



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 55

Summer 2025

Fighting malnutrition in rural Namibia

In early June this year, we were contacted by Ms Grita Ngero Tjitunga, who is the office Administrator at Eiseb Primary School requesting assistance to set up a soup kitchen nearby the school to be known as the Ongombe Soup Kitchen.

Malnutrition remains a significant challenge among children in Eiseb Block Post 10, particularly among vulnerable children and those from the San community who do not reside in the Eiseb School Hostel. Many of these children suffer from malnutrition which impacts their physical and cognitive development. These have been identified within the community reinforcing the need for urgent intervention and addressing this issue will require access to balanced meals, particularly for those who lack consistent nutrition at home.



Left: Some of the soup kitchen volunteers. Right: The soup kitchen food store. The Foundation is providing a chest freezer to improve food storage conditions.

The objective of the soup kitchen is to provide daily nutritious meals initially to fifty vulnerable children in the Eiseb Block Post 10 and to reduce cases of malnutrition among children aged 6 months to 11 years. It will compliment efforts by the Ministry of Health and the World Health Programme in providing a balanced diet. Both these organisations have pledged to assist with food supplies to ensure balanced nutrition. The effectiveness of the soup kitchen will be evaluated based on the number of children served daily and the improvements in the children's nutritional health based on assessments from professionals

The Foundation has agreed to support this endeavour by purchasing kitchen utensils and equipment.

Omuhaturua Primary School and Hostel, Otjimanangombe

The school choir recently took part in the regional final of a choir competition at Otjinene where they were successful and are going through to the national finals in the near future in Windhoek.

The school has also started the construction of a toilet block with flush toilets for boys and girls, to replace the pit latrines which have been condemned by the health authorities. The school is self-funding these.

At the end of June, students and their teachers from the International School of Paris, one of the Foundation's partners spent two weeks at the school, camping in the clinic grounds. During this period, they undertook teaching sessions with the children, assisted the nurse in the clinic, tiled the floor of the hall and painted some classrooms. ISP also funded the construction of a netball court. We thank them for their continuing support.

Donkerbos Primary School and Hostel

Further to our last newsletter we are pleased to advise that the integral benches and table have arrived. These were funded by the Foundation. (see below)



Also recently delivered has been the large electrical industrial cooking pot, purchased by the Foundation. This has replaced the need to cook outside in pots on fires which is a health hazard.



The new electrical cooking pot and the happy canteen staff.

Our next project for the school is to fund a water point for the hostel, similar to this one, which will provide had washing facilities and fresh drinking water.



Water point similar to the one to be constructed at the Donkerbos School Hostel.

Eiseb Primary School and Hostel

For at least a year the school and hostel has been without its main supply of water as the borehole had silted up. An attempt to drill a new borehole funded by the Ministry of Education proved unsuccessful and was abandoned when the contractor's drilling equipment broke down. Following this the original borehole was rehabilitated and is now fully functional, which means that the garden irrigation system that the Foundation provided can now be installed.

The plates and spoons for the hostel canteen funded by the Foundation have now arrived and the kitchen has been recently decorated and tiled with materials supplied by the Foundation. We now await the quotation for the school uniforms for the first year San pupils.

Fundraising

Early in May, the Foundation gave a presentation to the Mersea Island Stitchers at the Mersea Island Vineyard and received a donation of handbags and two lovely quilts. These items have an interesting back story. Last summer, one of the Stitchers, Elizabeth Appleby who is also a member of the Layer Litter Warriors, came across some fly tipping. Amongst all the rubbish she discovered 33 sealed packets, each containing approximately one square metre of waxed fabric in excellent condition with African designs and a label saying they had come from Ghana. Having got clearance from the Council and Police, she took the fabric to her colleagues at the Mersea Island Stitchers who got to work to make the items that were donated to the Foundation to sell to raise funds for its projects in Namibia for which we are very grateful.



Liz Appleby, Linda and Roger with the bags and tapestry

Colchester Food and Drink Fayre

At the end of June, the Foundation attended the two day Colchester Food and Drink Fayre with its homemade cake stall which raised £633. So a big thank you to all our marvellous cake makers and to Teresa and Steve, Penny and Paul and Eilish for their help.



The cake stall at the Food and Drink Fair



Diners enjoying the Indian Lunch

Indian Fundraising Lunch

On Sunday 6 July, a full house enjoyed the ever-popular Indian Lunch at Titash Indian Restaurant in West Mersea. Dil and his staff as ever rose to the occasion and provided a fantastic meal. Together with the raffle a total of £1,200 was raised. We would like to thank all those individuals, businesses and the Packing Shed who donated raffle prizes and the Mersea Lions for donating a beach hut for the day.

Events

The Foundation attended the following events with its sales and publicity stall:

The Colchester Hospital Radio Funday

The Lions Summer Festival – thanks to Sue and Martin for their help

Shop Collections

The Foundation carried out the following shop collections:

West Mersea Co-op

Morrisons at Maldon (twice)

Shop Collections (continued)

Morrisons at Clacton
Stanway Co-op
Manningtree Co-op
West Mersea Tesco

Total collected: £1,477.49

A big thank you to Eilish, Sue, Martin, Geoff, Pat, Chris, Teresa, Steve, Shirkey and Sandra for their help.

West Mersea Car Boot car park receipts: £241.



Manningtree Co-op Shop Collection



The Foundation's stall at the Lion's Festival

Forthcoming Events

We have the following events scheduled for the remainder of the year which are confirmed. We welcome volunteers to help at these events, so if you can be of assistance, please get in touch.

Saturday 23 August
Morrisons Clacton Town

Saturday 30 August
Woodbridge Co-op Supermarket

Saturday 6 December
West Mersea Lights up – Homemade cake stall

Forthcoming Events (continued)

Saturday 13 December

West Mersea Co-op Supermarket.

Saturday 20 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).