was raised for its Namibian projects. Many thanks to all involved and to Tamara for organising the event and her partner Steve on the catering front.



The Gorleston Community Choir

## ***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 West Mersea Free Church Ladies Group, St Mary's Senior School and AMAzing Women's Group. 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](mailto: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

*Friday 13 July 2018*

Presentation to Breavement Group, Clacton Voluntary Services, Rosemary Road, Clacton at 10.00 am

*Saturday 4 August 2018*

Shop Collection – Brightlingsea Co-op

*Sunday 5 August 2018*

Five Parishes Show, Fingringhoe 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

*Wednesday 12 September 2018*

Presentation to the Probus Club, Methodist Church, West Mersea at 09.30 am



Saturday 15 September 2018  
Shop Collection – Frinton Triangle

**The Catherine Bullen  
Foundation**

in partnership with



**Alaric**  
Clothing & Accessories

invite you to

**A FASHION SALE**  
*Prices from £3!!!*

At the Kiln Saddlery/Alaric Clothing  
Layer Road, Kingsford, Colchester, CO2 0HT

Open from 15.00 to 20.00  
on Wednesday 22 August 2018

All profits towards the Foundation's projects  
in rural Namibia, southern Africa

Tea and coffee served

Enquiries: 07733 140748



Our current project is to construct a multi-purpose hall for Omuhaturua Primary School and hostel and the community of the village of Otjimanangombe

**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 15 Sept. 2018, 19.00 for 19.30**

**Tickets: £22.00**

Reserve your ticket now from : Linda and Roger Bullen –  
phone 01206 383368/07771 630928/07733 140748 or  
email: [rogerbullen409@btinternet.com](mailto:rogerbullen409@btinternet.com)

Raising funds for the construction of a multi-purpose hall at  
Omuhaturua Primary School & Hostel, Namibia, southern  
Africa

***This is a must for the ladies.  
The venue is beside Kingsford Park Spa,  
formerly Clarice House. Drop in anytime in  
the afternoon or evening.***

***Still tickets available – reserve yours now!***

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

Friday 7 December 2018  
West Mersea Lights up - MICA

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](http://www.namibia-aid.org.uk) or sending it to the address below.

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

By Email: [info@namibia-aid.org.uk](mailto:info@namibia-aid.org.uk)

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

Mobile: 07771 630928  
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### **General Data Protection Regulation**

The only data the Foundation holds are email addresses for the purpose of keeping you informed of the Foundation's work. If you no longer wish to receive this information mainly in the form of our newsletter, please advise us and we will delete you from our records.

### **Safe Guarding Policies for children and adults**

Following the reports of sexual abuse by OXFAM in Haiti, the Charity Commission advised all charities to review their safe guarding policies. In line with this advice the Foundation has carried out its own review and our safe guarding policies can be supplied on request

# 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).**