



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 52

Summer 2024

Three quarters of a million pounds raised for Namibian Projects!

This astonishing milestone was passed in May this year, a true testament to all the support we have had over the last twenty-two years and continue to receive for which the Foundation is truly grateful.



The places in boxes are the locations of the Foundation's projects.

Since the Foundation's launching in 2005, having previously been Catherine's Memorial Fund, it has improved the lives of rural Namibians with regards to Education, Health and provision of fresh water. Over the years with your support, we have accomplished the following in the Omaheke Region.

Otjimanangombe and Omuhaturua Primary School and Hostel

The re-equipping of a borehole to provide freshwater for the school and hostel.

The construction of a Primary Healthcare Clinic and nurses' accommodation

The provision of a fully equipped ambulance

The donation of 75 goats to the San Bushmen and their families.

Otjimanangombe and Omuhaturua Primary School and Hostel (continued)

The donation of twenty sheep to the school to teach the children animal husbandry.

The construction of a formal kitchen and covered seating area for the hostel.

The purchase of 250 mattresses for the hostel dormitories

The conversion of a building into hostel dormitories for girls and boys and the construction of flush toilets for girls and boys.

The re-equipping of a borehole with solar panels and a pump for the school, hostel and clinic,

The provision of a fully equipped ambulance to replace the original vehicle which had reached the end of its operational. This new vehicle is permanently based at the clinic.

The construction of a multi-purpose hall for the school and hostel

Eiseb Primary School and Hostel

The construction of a forty-bed dormitory to relieve chronic overcrowding in the hostel.

The construction of a formal kitchen and large covered seating area for the hostel.

The repair of the sewage and drainage system to allow the school and hostel toilets and showers to be fully utilised.

The purchase of 150 sets of uniforms for the children of the San Bushmen families.

The provision of an irrigation system in a large school garden to provide produce for the hostel kitchen and for families in need.

Donkerbos Primary School and hostel

The drilling and equipping of a borehole to bring freshwater to the school for the first time.

The renovation of the showers and toilets which could not be used until we had drilled the borehole.

The Foundation purchased 120 mattresses for the hostel dormitories

OUR CURRENT PROJECT – to provide school uniforms for 89 boys and 115 girls and 218 pairs of shoes and socks. The School Principal has also asked if we can provide 200 spoons for the children to eat their meals with.

AND NOW TO THE OSHIKOTO REGION – NORTHERN NAMIBIA

The Catherine Bullen Primary Healthcare Clinic, Oshivelo

On 23 August 2002, our daughter Catherine, died in the former clinic at Oshivelo from severe gastro enteritis. The clinic was not fit for purpose.

In 2008, the clinic that the Foundation built in Otjimanangombe was opened by the then Minister of Health, Dr Richard Kamwi. He announced that a new clinic and nurses' accommodation would be built by the Government to cater for the population of Oshivelo and its surrounding settlements, tourists and those traveling on the main road from Windhoek to the north. It would be named after Catherine in recognition of the Foundation's work in Namibia.

On 16 July 2014, the clinic was also opened by the Minister of Health Dr Richard Kamwi. We attended the opening and we have supported the clinic ever since. This year the Foundation repaired the toilets and showers and replaced three rotten exterior doors. The hot water system was also decalcified resulting in the hot water system working again after a period of a year being down. This year marks its tenth anniversary, and we will be attending a celebratory party at the beginning of November.

Another one of our current projects is to provide the clinic with a permanent ambulance and the Foundation is funding a refurbishment of a vehicle and equipping it with emergency equipment.



This is the ambulance that the Foundation is refurbishing.
It is currently having a new engine fitted.



None of what has been listed could have been achieved without your continued support, which is greatly appreciated, and we hope you will continue to do so. So we and the Trustees wish to say a big thank you to everyone.

Every penny raised has been used to fund the projects. The Foundation has no overheads except for the necessary public liability insurance. It is also worth repeating that all our trips are self-financed with no charitable money being used for this purpose.

A wheelchair for a Grandma

A friend of ours in Gobabis, Henk Olwage posted on Facebook that he was urgently seeking a wheelchair for a Grandma named Katrina Geelbooi, a San Bushman lady who was currently bedridden. The Foundation felt this was something it could provide and funds have recently been transferred for this purpose.

Henk is a pastor in Gobabis and very active supporting the San community there and runs an organisation called 'Light for the Children' which has a school for San children.



Grandma Katrina Geelbooi who will receive the wheelchair.

Donations and Fundraising

A Touch of Red

On Sunday 12 May, a Foundation fundraising event at East Mersea Church saw a packed audience witness a concert to be remembered when Penny Matthes and her fellow singers in a 'Touch of Red' accompanied by Ian Jewitt expertly performed a repertoire of songs connected to the seasons. Behind the singers was a large screen showing photographs of the people and wildlife in Namibia taken by Chrissie Westgate when she visited Namibia. Also shown on the screen was the choir from Omuhaturua Primary School and Hostel performing songs videoed by Linda Bullen during her last visit there.

Everyone agreed that the afternoon was a huge success and £1,919 was raised for the Foundations projects in Namibia.



A 'Touch of Red' performing in East Mersea church

Colchester Food and Drink Fair – Homemade cake stall

At the end of June, the Foundation attended the Colchester Food and Drink Fair with its homemade cake stall. It was a two day event and a total of £700 was raised. A big thank you to our marvellous cake makers on Mersea Island and Linda's colleagues at Colchester General Hospital who made this such a success. Thank you to Mark and Sue Lay and Paul and Penny Cruddington for their help over the two days.



Homemade scrumptious cakes.

Shop collections

Since the last newsletter, we have carried out the following shop collections:

Halstead Co-op - £163.90
Felixstowe Co-op - £232.14
Frinton Triangle Shopping Centre - £252.22
Stanway Co-op Supermarket - £144.74
Manningtree Co-op - £295.26

Other Events

Car Boot Sale car park and Stall, Waldegraves - £278.11

Forthcoming Events

We have the following events scheduled for the rest of the year:



This is a unique event to be held at the MICA, West Mersea on Friday September 13th. Chrissie and Colin Westgate will be giving a presentation entitled 'A Little Bit of Soap' on the Foundation's projects, the San bushman and their journey through Namibia as seen through their eyes and camera lens. Tickets are £10 and are now on sale at the MICA.

Saturday 10 August
Brightlingsea Co-op

Saturday 17 August
Lions Summer Show – Publicity and sales stall

Sunday 25 August
Clacton Car Show – Publicity and sales stall

Saturday 31 August

Woodbridge Co-op

Friday 13 September

'A Little bit of Soap' – see poster

Saturday 7 December

West Mersea Co-op

Saturday 21 December

West Mersea Tesco

Donations

It would be very much appreciated, if you feel you could support us with a donation for our projects in Namibia. As we are a UK charity working overseas, we are not eligible for any British Government grants.

It can be made online on our website www.namibia-aid.org.uk through 'justgiving' or 'Paypal'.

By sending a cheque made out to the Foundation to 15 Colchester Road, West Mersea, Colchester, Essex, CO5 8RS

Or you can donate by bank transfer to:

Account Name: The Catherine Bullen Foundation

Sort Code: 20-22-67

Account No: 53717690

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. For which we are extremely grateful. If you would like to support us in this way, please use the above banking details so that you can set it up.

Presentations

The Foundation is pleased to give presentations to groups and clubs on its work during the day or evenings.

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 online at www.namibia-aid.org.uk or sending it to the address on the next page.

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.....

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).**