



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 26

Winter 2015

Foundation opens a new dormitory at Eiseb Primary School Hostel

Linda and Roger Bullen, trustees of the Catherine Bullen Foundation returned to Namibia at the end of September 2015 for an eight week trip to monitor past and current projects. While they were there and in the presence of the Governor of the Omaheke Region, Mr Festus Ueitele and the region's Director of Education, Mr Pecka Semba, they opened a new dormitory at Eiseb Primary School Hostel to help relieve chronic overcrowding. The hostel until now had only two dormitories accommodating 241 children. However, a third dormitory containing 40 beds, showers and toilets has now been provided by the Foundation with the assistance of Komeho Namibia Development Agency, its ngo partner in the country.



The new dormitory at Eiseb Primary School Hostel

In his handover speech, Roger referred to the Millenium Development Goals which had ended this year and had been replaced by Sustainable Development Goals with an end date of 2030. He commented, 'the projects that we are celebrating today, the opening of the dormitory and the ground breaking ceremony for the kitchen and dining area take their lead from the new goals for education. One being to build and upgrade educational facilities, that are child disability and gender sensitive, and provide safe,

non-violent, inclusive and an effective learning environment for all. During our visits to Eiseb Primary School and the hostel we have witnessed the chronic overcrowding in the dormitories and the lack of formal kitchen facilities and a covered dining area. Firstly, it was decided to alleviate some of the chronic overcrowding by building a 40 bed dormitory to include toilets and showers which we are opening today.'

Prior to the opening, the Foundation had to purchase forty trunks for the pupils to keep their personal effects in. This had not been budgeted for as these were to have been supplied by the Namibian German Special Initiative Programme, but due to internal problems this did not happen. To provide funding the Foundation launched a 'Crowdfunding' website, and we would like to thank all those who contributed. Our thanks also go to Komeho who sourced forty trunks at short notice and Mr Riaan Potgieter who transported them from Windhoek to Eiseb.



Dormitory opening ceremony with the Governor of the Omaheke Region, Mr Festue Ueitele on the left and the regional Director of Education, Mr Pecka Semba on the right. The other picture shows the interior of the dormitory with showers and toilets at the far end.



The senior girls in their Hereo dress performing a traditional dance at the opening ceremony. These and their class mates will be occupying the new dormitory.

Kitchen ground breaking ceremony

On the same day that the dormitory was opened at Eiseb, a ground breaking ceremony for the kitchen and covered dining area took place. Roger addressed those witnessing the event and commented, 'Also today, we are celebrating the start of construction of a formal kitchen and dining area which will provide a hygienic environment for the preparation and consumption of meals. It is a proven fact that a child that is well nourished and gets a good nights sleep is ready to encompass the learning environment'.



Linda and the Regional Governor, Mr Festus Ueitele carry out the ground breaking ceremony for the kitchen and covered dining area.



Our builder, Mr Riaan Potgieter with Roger

During the day our builder, Mr Riaan Potgieter, from Gobabis had been measuring out the site in some very hot and dusty conditions. Construction has now started and we are hoping for completion in April 2016. We are still fundraising for this project.

News from Otjimanangombe

Clinic Developments

The most important development has been the long awaited appointment of a second nurse to the clinic. SEN Freida joined the clinic from nurse training college in August and has become a valued member of the team although unfortunately she is used at times to cover staff shortages at other clinics leaving Sister Grace on her own again.

Another exciting development is that the Global Fund is to fund the expansion of the clinic which will include a multipurpose room for counselling, Rapid testing for HIV and TB testing, a reception, an office, and a room for the cleaner and security guard. Also in the plans is to construct two accommodation units, each with two bedrooms. If all goes to plan it should be completed by June 2016



The staff of Otjimanangombe Primary Healthcare Clinic, Sister Grace on the left with SEN Frieda in the centre with Linda.

Catherine Bullen Omuhaturua Hostel

Since the opening of the kitchen constructed by the Foundation in 2011, the headmaster has been receiving a subsidy on a per pupil basis per term. This money is used to pay hostel staff, to purchase food for the children in the hostel and to fund hostel maintenance. Through good house keeping the school has managed to fund the installation of a cool room in one of the kitchen storerooms for food storage.



The new cool room

Hostel Football team is donated two footballs

David Tweed, a good friend of the Foundation unfortunately died after a long illness in June. Soon afterwards we received a bag of footballs that he had collected for us from his daughter, Clare. Two of these were given to the hostel football team.



The hostel football team with their trainer, Folo and the two donated footballs.

Catherine Bullen Primary Healthcare Clinic updates

Linda and Roger spent most of last November at the clinic with Linda carrying out nursing duties while Roger helped out in reception. The nursing staff has increased to six, made up of two registered nurses and four SENs. There are now plans to upgrade the clinic to a Health Centre with additional nurses for the two small wards and a resident doctor. New buildings will include a mortuary and doctor's accommodation.



The staff of the Catherine Bullen Primary Healthcare Clinic

When the former Minister of Health, Dr Richard Kamwi opened the clinic in July 2014, he said he hoped that it would amongst other things serve those who were travelling in Namibia. This proved to be the case when a Belgian tourist was brought to the clinic. He had a bad cut on the back of his head after falling in the swimming pool at Namutoni in the Etosha National Park. He came to the clinic in his swimming trunks lying on a mattress in the back of a pick-up. Imagine his surprise when he found himself in a state of the art clinic with Linda in her uniform waiting at the door to meet him. A few stitches sorted him out and he returned to the Park. Apparently, the clinic was continually talked about and how wonderful it was by him over dinner!

During our stay, the Clinic hosted an HIV/Aids awareness road show. It began with an army brass band marching through Oshivelo and into the clinic. The event continued throughout the day with presentations interspersed with performances by a hip hop dance group.



Ondera San Resettlement Farm

For a number of years there was a San Bushman squatter camp alongside the road at Oshivelo. The Namibian government purchased a farm at Ondera about 45 minutes drive from Oshivelo and the San were encouraged to move there. Led by a Nigerian agriculturalist, they now grow crops and some have gardens beside their huts. Staff from the clinic visited the farm to vaccinate the children and Linda and Roger went with them to distribute knitted items produced by ladies on Mersea and in Colchester. Below are some photos taken during their visit.



(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.)

Linda Bullen MBE

We reported in our Summer Newsletter that Linda had been awarded the MBE in the Queens Birthday Honours List. The citation read '*co-founder, the Catherine Bullen Foundation. For services to relieve poverty, sickness, distress and preservation of wealth in rural Namibia*'. In November, she and Roger visited the British High Commissioner, Her Excellency Ms Jo Lomas at the British High Commission in Windhoek and she was presented with the Warrant of Appointment for her MBE.



Linda receiving her MBE Warrant of Appointment from Her Excellency Ms Jo Lomas

On Friday 18 December, Linda and her family travelled to Buckingham Palace to attend an Investiture where she was presented with her MBE by His Royal Highness, Prince Charles, Prince of Wales. Afterwards they visited the Namibian High Commission to show the award to His Excellency Mr Steve Katjuanjo, the Namibian High Commissioner.



Left: Linda in the courtyard at Buckingham Palace after receiving her MBE.

Below: Kim, Roger, Linda and Leigh with His Excellency Mr Steve Katjuanjo, the Namibian High Commissioner.



Fund raising

Shop Collections

These have carried on throughout the summer and our team attended Stanway Co-op (£186.62), Abbots Road Co-op (132.75), Frinton Triangle Shopping Centre (£153.31, and West Mersea Co-op (£192.78). Our last collection of the year is at West Mersea Tesco's on 19 December. We already have a full programme for next year which can be seen at the end of this Newsletter. We would like to thank the East of England Co-operative Society and Tescos for allowing us to collect outside their stores and their customer's generosity. Also thanks to our volunteers, Helga, Tracy, Mike, Nicky, Shirley and Sandra.



Linda collecting outside West Mersea Co-op on Saturday 12 December, suitably dressed for the English weather after leaving Namibia with temperatures of 35-40c.

China smashing stalls

These continue to be good fundraisers and since the last newsletter, we have attended the Five Parishes Show (£277), Mersea Lions Summer and Transport Show (£188), Mersea Fete (£83) and Clacton Car Show (£144). Next year, we already have events on the calendar, so we are seeking donations of china. Many thanks to Kim, Paul, Emma, Leigh, Nicky and Graham for their help.



Our team at the Mersea Island Lions Summer and Transport Show.

Corringham Rotary Club Junior School Choir Competition

As reported in the last newsletter 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 and took place on Wednesday 10 June. We have since received a cheque for £700 representing the proceeds from this event.

Coast Inn Bands Night

On 31 July, the Coast Inn at West Mersea held a Bands Night to raise funds for the Foundation. The event raised £1,223, so a big thank you to Sarah Sherwood and the Coast Inn.



Bands night at the Coast Inn



Our sales stall at Flixton

Norfolk and Suffolk Aviation Museum, Flixton, nr Bungay Suffolk

This museum was one of Roger's old haunts when living in Bungay. The Foundation took a sales stall there twice this year. Roger was selling off his collection of First World War memorabilia and books and this raised £356.

Seafood Supper, The Company Shed, West Mersea

This was held on 26 September and has now become an annual event in our culinary diary. Once again it was a very popular event and we just managed to squeeze everybody in who wanted to come. With the raffle we raised £750. Many thanks to Caz and the Company Shed for making this another memorable event.

Colchester County High School for Girls

This was Catherine's former school and it continues to support the Foundation. Grades 7 & 8 recently had two events to raise funds. One was a non uniform day and the other was a cake competition by the Biology class who made cakes in the form of organs from the human body. A total of £719.79 was raised. Thanks to the girls for their hard work.



Roger and Linda receiving the cheque from the girls at Colchester County High School for Girls

Mersea Island Lights Up

The Foundation had a cake stall at this event on Friday 4 December and raised £144. Thanks to Chris and Mike for their help.

Coffee Morning – Barclays Bank, West Mersea.

This was held on Friday 11 December from 10.00 to 13.00 and raised £232 which will be matched by Barclays at a later date. Many thanks to Lil, Christine and Mike who helped on the day and to those who baked cakes for this event and the Mersea Lights Up



Our stalls at the Mersea Lights Up and the Coffee morning at Barclays Bank

Presentations

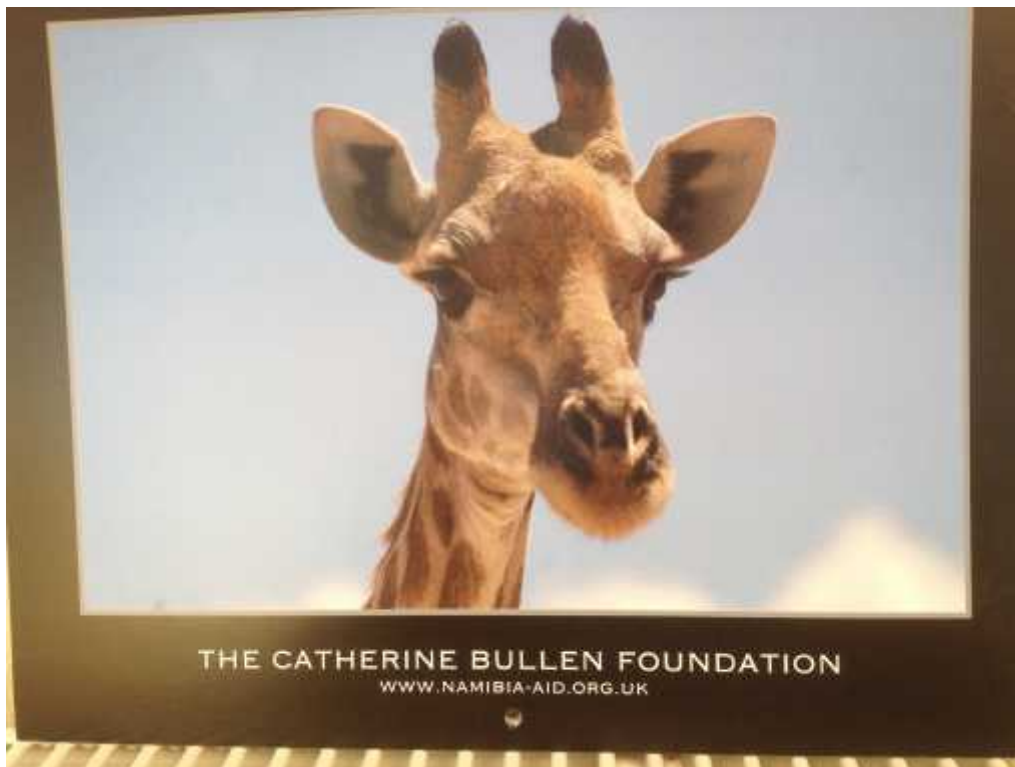
The Foundation is pleased to give presentations to groups and clubs on its work during the day or evenings. So if you are looking for a speaker please contact us.

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. In addition, since the last Newsletter we have received donations from the following organisations and groups – Mersea Rotary Club, Wimpole Road Methodist Ladies Circle, Guardian Angels, and the West Mersea Free Church Ladies Group. We have also received a grant of £1,000 from the N.Smith Charitable Settlement.

Foundation Calendar 2016

We are again selling our limited edition calendar to raise funds for the Foundation. Price is £10 plus £2 postage if we are unable to deliver. Please email us on rogerbullen409@btconnect if you would like to place an order.



Forthcoming Events

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

Tuesday 19 January 2016

Christchurch Ladies Group Presentation – 14.30

Tuesday 26 January 2016

West Mersea Free Church Ladies Group Presentation - afternoon

**The Catherine Bullen Foundation
in partnership with
Titash Indian Restaurant**

Invite you to an

Indian Lunch

at Titash, High Street, West Mersea

Sunday 7 February 2016, from 12.00 onwards

Tickets: £20.00

Raffle

To book your ticket, phone 07733 140748/07771 630928/01206 383368

Saturday 7 May 2016

Shop Collection – West Mersea Co-op

Saturday 14 May 2016

Shop Collection – Felixstowe Co-op

Sunday 15 May 2016

Clacton Car Show – China Smashing stall

Monday 16 May 2016

Civil Service Retirement Fellowship Presentation – Straight Rd, Community Centre at 14.00

Saturday 28 May and Sunday 29 May 2016

Mersea Island Food, Drink and Leisure Festival at Mersea Outdoors

Homemade Cake Stall – **Please bake us a cake if you can**

Monday 30 May 2016

Colchester Hospital Radio Fun Day, Colchester Castle Lower Park – to be confirmed.

China smashing stall

Saturday 11 June 2016

Shop Collection – Manningtree Co-op

Saturday 9 July 2016

Shop collection – Ipswich Co-op

Thursday 21 July 2016

Colne Engaine WI Presentation – evening

Saturday 23 July 2016

Shop collection – Stanway Co-op

Sunday 24 July 2016

Family Day - Norfolk and Suffolk Aviation Museum, Flixton, nr Bungay
Sales Stall

Wednesday 27 July 2016

Strood WI Presentation – MICA at 19.30

Saturday 30 July 2016

Shop Collection – Brightlingsea Co-op

Sunday 7 August 2016

Five Parishes Show – China Smashing stall

Saturday 13 August 2016

Mersea Lions Summer and Transport Show, Waldegraves Leisure Park
China Smashing Stall

Saturday 27 August 2016

Shop Collection – Abbots Road Co-op

Sunday 28 August 2016

Clacton Car Show – China smashing stall

Saturday 8 September 2016

Shop Collection – Frinton Triangle Shopping centre – to be confirmed

Saturday ? September 2016

Seafood Supper at the Company Shed - date to be advised

Saturday 10 December, 2016

Shop Collection – West Mersea Co-op

Saturday 24 December 2016

Shop Collection – West Mersea Tesco Supermarket = to be confirmed

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

By Post: The Catherine Bullen Foundation
Pear Tree Cottage
15 Colchester Road
West Mersea
Colchester
Essex
CO5 8RS
United Kingdom

By phone: 01206 383368 (inside UK) or 0044 1206 383368 (from outside UK)

Mobile: 07771 630928
07733 140748



*The Catherine Bullen Foundation and the
San children from Ondera Resettlement Farm, nr Oshivelo
wish you a Happy Christmas and 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).**