



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 22

Winter 2014

Progress made on Eiseb Primary school Hostel dormitory.

During our recent project monitoring trip to Namibia, we visited Eiseb to check on progress with the Foundation's dormitory. We were pleased to see that the Namibian German Special Initiative Programme's (NGSIP) contractors had provided the septic tank and that the beds and mattresses had been delivered. So except for some remedial work by our builder on some superficial cracks in the plaster, we are ready to open. Once the remedial work has been done we have advised the headmaster that the children can use the building. Unfortunately, NGSIP have a long way to go before they finish their buildings, and as we are having a combined opening, this has been put back until Spring next year.



A welcome sight, at last the beds have arrived.

Eiseb Primary School Hostel kitchen and dining area

Once all work has been completed on the dormitory, our next project is to provide the hostel with a kitchen and a dining area. Our plan was to purchase a shop/warehouse that is for sale adjacent to the hostel, which the school would like us to buy to convert into a kitchen and dining hall. However, with the school's agreement we have had to abandon this option due to a dispute over ownership which could take years to resolve. Therefore, we have to go for a new build and we

are currently getting estimates for various options, which were discussed with the headmaster and his staff. As with all our projects we believe in the local community taking ownership of a project and not us imposing what we think they should have. After our meeting we inspected the site that they have allocated for the project.



The site for the new kitchen and dining area, with the hostel in the background to the left and centre.



A reminder of current conditions.

The Catherine Bullen Hostel, Omuhaturua Primary School, Otjimanangombe.

Chicken update

The chickens continue to provide eggs and their numbers have been boosted by the arrival of forty, one day old chickens from South Africa. Unfortunately, ten of these succumbed to the journey and settling in, but the rest are thriving and hopefully will be increasing egg production when they grow into adults.

Hostel Gardening Club

The hostel garden continues to thrive providing vegetables to supplement the boarder's diet. The Foundation has provided seeds for next seasons planting.



Some of the members of the Hostel Gardening Club with their seeds. They certainly know how to promote us. Behind is one of the hostel staff and leader of the club, 'Follo'.

News from Otjimanangombe Primary Healthcare Clinic Post 8

For those who are not aware this is the clinic that was built by the Foundation and was opened in July 2008 and is run by the Namibian Ministry of Health. We spent around two weeks there in November with Linda volunteering in the clinic.

The dentist pays a visit

Roughly once a month the clinic is visited by a doctor, dentist and optician. While we were there the clinic received a visit by two dentists. Patients for dental treatment had already been identified by the nurse. The dentists occupied a corner at opposite ends of the delivery suite and the only treatment they provided was the extraction of teeth under local anaesthetic. Anyone needing other treatment has to travel to the regional capital, some two and a half hours away. You can imagine there were some not so happy people about afterwards.



The day the dentists visited the clinic

Staff changes

In September, SEN Angeline Kambato retired having been at the clinic since it opened in 2008. In her place we are pleased to welcome Registered Nurse Grace Marata who comes from Zimbabwe. Although she initially arrived at the clinic in November 2013, it was not until September this year that she became permanent. Grace has already made her mark and has introduced a number of initiatives including a nutritional garden to provide vegetables to supplement the diet of those suffering from TB and HIV/Aids. The Foundation has provided the seeds and the fencing for this. Julia Handura who was a community worker responsible for HIV/Aids counselling and testing has now become a Health Care Assistant and will help Grace with the day to day running of the clinic.



Grace with her seeds ready for planting in the nutritional garden



The Hostel Gardening club helping in the nutritional garden

The Catherine Bullen Primary Healthcare Clinic, Oshivelo

The Namibian Ministry of Health were very keen for Linda and Roger to come back to the clinic on their next visit. So with a bit of itinerary shuffling, they were able to spend a week there, where Linda worked as a volunteer nurse while Roger did his bit on reception. Here is Linda's account of that unique experience.

'October 23, 2014, would have been Catherine's 35th birthday, and coincidentally it was my first day of volunteer nursing at the Oshivelo clinic which bears her name. So it was with very mixed emotions that I walked through the door, great sadness for the loss of our beautiful daughter, but immense pride for what has been achieved in her name over the past 12 years. I need not have been worried because as soon as I stepped inside I felt 'at home'. The clinic, one of the largest in Namibia, currently has eleven staff which consists of three nurses, a TB Field Promoter, a HIV/Aids counsellor, a receptionist, two cleaners, an ambulance driver and two security guards. It is open from 08.00 – 17.00, but also provides 24 hour emergency cover. Because the clinic is situated just off the B1 road which links Namibia to Angola, Zambia and Botswana, it is very busy, and in the week that I was there, three babies were born, one on Catherine's birthday.

Patients arrive very early, well before 8.00 am with some having walked miles to reach the clinic and so avoid the heat of the day. Sister Emerita showed me around and made me feel comfortable

in one of the consulting rooms to begin the day. Patients register at reception and show their medical 'passport' which contains their medical history and pay a fee of N\$4 unless they are exempt. They then sit in line to see a nurse in whichever of the five consulting rooms is free. We had the usual cases such as blood pressure and diabetic checks, coughs, colds, stomach problems, immunisation, family planning, and all manner of dressing checks, but I did have to see four prisoners who came heavily hand cuffed to burley prison officers. There were of course the emergencies which have to take precedence over the waiting queues. The small six bed casualty unit is very well equipped and was life saving for a 7 year old boy who came in with severe abdominal and leg burns from a cooking pot. We were able to treat his wounds and give him pain relief before being transferred to hospital which was 80 kms away in Tsumeb in the clinic ambulance. Currently there is no resident doctor at the clinic, but there is always medical help 'on call', and a team including a doctor, dentist, pharmacist, and TB/HIV professionals visit once a week. Everyone works very hard and it was obvious three nurses are not enough as was shown when one nurse was called into the delivery room, one nurse into casualty leaving one to attend to the masses waiting patiently in line. But I have been advised that two more staff have been appointed which will help as we witnessed emergency patients arriving during the night, so one nurse, not only has to work during the day, but is also 'on call' at night.

At the end of each day, Roger and I would sit with a cup of tea watching the African sun set over this wonderful life saving facility named after Catherine, in the certain knowledge that she would be so proud, as we are, of what has been achieved in her name. One week was far too short, and I can't wait to return for longer in the new year'.



Linda in her consulting room.



Some of the clinic staff, Sister Emerita is to the left of Linda.

San Jewellery

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

They now work as labourers and domestic workers on commercial farms and cattle posts. Some live on resettlement farms where they have gained some independence. Others are in squatter camps where poverty and welfare dependency have increased. As with the Indians in America and the Aborigines in Australia, their tolerance of alcohol is low.

Some years ago we met Dr Helene de Kok, who has become a good friend. She runs a jewellery workshop at the Skoonheid Resettlement Farm and markets the San jewellery all over the world. The Foundation is glad to help her with this venture and we have been selling it for the past two years. It makes a lovely present, so if you would like to purchase an item, please get in touch.



The San ladies preparing the jewellery components.



Unique San Jewellery pieces

Fund raising

China smashing stalls

We finished season at the Colchester Lions Classic car show in Lower Castle Park at the beginning of September. The stall has raised a total of £1,058 this year and given people a lot of fun. We are collecting china for next year, initially from now to mid-February, so if you have any surplus china, please get in touch or just drop it round. Also, if you know of any forthcoming events in the Colchester area that we could attend with the stall next year, please let us know.

Shop Collections

Our last collection of the year is at the Tesco Store, West Mersea on 20 December, hopefully the weather will be kind to us. So far this year the amount collected has totalled £1,289. Thanks to the East of England Co-op Society we are again collecting at various stores throughout next year.

Car Boot Sales

This year we raised £563 with our stall, but due to the weather and other commitments, we only attended a limited number of sales at Waldegraves, West Mersea. We have decided not to continue with this method of fundraising which we have been doing for the last nine years. Mainly because at the age of sixty-six, the lifting, carrying and setting up of one of the largest stalls at Waldegraves is getting a bit too much. Instead we intend to concentrate on the china smashing and the sale of clothes and perhaps some yard sales. Thanks to everyone who has donated items in the past and if anyone wants to do a stall on our behalf, please get in touch.

Seafood Supper

This now seems to have become another annual event in our fundraising calendar. We again managed to fill the Company Shed to full capacity on Saturday 11 October. From the reports afterwards everyone had a thoroughly enjoyable evening. Total raised from ticket sales and the raffle was £702.



Enjoyable evening at the Company Shed raised £702.

London Marathon

We are pleased to announce that Andrea Pisani will be running for the Foundation again on Sunday 26 April. This is the third London marathon she has run for us and we wish her the best of luck. To sponsor her, please go to <http://uk.virginmoneygiving.com/AndreaPisani>

Schools

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 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 is 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

Indian Lunch

On Sunday 8 February 2015 we are holding our ever popular Indian Lunch at the Titiash Indian Restaurant, West Mersea. Tickets will be around £20 each. Just ring Linda on 01206 383368 or 07771 630928 or email roger@mersea48.freeserve.co.uk to reserve your place.

At the date of going to press, we have the following events planned

Saturday 20 December 2014

Shop Collection – West Mersea Tesco Supermarket

Saturday 7 February 2015

Presentation to St Francis breakfast club – Welwyn Garden City

Sunday 8 February 2015

Indian Lunch – Titash, West Mersea

Sunday 26 April 2015

London Marathon – Foundation represented by Andrea Pisani

To sponsor her, please log on to <http://uk.virginmoneygiving.com/AndreaPisani>

Saturday 2 May 2015

Shop Collection – West Mersea Co-op

Sunday 17 May 2015

Clacton Car Show – China smashing stall

Tuesday 19 May 2015

Presentation to the St John's Association, West Mersea – 19.30

Saturday 23 & Sunday 24 May 2015

Mersea Food and Leisure Festival Cake Stall

Saturday 4 July 2015

Shop Collection – Manningtree Co-op

Saturday 18 July 2015

Shop Collection – Brightlingsea Co-op

Saturday 1 August, 2015

Shop Collection – Stanway Co-op

Saturday 8 August 2015

Mersea Lions Transport Show – China smashing stall

Saturday 15 August, 2015

Shop Collection – Abbots Road Co-op

Saturday 12 December, 2015

Shop Collection – West Mersea Co-op

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

By Email: info@namibia-aid.org.uk

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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).



*The Catherine Bullen Foundation
and the Catherine Bullen Omuhaturua Hostel Gardening Club
wish you a happy Christmas and prosperous New Year*

Thanks for your support in 2014