



Friends of Valkenberg Trust



Annual Report 2020



Chairperson's Report

2019 saw Friends of Valkenberg Trust celebrating the 25th anniversary of the organisation. We spent time reflecting on and celebrating the history of the Trust while also planning for transitions ahead.

While we were aware of potential changes in 2020, we did not foresee the extraordinary times we would find ourselves in. As I write this we are in the peak of the COVID-19 pandemic which is wreaking havoc all over the world and has highlighted the persistent inequalities in our communities.

Friends continues to have an excellent working relationship with Valkenberg Hospital Management and the Hospital Facility Board. Regular points of connection have helped us engage better on common concerns. I would like to thank Carol Dean, CEO of Valkenberg Hospital, and her team for their continuous support and for being great partners in recovery.

Despite the tough economic times we have continued to have stable financial support from new and old donors in the past financial year and excellent oversight from our Treasurer. We greatly appreciate this as it has meant we could remunerate our staff team right through the lockdown.

The Trustees have met regularly, most recently over Zoom. Since our last AGM we have been delighted to welcome two new Trustees to the Board. Pragasen Naicker is retired and brings with him a wealth of experience in the information technology field. In his career he was the Executive Director for Information and Communication Technology at UCT, the CEO of NSFAS and COO for the Hospice and Palliative Care Association of South Africa. Sophia-Lorraine Allie is an Occupational Therapist who worked in Australia and South Africa. She recently left UCT where she was a lecturer in the Division of Occupational Therapy to pursue full-time doctoral studies.

Sandra Matthew indicated last year that she would be leaving to build her private practice in 2020 so we are actively recruiting for a new Director. It has been 19

years since she joined Friends and her dedication, commitment, willingness to adapt and lead in changing times and unfailing enthusiasm to translate the vision of recovery into action is to be commended.

We were sad to say goodbye to Avril Isaacs whose position as Volunteer Manager has been ably filled by Elize van der Merwe. Elize has brought her corporate sector skills with her and she has helped us improve our social media presence.

Despite the restrictions of lockdown, staff have continued to provide recovery services in creative ways. We are incredibly grateful for their hard work, flexibility and dedication in ensuring that the service continues to meet the needs of stakeholders at Valkenberg. This is recovery in action. Our volunteers have not been able to run their programmes since March and we know that this had been hard for them too. We look forward to group programmes resuming so that we can welcome them back.

Friends of Valkenberg has been directly affected by COVID-19 and the resilience of the Trust has been tested. Our thanks go to the Friends staff who have been amazing in the way they have showed care for service users (both patients and staff) and have shown what it means to run a recovery-oriented service in unique times

Finally, thank you to all our supporters from far and wide, in person and via social media whose generosity ensures that we can offer much needed services.

Fadia Gamiel
Chairperson



Director's Report



"Authentic Resilience is a critical life skill. It is the powerful ability to survive, thrive and grow in the face of stress, change and adversity.

– Pippa Shaper & Gabi Lowe, The Resilience Factory

Both groups and individuals are required to be resilient if they are to survive life's challenges and continue to thrive. And never more so than right now. The Friends of Valkenberg Trust had a stable and productive 2019. Service users, supporters and staff joined us in celebrating 25 years of service in partnership with those involved in recovery from mental illness at Valkenberg. Then 2020 arrived and everything we knew changed.

I believe it is a healthy sign that the Friends team has been able to face the challenge of lockdown and quickly start coming up with new ways to partner with Valkenberg staff, delivering new and creative services. It has been challenging as we have had to redefine roles and work remotely but it has been exciting to see new opportunities present and Friends staff rise to the challenge despite the pressure on their personal lives and communities.

We have missed the presence and support of our 60 volunteers but have been grateful for their remote support in collecting urgently needed clothing and goods for projects and the Friendly Shop.



Lockdown has put pressure on the mental health of most people and has hit those with mental illness particularly hard. We have missed interacting with Valkenberg service users who have largely not been allowed to leave the wards.

I will be handing over the Friends of Valkenberg reins in September 2020 after almost 20 years of very happy and deeply satisfying times with the Trust.

My thanks go to our service users, hospital and Friends staff and Trustees, volunteers and significant stakeholders who have played such a role in making this job what it is.

Sandra Matthew
Director



"On behalf of Valkenberg Hospital, the Hospital Facility Board, all our staff and patients, we would like to congratulate the Friends for achieving a real milestone of 25 years.

We thank you, your staff, volunteers and the Board of Trustees, for your leadership and vision translated into the amazing and tireless work over the last 25 years. The Friends have touched the lives of so many of our patients, in- and out-patients and their families, who are often at their most vulnerable point in their lives, we salute you.

We wish the Friends the very best for the years to come and commit to strengthening our support for the phenomenal work that you do."

Carol Dean
CEO: Valkenberg Hospital

Our Projects

At Friends of Valkenberg we see a person, not a diagnosis. We see a person trying their best to live with the daily challenge of their mental health problems.

Our projects are designed to support recovery. We believe that restoring dignity, hope, offering choice and building self-esteem are the cornerstones of our work.

Projects and services cover a wide range of needs - from the practical to the creative.



Our Impact in Numbers



14,766
Interactions with
Service Users



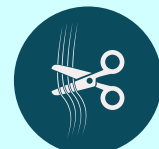
445
Rides Home



114
Food
Parcels



3,489
Clothing Items
Provided



1,119
Hair Cuts



983
Art Items
made

Friends of Valkenberg Projects & Services:

The Friendly Shop
Skills Development
Food Parcels
Transport Money

Arts & Crafts
Circle Dancing
Cooking Groups
Leisure & Sport
Library

Hair Salon
Clothing Depot
Self Care / Beauty
Coffee Trolley



The Coffee Trolley (Out Patient Department).

"It seems as though patient's moods lifted when the volunteers arrived, and were happy to see them and buy something from them....Each person that came to the coffee trolley received a warm welcome and individual attention from volunteers. To relieve boredom patients conversed with volunteers and other patients in the waiting room. This service ensures for some self-care, providing something to eat and drink." - Volunteer

60 Volunteers 25 Groups 5,088 Volunteer Hours



Going Home:

When a service user is discharged but only has a hospital tracksuit to wear, we are there to help. Set up like a store, our *Clothing Depot* offers choice and builds confidence. Service users can also have their hair cut and coloured at our volunteer-run *Hair Salon*. We will also assist with *transport money* and a *food parcel* (medication cannot be taken on an empty stomach.) It is important to us that service users go home to their family feeling that they are contributing to the house hold.



"I work in the clothing depot. This project provides patients with second hand clothes in good condition. Every Thursday patients can come to the clothing depot between 10 and 12 and get new clothes for free. Sometimes we run out of, especially men's clothes, and that can be kind of challenging sometimes. It is very humbling. And to think that you are actually helping people less fortunate than oneself and making them feel a little bit more important. They can choose an outfit and like it and feel good about themselves.

That is rewarding."

- Volunteer

Cooking Project:

Learn how to be independent by being able to make a snack or meal for yourself. Following recipe instructions and paying attention to ingredient measurements improves focus and teaches patience. And the best part: eating your handiwork while socialising with your peers.

"It takes my mind off what I am doing and gives a break to the tedium of the day. It's good to have a break. Thank you for treating me to a cup of coffee and the muffins".

- Service User



Arts & Crafts Project:

A mindful activity that reduces anxiety and provides a safe space for self expression. Here there are no rules, giving people a much needed sense of freedom.

"When I get to colour in I always get a second chance to redo my work, like my life right now, I am getting a second chance to start again, fresh and new. Doing colouring makes me relax and be grateful for what I have been given here - a second chance."

- Service User

The Friendly Shop



The Friendly Shop is a social hub where service users and staff can buy anything from hot chips to pre-loved clothing and household goods. The warm atmosphere and welcoming seating areas makes it an ideal spot for lunch breaks and a quick bit of affordable shopping.

The Friendly Shop also provides an opportunity for service users to learn new skills. Here they can learn (or re-learn) how to deal with customers, handle challenging situations, display goods for sale or basic food preparation. This is done in an encouraging but professional work environment, under the guidance of the Friends of Valkenberg staff.



"It gives me great pleasure to know that nothing has to be discarded or wasted while organisations such as those run by Friends of Valkenberg operate. The Shop is clearly a hub where patients gather but the outreach of what Pat, Elaine and her team do is so worth while and makes such a difference to all who benefit." - Donor

"I don't know what I would do without the Friendly Shop. It gives me structure. I wake up in the morning and you have a purpose. It is like a family." - Volunteer

"I work 3 days and I earn money and it is giving me a structure again and I hope I can do my own business someday. I am learning it is education for me. I learn to cook and sell stuff. It is a skill training for me that someday I get out of the Hospital I can work and start my life again."

- Service User working in the Friendly Shop



5,500
Service Users
Contacts

3,000
Staff Contacts

An Eventful Year



Events are an important part of supporting recovery at Valkenberg Hospital. Not only does it create fundraising opportunities, but it also makes service users feel special and part of the community when celebrating important days.

Highlights on our events calendar include:

- Our Annual Golf Day
- Mandela Day
- Women's Day
- Religious Festivals
- Recognition of international days
- Support of Departmental and Community events



"I like the happy feeling I get during Christmas. It makes me happy to spend time with people I know at Christmas. It's not about the gift that I get."

- Service User

"Volunteering at the Christmas party was a wonderful experience. So much effort was put into making all the service users feel so special. Lots of smiling faces, snacks and music."

- Volunteer



2,550
Service Users
attended Events
R131,767 Raised

Mental Illness from the Inside



I suffer from a chronic depressive disorder and a generalised anxiety disorder. I'm going to use the term mental illness referring to psychiatric disorders such as depression, schizophrenia and bipolar in a fairly loose fashion. I know that of course there are many more but here I'm talking about these.

I have a foot in two worlds, the so-called normal world and the not so normal world. I am able to work in my church's resource centre, something many would not manage. This is precious to me and keeps me afloat. But doing these things costs me enormously. I do them with extreme difficulty. It is often a major ordeal to go into work at the Resource Centre.



My other foot is in a completely different world. I live in a home – a place for the psychiatrically ill. I've been living there for twenty years. It provides me with support so that I can work in the Resource Centre and do other everyday things.

The house is a normal looking house in a normal road and nothing from outside is any different from any other house. There are eight of us living there and we are pretty self-sufficient.

I want to turn to the subject of state psychiatric hospitals and stigma. If you've been a patient at such a hospital you know all about stigma and are probably branded for life. I've been a patient at two hospitals several times and it's not something I tell just anyone.

The grounds of these state hospitals can be extensive and are sometimes a hive of activity. Severely mentally ill people gravitate to the grounds on a daily basis. I'm not talking about those that are receiving treatment as in-patients. I'm talking about people who go there out of their own free will to socialise, the attraction being that they are accepted there.

I have come across hospitals where there is a cafe, a thrift shop, a club and places to sit in the vast grounds. I've even come across a library and a hair-dressing salon.

Within these communities I have noticed great love and affection amongst the people. They show support and great empathy for each other – they share similar difficulties and encourage one another. This is also true of the relationships in the house where I live.

The people who congregate in the grounds are often desperately poor, deserted by their families because they are undesirable and the families are ashamed of them. They have state disability grants which are insufficient to live on.

When I was in hospital once, a man was reluctant to be discharged because he had no-where to go. Such people often end up in rescue shelters but often there is a limited time they can continue living there and they have to vacate the premises during the day. Some of these people are educated and able to be employed in a job that is not too stressful, but few people wish to offer employment to them.

Extracts from the writing of Theresa Keay

Finance



Financial Statements

Thank you to **BDO South Africa** and **Cecil Kilpin** for providing accounting and auditing services for the 2019/2020 financial year.



Treasurer's Report

A year ago, we celebrated a milestone in the Trust's work, and a small financial surplus. No one expected 2020 to turn out as it has. The 2019/2020 financial results show a small deficit – manageable but a signal to look carefully at expenditure and redouble fund raising efforts.

Staff have continued to be paid during lockdown, no staff have been laid off and it is the Trustees resolve to continue the operations of the Trust.

We have a sustainability reserve, built on a bequest to the Trust some years ago. The Trustees have been advised of a further bequest that the Trustees believe will further augment or restore this reserve.

We are fortunate that we have these reserves to carry the Trust into 2021, but the impact of Covid19 will see these significantly reduced. The next few years are likely to be difficult years financially as we re-gear the Friendly Shop to cover its operating costs, find the money to continue the Trust's valued work, and rebuild reserves for the next "rainy day".

Hugh Amoore
Treasurer

Statement of Financial Position as at 31 March 2020

	Note(s)	2020 R	2019 R
Assets			
Current Assets			
Trade and other receivables	2	9,184	7,186
Cash and cash equivalents	3	419,541	500,146
Cash and cash equivalents - Sustainability reserve	4	663,216	615,493
Inventory		13,516	9,456
		1,105,457	1,132,281
Total Assets		1,105,457	1,132,281
Equity and Liabilities			
Equity			
Trust capital		1,000	1,000
Reserves		663,216	615,493
Accumulated surplus		256,291	322,178
		920,507	938,671
Liabilities			
Current Liabilities			
Funds received in advance	5	184,950	193,610
Total Equity and Liabilities		1,105,457	1,132,281

Statement of Comprehensive Income

	Note(s)	2020 R	2019 R
Continuing operations			
Revenue		1,007,857	1,060,078
Other income		202,372	274,007
Operating expenses		(1,088,807)	(1,020,166)
Operating surplus		121,422	313,919
Investment revenue		16,758	12,860
Surplus from continuing operations		138,180	326,779
Project expenses		(204,067)	(214,963)
(Deficit) surplus for the year		(65,887)	111,816
Other comprehensive income		-	-
Total comprehensive (loss) income for the year		(65,887)	111,816
Surplus attributable to:			
Trustees of Friends of Valkenberg Trust:			
From continuing operations		138,180	326,779
Project expenses		(204,067)	(214,963)
		(65,887)	111,816

Thank You to our Donors



Trusts & Foundation Grants

Claude Leon Foundation
Community Chest
Western Cape
Cora Foundation Fund
E G Woods Will Trust
Inner Wheel Claremont
J E T Lee Will Trust
Jesse Graham Memorial
Foundation
Kings Family Trust
The Rolf-Stephan Nussbaum
Foundation
Percy Fox Foundation
St Ola's Trust

Corporate Grants

BDO Business Services (Pty) Ltd
Berk Enterprises
Cecil Kilpin & Co
Elite Cash & Carry
Fargo Trading cc
Old Mutual Care & Share
Old Mutual Life
Orange Films
SA Bias Industries Limited /
Bitrim Management

Grants from Individuals

Verna & Roy Allison
Hugh Amoore
Anonymous - You Know Who You Are
Dr & Mrs L Balona
Mrs A M Gilbert
Dr Sean Kaliski E Meyer
Jennifer Rands
Dr Hannah-Reeve Sanders
Soroptomists Cape Town
Celia & Peter Spargo
Philip Strachen

Sponsorship of Events

ABSA Insurance
Financial Advisors ABSA Relationship
Banking
Michelle Adams
aQuellé
Barnyard Willowbridge
Charles Greig
Coca Cola Peninsula Beverages
Crescent Clinic
Diageo
Distell
Easigrass
Hugh Francis
Groot Constantia
Highbury Media
Hi-Tec
Ina Parman's Kitchen

Jack Black's Brewer
Jive
Mark Johnson
King David Mowbray Golf Club
Kings Family Trust
KWW
Lewis Stores
Magic Music Radio
Mazars
Nedbank BB
Nedbank HL
Newlands Brewer
Pick 'n Pay Plumstead
Protea Hotels
Pulp Kitchen Juice Bar
The River Club
Rondebosch Preparatory School

Southern African Golf Institute Cape
Town Academy
Sacks Butcher
Sherrel Family Trust
Brogan & Amy Spinass
Sports Science Institute of South Africa
St Michael's Church
STBB
Steenberg Golf Club
The Table Bay Hotel
Table Mountain Aerial Cableway
Zale Titus
Transpaco
Truda
Warwick Wealth
The Wild Fig Restaurant

Donations in Kind: Companies & Organisations

Alphen Foods
Bantry Bay Resort & Framing Co
Beeline
The Cape Town Clothing Guild
The Community Chest Western Cape
St Marks Methodist Church Edgemead

Pinelands Methodist Church
Montrose Manor
Opera Fruit & Veg
Protea Hotel Mowbray
SACS Junior School
The Silo Hotel

Temple Israel West Coast
The Union of Jewish Women
Constantia Group
The Welcome Club
The Whatnot

Donations in Kind: Individuals



Naseema Abdullah
Alex Abrahams
Zulfa Abrahams
Wilton Ackoor
Hugh Amooore
Andrea
Charlotte Atkinson
Maria Barletta
C Barnes
Ann Bauman
Solomon Benatar
Evelyn Benatar
Ross Berkland
Michele Berry
Carol Beukman
Mickie Birkett
Claire Black
Liezl Boyd
Debbie Bradley
Candice Bresler
Luke Bresler
Brian & Jenelle
Yandri Brits
Kate Brown
Maria Burnham
Sue Bylos
Carol
Caryn
Keagan W Clay
André Cochran
J Coles
Maxie Combrink
Camilla Corden
Carla Corildramy
Dr & Mrs Qhama Cossie
T Cronje
Edna Dalton
Fatima Danger
Carline Davis
Dawid
Gouwa Dawood
Dr de Clerq
Jackie de la Porte
Johan de Vilias
Callyn de Waal
Liz & Jaap Dekker
Dianne
Izzy Doidge
Gafsa Domingo
The Domingo Family
Angelika du Plessis
Ange du Preeze
André du Rand
Tineke du Toit
Ingrid Duminy

Meika Duminy
Mandy & Nancy Duncan
Dr Nyameka Dyakalashé
Mrs Engelke
Sané Erasmus
Hasmet Essacks
Fanca Falanga
Ana & Daniel Fiske
Denise & Allister Forbes
Nigel Fortune
Richard Foster
Dr Carla Freeman
Gary Frier
Andy Frieslaar
Marinda Froneman
Sharon Gain
Fadia Gameldien
Adieba Gamiet
Carol Garland
Garron
Pepe Gee
Zaakiyah Gilbert
Moirá Goch
Margaret Goodson
Gary Frier
Penny & Dave Haig
Nabeweyah Hendricks
Cheryl Hewson
Kate Hilson
Yvonne Hope
Irené
Seta Jackson
Jason Johnson
Ellen Joy
T Kalula
Twanji
Kalula
Chafidi Kamaar
Jeanne Karpul
Naadirah Kathrada
Dr Philippa Kelly
Helen Kirkby
Colette Knapp
Jenni Kochanneck
Alison Kohler
Louise Lane
Sandy Law
Lina
Dr Linde
Kari & Alistair Longman
Jay-Dee Louw
Thalia Loy
Don Maisels
Laurette Malengret
Lindiwe Marepula

Marianne
Margy Matthew
Soraya Matthews
Megan May
Maureen McCrea
Heather McKenzie
Mrs Cheryl Mezzehi
Michelle
Denzil Moni
André Mouton
Stanton Muller
Kaveshin Naidu
Tandiswa Ndungane
Caryn-Ann Nel
Piet Nel
Vuyani Ngangana
Nicole
Kerri & Parisa Oosterberg
Sarah-Jane Oosterberg
J Opitz
Stefania Origgi
Janice Ospovat
Richard Foster
Nathina Pakade
Leanne Parasram
Dawn Parker
Jason, Alexandra, Alicia &
Terese Pereira
D A Peterson
Melody Pick-Cornelius
Sandie Pienaar
Dr. Deidre Pieterse
Dr N Pillay
Prabashni Pillay
Jocelyn Poswell
Kate Ray
Kirsten Reid
Renier
Helen Richter
Derek Roberts
Tim Robinson
Amanda Roos
Tessa Roos
Katy Rose
Adrienne & Kay Rossouw
Jen Rous
R Rozenboom
Di Schönborn
Venessa Schmid
Seamus
Ryno September
Brenda Shear
A Smith
Helen Smith
Isabella Smith

Alicia & Keith Solomon
Ahmad Soni
Peter & Celia Spargo
Jess Spiro
Philip Strachan
Angela Sträter
Amé Strydom
Yeshe Stylianov
Susi
Suzanne
Suzette
Mia Swanepoel
Paul Swanson
Leslie Swartz
Dayna Tate
Shana Thoreson
Pam Thompson
Margaret Thomson
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Carl van Schalkwyk
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Anita van Zyl
Jasper van Zyl
Jean-Pierre Visser
Patti Voight
Inahm Waggie
Emma & Patricia Waight
Mervyn Walker
David Wall
Emily Walsh
Mavis Ward
Debra West
Mr Williams
Elizabeth Wood
Zohra



*Thank you to our
patron, Stuart
Saunders for his
continued support*



Supporting Recovery



What will your Legacy be?

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.

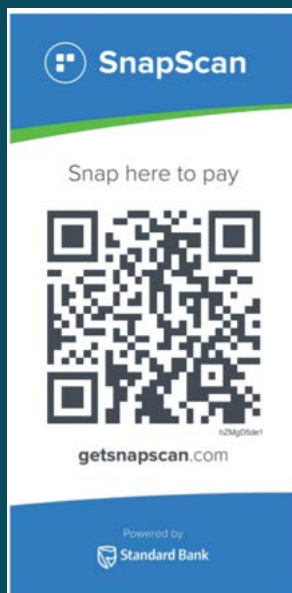
It's as simple as making a note in your will.

Get Involved:

- Become a volunteer
- Donate clothing, goods or services
- Make a financial contribution
- Pledge your birthday to Friends of Valkenberg
- Follow Friends on social media and share our posts
- Sponsor staff appreciation and service user events



Contact Us



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HOURS

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