



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 36

Winter 2018

Foundation's Trustees successful visit to Namibia

Trustees, Linda and Roger Bullen recently returned from a nine week visit to Namibia, monitoring the Foundation's projects and volunteering in two clinics.

Having arrived in Windhoek, the capital on 25 September, they undertook a round of meetings including those with the Foundation's Namibian partner ngo, the Komeho Namibia Development Agency and a visit to the British High Commissioner's residence to brief her on their visit.

A few days later they travelled to the Omaheke Region in the north east and its capital Gobabis. Then it was into the bush to Otjimanangombe, partly on gravel roads with clouds of dust following the car as it had not rained since April. On reaching their destination they settled down in a vacant teacher's house which would be their home for the next three and a half weeks. It was good to see the hostel children playing on the newly built adventure playground which had been provided by the International School of Paris, the Foundation's French partner.



The children of Omuhaturua Primary School Hostel enjoying the new adventure playground.

During the week, Linda a registered nurse, both in the UK and Namibia provided assistance to the two nurses in the clinic built by the Foundation which recently had been extended by the Global Fund. While in Gobabis, they met with the Regional Director of Health who advised that a number of minor infrastructure issues were outstanding at the clinic and that the inauguration was on hold until these were resolved.



The newly opened clinic in 2008.



The extended clinic in October 2018



The front of the clinic with the covered waiting area



Patients in the waiting area before being called into the clinic



Entrance to the TB section.



The rear of the clinic with new accommodation units to the right.



Linda attending to a patient.



The clinic staff admiring the new reception desk for the TB section.
 Left to right: Linda, Herman (Registered Nurse), the builder, Frieda (SEN nurse), Gertrude (cleaner), 'Very' (COHENA TB Field promoter), Messaline (Security).

While they were at the clinic, Linda and Roger had a site meeting at the adjacent school hostel to finalise the construction of the multi-purpose hall with their builder, Mr Riaan Potgieter. During this meeting it was decided to extend the building slightly, to include a stage area and two small storage rooms. Construction is scheduled to commence this month. The building is fully funded, and the Foundation is now raising funds to provide the indoor sports equipment, tables and chairs.



A view of Omuhaturua Primary School hostel. To the left of the picture is the site of the new multi-purpose hall.

They also visited two other school hostels, firstly at Eiseb where they had to drive for 2 hours on gravel roads. Here, the Foundation had already constructed a dormitory, a dining hall and kitchen which they inspected and found that all was well. The headmaster asked whether the Foundation could provide a borehole as the school and hostel suffered from an intermittent supply of water from the one borehole in the village. Linda and Roger advised that this request would be considered at the next trustees meeting.



The hostel children enjoying a nutritious meal from the kitchen and sitting in the dining area, both provided by the Foundation. This scene always brings 'a lump to one's throat' as this is a classic example of a project in action.

Secondly, they visited Hippo Primary School where they were requesting help to refurbish a boy's dormitory and toilet/shower block at the hostel with the Foundation buying the materials and the local labour carrying out the work. Again, this would be referred to the trustees for consideration.



The boy's dormitory at Hippo Primary School in need of refurbishment



Showers and toilets also need renovating at Hippo Primary School Hostel.

Then to the north

It was then time to drive to the north over a mixture of tar and gravel roads. Their destination was Oshivelo, where they entered the town through a police checkpoint marking the Veterinary Red line between the cattle disease free south and the north. They passed by the derelict old clinic where Catherine died, now hidden by a high brick wall and proceeded to the new clinic, built by the Namibian government. It is one of the largest in Namibia and named after Catherine and was opened in 2014. Staffed by eight nurses, about 90 to 140 patients attend each day. Their home for the next four weeks, was the doctors house, and they quickly settled into the clinic routine, Linda again assisting the nurses while Roger helped on reception much to the amusement of the patients who were listening out for their African name being mis-pronounced in a Norfolk accent. During their stay, they were pleased to welcome Chrisse and Colin Westgate from West Mersea to the clinic who were on a photographic tour of Namibia with a group of friends. They were able to see at first hand the clinic's valuable work.



Linda assessing the patients before they go in to see a nurse.



Roger on reception with Julia the receptionist.

Throughout the year, ladies from Mersea, Colchester and the local area are busily knitting blankets, jumpers and hats. Linda and Roger take with them as much as they can, and they visited a San Community run by the Ombili Foundation and donated these items to those most in need, who reciprocated by coming to the clinic and performing some traditional dances.



Knitted items laid out ready for distribution.



The San children waiting in anticipation



The San children with their woolly hats and headbands.



The Ombili Foundation Cultural Group performing at the clinic.

As with their previous trips Roger and Linda have been able to see for themselves the difference the Foundation's projects have made to the people of rural Namibia especially in the Omaheke Region. They would like to thank everybody who supports the Foundation to enable them to carry on this work. Their trips are always self-financing and no charitable funds are used for this purpose. All monies raised for the Foundation's go towards its projects.

Margo completes her first marathon

As we reported in our Autumn Newsletter, Margo Bishop, Marketing Manager for ATI Holidays is an avid supporter of the Foundation and the work it does. For the last two years she has been running the Hake half marathon. So this year she decided to go one better and she ran a full marathon. This took place on 6 October, and she ran the Hangana Hake marathon for the Foundation, which started at Swakopmund and ended in Walvis Bay. She ran the course in 4hrs 12 mins and raised £1,359.75. Well done Margo, we are all very proud of you.



Margo finishing the Hangana Hake Marathon.

London Marathon – 28 April 2019

As mentioned in our last newsletter, Alice Parker will be running the London Marathon next year for the Foundation. We wish Alice the best of luck and she agreed to write something about herself, which is featured below.

‘My name is Alice Parker. I am a mum of two, Elizabeth 5 and Benjamin 4. I have a lovely husband Jeremy who ran the London Marathon in 2015 for the Catherine Bullen Foundation. I work at Colchester General Hospital as an Operating Department Practitioner (looking after people having surgery).



Alice Parker who will be running the London Marathon for the Foundation.

I have been a runner since roughly the age of 14 when I would run with my parents who are also keen runners. To date I have completed 6 marathons including the Walt Disney World and Las Vegas Marathons. Last year I also ran a 2 day ultra marathon along the Maldon Saltmarshes.

I am very excited to be running the London Marathon for the Catherine Bullen Foundation in 2019. Training has begun and I will for the first time be using a proper marathon training plan, in the hope of getting a better time than I have managed before. I hope that with kind donations, sponsors and some bake sales at work I will be able to raise lots of money for the amazing work Linda and Roger do in Namibia.

If anyone would like to follow my training progress I have a Strava account that I will post all my runs on. Just look up Alice Hadgraft and follow me. Please visit my virgin money giving website and support this lovely charity <http://uk.virginmoneygiving.com/aliceparker7/1>

Fund raising

Shop Collections

As the year comes to an end, we have one remaining shop collection which will be at Tesco, West Mersea. Our shop collection at West Mersea Co-op on Saturday 8 December raised £246.54 plus £85.05 from the sale of Calendars, San jewellery and books.. The East of England Co-op has confirmed all our dates for next year, and a full list appears at the end of this newsletter. Any help with these would be gratefully appreciated.

China Smashing

We have compiled a full list of fetes and shows that we hope to attend next year at the end of this newsletter. Again any help with this would be gratefully appreciated. Also our china stocks need replenishing, especially plates. So from now until the beginning of February, we would appreciate any donations of china. If we are not in, just leave it by the back door.

Christmas Market – St Peter’s Brewery, near Bungay, Suffolk

We landed back in the UK on 21 November, and it was straight into fund raising mode when we attended this event on 24 November. Linda mustered her cake making friends who came up trumps with a lovely selection of homemade cakes. We were also able to sell the San jewellery having brought back new supplies from Namibia. We raised £162, so a big thank you to our cake makers, and to Jill the organiser and her staff for making us so welcome.



Our stall at the Christmas Market at St Peter’s Brewery.

At the bottom of the picture is the unique San jewellery, which make lovely presents. As far as we are aware, these are not available anywhere else in the country. So if you are interested in purchasing an item, please get in touch.

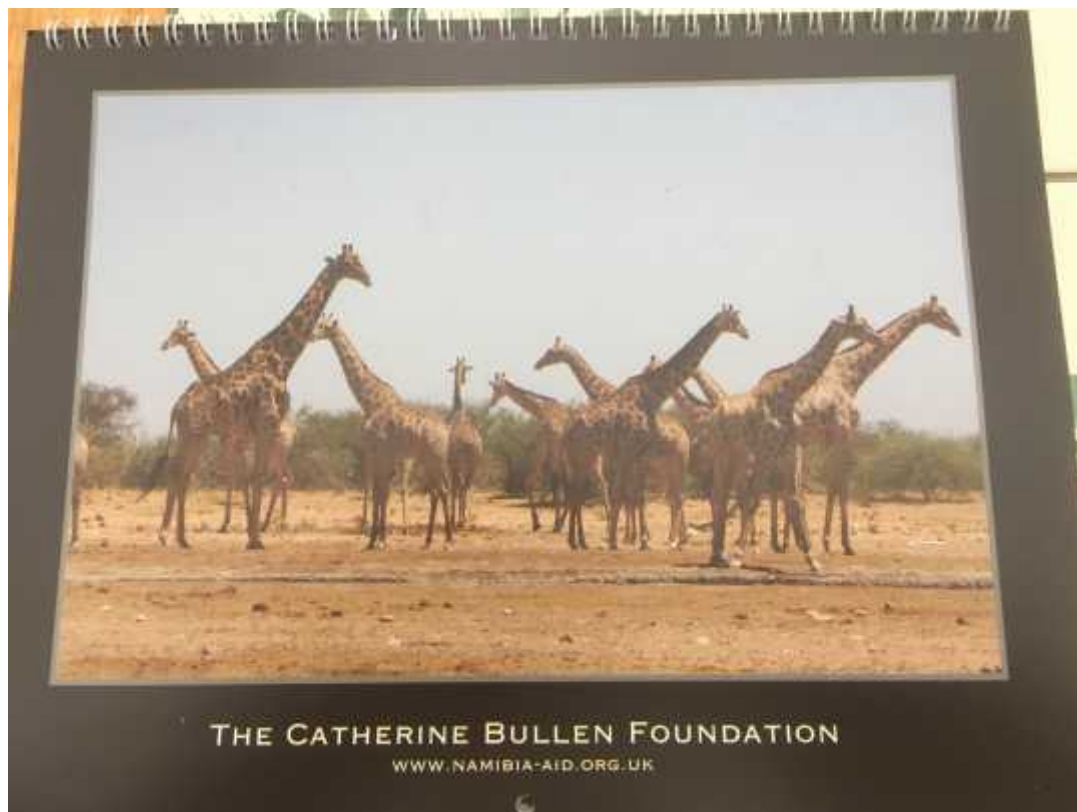
Mersea Island Lights Up – Friday 7 December

Linda again mustered her cake making friends to bake some lovely homemade cakes for the Foundations Stall. Also on sale were the Foundation Calendars and the San jewellery. A total of £197.75 was raised, and a big thank you again to our cake makers. Roger also took the opportunity to sell his book 'Not Just a Name – Mersea Island's Fallen of the First World War'. Although published sometime ago, it has become topical again with the 100th Anniversary of the ending of the First World War.



The Foundation's stall at the Mersea Lights up.

The Foundation's 2019 Calendar



The calendar features Namibian wildlife and costs £10 plus £1.26 postage to anywhere in the UK.

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. As well as making donations through the post, donations can be made on our website www.namibia-aid.org.uk through 'mydonate' or 'Paypal'.

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 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. 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.

Thursday 10 January 2019

Presentation to Frinton Rotary Club

Sunday 27 January 2019

Indian Lunch – Titash Indian Restaurant, High Street, West Mersea
Tickets £22 each

Saturday 4 May 2019

Shop collection – West Mersea Co-op

Monday 6 May 2019

St Helena Fete – China smashing - tbc

Sunday 19 May 2019

Clacton Car Show – China smashing stall - tbc

Saturday 25/Sunday 26 May 2019

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

Monday 27 May 2019

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

Saturday 1 June 2019

Shop Collection – Manningtree Co-op

Saturday 15 June 2019

Shop Collection – Felixstowe Co-op

Sunday 23 June 2019

Blackwater Show – China smashing

Saturday 13 July 2019

Tendring Show – China smashing -tbc

Saturday 27 July 2019

Shop Collection – Halstead Co-op

Sunday 4 August 2019

Five Parishes Show, Fingrinhoe Ranges – China smashing stall

Saturday 10 August 2019

Mersea Lions Summer and Transport Show, Waldegraves – China smashing stall

Saturday 17 August 2019

Shop Collection – Brightlingsea

Saturday 24 August 2019

Shop Collection – Woodbridge Co-op

Sunday 25 August 2019

Clacton Car Show – China smashing stall - tbc

Saturday 7 September 2019

Shop Collection – Stanway Co-op, Colchester

Sunday 8 September 2019

Brightlingsea Scouts Classic Car Show – China smashing stall

Saturday 23 November 2019

Christmas Market – St Peter's Brewery, Bungay, Suffolk – Home made Cake Stall

Friday 6 December 2019

Mersea Lights up – Home made cake stall

Saturday 7 December 2019

Shop Collection – West Mersea Co-op

Saturday 21 December 2019

Shop collection – Tesco, West Mersea

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

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Otjimanangombe Primary Healthcare Clinic, Omaheke, Namibia

*The Catherine Bullen Foundation
would like to wish everybody a happy Xmas and
prosperous New Year*

Thanks for your support

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).**