



# The Catherine Bullen Foundation

*Making a difference in rural Namibia*

## **NEWSLETTER**

No: 19

Winter 2013

### ***Its all happening at Eiseb Primary School Hostel***

Trustees Roger and Linda Bullen, returned to the UK at the beginning of November from another successful trip to Namibia monitoring past projects and progressing its new dormitory project at the overcrowded school hostel at Eiseb in north eastern Namibia. 'Being on the ground really made a difference' commented Roger, 'we had reached a bit of a gridlock on the dormitory due to the change of personnel at the Ministries we were dealing with. However, within two days of arriving we had overcome any problems and appointed a builder who quoted us a much more competitive price. This was followed by a meeting with the relevant Ministries who were presented with our solution which they rubber stamped. The end result being that construction will start in mid January 2014 with completion in the following March'.



The site of the new dormitory to be constructed by the Foundation at Eiseb Primary School Hostel.

The Foundation has also recently heard that the Namibian German Special Initiative has commenced their part of the project which will consist of a toilet and shower block, renovation of the existing dormitories, construction of two small dormitories, provision of beds and bedding for the dormitories including the one being built by the Foundation and refurbishing the school classrooms.

With Phase I, now fully funded, The Foundation is concentrating on raising funds for Phase 2, the construction of a kitchen and covered seating area as it did at Omuhaturua Primary School Hostel. This will cost in the region of £75,000 of which we have raised £57,000.

## ***Medical Outreach into the 'bush'***

One of the outcomes of there being a clinic at Otjimanangombe is the ability to carry out medical outreach trips into the bush to bring medication and treatment to those who would have had to travel long distances to access them. In October, Linda and Roger were able to accompany the clinic nurse on two trips. A Hilux 4x4 and a driver were provided by the Ministry Of Health. The trips are described in the following travelogue

*Wednesday 9 October 2013*

Before leaving for the day, the vehicle was loaded with all the necessary drugs and equipment. Travelling with us was Angeline, the clinic nurse, Gertrude, the caretaker, and Nelson the HIV/Aids counselor. We left at 09.00 and travelled along the gravel road towards Eiseb before turning on to a single track into the bush. After about three hours in the direction of the Botswana border, Angeline announced that we were lost! So we turned on to a track which eventually brought us to a water pipeline that ran through the bush. The cleared bush beside the pipeline was being used as a makeshift road and was encouraging settlements along it, so we visited these as we made our way to a 'proper' road.



Nelson, the HIV/Aids counselor undertaking blood tests at one of the settlements along the pipeline.

Our progress along the pipeline was very slow and bumpy due to the corrugated sand and was mostly done in low gear (4 x4). We finally arrived at what should have been our initial destination at 16.30, this was the school headmasters sister's farm. The place wreaked of meat which was hanging in the trees to cure, while on the floor were two cows heads (so not for the faint hearted). Nelson carried out further blood tests, while Angeline and Linda examined the farm workers and their families and vaccinating the children. We left the farm at 17.30 finally arrived back at the clinic at 20.30.



Linda carrying out a routine vaccination

*Thursday 10 October, 2013*

Day 2 of our outreach trip, not so far out this time. Again travelled into the bush, stopping at various clearings near isolated homesteads, where we sounded the car horn like an ice cream van and waited for patients to appear.



Patients gathering around the Hilux waiting for treatment.

At one homestead we visited, there was a girl who had visited the clinic on the previous day and was recovering from a miscarriage. Her condition had deteriorated, and it was decided that Angeline the nurse and the driver would return after the outreach and bring her back to the clinic. Back at the clinic, there were at least ten patients waiting to be seen, so while the vehicle went back to pick up the girl, Linda dealt with them. Later, Angeline returned with the patient and Linda helped settle her down in the clinic for the night with a drip, antibiotics and painkillers. A pregnant lady turned up complaining of abdominal pains. After examining her and finding nothing wrong she was sent off with a 'flea in her ear' by Angeline who discovered that she had been over indulging on the food and drink front at the local cattle auction!

## **Chicken update**

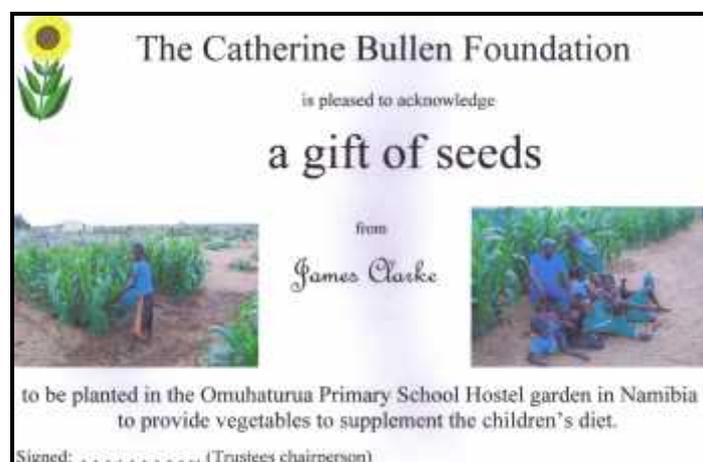
Roger and Linda were invited to a Hostel Committee meeting where they were advised that the sheep had been auctioned to provide funds for the chicken hut and run. There was a slight shortfall and the Foundation agreed to provide the necessary funds. A site had been earmarked and it was now up to the hostel committee to proceed with the construction of the hut and run and purchase the chickens. As this was a new venture for them, Linda and Roger gave them details of a couple of organisations who already had chickens and could offer them advice.

## **'Sow a Seed' programme**

On Thursday 3 October, Linda and Roger attended a meeting of the Omuhaturua Primary School Hostel gardening club. The members advised that they would like to sow onions, carrots, spinach and pumpkins and it was agreed that these seeds would be purchased with the money already donated to the programme. They also requested two spades, two forks and two metal rakes and it was agreed to purchase these with money held over from the 'Gift a Goat' programme. There then followed a walk round the garden, where it was explained the water required for irrigation came from the kitchen water tank which did not have enough capacity for both. The Foundation advised it would provide a tank as soon as funds became available.



The Hostel Gardening Club



Our 'Gift certificate' to acknowledge a donation for seeds of £5 and upwards.

## ***Joe Morgan***

As mentioned in our previous newsletter, Roger and Linda were accompanied on their latest visit by Colchester student, Joe Morgan. He spent his first two weeks at Omuhaturua Primary School teaching maths, English and IT. He then moved to the 'Light for the Children Foundation' which works with vulnerable children in the Omaheke regional capital Gobabis. He has thoroughly enjoyed his time at both locations with his beard making him instantly recognisable and the subject of many comments.



Joe with one of his pupils mimicking his beard.

## ***Oshivelo***

On 4 July 2008, Dr Richard Kamwi, the Minister of Health and Social Services opened the clinic at Otjimanangombe. In his speech he advised that the clinic at Oshivelo where Catherine died was to be replaced by a new health facility which would bear Catherine's name. Since then we have had one meeting with the Minister's Permanent Secretary who told us that a decision was pending on who would be the successful tenderer. On 3 November 2013, Linda and Roger visited the clinic at Oshivelo to lay a small cross of twigs and have a few moments of quiet reflection. While getting permission at the police station they were told of a new health facility being built in the town. On reaching the site, they were surprised to find a compound containing a large facility well on the way to completion. Komeho, our ngo, are now investigating whether the Ministry of Health will keep their promise of naming it after Catherine.



Part of the new health facility at Oshivelo.

## ***Mersea Island Cub Scouts***

The Mersea Island Cub Scouts choose Namibia as the subject of their overseas community badge and their Leader Susan Oakley sought the Foundations advice on themes for this. So on Monday 2 December, Roger and Linda joined the Cubs at their evening meeting to help with the activities which included drawing the Namibian flag, making jewellery out of beads similar to those of San women, playing the African game of Mancala, and eating maize porridge with South African sausage. An interesting evening was had by all.



The Mersea Cub Scouts finishing their Namibian evening with a meal of maize porridge.

## ***Fund raising***

### **China smashing stalls**

Since the last newsletter we attended two events, the first on Sunday 8 September at Colchester Lower Castle Park at the Colchester Lions Car Show and the second, another Car Show at Clacton on Sunday 22 September. The total raised was £235.



Our final china smashing stall of the season at the Clacton Car Show

## Shop Collections

Our last shop collection was at West Mersea Co-op on Saturday 7 December where thanks to it's generous customers we raised £193. Our final collection of the year is at the Halstead Co-op on Saturday 21 December. Our grateful thanks to the East of England Co-Op Society for their support, and we have full list of stores for next year.



Linda and grand daughter Emma outside West Mersea Co-op.

## Colchester County High School for Girls

This is Catherine's former school and over the years it has supported the Foundation in many ways. During the week commencing 18 November, Form 12EG under the direction of their teacher, Dr Elizabeth Gwyther held a fund raising week for the Foundation. Linda and Roger attended three morning assemblies to give presentations on its work. The students ran cake stalls at two lunch times and Carol Irvine from West Mersea held a Zumba class on the Wednesday lunchtime. This was followed on Thursday and Friday by Nigel Manuel who cycled 40 miles each day on a static bike in the school reception. This resulted in a grand total of £732 being raised. So many thanks to all who took part.



Nigel Manuel cycling on the Thursday lunchtime to cover his first 40 miles.

### **Seafood Supper at the Company Shed, West Mersea**

This is another event that seems to have entered the Foundation's annual calendar. Held on Saturday 30 November at this nationally renowned venue, the evening was a sell out with sixty guests enjoying an excellent seafood supper prepared by Caroline and her staff. The total amount raised was £605.



Guests enjoying an excellent evening at the Company Shed

### **Earsham Hall Christmas Market, near Bungay Suffolk**

The café at Earsham Hall has been a long time supporter of the Foundation and on Wednesday 4 December we were invited to have a stall at their Christmas Market. Luckily the weather kept fine and we raised £148.40 for our projects.



The Foundation's stall at the Market.

### **Mersea Island Scouts Carol Service**

On Friday 6 December the Mersea Island Beavers, Cub Scouts, Explorer Scouts and Scouts held their annual carol service at West Mersea Parish Church. During the singing of one of the carols in the packed church, a collection was taken in support of the Foundation's work in Namibia. The amount collected is still to be advised.

### **Grand Christmas Draw**

This was a new venture for us, organising a large 'Grand Draw' and we were grateful to Jane and Clive Morgan for offering their apartment in Croatia for one week as the first prize. It was drawn on Sunday 15 December at the Coast Inn, West Mersea and raised £919.



*To the right:* West Mersea Mayor, Peter Clements and his wife pulling out the prize draw tickets.

### **Namibian Noel**

Held at the Coast Inn, West Mersea on Sunday 8 December, this event was organised by our supporters, Pete and Kerry Millar and the Coast Inn gang. Carols were sung with enthusiasm fuelled by mince pies and sausage rolls. Unfortunately the event clashed with two others which meant that attendance was down from a previous year. The Foundation would like to thank the organisers and those who attended which resulted in £260 being raised.

### ***Marathons and Sponsored Events***

#### **Ella and Millie's walk**

During the Autumn, Ella and Millie undertook a sponsored walk to raise funds for the Foundation. So a big thank you to you both.



*'We have done our sponsored walk for the Catherine Bullen Foundation and have raised £195.00. We hope this money will help you with all the great work that you do.  
Ella and Millie'*

### **London Marathon 2014**

This takes place on Sunday 13 April, Andrea Pisani who has run for us before will be running for us again this year. You can sponsor her at [www.virginmoneygiving.com/AndreaPisani](http://www.virginmoneygiving.com/AndreaPisani)  
We wish her the best of luck with her training.

## **Schools**

### **The TCES Group**

This Group runs four schools in London and Essex for autistic children and those with learning and behavioural problems. It has supported the Foundation for a number of years. On Thursday 12 December, Roger and Linda were invited to give a presentation to their Management Board on the past and current work of the Foundation with a view to involving the students more in our work by indentifying specific items to fund and perhaps communicating through video with the children at Eiseb Primary School.

The children have produced artwork which have been turned into canvas prints which the Foundation is selling for £20 each.



Poster depicting the canvas prints created by the students.

Their teacher Jonathon, stated that pupils from across all three sites and the ASC unit in Clacton worked eagerly, meticulously and willingly giving their time and talent to create these pieces ,depicting wildlife indigenous to Namibia. Students juxtaposed symmetrical and asymmetric elements and utilised bright colours to echo the tribal prints and fabrics of the continent.

A number of schools in the area continue to support the Foundation. We are extremely grateful for the support we are receiving from the following schools.

**St Mary's Junior School, Colchester**

**Mersea Island School**

**Colchester County High School for Girls**

**TCES Group**

In Namibia: **The International School of Windhoek**

## ***Presentations***

The Foundation is pleased to give presentations to groups and clubs on its work. Now Roger and Linda are retired, they are not restricted to just evenings. So if you are looking for a speaker please contact us.

## ***Donations***

We have continued to receive individual donations, both large and small, for which we are extremely grateful. 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

*Saturday 21 December 2013*

Shop Collection – Halstead Co-op – cancelled from 14 September

*Sunday 23 February 2014 (Revised date)*

Indian Lunch, Titash, West Mersea – details to follow (was provisionally booked for 9 Feb)

*Sunday 13 April 2014*

London Marathon – Foundation represented by Andrea Pisani

You can sponsor her at [www.virginmoneygiving.com/AndreaPisani](http://www.virginmoneygiving.com/AndreaPisani)

*Easter Saturday 19 April 2014*

Shop collection – West Mersea Co-op Supermarket

*Saturday 3 May 2014*

Shop Collection – Clacton Co-op Supermarket

*Monday 5 May 2014*

Colchester Lions Fete – China Smashing Stall

*Saturday 25 & Sunday 25 May 2014*

Mersea Food and Leisure Festival Cake Stall

*Saturday 31 May 2014*

Shop Collection– Manningtree Co-op Supermarket

*Saturday 14 June 2014*

Shop Collection - Brightlingsea Co-op Supermarket

*Saturday 19 July 2014*

Shop Collection – Stanway Co-op Supermarket, Pear Tree Business Park

*Saturday 2 August 2014*

Shop Collection - Abbots Road Co-op Supermarket, Colchester

*Sunday 9 August 2014*

West Mersea Lions Summer and Transport Show – China Smashing Stall

*Saturday 6 September 2014*

Shop Collection – Halstead Co-op Supermarket

*Sunday 7 September 2014*

Colchester Lions Transport Show – China Smashing Stall

*Saturday 13 December 2014*

Shop Collection – West Mersea Co-op 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](http://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)

### Details of donor

Title..... Forename(s).....Surname.....

Address.....

.....

.....

Post Code.....

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).**



*Wishing you all a happy Xmas and prosperous New Year*

*A big thank you for your support*

