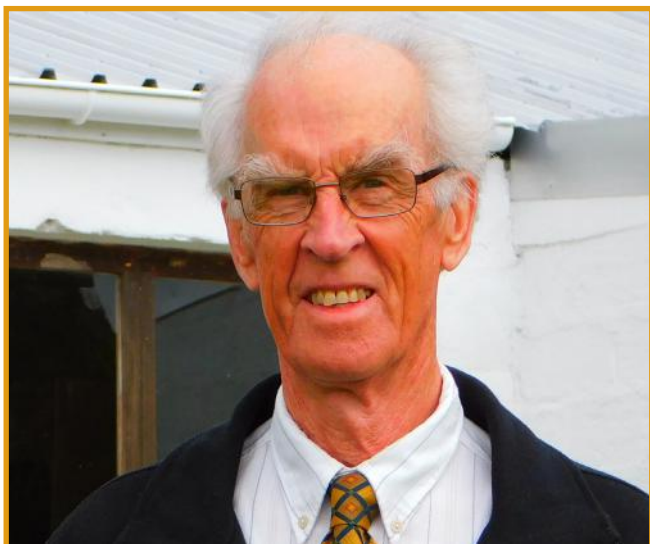


**CELEBRATING 25 YEARS**  
**FRIENDS OF VALKENBERG TRUST**  
**1994-2019**

**2019 Annual Report**

# A LOOK AT THE PAST 25 YEARS

WITH CHAIRPERSON PROFESSOR BRIAN ROBERTSON



Professor Brian Robertson

It gives me great pleasure to report that 25 years after my wife Françoise started the Friends of Valkenberg Hospital, the organisation is going from strength to strength. From a small start with a few concerned individuals in 1994, we grew slowly but steadily. We were registered as an NPO in 1995, which allowed us to mount anti-stigma and fundraising campaigns using brilliant advertising by the company Bosman Johnson FCB.



Protest of Valkenberg Hospital closure

The Friends of Valkenberg Trust was constituted in 1997 under the able and experienced chairmanship of Emeritus Professor Stuart Saunders, just in time to wage a successful campaign against the proposed closure of Valkenberg Hospital in 1998.

From then on the Friends of Valkenberg grew exponentially. We were able to recommence fundraising for a new High Care Ward and it finally opened in 2006.



Valkenberg Hospital's old Admission Wards

Other wards were refurbished, equipment was donated to the hospital, a cafeteria was opened, various facilities as well as material goods were provided for the patients by volunteers, and wellness and care for the carers' programmes were offered to the staff. Subsequently the Friendly Shop was established for the sale of donated goods, and skills training is now available for patients in various areas of competency. The number of volunteers providing these services remains fairly constant at about 60.

The fight to keep the hospital open was amply rewarded when the National Treasury announced a few years ago that Valkenberg Hospital would be refurbished and partially rebuilt as part of their Hospital Revitalisation Plan.

With the refurbishment of the historic Administration Building completed a new Forensic Village is next in line.

We now have a stable group of salaried office staff to plan and implement the Friends of Valkenberg's various activities.



Valkenberg Hospital's new High Care Unit

Their cumulative number of years in the office amounts to an impressive figure, and their combined experience translates into an equally high level of skills. Each staff member has impressive talents and as a team they are formidable. They are the driving force of the Friends of Valkenberg, and it is a strong sign of their dedication that they continue to give of their best, year after year, despite only modest remuneration.

The trustees meet four times a year in addition to the Annual General Meeting. Much has been achieved by the Trustees over the 22 years since the Trust was formed. Importantly, we now have a

substantial sustainability reserve fund which we have been able to strengthen even further this year. Due credit for the Trust's achievements must also be given to the Western Cape Government for their support, in particular the hospital CEO Carol Dean and her staff, as well as the Hospital Facility Board. Committed as the Trustees are they are not age-proof and we are looking for a new cohort of Trustees to replace those who are retiring.

Anne Pope left us last year and Sihle Msengana this year after 13 years' service to the Friends. My wife and I have been Trustees for 22 years and we feel it will soon be time to hand over the baton.

I am standing down this year as Chairperson after 7 years and am delighted to welcome Fadia Gamielien as the new Chairperson. I hope that she will enjoy the full support of our fellow Trustees and our patron, Stuart Saunders, as I have.

Finally, thanks to all our supporters and donors, large and small, without whom none of this would be possible. We must not forget BDO South Africa, who continue to provide us with free accounting services, and special thanks go to Cecil Kilpin who have been our auditors pro Deo from the very beginning.



# DIRECTOR'S REPORT

WITH SANDRA MATTHEW



Friends Director Sandra Matthew

Years ago, American entrepreneur James Cash Penney said: “Growth is never by mere chance; it is the result of forces working together”.

I have witnessed over the years at the Friends of Valkenberg Trust that this applies to both people and organisations.

I trust this annual report will give you a sense of the many forces that have worked together to give people at Valkenberg the opportunity to grow in their recovery from mental illness over the past 25 years. Other forces have enabled the Friends to grow into a sustainable organisation making an ongoing impact on the lives of people who come to Valkenberg.

The primary force in a person’s recovery is the person themselves. The thousands of people who come to Valkenberg for healing are the ones who have motivated the Friends of Valkenberg over the years. Many of those admitted have little

community support and are often discharged to environments that are not conducive to continued recovery. We have seen people show enormous courage and strength as they tackle the obstacles to their recovery. We are driven to continue our efforts every time we see the impact our services make on these individuals – the growth in confidence and self-esteem, the refreshing and learning of life skills, the ability to engage in relationships with others, stress reduction, self-expression, the developing of work skills, the growth of dignity and the ability to see hope for recovery.

For 25 years the Friends of Valkenberg volunteers have been a significant force supporting people on their recovery journey. They have taken the time to listen, to encourage, to inspire, to teach, to help in practical ways or, like the Trustees, to ensure good governance. They have given thousands of hours to partner with hospital staff to offer people the chance to take the next step in their growth.

Many donors have supported the growth of the Friends of Valkenberg in the past 25 years.

Some of these people and organisations have been with us since the beginning and are still faithfully



making sustained growth possible. Some of them have given of their professional time, others have given small or large donations of money or goods in kind. Without their ongoing support, the Friends would cease to exist.

From the very beginning, the Friends has been blessed with staff who have been completely committed to the cause. From the early days Francoise Robertson and her small team voluntarily dedicated many hours to building a solid foundation and creating a people centred organisation that values integrity and accountability. This foundation bears fruit today as our 6 part time staff continue to grow this legacy with great dedication. There are not many organisations that can boast of a team that so enjoys coming to work and this translates into an output that is far greater than the number of hours reflected on time sheets.



Growth takes time and sustained effort, whether it be recovery from a mental illness or the growth of an NPO. It has been a privilege to be a witness to this growth and a part of the forces that have made it happen. I trust that the next 25 years will continue to build on the solid, sustainable foundation that has been set, so that many more people will find a partner to assist them on their recovery journey.

Sandra Matthew, June 2019

*Psychiatric recovery is not just about medication. It's also about finding meaning, having human connection, taking just one more step, finding hope.*



The partnership between the Hospital and Friends has been key to making an impact in the wards. The ability to focus on the common goal of recovery has made for growth in what we have all been able to accomplish. Ultimately this benefits the service users.



# MAKING A DIFFERENCE



"We, in the Forensic unit, have always been immensely grateful for the assistance and support you provide to our patients. This has ranged from money, food parcels, clothing and work. Considering that Valkenberg hospital is their home whatever you have provided has made their stay much more bearable (and has allowed many to enjoy periods in the community) and has given them hope. Without FOV their lives would be terribly dismal. Thank you."

Prof Sean Kaliski, Head of Clinical Unit



"Fran invited me for coffee 25 years ago to discuss the idea of a volunteer group to assist the staff at Valkenberg Hospital. Thus was the conception of the Friends of Valkenberg Trust (FRIENDS). The strongest motivation for my continued involvement with FRIENDS is the joy and pleasure the library provides and the service to the patients and staff of the hospital." —Marj Krige, Volunteer

## Transport

**"The travel money means you can travel safe home. If I don't have the money then I can't get home."**

Salon (Service User)

"I was living under a bridge when I came here. It's a real treat that I'm going to be able to look and feel gorgeous again. I wasn't able to do anything with my hair on the outside."

**Salon (Trainee)**

**"I'm learning something I could do. I feel I could have a future."**

Cooking

"I am glad that we have some interaction and variety. It allows me to participate in different things and takes away some of the boredom. I am excited to bake because I have never done it before. It is something to look forward to...I feel indulged and I feel gratitude."



**"If I can make one person smile a day I have achieved something. I keep coming back because I feel appreciated and I think it is a duty to be selfless." --Volunteer**



"Friends of Valkenberg remains an integral part of Valkenberg Hospital. For the past 25 years, they have played a significant role in supporting VBH patients and staff in countless ways. From facilitating programmes that support our patients in their journey to recovery, to assisting VBH management in marking important occasions with the aim of caring for the carer.

This year we have seen many success stories like the internship for users, which is a great partnership between our Human Resource Management, Occupational Therapy Department and Friends of Valkenberg. This project has not only given employment opportunities to our clients, but it has also ensured that they obtain the necessary skills required to compete in the job market.

Thank you for helping us to make Valkenberg Hospital a better place for all who need it most." —Carol Dean, Valkenberg Hospital CEO



### Dancing

"On a Monday morning if you have not had visitors you are very down and the Circle dancing ladies bring joy. The way she starts out is great. She has an understanding of where we (patients) are coming from. She encourages us. They do a special dance just for Ward 3."

### Leisure/Art

"I don't know how to communicate with people. Art helps me to communicate with the others. It takes away my stress and keeps me busy."

**"Friends of Valkenberg have always been amazing in terms of their willingness to support the various projects run by the Occupational Therapy department. The FOV volunteers have also contributed immensely to the OT and ward based programmes by providing additional opportunities for patients to participate in meaningful activities on a daily basis." - Occupational Therapist**

"FOV is always helpful when it comes to prizes or money, depends on what your needs are. They are very accommodating and you can really depend on them. When you have any queries they will always assist where possible and they will go the extra mile for you." - Occupational Therapist



# OUR IMPACT IN NUMBERS

## WE HAVE 25 DIFFERENT PROJECTS

Cooking Groups

Leisure and sport groups

Arts and crafts

Coffee trolley

Hair Salon

Dancing

Library

Skills and work experience

Friendly Shop

Clothing Depot

Food parcels

Transport



5,208

Volunteer Hours



415

Rides Home



14,657

Patient  
Contacts



60

Volunteers



3,319

Clothing Items  
Donated

## WE HAVE 5 HOSPITAL EVENTS

Shows and entertainment

Religious festivals

Mandela Day

Women's Day

## WE HAVE 10 HOSPITAL STAFF EVENTS

Recognition of international days

Support of Departmental events

Support of new projects

Community events



# FINANCIALS

## Statement of Financial Position as of 31 March 2019

	2019	2018
	R	R
<b>Current Assets</b>		
Trade and other receivables	7,184	40,585
Cash and cash equivalents	500,146	529,737
Sustainability Reserve	615,493	571,012
Inventory	9,457	8,980
<b>Total Assets</b>	<b>1,132,280</b>	<b>1,150,314</b>
<b>Equity</b>		
Reserves	615,493	571,012
Accumulated surplus	323,177	211,361
	<b>938,670</b>	<b>782,373</b>
<b>Current Liabilities</b>		
Funds received in advance	193,610	367,941
<b>Total Equity and Liabilities</b>	<b>1,132,280</b>	<b>1,150,314</b>

The Trust ended the 2018/2019 financial year on a high note: a surplus that will enable the Trust to top up our sustainability fund to the level that we need in order to be able to ensure continuity for at least a year in adverse economic conditions; and funds in the bank, or promised, to meet our immediate needs in the 2019/2020 year.

This does not mean we have all the funds we need to operate in 2019/2020! We must thus continue and expand our hitherto successful fund-raising to pay the bills; only then will the Trust continue to provide the services it does to help in the path to recovery.

The sale of second-hand goods through the Friendly Shop is one of these fund-raising efforts: not only does it sustain the important (but often invisible) service that the Friendly Shop provides to patients, families and staff but it also raises much needed money to pay for other services; its success depends on a steady stream of no-longer needed useful stuff! The Friendly Shop will arrange to collect this from you if that is needed.

Treasurer Hugh Amooore, June 2019

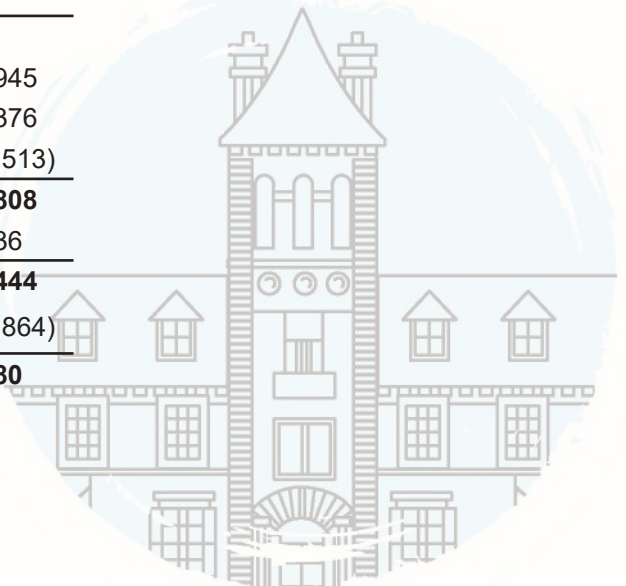


AUDIT • ADVISORY • TAX



## Statement of Comprehensive income

	2019	2018
	R	R
<b>Continuing Operations</b>		
Revenue	1,060,078	876,945
Other income	274,007	159,376
Operating/core project expenses	(1,020,166)	(815,513)
<b>Operating surplus</b>	<b>313,919</b>	<b>220,808</b>
Investment revenue	12,860	10,636
<b>Surplus from continuing operations</b>	<b>326,779</b>	<b>231,444</b>
Project expenses	(214,963)	(186,864)
<b>Surplus for the year</b>	<b>111,816</b>	<b>44,580</b>

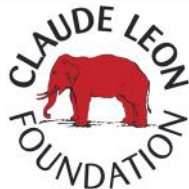


# THANK YOU FOR SUPPORTING RECOVERY AT VALKENBERG

## TRUSTS AND FOUNDATIONS

### GRANTS

Cape Town Travel Woman's Club  
Claude Leon Foundation  
Community Chest Western Cape  
E G Woods Trust  
Inner Wheel Claremont  
Inernational Honours Programme  
J E T Lee Will Trust  
Kings Family Trust  
National Lottery Commission  
P A Don Charitable Trust  
Percy Fox Foundation  
Rotary Club Claremont  
Rotary Club Newlands  
Scorpio Book Club  
St Michael's Church  
St Ola's Trust



### GRANTS FROM INDIVIDUALS

Anonymous - You Know Who You Are  
Dr & Mrs L Balona  
Diana Coleman  
Ruwaida Ebrahim  
Fiona Hayward  
Dr Sean Kaliski  
Peter & Celia Spargo  
Philp Stragan  
Mr & Mrs D Wheeler

### CORPORATE GRANTS

BDO Business Services (Pty) Ltd  
Berk Enterprises  
Cecil Kilpin & Co  
Fargo Trading cc  
Lewis Stores  
Old Mutual Care and Share  
SA Bias Industries Limited



### EVENTS

Absa Private Bank  
Absa Retail Bank  
Anchor Foods  
Bain's Cape Mountain Whisky  
Dr & Mrs Balona  
Bayside Foods  
BDO

Vivian Benzakein  
Brogan & Family  
Cape Cookies  
Charles Greig  
Chasley  
Checkers  
The Clothing Bank  
Community Chest Western Cape  
Crescent Clinic  
Department of Public Works  
Diageo  
Dimension Data  
Dineplan  
EOGA  
Jackie Fortuin  
Nigel Fortune  
Sharon Gain  
Golf Digest  
Groot Constantia  
Harding Group  
The Henry Family  
Hi-Tec  
Jannie Hofmeyr  
Ina Paarman's Kitchen  
Inner Wheel Claremont  
Innovative Snacks  
Juno King  
Kings Family Trust  
Kingswood Golf Estate  
Almaree Kleinhans  
Langebaan Country Club  
Lumoss Mouldings  
Marlene & Carline  
Megan May  
Mazars  
Media 24  
New Media  
Newlands Brewery  
Sue & Freddy Ogterop  
Sue & Freddy Ogterop  
Pinelands Congregational Church  
Pick 'n Pay Plumstead  
Protea Hotels  
Protea Hotel Mowbray  
Quality Beverages  
Albert Questiaux  
Rascals  
The River Club



Rose  
Rotary Club Claremont  
Rotary Club of Newlands  
Royal Cape Golf Club  
SA Bias Industries Limited  
Southern African Golf Institute, Cape  
Town Academy  
SA Newlands Brewery  
Sacks Butchery Westlake  
Salvation Army Claremont  
Seeff Pinelands  
The Sherrell Family Trust  
Sports Science Institute of SA  
STBB  
Steenberg Golf Club  
Table Mountain Aerial Cableway  
Tatler  
Transpaco  
Jody Tromp  
Truda Foods  
UCT Faculty of Health Sciences  
Alison Van Der Poel  
Warwick Wealth

### DONATIONS IN KIND

Megan Abrahams  
Zulfa Abrahams  
Jennifer Allen  
Naaheeda Allie  
Andrea  
Anny  
Linda Balona  
Mrs Bess Barr  
Karen & Roger Barry  
Michelle Bassett  
Ann Baumann  
Brian Baxter  
Roger Bedford  
Evelyn Benatar  
Mrs Joy Bennett  
Astrid Berg  
Ross Berkland  
Beverley Beute  
Mickie Birkett  
Roy Billam  
Peter Blaylock  
Gilly Booth  
Stephanus Boshoff



Mari Botha  
Dr & Mrs Bowen  
Thomas Burgers  
Captain Marlene Butler  
Mary Butlin  
Sue & George Bylos  
Mano Caldis  
Caryn  
Andre Cochrane  
Tracy Combrinck  
Jessica Goncalves  
Qhama Cossie  
Shirley da Graca  
Lesley & John Davidson  
Carline Davis  
Dawid  
Maresa de Beer  
Pat de Groot  
Lilia de Wet  
Izzy Doidge  
Mrs Gafsa Domingo  
Gill Douglas  
Angelika du Plessis  
Mrs Dullah  
Susan Dumbell  
Ingrid Duminy  
Dr N Dyakalashé  
Sadia Edross  
Elaine  
Mrs Engelke  
Adrienne Epstein  
Nicola Evans  
Gemma Farantello  
Yvonne Flack  
Georgia Flax  
Gina Florentine  
Richard Foster  
Carla Freeman  
Gary Frier  
Andrea Frieslaar  
Patric Gamble  
Fadia Gamielidien  
Pepe Gee  
Margaret Goodson  
Penny Haig  
Colleen Hains  
Mrs J Haller  
Ulli Haw  
Sue Hayes  
Fiona Hayward  
Nabeweyah Hendricks  
Tony Henry

Cheryl Hewson  
Uta Higgs  
Desiree Hoedemaker  
Kevin Homewood  
Lorraine Hope  
Yvonne Hope  
Mandy Hopwood  
Sherril Hulett  
Charles Isaacs  
Balquis Ismail  
Dr Sean Kaliski  
Twanji Kalula  
Jeanne Karpul  
Naadirah Kathrada  
Kay  
Nurse A Kinnock  
Shelley Kirsten  
Alison Kohler  
Heidi Krideman  
Justine Krige  
Nick Lange  
Antoinette Lategan  
Moirá le Roux  
Pedro Lino  
Cecilia Lombard  
Lorraine  
Francoise Louis  
Jay-Dee Louw  
Sabina Lowe  
Thalia & Gerald Loy  
Damon MacDonald  
Mrs L MacDonald  
Angela Magner  
Mrs C Maling  
Lindiwe Marepula  
Margie  
Margy Matthew  
Megan May  
Nita Mbashe  
Maurreen McCrea  
Michelle McKenzie  
Alison McKie  
Alison McMillan  
Mikey  
Stanton Miller  
Millie  
Marjor Ivy Mntambo  
Gemma Mom  
Bernadine Mostert  
André Mouton  
Di Mutlow  
Margie Nachman

Kaveshin Naidu  
Nils Nyback  
Sue & Freddy Ogterop  
Siona Oliver  
Tamryn Oosthuizen  
Sarah-Jane Oosterberg  
Stefania Origgi  
Lee Anne Osgood  
Geoff Palmer  
Leanne Parasram  
Aneline Perkins  
Andrew Phillips  
Sister Pillay  
Jocelyn Poswel  
Briley Powell  
Avheani Ramawa  
Jennifer Rands  
Paul Raphaely  
Robyn Raymond  
Lynette Redelinghuys  
Andrew Reed  
Renise Reed  
Mark Rist & Family  
Rochelle Rix  
Brian Robertson  
Wendy Robinson  
Tessa Roos  
Katy Rose  
R Rosenboom  
Kay Rossouw  
Pearl Sassman  
Heather Schiff  
Laura Schultz  
Sarah Kate Schzifer  
Greg Scullard  
James Stewart  
Sue Shearer  
James Shelley  
Sherryl  
Alex Skeate  
Margaret Smart  
Deon Smit  
Ailsa Smith  
Helen Smith  
Peter & Celia Spargo  
Brogan Spinás  
Katherine Starke  
Elize Steyn  
Barbara Stocks  
Jo Stocks  
Philip Strachan  
Angela & Steph Sträter

Adrienne Sturrock  
Suzanne  
Pamela Thompson  
Margaret Thomson  
Shana Thoreson  
Linda Thorn  
Chris Thwaites  
Des Timm  
Helen Timoney  
Dr John Torline  
Catherine Valentine  
Alan Valkenberg  
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Carole-Anne van der Feyst  
Dawie van der Westhuizen  
Jenny van Niekerk  
Irene van Wyngaardt  
Anita van Zyl  
John Vermaak  
Inahm Waggie  
Wahl  
Janer Watson  
Daena Weeks  
Bronwyn West  
Haroldine Williams  
Seamus Wilson  
Rita Wood  
Mickey Wright



# DO YOU EVER THINK ABOUT WHAT YOU WILL LEAVE BEHIND WHEN YOU ARE GONE?



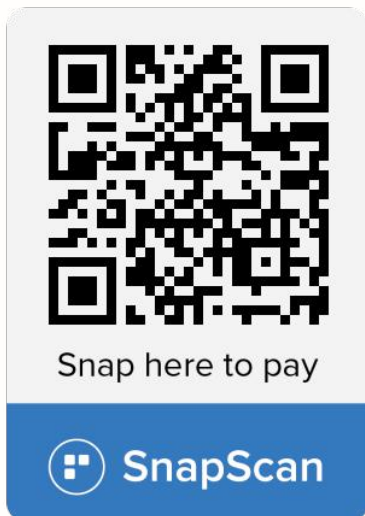
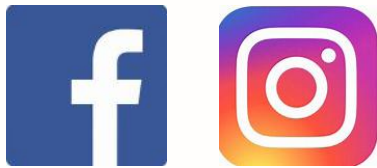
Some leave financial stability for loved ones, some leave precious memories. What about leaving a legacy that means hope and life for people with serious mental illnesses?

Legacies are a lasting memorial to each person whose generosity and foresight means recovery to thousands of people who come through Valkenberg

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

## SPRING CLEAN FOR GOOD

“I am very happy to be able to contribute to this worthy cause and will always rank them first among charities because of their personal attitudes, the way goods are distributed where needed and how they turn our cast offs into financial benefit for Valkenberg.” – Friendly Shop Donor



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