



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 49

Summer 2023

Foundation trustees receive an award

On 29 June, Linda and Roger attended the end of year celebrations at the Frinton Rotary club where various awards were presented. They were honoured to receive the club's International Service Award for their work in Namibia. The club has supported the Foundation with a number of donations over the years.

Linda and Roger are returning to Namibia in mid-September.



Roger and Linda receiving the award from Mike Chaplin, International Secretary

Omuhaturua Primary School and Hostel, Otjimanangombe

After an absence of three years due to Covid-19, twenty three students and four teachers from the International School of Paris spent the first two weeks of July at the school.

They camped in the clinic grounds and undertook a programme of painting the hostel dormitories and the kitchen as well as interacting with the children. They also constructed a piece of play equipment.



The playground equipment built by the students from the International School of Paris

Eiseb Primary School and Hostel

During our last visit we discovered that around 140 San children had no uniforms as their parents could not afford them. Therefore after seeking quotations the Foundation provided the uniforms together with jumpers to protect them during winter.



Some of the San children in their uniforms.

Donkerbos Primary School and Hostel

During our last visit although the showers and the toilets had been connected, they were not in use due to leaks and the drains backing up in both the girls and boys dormitories. Apparently the septic tank had never been emptied as the school could not afford contractors to do it. This situation has now been resolved due to the Ministry of Works emptying the tank. Following on from this visit, we received a quotation for the outstanding work which the Foundation funded and the showers and toilets are now operational. We look forward to seeing them when we return in September.

We have also sent funds to purchase three replacement solar panels for the water geysers on the girls dormitory.

Good Hope Primary School and Hostel

This is the school that St Mary's Senior Girls School in Colchester are supporting. After our return from Namibia last April, funds were sent to purchase 133 Pairs of socks and shoes which the children now have. Following a request for some winter jackets, St Marys raised the necessary funds and these have now also been purchased.

Projects

Otjimanangombe Primary Healthcare Clinic's ambulance.

The Foundation recently purchased a full set of medical emergency equipment for the ambulance which has now been delivered to Gobabis and will be shortly installed in the vehicle.

Eiseb Primary School and Hostel – irrigation system

The school has a garden which produces vegetables for the hostel kitchen, but suffers from the lack of a regular supply of water. The Foundation is seeking quotations to install an irrigation system which will help increase the yield.



Eiseb Primary School garden

The Catherine Bullen Primary Healthcare Clinic – ultra sound machine

In our last newsletter we reported an incident, where a mother pregnant with twins, was brought to the clinic with extremely low blood pressure and fitting. The nurses did all they could to save her but both she and the twins she was carrying died. The nurses were working blind as they could not tell what was going on internally.

If there had been an ultra sound machine at the clinic it would have helped the nurses to see what was going on and determine a plan of action. Therefore, the Foundation is investigating the possibility of providing a machine for the clinic. As this would be a major purchase for the Foundation, Roger and Linda will be discussing this with the Regional Health authority and what training the nurses would need to operate the equipment.

Clinic maintenance programme

It is a well known fact that throughout Africa including Namibia, maintenance is not a priority. It is the Foundation's policy to try and ensure that the buildings it has provided are reasonably maintained. On each visit, a maintenance audit for the Otjimanangombe Clinic and Catherine's Clinic are compiled and sent to the relevant Regional Health Authority pointing out what needs to be done. They in turn point out that they have limited money available to do the necessary repairs.

Therefore, the Foundation has come to an agreement that it will purchase some essential materials if the Authority provides the manpower to carry out the work. The Foundation has earmarked some items for each clinic and is waiting for quotations.

Fundraising

Shop collections

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

Halstead Co-op - £163

Felixstowe Co-op _ £228

Frinton Triangle - £228

Stanway Co-op - £171

Manningtree Co-op - £285

Brightlingsea Co-op - £232

A big thank you to Geoffrey, Elish, Sandra, Shirley, Pat and Mike for their help. A full list of forthcoming collections is on page 12 and 13.

Colchester Food and Drink Festival

We were lucky to receive a free pitch for this two day event on the Lower Castle park in Colchester. It was held on 24/25 June which proved to be the hottest weekend of the year. Luckily we had a pitch sheltered by trees for most of the day which protected our cakes and the stall. Prior to the Festival, Linda had rallied her cake making troops, so we had a good supply of cakes for the two days and we raised £638.

A big thank you to all the cake makers and our helpers over the two days, Sue, Martin and Nikita, Pat, Paul and Penny, Teresa and Steve.

China Smashing

As mentioned in the last newsletter, we decided to carry on with the stall for this year. People responded to our appeal for china and we attended the following events and amount raised.

Clacton Classic Car Show - £140

Colchester Radio Fun Day - £277

5 Parishes Show - £254

Mersea Lions Summer Show - £250

A big thank you to Paul, Kim, Paul, Penny and Chloe for their help. Without them we could not have done it. So after many years it is with a heavy heart that we say goodbye to the stall. We are now looking for a less strenuous attraction to raise funds – any ideas?

Round the Island Yard Sale

Due to it being on the same day as the final of the Women's World Cup, foot fall suffered but we managed to raise £122.



Shop Collection

Our stall at the Food and drink Festival



China smashing

Yard sale at 15 Colchester Road

Forthcoming Events

We have the following events scheduled:

Saturday 9 December 2023

West Mersea Co-op Supermarket

Saturday 23 December 2023

West Mersea Tesco

Sunday 21 January 2024

Indian Lunch – Titash Indian Restaurant (See separate notice)

Its back!

After an absence of three years we are please to announce that our ever popular

Fund raising Indian lunch is back on

Sunday 21 January

at

Titash Indian Restaurant, the High Street, West Mersea

from

12.00 – 15.00 approx

Raffle

Tickets £25

To reserve your tickets please email
rogerbullen409@btinternet.com

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 on line on our website 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 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.

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

Mobile: 07771 630928 and 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).**