



# The Catherine Bullen Foundation

*Making a difference in rural Namibia*

## NEWSLETTER

No: 14

December 2011

### *Kitchen and seating area opened on 7 October*

With your support we did it!!

*The following is a report which featured in the local newspapers.*

Roger and Linda Bullen, trustees of the Catherine Bullen Foundation, based on West Mersea, Essex, have just returned from Namibia after opening a kitchen and covered seating area at the Omuhaturua Primary School Hostel in the Omaheke region.

The facility which cost £66,000 replaces the previous unhygienic method of cooking food in pots outside in an area frequented by domestic and farm animals. The children would then eat their meals around the pots squatting in whatever shade they could find. Individual donations, sponsored events and fundraising by the Foundation's volunteers provided £36,750 while the balance was provided by grants of £10,000 each from the Erach and Roshan Sadri Foundation and the Rooney Foundation, £3,000 from Frinton Rotary Club, £2,500 from the St James's Place Foundation, £750 from The Enid Slater Charitable Trust, £2,000 from the J Murray Napier Fund and £1,000 from N.Smith Charitable Settlement.



View of the back of the completed kitchen forming the fourth side of the quadrangle containing the covered seating area

Together with Komeho Namibia Development Agency, the Foundation's Namibian ngo partner, a pioneering environmentally friendly method of construction was employed using sandbags. Women from the local community were paid to fill the bags which were tightly packed in a timber framework. The walls were then lined with a fine wire mesh and screed with cement. Also in order not to burden the school with huge electricity bills, and with wood being freely available, special wood burning stoves and ducting were designed and constructed.

Amongst those attending the opening ceremony were Omaheke Governor, Laura McLeod-Katjirua and Mrs Nathalia Goagoses, Director of Education, who both commented on the dedication of the Foundation, its partners and supporters to improve conditions at the hostel and in the local area. Mrs Nelago Kasuto, Managing Director of Komeho informed those present that the Foundation had now raised £208,000 for its projects in the region which included providing a badly needed clinic, an ambulance and goats for the San bushmen.



Mrs Nathalia Goagoses, Director of Education, receiving the keys to the kitchen from Linda with Gabriel Hangara of Komeho.

Roger Bullen commented in his speech that the new kitchen facilities and the refurbishment of the hostel by the International School of Paris showed what could be done by dedicated partners and should be used as an example to be replicated at other rural school hostels in badly need of refurbishment. Mr Tilanus Timoteus, a teacher at the school commented ' The smiles not only on the children's faces but also on those of the teachers, say it all. We really do not know what to say for all this. Words are not enough to express our appreciation. To the Foundation we say that God himself observes what you are doing for his people.'



The evening before the opening, the tables and chairs were taken out of the store by some very excited children. They then ate their meal, seated at the tables for the first time in the history of the school.

This project completes our work at the Hostel which has now been brought up to a standard which qualifies it to be taken over by the Regional Ministry of Education who will be responsible for its care and maintenance. In addition the school will receive a subsidy for each boarder.

## ***Fundraising***

### **Yard Sales/Car Boots**

We managed a couple of sales before the season ended which raised £183.60. Stock is safely tucked away in Roger and Linda's garage awaiting the start of next years car boots at Mersea on Easter Sunday.

### **Colchester Lions Classic Car Day**

This was held on 11 September 2011 in the Lower Castle park in Colchester. By popular request we returned with our china breaking stall which raised £177.

### **West Mersea Lights up.**

The switching on of the Christmas lights at West Mersea took place this year on the evening of 2 December and we attended with our home made cake stall together with cards and our calendar for sale. For the first time we had items for sale hand crafted by the San which drew a lot of interest. Together with our raffle for a Christmas cake, we raised £153. Many thanks to all those who provided cakes and Christine and Mike Robson for helping with the stall and raffle.

### **Grand Ceilidh**

This was held on Saturday 12 November at the Colchester County High School for Girls with the folk band 'Most Unexpected' again providing the music. Having set the date a year in advance, we still unfortunately clashed with two family events which meant that we were missing two large parties who had attended in previous years. However, the event went extremely well raising £535. Instead of a drum group playing during the interval, Roger gave a brief presentation on the Foundations projects which was well received. Our thanks go to the Foundation's fundraising committee, the School PTA who ran the bar, and the school for it's assistance with the event.





The Ceilidh is full swing!!

### **Shop Collections**

Since the last newsletter we have undertaken a number of shop collections including the Co-op at Frinton and the two Tesco stores in Colchester raising £463.20

### ***Schools***

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

The Foundation has continued to receive support from the school with a donation of £81 and going forward into 2012 we hope to twin them with Eiseb Primary School

#### **Great Bentley Primary School**

Prior to their October visit to Namibia, Roger visited the school and was presented with books compiled by the children featuring English traditional stories for the children of Omuhaturua Primary School. It is planned that the Omuhaturua Primary School will reciprocate by writing traditional Namibian stories to share with Great Bentley which will be brought back by Linda and Roger after their visit in March 2012. The school continues to fundraise for the Foundation's projects and Roger was presented with a cheque for 258.83, and we thank them for their continued support.

#### **Colchester County High School for Girls**

As previously mentioned, the school hosted the Ceilidh in November.

### ***Marathons***

#### **Ipswich Kids Triathlon**

As reported in the August newsletter, Scott Tatum's daughter Piper-rose, aged 10 yrs, took part in the Junior Triathlon which took place on the 28th August at Framlingham College, Framlingham. She did very well on what was her first entry for such an event and raised £387.51. Well done Piper-rose.





Piper-Rose Tatum after completing the Ipswich Junior Triathlon.

### **London to Paris Bike ride – 21<sup>st</sup> to 25<sup>th</sup> September 2011**

*The following report appeared in the Essex County Standard.*

Consultant surgeon Jeremy Stanton has even more sympathy for his patients after completing a 320 mile charity cycle ride. An orthopaedic specialist, he was left with carpal tunnel syndrome (pressure on the median nerve which supplies feeling and movement to parts of the hand) following the fundraising event. Mr Stanton teamed up with Boxted resident Rob Thompson for the Global Adventure London to Paris bike ride. Part of a 40 strong group, they completed the distance in four days raising thousands of pounds in sponsorship. Mr Stanton who is based at Colchester General Hospital said, 'I found myself in good company with all medical professions covered by my fellow riders and suffered the ignominy of being overtaken by two physicians and an anaesthetist when having to stop to repair punctures. It was a hard and tiring run, but very satisfying knowing every penny we raised would be spent on the Foundations projects. We have raised between £3,500 and £4,000. Our friends have been incredibly generous and we are terribly grateful to them'.



Paris at last! Jeremy on the left with Rob Thompson.

## **Great South Run – Sunday 30 October**

West Mersea fitness instructor, Carol Irvine recently took part in the 10 mile Great South run in Portsmouth raising over £400. Carol and her husband, Alan had previously taken part in the Great North Run when their son, Gregor was at Durham University. With him now studying at Portsmouth, she felt it was a good opportunity to undertake the Great South Run and was again accompanied by husband and son. Carol commented 'my early morning training runs always took me passed Foundation trustees, Roger and Linda Bullen's house, I have always admired the work carried out by the Foundation in Namibia which inspired me to raise money for its projects.' It has just completed its current project, the provision of a kitchen and covered seating area at the Omuhaturua Primary School Hostel and its is now preparing for its next challenge which is to renovate the hostel at Eiseb deep in the Namibian bush where the children stay in less than desirable conditions. Carol is well known on Mersea Island for her Zumba, Zumba Gold, Hula Hooping and Mens 60+ classes at the MICA Centre. Foundation trustee, Roger Bullen commented, 'we are very grateful to Carol and her family for supporting the Foundation's work in Namibia. It is another example of members of the local community helping us, especially knowing that every penny raised goes to our projects'. Log on to [www.virginmoneygiving.com/team/IRVINE](http://www.virginmoneygiving.com/team/IRVINE).



Carol Irvine in training with her Hula Hooping Class

## **London Marathon 2012**

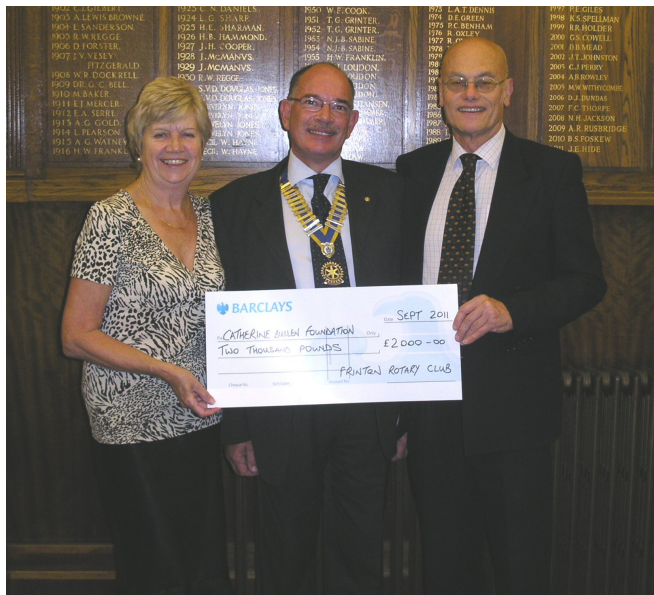
We are pleased to be able to announce that one of our supporters Craig Warringer managed to secure a ballot place in the London Marathon on 22 April 2012. Watch out for details of the Virginmoneygiving website to sponsor him.



Craig Warringer on the right on London Marathon runner for 2012.

## Donations

We have continued to receive individual donations 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.



Roger and Linda receiving a cheque for £2,000 from the Frinton Rotary International Committee. The money was used to purchase equipment for the kitchen at Omuhaturua Primary School hostel.

## Presentations

If you belong to a club and they are looking for speaker, then the Foundation is pleased to oblige. We have a full powerpoint presentation on the Foundation's work, together with our own screen and projector.

## Friends of Namibia

A new Committee was elected for the coming year and the new chair, elected at the 26 November AGM, is Roger Bullen. Much thanks and appreciation was expressed to Margaret Lipscomb for many years of excellent work and activity as outgoing chair. The Friends of Namibia Society was launched in November 1997. Membership includes former anti-apartheid campaigners who supported the country's liberation struggle and many who have come to know Namibia in more peaceful times including volunteers, teachers, academics, exchange visitors, tourists, and those with an interest in the country's natural beauties and animal life. The society also provides a forum and coordinating body for various groups in the UK.

## 2012 – A special year

Unbelievably, next year will be the 10<sup>th</sup> anniversary of Catherine's death. One of her favourite pastimes was swimming, and as it is also the year of the Olympics, the Foundation felt that it should do something special. We plan to organise a nationwide swimathon, and we would like to hear from schools, organisations and individuals who would like to take part. The target is to swim the distance between London and the Namibian capital, Windhoek. Each sponsored metre that is swum will contribute to a total which we hope at the end will equal the distance. It is intended to run this up to the end of the Olympics in August. If you can help to organise a swimming event or would like to swim as an individual, please get in touch. ***Lets make this an event that Catherine would have been proud of.***



## Our next project

### REFURBISHMENT OF EISEB PRIMARY SCHOOL AND HOSTEL, OMAHEKE REGION, EASTERN NAMIBIA

#### Background

Eiseb was originally a San bushman settlement and after Namibia became independent in 1990 the government encouraged Herero cattle farmers to return from exile in Botswana and settle there. It is situated in the bush towards the Botswana border, 260 miles north east of Gobabis, the regional capital and is served by a gravel road for the majority of the distance. Facilities are sparse but as well as the school and hostel there is a medical clinic staffed by one nurse.



General view of the hostel buildings. The girl's dormitory is nearest the camera with the boy's dormitory in the background.

The school hostel was converted from two warehouses by the community. Currently there are 116 boarders.

#### The Dormitories



Girl's dormitory

Girl's dormitory accommodates 64 girls. There are eight bunk beds giving 16 beds. Pupils either sleep two to a bed or on the floor. Most beds and lockers are damaged, the floor needs tiling, the inner roof needs repairing and walls decorating. There is no glass in the windows.



Boys dormitory

Boy's dormitory accommodates 52 boys. There are eleven bunk beds giving 22 beds. As with the girls, they either sleep two to a bed or on the floor. Most beds and lockers are damaged. The building is in similar condition to the girls.



German volunteers from 'Homes of Hope 2011' charity decorating one of the dormitories earlier this year.

#### Washing facilities

Each dormitory has a shower room attached.



Shower room

The most noticeable thing about the shower rooms is that there are no showers! The children take a shower by having a bowl of cold water poured over them.

### **Cooking and eating facilities**

The children's staple food is maize porridge, three times a day, provided by the government food programme. This is sometimes supplemented by tinned fish. The food is cooked in large pots on open fires and then served to the children in any receptacle that the child owns. Sometimes it is just a large margarine tub. The children then find somewhere to sit on the ground to eat their meal.



Pupils sitting on the ground in the shade eating.

## **The Project**

### ***Dormitories.***

1. The construction of a third dormitory divided between girls and boys to alleviate overcrowding.
2. The provision of new beds, mattresses and personal trunks.
3. Completion of refurbishment of existing dormitories.

### ***Showers***

1. Install showers together with the necessary plumbing and water supply.
2. Supply a 10,000 litre water tank, pipes and structure to house it.

### ***Cooking and eating facilities***

1. Provide an open air shaded area with tables and chairs.
2. The construction of a kitchen as at Omuhatura Primary School Hostel.
3. Supply two large cooking pots, plates, cups and spoons.

### **Estimated cost**

Still to be quantified but it is felt that it will be in the region of around £250,000.

### **Major Project Stakeholders**

The Catherine Bullen Foundation

Komeho Namibia Development Agency (Foundation's ngo partner in Namibia)

Sunni e. V – 'Homes of Hope', (Germany Charity)

The International School of Windhoek

Directorate of Education, Omaheke region

The Eiseb community



## ***Forthcoming Events***

*Sunday 26 February 2012*

Indian Lunch at Titash Indian Restaurant, West Mersea. Tickets £18

*Saturday 7 April 2012*

Shop collection – West Mersea Co-op

*Sunday 8 April 2012*

Car Boots commence at Waldegraves, West Mersea

*Sunday 22 April 2012*

London Marathon – please support Craig Warringer, our runner

*Saturday 5 May 2012*

Shop Collection – Clacton Fiveways

*Saturday 2 June/Sunday 3 June 2012*

Mersea Food and Leisure Festival

Home Made Cake Stall – we hope you will be able to support us by baking a cake

*Saturday 30 June 2012*

Shop Collection – Abbots Road, Fiveways, Colchester

*Saturday 14 July 2012*

Shop Collection – Co-op Supermarket, Stanway, Colchester

*Saturday 28 July 2012*

Shop Collection – Co-op Brightlingsea

*Saturday 18 August 2012*

Shop Collection – Co-op Frinton

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 the next newsletter.

## ***Indian Lunch***

We are holding our hugely popular Indian Lunch at Titash, West Mersea on Sunday 26 February 2012. Tickets are £18. To save disappointment, please contact us if you would like to come.

## ***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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Mobile: 07771 630928  
07733 140748

## **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).**



*Linda and Roger Bullen,  
The Catherine Bullen Foundation  
and the children from  
Omuhaturuua Primary School Hostel  
Wish you a Happy Christmas  
and a  
Prosperous New Year  
Thanks for your support*