



# The Catherine Bullen Foundation

*Making a difference in rural Namibia*

## *NEWSLETTER*

No: 32

Winter 2017

***Didn't they do well!!***



Members of the Otjimanangombe Primary Healthcare Clinic Community Health Committee with their cup

One of the outcomes from the Otjimanangombe Primary Healthcare Clinic built by the Foundation and opened in 2008, was the formation of a Clinic Community Health Committee. This was a local initiative drawing its members from the village. A key member on this Committee is a representative from CoHeNa (Advanced Community Health Care Services Namibia) which is committed to reducing the transmission of TB and HIV infections as well as the morbidity and mortality caused by these infections. It was established in January 2007 to sustain and advance the community based joint TB and HIV prevention, diagnosis, care and support programme in the Omaheke region which had been identified by the Ministry of Health and Social Services as a model to be replicated throughout the country by other stakeholders under the Global Fund.

The current CoHeNa representative on the Committee is Kahure who has motivated and inspired them in their work with TB and HIV patients providing nutrition to make the patients healthier and help build resistance to the diseases.

Recently, the Committee was judged to be the best in the Omaheke region with a score of 100% and at a ceremony on 23 November attended by national representatives of CoHeNa, the members were presented with certificates and a cup.

## ***Container space donated***

The Foundation recently delivered eleven dustbin bags of knitted blankets, jumpers and hats produced by ladies from West Mersea and Colchester to the Namibian High Commission in London together with two boxes of pens and pencils. At the end of the year, these will be shipped free of charge to Namibia, and then Linda and Roger will pick them up and distribute them to the San Bushman families next March. The very small jumpers and hats will be donated to the premature baby unit at Gobabis Hospital, while the pens and pencils will go to schools at Otjimanangombe and Eiseb. Our thanks to Toini Fillemon from the High Commission who allowed us to use space in her container.

## ***Margo does it again!***

For the second year running, Margo Bishop, Marketing Manager for ATI Holidays based in Namibia's capital Windhoek, decided to run a half marathon to raise funds for the Foundation's projects. Margo commented 'in 2016 I ran my first half marathon in aid of the Catherine Bullen Foundation, and have decided that this should become an annual event! I never met Catherine, but I know Roger and Linda, her parents and have seen the tireless work that they do. They travel to Namibia regularly to personally work, at grassroots level, with the communities that they raise funds for and support. I am Namibian and can see the direct benefits our marginalised communities gain from the Foundation and the work they do. This is why I have chosen to run a half marathon; for the benefit of some of the poorest people in our country'.



Margo pounding the desert road and after having completed the half marathon

On 7 October, the Hanagana Hake half marathon took place on Namibia's Skeleton coast starting from Long Beach and followed the shoreline to Walvis Bay. Margo completed the course in a time of 1:51:49, came fourth in her age group and has so far raised £1,022 for the Foundation. Roger commented 'we

are very proud of Margo as the route is challenging with the desert on one side and the Atlantic ocean on the other. The money she has raised will go to our current project which is the construction of boys and girls flush toilets together with washing facilities and the conversion of a large storeroom into a dormitory at Omuhaturua Primary School Hostel in the village of Otjimanangombe in the Omaheke region. This is in line with the United Nations Sustainable Development Goal no 6 which is linked to sanitation.'

## ***A truly bionic Bullen***

At this point in the newsletter we would be reporting on Linda and Roger's second visit to Namibia in the year to monitor the Foundation's projects. However, as many of you know from the last newsletter, this did not happen. On 31 October, Roger went into hospital to have his second hip joint replacement operation of the year, on the left side this time. Except for one hiccup, he is recuperating well and he is very grateful to his surgeon and the staff of the Oak's Hospital in Colchester for their expert care. This has resulted in plans having been made to return to Namibia in early March 2018.

Except for two china smashing events, the Foundation has managed to fulfil all its fund raising commitments, due to our lovely volunteers who stepped in at the last minute to help with shop collections etc. A big thank you to all those that helped.

## ***The International School of Paris are coming back***

We are very pleased to report, that after a six year break, the International School of Paris are returning to Omuhaturua Primary School at the end of June 2018. While they are there, they will undertake the external painting of the school hostel, teaching in the school and the construction of an Adventure playground. It has been agreed that the playground will be named 'Alannah Adventure Playground' in memory of Allannah, the daughter of an ISP teacher who died from Leukemia two years ago. She had spent part of her childhood in Namibia. ISP also plan to donate some livestock to a local family to help make them self sustainable.



An Adventure playground in a school in Gobabis. The one at Omuhaturua Primary School Hostel will be similar to this

## ***Omuhaturua Primary School Hostel***

Our current project is the construction of two blocks containing flush toilets and washing facilities for the children in line with the United Nations Sustainable Development Goal No 6 on sanitation. The project also includes the conversion of a large storeroom into another dormitory. Costing £30,000 in total, the work commenced in late May and completion is imminent.

The photos below were sent to us on 12 December 2017



External view of the new dormitory with the boy's toilets to the left. View of the dormitory from the quadrangle



Interior of the new dormitory.

Interior of the boy's toilets



Interior of the girl's toilets

Exterior of the girl's toilets

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

The Otjimanangombe Primary Healthcare Clinic was one of the first projects funded by the Foundation, and it was opened in July 2008. Last year the Namibian Ministry of Health recognised the need to enlarge the clinic and gained funding from the Global Fund. Construction of the extension commenced in June this year and will include additional consulting rooms, specialist treatment rooms and nurses accommodation and it is scheduled for completion in February 2018. Below are some photos that were received on 12 December showing progress so far.



General view of the rear with the new nurse's accommodation on the right. New toilet block.



Front of the clinic showing the new reception area



The yellow building on the left is the original building



The new incinerator building



Rear of the building showing the new consulting rooms

## ***Fund raising***

### **Shop Collections**

Our final Co-op collection was at West Mersea Co-op on Saturday 9 December and a total of £233.88 was raised. Our final shop collection of 2017 is at West Mersea Tesco on 23 December. Many thanks to Eilish, Nicky, Mike, Sandra and Shirley for their help. A list of shop collections for next year is at the end of this Newsletter.

### **St Peter's Brewery Christmas Fair, nr Bungay, Suffolk**

This was held on Saturday 25 November and we were invited to attend by Jill who runs the restaurant there and has been a long term supporter of the Foundation. The stall consisted of a large selection of homemade cakes together with the Foundation's calendars and San jewellery for sale. A total of £186 was raised.



The Foundation's stall at the St Peters Brewery Christmas Market



The Foundations stall at the Mersea Lights Up

### **West Mersea Lights Up**

This took place on Friday 1 December, and we attended with a stall, again selling homemade cakes, the Foundation's calendars and San jewellery. The evening was well attended and we raised £227.

Our grateful thanks to all our volunteers who made the homemade cakes for both events.

## ***Mattresses Matter Appeal***

It is a well known fact, that if children get a good nights sleep, they will be able to concentrate easier at school. At the Omuhaturua Primary School Hostel, the mattresses are now worn out, and desperately need replacing with some children just sleeping on blankets. The Foundation has been asked if we can help replace these. The requirement is for 300 mattresses and the cost per mattress is £30. So we are launching this Appeal for donations of £30 to buy mattresses for the children. You can donate via our website [www.namibia-aid.org.uk](http://www.namibia-aid.org.uk) using 'MyDonate' or send a cheque made out to 'The Catherine Bullen Foundation' to our address at the end of this newsletter. Thank you

## ***The Foundation's Limited edition Calendar 2018***



The Foundation is again selling its 2018 limited edition calendar. The wall calendar costs £10 and the desktop version is £5. Postage is £1.50. It features animals and birds of Namibia.

### ***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.

### ***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

*Saturday 23 December 2017*

Shop collection – Tesco, West Mersea

*Sunday 28 January 2018*

Indian Lunch, Titash Indian Restaurant, High Street, West Mersea. 12.00 to 15.00. Tickets: £22

*Tuesday 20 February 2018*

Presentation to the Advanced Institute of Motoring, Marks Tey Village Hall at 19.30

*Saturday 19 May 2018*

Shop collection – West Mersea Co-op

*Sunday 20 May 2018*

Clacton Car Show – China smashing stall

*Saturday 26/Sunday 27 May 2018*

Mersea Island Food, Drink and Leisure Festival – Homemade Cake Stall

*Sunday 27 May 2018*

Car Park collection – Car Boot, Waldegraves, West Mersea

*Monday 28 May 2017*

Hospital Radio Fund Day, Lower Castle Park, Colchester – China smashing stall

To be confirmed

*Saturday 9 June 2018*

Shop Collection – Manningtree Co-op

*Saturday 23 June 2018*

Shop Collection – Felixstowe Co-op

*Wednesday 4 July 2018*

Presentation to AMAzing Women, St Matthew's Church, Harwich Rd, Colchester at 19.30

*Saturday 4 August 2018*

Shop Collection – Brightlingsea Co-op

*Sunday 5 August 2018*

Five Parishes Show, Fingrinhoe 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

*Saturday 15 September 2018*

Shop Collection – Frinton Triangle - to be confirmed

*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 on the next page.

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

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*The Catherine Bullen Foundation would like to thank you for your support over the past year.*

*We wish you a happy Christmas and a prosperous New Year*

# 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).**