

**2017**  
ANNUAL  
REPORT



FRIENDS  
OF  
VALKENBERG  
TRUST



# CHAIRPERSON'S REPORT

I am happy to report on a successful year for the Trust. Despite the loss of some longstanding trustees, we have been able to continue providing key services to the patients and staff of Valkenberg Hospital, thanks as always to our donors as well as our own personnel and volunteers.

Our relationship with Hospital Management and with the Department of Health is crucial to our mission and I am pleased to say that this remains very healthy. We do not get to as many meetings of the Health Facility Board as we would like, but we value their ongoing support and we are committed to full cooperation with them. Progress with the MOU, that is, the formalisation of the working relationship between the Hospital and ourselves, is rather slow, but ongoing.

With regard to the Trust itself, we have met every quarter, in addition to the AGM. The Trustees have been regular in their attendance, as well as discharging their duties responsibly, for which I thank them. We welcomed a new Trustee at last year's AGM, Fadia Gamieldeen, but then lost a longstanding Trustee, Bertha Blackwood-Murray due to ill health. Bertha had been very active in supporting the Friends before her illness, and will always be remembered with great affection and appreciation.

Sadly also, at the end of last year, we said goodbye to Paul Norton, our Treasurer, after 7 years in the post. Paul took his duties very seriously. Besides making some specific improvements to financial management of the Trust, he generally provided a strong sense of financial security and stability.

We are delighted to welcome Hugh Amooore as our new Treasurer. Hugh recently retired after a long and distinguished career at UCT as Registrar. Everyone knows that it was Hugh, not the Vice Chancellor, who kept UCT running!

The only other change to the Trust is that I am back as Chairperson, although we now rotate the chairing of the Trust meetings between all the Trustees.

The Friends of Valkenberg office is the hub of our organisation, and continues to do amazing work. Thanks to a great team, there are always new developments and initiatives for which they ceaselessly stretch themselves to their limits. We were grieved at the resignation of Marsha van der Berg, our very successful Events Coordinator, a couple of months ago, but we are pleased that Marsha took an opportunity that came her way to move on to a new challenge. Fortunately another asset came our way in the form of Gail Henry, and we are pleased to have her on our team now, managing events.

In conclusion, I wish to thank our patron, Stuart Saunders, and Carol Dean, CEO of Valkenberg Hospital, for their unfailing support. We now have around 60 volunteers, without whom there would be no services. Thank you for giving up your time to share your skills. And finally, thanks to both our loyal and our new donors who make it all possible, not forgetting BDO South Africa, who continue to provide us with pro bono accounting services.

Brian Robertson  
Chairperson  
Friends of Valkenberg Trust



BRIAN ROBERTSON



# DIRECTOR'S REPORT

**“ I am proud of myself..... It means a lot to me..... I'm contributing. I like working with people ... feeling less troubled, finding a small place for peace and quiet. I really like this communication business - isolation is the friend of depression. It has made me feel a lot more confident and believe in myself. ”**

It's comments like these, from the trainees in our Skills and Work Experience programme – that make me excited about what the Friends of Valkenberg Trust has done this year. The Friends has continued to work in partnership with the staff at Valkenberg to promote the recovery of people with serious mental illnesses. This is vital work, as it means people can get back to their lives – their families, their jobs and their communities – better equipped to continue their recovery journey.

We took a decision at this year's annual planning meeting to focus on consolidating the projects we are running and deepening our impact rather than continuing to grow the number of volunteer lead groups we have.

The 14 weekly recovery-focussed groups our volunteers are running, together with the 8 other more practical services we offer all support recovery in various ways: enhancing independent living skills, building vital self-esteem and confidence, growing social skills, offering opportunities for relaxation and stress management, improving physical activity and providing the practical support to make recovery possible.

Our 60 volunteers have given more than 5000 hours this past financial year to make an impact on recovery. But recovery doesn't just happen in hospital. It is a long journey and requires support from both professionals and others, both in hospital and out. The Friends are delighted to again have been a small part of this journey for more than 2500 people connected to Valkenberg in the last year. Please enjoy this report of the work we are doing and the stories of people whose journey we are privileged to share.

Sandra Matthew  
Director, Friends of Valkenberg Trust



SANDRA MATTHEW



Friends of Valkenberg Staff:  
Elaine Smith, Sandra Matthew, Maxwell Mboxela, Pat Francis, Avril Isaacs and Gail Henry

# PROJECTS AND SKILLS DEVELOPMENT

## WHAT our SERVICE USERS have to SAY

"If we beat, we are one. Even if we have different minds, there is unity."



"I'm still learning, you wanna hear? You should try too, it is fun."

"I feel like if I can draw it then I can do it. Today I draw a lion, lions are strong just like me."



"I like to draw what I imagine, things that I can't put in words. I'm not good with words but I can draw them."

"It feels awesome. I feel better, like a new man. The clothes made me feel dignified in myself."



"It helps you to forget all the negative things in your life"

"I made sure I had a seat here."



"I wish there were more days to work here."

"I'm proud of myself. That I can do something on my own. And this is mine."



"Maybe when I go home I can do it myself."

"It's relaxing and I can see results. I'm making something useful."



I like getting my nails done. I feel beautiful

"Having a hobby keeps you mentally fit after you leave Valkenberg."



Friends staff, together with our 60 volunteers, support the recovery of people at Valkenberg by partnering with the Hospital to offer complementary services and activities which target each aspect of the recovery process - whether it be teaching independent living skills, building vital self-esteem, improving physical activity, proving opportunities for the development of marketable skills or providing the practical support to make recovery possible.

# PROJECT

## Music and Movement

by Angie Kennedy

Drumming Facilitator

*The benefits are developed and seen over time as the members journey together in their groups embarking on self discovery, mastering social skills and developing their own motor-brain coordination while dealing with their own personal stressors and issues.*

For the past two years I have been facilitating the drumming sessions at Valkenberg, as part of my project called music-and-movement-as-a therapy. The focus at Valkenberg specifically, is on helping people who are recovering from psychiatric conditions. The basic elements used in my sessions are drumming, song and dance. These elements relate to mental, emotional, social and spiritual aspects, assisting people to improve, restore and maintain mental and physical health.



The sessions typically begin with each person giving a greeting to the rest of the group saying how they are feeling, or giving a positive affirmation, followed by their own beat for the day. This beat can either be a solo piece or can take the form of a lead and follow. Each person has a chance to make themselves heard or known to the group.

Thereafter we go into “drum circles”, whereby one person begins with a stable consistent beat, and the rest of the group contribute their own beat, harmonizing and creating an orchestra of sound. The drum circle is held for a few minutes for the effect of the sound, vibrations and togetherness to have an effect and it is interesting to find out what imagery came to mind during the drumming, what feelings or memories surfaced and how it made each person feel.

We also explore movement, dance and singing along with the drumming.

All these aspects teach valuable life skills, focusing on:

- Speech, communication, memory, strength and coordination.
- Fine and gross motor skills through use of drums, shakers and triangles or even body percussion techniques (clap, click, hands and on legs).
- Social skill development facilitated through aspects such as greetings, turn taking, eye contact, self and creative expression, collaboration, group or teamwork. This also relates to behavioral aspects and social-emotional aspects.
- Self esteem and quality of life through positive experiences, acceptance, success, team work and fun.

The goal is to create effective and lasting emotional and behavioral change. The sessions benefit everybody, lifts people’s spirits, helps dissipate anxiety or depression, grief, or pain. Each session is a safe space for each person to express him or herself individually and as a group/family.



# From INPATIENT to INDEPENDENT

## Jennifer's Story

by Jeannine Louw

*She's come a long way, and with grace and humour has recovered from what she calls 'years of hell.'*

We sit and chat in a cozy cafe on a blisteringly cold day in Muizenberg and sip on hot drinks and eat out of the oven cardamom cake. Jennifer starts her story by telling me about her 3 sons, The eldest teaching English in Vietnam, another working in Dubai and travelling the world, the youngest completing his masters at UCT in social development.

She has smart sons who are good men she says. She even became a granny recently and has a 6 month old grandchild. "They appreciate me and what I have done for them."

Jennifer lives close by in a shared flat where she leads a quiet simple life. She loves to make spaghetti Bolognese, listen to the radio and go for walks near the vlei. As a volunteer at The Friends of Valkenberg she travels in by train 3 days a week to work in the Friendly Shop where she's responsible for receiving all sorts of donations and separating these out into what to sell and at what cost. She loves it she says, loves going in to work and seeing her colleagues who are kind and supportive. She's come a long way, and with grace and humour has recovered from what she calls years of hell.

Born on the 7th June 1962 in a rural village of Zimbabwe, Jennifer was part of a large family of 6 daughters, raised by what she calls an "old-fashioned and hardworking" mother.

She left home at a young age to attend school at Kwe Kwe, and later at the age of 20 trained to become a police officer, serving for 10 years while gradually growing within the ranks. This is where she met and later married her husband and after a few years they left Zimbabwe in the early 1990's, with two young sons Cedric and Rodwell, for Cape Town, where he was offered a job in security at SA Breweries in Newlands and a cozy company cottage for the family to live in.

The couple had another son, Joshua whilst making a life in the Cape. Her growing sons were doing well in school, two of them in SACS while she was working as a bank teller supporting them mostly on her humble salary. After some time, Jennifer found herself becoming the primary caretaker of the three children and of the home, experiencing her husband becoming less and less available and more and more distant.

As a young mother in a new country and unfamiliar environment, she felt like she had little emotional, financial and physical support during this time, no aunties, no sisters or mother, nobody familiar from her homeland to turn to for assistance

or kindness or help. She describes how she felt ever more isolated and helpless the more she and her husband grew apart. Cut off from any kind of support structure or family, her panic and fear of how she'd cope and manage everything completely overwhelmed her.

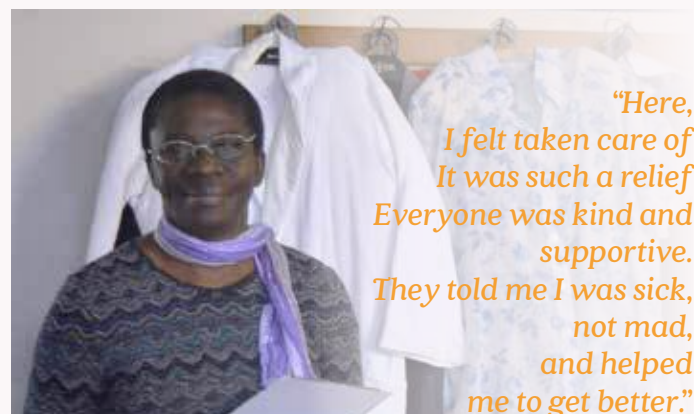
During this time she and her husband separated and through the kindness of a friend Jennifer found a new cottage in Kalk Bay to live in and raise her kids there. They changed schools, she found a new job and then her husband subsequently died in a car accident.

With her outer structure collapsed, she felt her inner structure slowly collapsing in on her too. A black dog of depression sank deep into her soul as she struggled her way through each day, not sleeping at night with the insomniac wolf at the door for 2 years, she says "I felt myself going mad. I felt people were following me...I saw and felt things other people didn't..."

Her 1995 diagnosis from Valkenberg Hospital of delusional disorder, then later schizophrenia with depression, lead to her spending a few years medicated and in recovery. A later relapse in 1999 saw her returning and spending further time recovering with a supportive structure. She felt ostracised at work, "the stigma is so bad" she remembers, eventually leaving her job after colleagues found out she'd been in Valkenberg.

"Here, I felt taken care of" she said, "it was such a relief. Everyone was kind and supportive. They told me I was sick, not mad, and helped me to get better".

These days, as an outpatient and active participant at Friends of Valkenberg Jennifer has found a way, through working in a close supportive environment, of managing in the world which once felt so threatening to her. Perhaps it's because her soul feels cared for.



*"Here, I felt taken care of It was such a relief Everyone was kind and supportive. They told me I was sick, not mad, and helped me to get better."*

Jennifer

# Into the LIGHT MY RECOVERY STORY

by Gokul Nair

Depression? What's that? Everyone gets depressed once in a while. Suck it up, it's called life.

We all think we've been depressed, but I'm not talking about sadness, I am talking about the clinical illness called depression which is one of the most common mental illnesses in the world.

***"I would have never believed in depression, and would have dismissed it as a "lazy person's excuse" until I was hit by it."***

In 2013, as I was doing my final year in undergrad. I started finding it difficult to maintain conversations, struggled to get out of bed, lacked confidence, had low self-esteem, and struggled to work. I thought I was just tired or stressed, but as time progressed, so did my symptoms.

In 2014, I started my post grad. studies. I struggled to wake up, didn't submit academic reports and outstanding work, avoided going to campus, and even broke down crying in front of my class during my presentation. When I found myself sleeping most of the day, crying almost every day for no reason, sitting in my car for hours before I could get out of it and not showering for days, I knew that something was wrong.

You might think that a traumatic experience triggered these emotions, but no. I have the most loving parents, a caring brother, and an awesome group of friends. No financial problems, was never abused, never went through any trauma, never abused drugs and I have never been a victim of crime.

Depression in males is expressed differently than depression in females. We live in a society where men suppress their emotions. They must "man up", and act like they are in control, so speaking up about depression takes a great deal of strength. But speaking about it openly allows you to get better, and allows people around you to have the confidence to seek help.

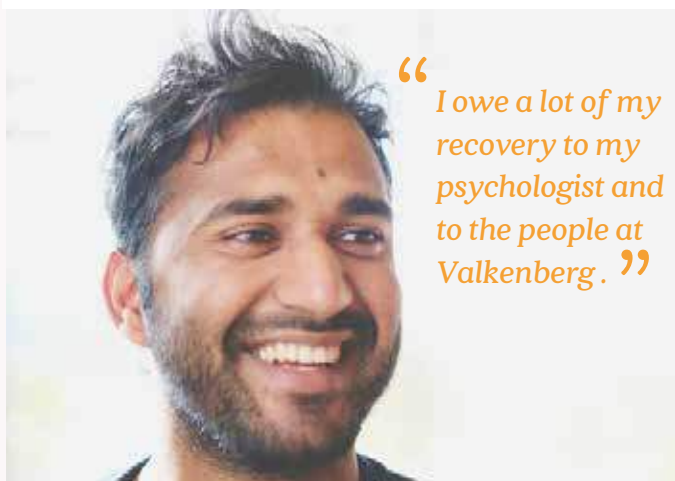
Over time, I was able to get help from psychologists, psychiatrists and other professionals. I went through ten different types of medication, before I found the right combination.

***"Every time I had to change medication, I felt like my depression was incurable and whatever I did, whatever medication I took wouldn't help me. But it did. After three years, including two months of admission to Valkenberg, I emerged feeling better than I have felt in years."***

Keeping quiet about depression is the worst thing you could do. I started speaking about it openly to my friends, my family, people I had just met (if appropriate). I spoke about the antidepressants and my experiences at Valkenberg. I spoke about it the way people spoke about the common cold. And do you know what happened? I made friends. People felt closer to me. My family and I bonded. My friends confided in me. People who had never spoken about their experiences of depression spoke up and sought help.

And here I sit, having finished my masters, looking to the future. The future previously seemed so dark, suicide seemed inescapable. In those dark times, I could never see the light. I started philosophising that light does not truly exist, that we lived in perpetual darkness and the light was a myth people created. My outlook is vastly different now, I wake up with enthusiasm. I want to hike, and run and take photos. I want to see my friends, and I want to live into the future. Seems like the light does exist.

## Gokul Nair



At Valkenberg, the experienced and professional nurses make you exercise, the psychologists teach you mindfulness meditation, the doctors give you medication, your case manager looks at how you experience life and the group sessions look at how you conduct yourself in society and teach you life skills.

We were also given an opportunity to get in touch with our creative side and paint, build mosaics, make necklaces and bracelets

Valkenberg looks at Depression from so many different angles, that I strongly believe that it is the best place to get admitted if you suffer from Anxiety or Depression.

# FINANCIALS

## STATEMENT OF FINANCIAL POSITION AS OF 31 MARCH 2017

CURRENT ASSETS	2017	2016
Trade and other receivables	695	7 978
Cash and Cash Equivalents	322 846	334 423
Cash and Cash Equivalents - Sustainability Reserve	522 815	461 047
Inventory	7 479	7 184
<b>TOTAL ASSETS</b>	<b>853 835</b>	<b>810 641</b>
<b>EQUITY</b>		
Reserves	522 815	461 047
Accumulated surplus	166 780	176 294
<b>TOTAL</b>	<b>689 595</b>	<b>637 341</b>
<b>CURRENT LIABILITIES</b>		
Funds received in advance	164 240	173 302
<b>TOTAL EQUITY AND LIABILITIES</b>	<b>853 835</b>	<b>810 643</b>

## VOLUNTEER HOURS



60

Average number of Volunteers



25

Number of Projects



5052

Number of Volunteer Hours



R 505 225

Value of Volunteer Hours (at R100/hr)

## DONATIONS IN KIND

Christmas.....R 28 230

Food Parcels.....R 5 400

Free Venues and Services.....R 25 000

Clothing.....R 31 525

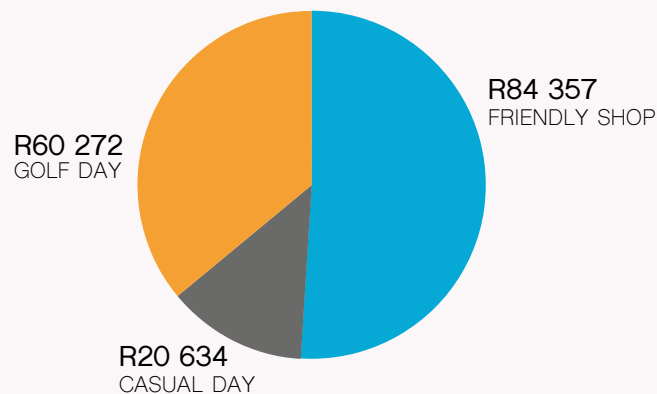
Golf Day.....R 82 189

# FINANCIALS

## STATEMENT OF COMPREHENSIVE INCOME

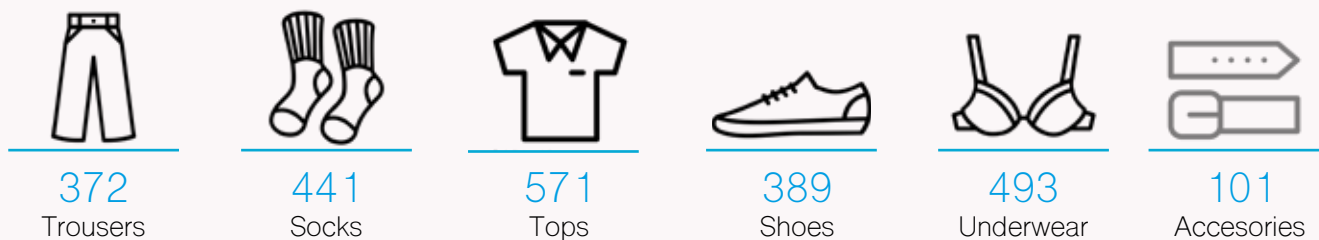
CONTINUING OPERATIONS	2017	2016
Revenue	798 053	756 967
Other Income	151 089	152 439
Operating/Core Project Expenses	(775 341)	(834 874)
Operating Surplus	173 801	74 532
Investment Revenue	8 418	7 163
<b>SURPLUS from CONTINUING OPERATIONS available for PROJECTS</b>	<b>182 219</b>	<b>81 695</b>
Project Expenses	(191 733)	(178 868)
<b>DEFICIT FOR THE YEAR</b>	<b>(9 514)</b>	<b>(97 173)</b>

## INCOME GENERATION



## CLOTHING DEPOT PROJECT

Units of clothing distributed to service users



Audited statements for the financial year ending 31 March 2017 available upon request from  
[admin@friendsofvalkenberg.co.za](mailto:admin@friendsofvalkenberg.co.za) OR PO Box 13566, Mowbray, 7705

# THANK YOU for SUPPORTING RECOVERY at VALKENBERG in the last financial year

## TRUST & FOUNDATION GRANTS

Cape Support for Mental Health  
Claude Leon Foundation  
Community Chest Western Cape  
Cape Town Travel Women's Club  
Inner Wheel Club Claremont  
J E T Lee Will Trust  
Percy Fox Foundation  
St Ola's Trust

## GRANTS FROM INDIVIDUALS

Linda & Luis Balona  
Mrs A N M Gilbert  
Roger Graham  
Fiona & John Hayward  
Samantha Khiba  
Dr Makan  
M McCaul  
Peter & Celia Spargo  
Philip Strachan

## CORPORATE GRANTS

BDO Business Services (Pty) Ltd  
Berk Enterprises  
Cecil Kilpin & Co  
Coronation Asset Management  
 Fargo Trading CC  
ITL SA

## EVENTS

Absa  
African Pride Hotels  
Albert Questiaux  
Anchor Foods  
Bain's Cape Mountain Whisky  
BDO Business Services (Pty) Ltd  
Bell's  
Beluga Cape Town  
Bidvest Car Rental  
Blackriver Park  
Blue Grass Digital  
Bradley Heitz Golf Academy  
Cetaphil  
Charles Greig  
Checkers  
City Lodge Pinelands  
The Clothing Bank  
Coca-Cola  
Cognia Law  
Community Chest Western Cape  
The Companions  
Crescent Clinic  
Darling Brew  
Johan de Villiers  
Carol Dean  
Dee  
Diageo  
Douglas Jones  
Cindy Dowdle  
Flight Centre

Food Lover's Market  
Getaway  
Golf Digest  
Golf Lab  
Golfers Club  
Good Taste  
Groot Constantia Estate  
Harding Group  
Hi-Tec  
Ina Paarman's Kitchen  
Jazz Between Friends  
Johnson & Johnson  
King Family Trust  
Juno King  
Kingswood Golf Estate  
Langebaan Country Estate  
Liquid CRM  
Lindiwe Marepula  
Mazars  
Milnerton Medi Clinic  
Momentum Golf Village  
NBC  
Newlands Brewery  
Nolands  
Oakhurst Primary School  
Old Mutual Care & Share  
Oracle  
Pick n Pay Head Office  
Pinelands North Primary  
Principa Data Analytics  
Protea Hotels Mowbray  
Protea Hotels  
Rascals  
Rondebosch Boy's Prep  
Rotary Club Newlands  
Southern African Golf Institute, Cape  
Town Academy  
SA Navy Band  
Sacks Butchery - Westlake  
Monica Samec  
Sherrell Family Trust  
Spilo Agri Weave  
Sports Science Institute of South Africa  
Springfield Convent Junior  
St Michael's Catholic Church  
Steenberg Golf Club  
Suikerbossie Restaurant  
T3 Multisports  
Table Bay Hotel  
Table Mountain Aerial Cableway  
Titleist / Acushnet  
Transpaco  
University of Cape Town, Psychology  
Society  
Union of Jewish Women  
Staff of Valkenberg Hospital  
Admin Staff of Valkenberg Hospital  
Occupational Therapy Staff of  
Valkenberg Hospital

Pharmacy Staff of Valkenberg Hospital  
Vincent Palotti Hospital  
Waltons  
Welsfords Restaurant

## DONATIONS IN KIND

Ralph Adley  
African Pride Hotels  
Alan  
All Africa House  
Angora Design  
Anthea  
Quentin Bale  
Linda & Luis Balona  
Victor Barnard  
Al Baumann  
Brian Baxter  
Beluga  
Joy Bennet  
Astrid Berg  
Ross Berkland  
Michele Berry  
Carol Beukman  
Ilka Bezuidenhout  
Colin Bird  
Mickie Birkett  
Bertha Blackwood Murray  
Vanessa Bowen  
Anita Branco  
Lyn Burgers  
Mary Butlin  
Cecily Camera  
Nicole Campbell  
Mrs Gwen Carroll  
Kevin Carroll  
C. Cebekhulu  
Sue Chaplin  
Ruth Clarke and Friends  
Clicks  
The Clothing Bank  
Cape Town & Suburban Clothing Guild  
Andre C ochrane  
Jenny Cole-Rous  
Kate Timm Cooney  
Lesley Davidson  
Nola & Geoff Davidson  
Davidson's Boards  
Tessa Davies  
Graham N de Bever  
Claudia de Clerq  
Jackie de la Porte  
Hendrik de Villiers  
Johan de Villiers  
Cally de Waal  
J de Wet  
Carol Dean  
Sean Delahunt  
Denise  
Adela Domingo

Gafsa Domingo  
 Angelika du Plessis  
 Heléne du Plessis  
 Ingrid Duminy  
 Meika Duminy  
 Dylan Edy  
 Mrs Engelke  
 Euromonitor International  
 Jörg Feddersen  
 Gina Florintino  
 Yulagh Fraser  
 Andrea Frieslaar  
 Patric Gamble  
 Tessa Gauntlett  
 Fiona Ghosh  
 Astrid Gibbon  
 Jennifer Gibson  
 Prof Lynn Gillis  
 Ruth Goodman  
 Margaret Goodson  
 Anelisa Hanabe  
 Melanie Harries  
 Helena Hasenjager  
 Lee Haslow  
 Fiona & John Hayward  
 Charles Hendricks  
 Fatima & Mohammed Hendricks  
 Daniel Hofmeyer  
 Jennifer Humphreys  
 Inner Wheel Club Claremont  
 Colin Jacobs  
 Twanji Kalula  
 Gava Kassiem  
 The Keshar Group  
 Helen Kirkby  
 Mrs Alison Kohler  
 Lynne Kohler  
 Alex Krenz  
 Justine Krige  
 Louise Lane

Stephen Lay  
 Patrick Lezand-Warden  
 Gerald Little  
 Debbi Lloyd  
 Rolf Losken  
 Jay-Dee Louw  
 Kerry Louw  
 Janet Mackay  
 Angela Magner's children  
 Janice Mcmillan  
 Tina Michaels  
 Miss Lynn cc  
 Heather Moore  
 Sihle Msengana  
 N. Msutwana  
 Sarah-Jane Oosterberg  
 Opera Fruit & Veg  
 Geoff Palmer  
 Jennifer Poole  
 Debbie Poswell  
 Jocelyn Poswell  
 Lisa Poswell  
 Rose Prew  
 Protea Hotels  
 Protea Hotels Head Office  
 Redibox  
 Reject King  
 Shelly & Sam - Revprint Claremont  
 Mark Rist & Family  
 Kay Rossouw  
 Rotary Club Kirstenbosch  
 Roxy & Amber  
 Sabrina  
 SACS Junior School PTA  
 Monica Samec  
 Scans Trade  
 Di Schönborn  
 Laura Schultz  
 Ailsa Smith  
 Jo & Keith Smith

Waheeda Sonnie  
 Peter & Celia Spargo  
 Maude Strydom  
 Mark Stuard  
 Sh'Zen Ladies  
 Table Bay Hotel  
 Helena Thornton  
 Three Streams  
 Wendy Thring  
 Michael Timm  
 Tania Timmermans  
 John Torline  
 Manda Traylor  
 Eddie Tupper  
 Costa @ Ultra Events  
 Union of Jewish Women  
 Catherine Valentine  
 Judy van Aswegen  
 Mike van der Westhuizen  
 Jenny van Niekerk  
 Carl van Schalkwyk  
 Staff of Valkenberg Hospital  
 Occupational Therapy Staff Valkenberg  
 Hospital  
 Patti Voight  
 Rufquah Waggie  
 Mavis Ward  
 Ruby Ward  
 Keith Weis  
 Walied Whiting

### PRO BONO SERVICES

BDO South Africa  
 Cecil Kilpin  
 The Table Bay Hotel

STAFF and VOLUNTEERS at the annual volunteers' breakfast in June 2017



Do you ever pause to think about what you will leave behind when you are gone?

Some leave financial stability for loved ones, some leave precious memories, while others leave regret or missed opportunities.

What about leaving a legacy that means hope and life for people with serious mental illnesses?

It's as simple as making a note in your will.

Legacies or bequests are a vital way in which we can not only fund the projects which support recovery but can plan for the SUSTAINABILITY of the organisation. Legacies are a lasting memorial to each person whose generosity and foresight means recovery to thousands of people who come through Valkenberg each year.

All donations are tax deductible.

*"There are stars whose light  
only reaches the earth long after they  
have fallen apart.  
There are people whose remembrance  
gives light in this world,  
long after they have passed away.  
This light shines in our darkest nights  
on the road we must follow."  
The Talmud*



### CONTACT US AT

#### POSTAL ADDRESS

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#### PHYSICAL ADDRESS

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Observatory

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