



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

No: 57

Spring 2026

Recovering well

As reported in our Winter Newsletter, Roger had to go into hospital for a revision operation on his left hip joint which consisted of removing the old artificial hip joint and replacing all components. We are pleased to report that he is recovering well, and our next trip to Namibia has been booked. However, as mentioned before, this absence does not affect the work of the Foundation, as thanks to modern communications we are in daily contact with our project recipients and our Namibian ngo partner, Komeho Namibian Development Agency.

Another Administrative challenge

When we first went to Namibia, and Linda started volunteering in the State clinics, a simple letter from the Permanent Secretary in the Namibian Ministry of Health gave her permission to practice. As the years went by, it was decided that she needed to be a registered nurse in the Namibian Health Service which meant taking an oral examination which she passed with flying colours. Now each year as in the UK she pays a registration fee, usually in March, which we pay in person at the Nursing Council offices in Windhoek.

Obviously, this year we could not do this, and we paid by bank transfer. During this process we discovered that a notification had been sent out to all Namibia Health workers on 25 February that they had to apply for a 'Permission to Practice' by 20 March. Failure to do so meant that they could not work in the Health Service and this included Linda who only learnt about this at the beginning of March. An application form was sent to her by one of our Namibian friends which stipulated what documents had to accompany the completed form, and had to be signed and stamped by a Commissioner of Oaths. A lawyer friend in Windhoek kindly agreed to certify the documents which were emailed to her and Linda's application went in just before the deadline, so a close call.

Donkerbos Primary School and Hostel

In April 2022, the Foundation was made aware by the Omaheke Regional authorities in Namibia of a serious situation at Donkerbos Primary School and Hostel regarding the lack of fresh water. This resulted in the Foundation drilling two boreholes, and the most productive one was equipped and has been supplying the school and hostel ever since. The other one was until recently capped until last month

when through funding from the Omaheke Community Development Foundation and the Environmental Investment Fund provided funding for it to be equipped and work has now started. This will provide fresh water to Sondenblom (translated sunflower), a nearby San bushman settlement.



The water tank stands being constructed at the capped borehole

At the hostel there is a requirement for a water point where the children can get a drink of water and also wash their hands before having a meal. The Foundation has agreed to fund this and it is receiving support from the residents of Mersea Court, West Mersea who are holding an event on Saturday 13 June to raise funds.



A waterpoint similar to the one to be constructed at Donkerbos Hostel

Eiseb Primary School and Hostel

At Eiseb Primary School and Hostel there was recently a large intake of children at the beginning of the school year, many of them from San bushmen families who are unable to afford school uniforms. So the

Foundation agreed to fund these together with other children who were in school without uniforms resulting in 120 being purchased for the boys and 186 for the girls.



The children in their new school uniforms

Good Hope Primary School and Hostel

This is the school that receives support from St Mary's Senior School in Colchester. They recently completed their fundraising for netball sports kit which Good Hope Primary school will now purchase.

St Mary's have since been made aware that some of the classrooms are lacking desks and chairs with the pupils having to sit on the floor or rest their books on their laps. They are now raising funds so that the school can purchase material to repair the classroom furniture.



A classroom at Good Hope Primary School showing lack of chairs and desks

Vasdraii Agricultural Vocational Training School

In December 2024, the Foundation purchased a tractor with the assistance of ATI for the Vasdraii Agricultural Vocational Training School run by Komeho, the Foundation's ngo partner in Namibia. The school caters for underprivileged young men and women to train them in agricultural and horticultural skills. The purchase of the tractor resulted in the school receiving a grant from the National Training Authority. However, some renovation was required at the school before the students could start their training and the Foundation is recently funded this work.

Fundraising

Berlin Marathon 2026

In our Winter Newsletter we announced that Mr Satya Annapureddy, an orthopaedic surgeon at Colchester General Hospital would be running the Berlin marathon in September this year to raise funds for the Foundation. Satya recently advised us that part of his training regime was running the Colchester Half marathon and a 30 kms run in Bologna, so well done Satya.

If you would like to sponsor Satya please go to his Justgiving page by hitting 'Ctrl' and clicking here https://www.justgiving.com/page/satyanarayana-annapureddy-3?utm_medium=FR&utm_source=EM

JustGiving sends your donation straight to The Catherine Bullen Foundation and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.

Forthcoming Events

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

Saturday 18 April

Shop collection - Morrisons Maldon

Saturday 2 May

Shop Collection - West Mersea Co-op

Saturday 23 May

Shop Collection - Morrisons – Little Clacton

Monday 25 May

Hospital Fete, Castle Park – Sales and Publicity stall

Saturday 6 June

Shop Collection - Morrisons Clacton Town (Waterglades Retail Park)

Saturday 27 June/Sunday 28 June

Colchester Food and Drink Festival, Castle Park – Homemade cakes stall.

(Donations of homemade cakes greatly appreciated)

Saturday 4 July

Shop Collection – Morrisons Maldon

Saturday 25 July

Shop Collection - Manningtree Co-op Supermarket

Sunday 2 August

Five Parishes Show – Sales and publicity stall

Saturday 8 August

Shop Collection - - Morrisons Clacton Town (Waterglades Retail Park)

Saturday 22 August

Lions Summer Fete and Car show - Sales and Publicity stall

Saturday 29 August

Shop Collection - Woodbridge Co-op Supermarket

Saturday 5 December

West Mersea Lights up – Homemade cake stall (to be confirmed)

Saturday 12 December

Shop Collection - Morrisons Clacton Town (Waterglades Retail Park)

Saturday 19 December

Shop Collection - 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 Foundation 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

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

By Post: The Catherine Bullen Foundation
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Mobile: 07771 630928 and 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).**