



The Catherine Bullen Foundation

Making a difference in rural Namibia

Tenth anniversary **NEWSLETTER**

No: 25

Summer 2015

Linda is awarded an MBE in the Queen's birthday honours list.

At the beginning of May, Linda received a phone call to advise her that she had been nominated for an MBE in the forthcoming Queen's birthday honours list. An official letter followed marked highly confidential and advising that on no account must she make the nomination public until 22.30 on Friday 12 June.

The secret was kept, and once the appropriate time had passed, the Foundation was pleased to announce officially that an MBE had been awarded to Linda with the citation reading '*co-founder, the Catherine Bullen Foundation. For services to relieve poverty, sickness, distress and the preservation of health in rural Namibia*' It also recognised her services to nursing in Namibian clinics. As well as a personal honour to Linda, it was also one for all our supporters both here and in Namibia who have helped the Foundation achieve so much.



Linda examining a San Bushman lady at Otjimanangombe and with a mother and baby at the Catherine Bullen Primary Healthcare Clinic in Oshivelo.

Foundation celebrates its tenth anniversary as a registered charity.

After Catherine's death, approximately £6,000 was donated in her memory. In her travelog, she had referred to the Earth summit being held in Johannesburg and its theme of fresh water and later her excitement of being in Namibia. It was decided to combine these two themes and support a water project in Namibia. The then Catherine Bullen Memorial Fund's attention was drawn to the problems of Omuhaturua Primary School in the village of Otjimanangombe situated in the Omaheke region which went without water for days at a time. The result was that a redundant borehole was refurbished by the Fund to provide constant fresh water to the school, its hostel, the nearby village, irrigate the school garden, and supply the clinic and kitchen which was to follow. The refurbished borehole was inaugurated in 2004 and Roger and Linda were represented by the Vice Consul from the British High Commission in Namibia. In 2005, they visited the village and were able to see the functioning borehole for themselves.



The borehole at Omuhaturua Primary School refurbished to provide fresh water for the school and the village of Otjimanangombe.

Prior to their visit, they had decided to formalise the Memorial Fund and it became a registered charity in July 2005. The Fund's and subsequently, the Foundation's charitable aims are in brief *'The relief of poverty, sickness and distress and the preservation of health in rural Namibia, by the provision of fresh water supplies, medical and educational facilities'*.

Imagine that your nearest doctor's surgery is 80 kms away and that if you are injured, ill or about to give birth and your only means of getting there is in the back of a pick-up truck, by donkey cart or to walk. These are the conditions that Linda and Roger found during their visit to the village of Otjimanangombe in 2005. The School Headmaster described how they desperately needed a clinic to serve the village and the surrounding area. On their return, they set up a fund raising committee and with a band of volunteers set about raising funds to provide a medical clinic costing £100,000. With the support of the Mersea Island community, friends, family and those sympathetic to the charity's aims, the Fund had raised £20,000 by June 2007, when they received a massive boost with a grant of £80,000 from the Rooney Foundation administered by the Kent Community Foundation. The first bricks were laid in October 2007 and in his speech at the time, Roger stated *'this is Catherine's legacy to you and the people of Namibia. Catherine's ambition was to be a doctor serving and saving lives of ordinary people, sadly this was not to be, but the clinic will save lives in her name.'*

A high profile opening ceremony in the presence of Dr Richard Kamwi, the then Minister of Health and Social Services, government and local officials took place on 4 July 2008 when the completed clinic and nurse's accommodation was handed over to the Namibian Ministry of Health. During the opening the Minister announced that the clinic at Oshivelo where Catherine had died was to be replaced with a brand new clinic and would be named after her.

The clinic at Otjimanangombe has provided employment for two nurses, a cleaner, and two security guards. Also there are two community health workers, one who focuses on prevention and counselling on HIV/Aids and the other on TB with regards to testing and patient follow up. Recently, vacancies for an ambulance driver and a labourer for the clinic had been advertised, creating more employment.



Otjimanangombe Primary Healthcare Clinic and nurses accommodation.

During the opening of the clinic, the Memorial Fund was made aware of a chronic shortage of ambulances in the Omaheke with an area the size of Wales being served by only three ambulances supplemented by 4x4 pick-ups. With further fundraising a sufficient amount was raised to provide a fourth ambulance in October 2008. This was handed over to the then Namibian Deputy Minister of Health, Madame Petrina Haingura in Windhoek the capital. The completion of the clinic and the provision of the ambulance represented a physical memorial to Catherine and with this in mind the Catherine Bullen Memorial Fund became known as the Catherine Bullen Foundation on 8 November 2008.



The ambulance donated by the Foundation and still operational today.

In October 2008, Roger and Linda visited a San settlement at Voormansput, near the clinic to ask them how we could improve their quality of life. One of their requests was the provision of goats.

The San are the indigenous people of the southern African region who have inhabited the land for around 27,000 years. They were the original hunter/gatherers of southern Africa. With the enclosure and fencing of their original habitat they have become a dispossessed people and are widely recognised as the most impoverished disempowered and stigmatised ethnic group in southern Africa.

Resulting from this visit, the Foundation launched their 'Gift a Goat' Appeal. In partnership with Komeho, the Foundation's ngo partner in Namibia, 82 goats were donated to San families. Due to logistical problems and a drought in Namibia in 2013, this appeal has since closed.



82 goats were donated to the San bushmen.

After the completion of the clinic, their attention was drawn to the school hostel where 150 children stay during the week in two dormitories. In partnership with the International School of Paris who sent over students on volunteering programmes, the dormitories were decorated, floors tiled and new bunk beds and mattresses provided. One thing that the hostel was lacking was a proper kitchen and designated covered seating area for the children to eat their meals. Food consisting of maize porridge three times a day was cooked in pots on open fires in an area frequented by domestic and farm animals. The pupils ate their meals squatting on the ground under whatever shade they could find. The provision of a kitchen and seating area was the Foundation's next big project which was completed in October 2011. One of the teachers commented that 'the smiles on the children's faces says it all.'

Because the school now had a kitchen, the school qualified for a subsidy on a per pupil basis from the Ministry of Education. This meant that the headmaster could now source a varied nutritional diet for the children and budget for improvements to the hostel and its maintenance.



The newly built kitchen at Omuhaturua Primary School Hostel



The covered seating area at the Omuhaturua Primary School Hostel to provide a hygienic environment for the consumption of school meals.

With its work complete at the Omuhaturua Primary School Hostel the Foundation was requested to look at another hostel at Eiseb Primary School. This was 160 kms further into the 'bush' on gravel roads. Roger and Linda found chronic overcrowding in the two dormitories with the children having to sleep on concrete floors. After discussions with the School Hostel Board it was decided to build a third dormitory and this was completed in July 2014 and it will be formally opened in October 2015. After seeing what the Foundation had accomplished at the previous school the headmaster asked the Foundation if they could provide a kitchen and covered seating area for his school and this is its current project. Sufficient funding has now been raised to construct the kitchen etc and building will commence in October 2015. We are now raising funds for fitting it out and ancillaries such as a water tower and tank and the gas installation.



The new dormitory at Eiseb Primary School Hostel



The Catherine Bullen Primary Healthcare Clinic at Oshivelo

Since 2002, the Catherine Bullen Memorial Fund and the Foundation has raised £339,000 (N\$4,650,554) and its contribution to the relieving of poverty in rural Namibia was recognised by the Namibian Government when on 16 July 2014, the newly built clinic at Oshivelo was named the Catherine Bullen Primary Healthcare Clinic.

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.

The Foundation trustees would like to take this opportunity to thank all those individuals, organisations and grant giving trusts who have supported it and we look forward to your continued support. We especially would like to thank the Komeho Namibia Development Agency, our Namibian ngo partner who without their professional knowledge and help, none of this would have been possible.

Fund raising

Shop Collections

Our second shop collection of the year was at the Manningtree Co-op Supermarket on Saturday 4 July in temperatures of around 30c and thanks to the generosity of its customers we raised £225.82. Thanks to Pat, Shirley and Sandra for their help. A further collection was held on Saturday 18 July at Brightlingsea Co-op and £188.07 was raised.

China smashing stalls

We have taken our china smashing stall to two more events, the Clacton Classic Car show where we raised £166 and the Colchester Hospital Radio Fun Day where we raised £243.31 which also included the sale of homemade cakes. We are taking the stall to a further three events in August.



Our china smashing stall at the Colchester Hospital Radio Fun Day

Mersea Food, Drink and Leisure Festival Cake Stall.

This was held over two days on Saturday 23 May and Sunday 24 May and again was a very successful event for the Foundation. Over the two days we raised £787.39 and we also received £169.76 as commission for selling the Festival Draw tickets. This year we had more cakes than ever, so a big thank you to everyone who made or donated cakes, also to Nicky, Sandra, Shirley and Emma our granddaughter for helping on the stall.



Sandra, Shirley, Linda and Emma manning up our cake stall at the Mersea Food, Drink and Leisure Festival.

Corringham Rotary Club Junior School Choir Competition

The Corringham Rotary Club are supporting us this year and are raising funds to provide table, chairs and cutlery for the new kitchen and dining area at Eiseb Primary School Hostel. One of their events was a Junior Choir Competition which they hold each year in Corringham. So on Wednesday 10 June, we attended the competition which was very entertaining and all proceeds have been earmarked for the Foundation.

Canapes and Cakes

On Saturday 13 June, Foundation supporters, Christine and Mike Robson held a Canapes and Cakes event in their garden in West Mersea with invited guests. Little did they know that it would coincide with the announcement that Linda had been awarded the MBE, which made the event even more special. Thanks to their hard work a total of £408 was raised. So a big thank you to Chris and Mike.



Canapes and cakes on the lawn

St Francis of Assisi Church, Welwyn Garden City

Many years ago while researching for his book about the Mersea Island casualties during the First World War, Roger became friendly with David Buck whose relation Frederick White is featured in the book. In February we were invited to the church of St Francis of Assisi in Welwyn Garden City to give a presentation on the Foundation to their breakfast club. At the time we were shown a partially full one gallon whisky bottle of 5p's which had been filled by members of the church and David's friends and colleagues which was to be donated to the Foundation.

On Thursday 2 July, David visited us on Mersea bringing with him the full bottle of 5p's. After lunch we were joined by Nicky and Graham Wilmott and the counting began. The total at the end plus a donation came to £408 which was a marvellous result. When this is Gift Aided the total will be £510.

Xavana Blake's Birthday Donation

Also on Thursday 2 July, we visited John Spink, a member of Mersea Rotary Club to meet his family and in particular his granddaughter Xavana aged 5 yrs and her mum Clare. From an early age Xavana had been made aware of people less well off than herself and she had been introduced to the 'Two Toonies Gift'. A 'Toonie' being a \$2 coin. The principle being that any money you receive, you split three ways, a third to spend, a third to save and a third to charity. Xavana had just celebrated her birthday and decided to donate £50 to the Foundation after hearing about its work from her Grandad. So a big thank you to Xavana.



The 'Thank You' card that Xavana sent to her friends for her birthday presents and presenting her donation to Roger and Linda.

Car Boot Car park Collection, Waldegraves, West Mersea

Last year we were rained off, so this year we looked at the dark clouds as they gathered on Sunday 5 July with trepidation. True to form the heavens opened and we had to abandon the collection as traders rushed to pack away. However, this time we managed to collect £92.52. So hopefully, better luck next year. Thanks to Mike, Eric and Nicky for their help.

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

Bands at the Coast Inn, West Mersea

on Friday 31 July 2015

19.30 to midnight

Tickets: £10.00 in advance or £12 on the night

Tickets available from the Coast Inn or Linda and Roger Bullen –
phone 01206 383368/07771 630928/07733 140748 or email: info@namibia-aid.org.uk

**Raising funds for the Catherine Bullen Foundation
and the Tom Bowdidge Foundation**

Saturday 1 August 2015

Shop Collection – Stanway Co-op

Sunday 2 August 2015

Five Parishes Summer Show – China smashing stall

Tuesday 4 August 2015

Presentation to Mersea Rotary Club

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 – **SOLD OUT**

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

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Donation/Gift Aid Declaration

(The Catherine Bullen Foundation – Registered Charity No. 1110516)

<p>Details of donor</p> <p>Title..... Forename(s).....Surname.....</p> <p>Address.....</p> <p>.....</p> <p>.....</p> <p>Post Code.....</p>
<p>I want the charity to treat</p> <p>*the enclosed donation of £..... as a Gift Aid donation</p> <p>*the donation(s) of £..... which I made on / / as (a) Gift Aid donation(s)</p> <p><i>*delete as appropriate</i></p> <p>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).</p>