
**2022/2023
ANNUAL
REPORT**

**FRIENDS OF
VALKENBERG
TRUST**



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ORGANISATIONAL OVERVIEW

01

WHO
ARE
WE?

WHO ARE WE?

BACKGROUND & AIMS

The Friends of Valkenberg (FOV) was launched on 1994, by Professor Brian Robertson, a psychiatrist who had the **vision to provide service to the most vulnerable of society** - those who suffered with some form of mental health challenge.

Valkenberg Psychiatric Hospital serves adults from a **diverse area of more than a million people in the Western Cape** - from Simon's Town to Nyanga, Grassy Park to Atlantis.

Many are from disadvantaged communities, where mental health struggles are often misunderstood. These vulnerable individuals are marginalized, **lack support from family and are unable to access resources** due to their disability. However, **with Friends of Valkenberg, they have hope for recovery.**

We impact recovery through the provision of a programmes, implemented by our dedicated group of staff and volunteers. We help people get back on their feet by partnering with the hospital staff to offer services and activities. These activities target different aspects of the recovery process, such as, enhancing independent living skills, building self-esteem, offering work, skills experience and a range of creative activities.

OUR AIMS



01

Meeting patients basic needs



02

Supporting patient recovery



03

Facilitating patient reintegration



04

Supporting hospital staff & boosting morale



05

Awareness & destigmatizing mental health

02

CHAIRPERSON'S
REPORT

CHAIRPERSON'S REPORT

In the past year, we've experienced a resurgence as we've adjusted to our post-pandemic lives. The administrative team returned to the office, volunteer projects resumed, and fundraising activities picked up. During my sick leave last year, Brian Robertson stood in for me as Acting Chair. I extend my gratitude to him for his support.

Our donors have once again shown strong financial support, enabling us to uphold our mission of promoting recovery by enhancing the lives of our service users and aiding their community reintegration while also extending our assistance to hospital staff. Our mission thrives through collaboration with Hospital Management and the Health Facility Board. We are grateful for the support of Valkenberg Hospital's CEO, Ms. Charlyn Goliath and her team, as well as the Hospital Facility Board. Under Director Soraya Solomon's leadership, we've worked diligently to recover from pandemic-related financial challenges and attain sustainability.

Despite economic difficulties, we've maintained stable financial backing from existing donors and gained new supporters with oversight from our Treasurer. Soraya's fresh ideas and experience have invigorated the team. Guided by her vision and goals, the team achieved ambitious fundraising targets. Although the Friendly Shop's renovation was postponed, it remained a stable income stream. Our Barista project not only pleases coffee enthusiasts but also develops skills for mental health service users interested in training as baristas. Our well-known Golf Day was complemented by a new Friendly Market event held in December, which also served as an appreciation for our founding members, Brian and Fran Robertson.

Staff turnover has been a reality, leading to farewells and new welcomes. We said goodbye to our finance and volunteer manager, Elize van der Merwe. We wish Elize well in her new adventures and appreciate the time she gave to Friends. We welcomed Grisel Pretorius as the new project manager and have seen the ward recovery projects blossom under her care. We also welcomed Ridaa Manie as our new finance and administration manager in March of this year, and already seen his invaluable contributions to the organisation.

Mr Daniel Munene, a finance expert, joined the board, and we continue to seek more trustees. Quarterly meetings and AGMs have kept us active, with dedicated trustees attending consistently. My appreciation goes to our patron, Fran Robertson, and both longstanding and new donors, including the invaluable support from BDO South Africa, who continue to offer us a discounted NGO rate for their accounting services. We also recognise Cecil Kilpin, our long-time auditor. Our core efforts revolve around the Friends of Valkenberg Office, the Friendly Shop Team, and our volunteers. Post-pandemic life underscores the importance of mental health globally.

The Friends of Valkenberg Trust is committed to promoting mental health and preventing mental illness among all its service users.



Fadia Gamieldien

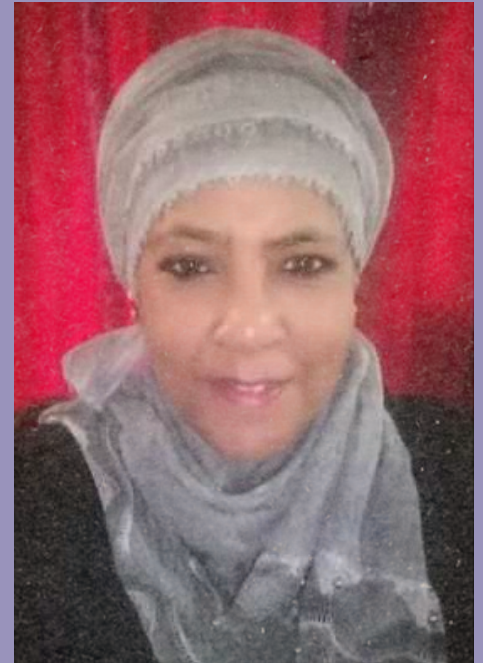
03

DIRECTOR'S
REPORT

DIRECTOR'S REPORT

Time is speeding by as fast as lightning. We have come through the Pandemic and subsequent lockdown over the last financial year which allowed the organisation to re-launch its services at Ward level, recruit, and train volunteers to support and assist the recovery program for patients. We were also able to meet our funding targets through events and traditional fundraising. Friends managed to work on increasing its funding sources which we were not able to undertake during the lockdown. This meant that fundraising events could be held again, which allowed us to diversify our income streams.

The results of the last financial year were promising. We ended the year with a small surplus, which will be ploughed back into our projects. We have also brought a fundraiser on Board to assist with our traditional Fundraising efforts. This decision has had a positive impact on the organisation's income sources, which has allowed for the expansion of services.



Soraya Solomon

It is evident from the report that we have made steady progress over the last year, at all levels of the organisation that is operational, funding, projects, and the successful results of Friendly Shop. Mental Health Recovery is a work in progress and we at the Friends of Valkenberg Trust remain committed to ensuring that people with mental health challenges receive the necessary support whilst they embark on their recovery journey.

Friends would not have been able to sustain its work without the loyal and committed support of our Donors, volunteers, board of trustees and staff. I wish to express my heartfelt appreciation to these stalwarts who continue to make a positive impact on the most vulnerable. I would also like to pay special tribute to our founding member, professor Brian Robertson, for his invaluable contribution to the Friends of Valkenberg. Trust.



***Mental health is not a destination but a process.
It's about how you drive, not where you're going***



~ Noam Shpancer, PhD

OUR YEAR AT A GLANCE



FUNDRAISING TARGETS

We succeeded in reaching all fundraising targets. The Charity Golf Day held and attained its fundraising goals. Our first Market Day launched, and its success created another income stream as well as a new marketing tool.



WARD RECOVERY PROJECTS

Ward recovery projects at Valkenberg Hospital re-launched as lockdown suspended. Over sixty volunteers recruited and trained to manage the ward.



BARISTA STATION

Barista Station, a project funded initially by the MacFarlane Family Foundation, is now sustainable as sales have increased. The Barista station is now another stream of income for the Friendly Shop. The barista station has produced approximately 5880 cups of coffee over the last year. Trained baristas at the Friendly Shop had trained in other related skills and are now functioning optimally. A further 10 patients have been trained as baristas.



FINANCE

Good financial results as we managed to attain a small surplus

04

FOUNDER'S
FAREWELL
TRIBUTE

FOUNDERS FAREWELL TRIBUTE

PROF. BRIAN ROBERTSON

At the end of last financial year, we hosted a farewell function for our founding member Professor Brian Robertson. Professor Robertson with his wife Mrs Robertson, are the founding members of Friends of Valkenberg Trust. Professor Brian Robertson had the vision to work on improving the hospital environment for patients with mental health challenges. To showcase the work of Professor Brian Robertson and his wife, a brief history of their achievements clearly shows the impact of their vision.

The Friends of Valkenberg Trust was started in 1994 by Professor Robertson and his wife. He was then head of Psychiatry. Professor Brian Robertson asked his wife Mrs Robertson to support and assist his vision by addressing some of the many needs he saw at the hospital.



Friends of Valkenberg will celebrate its 30th anniversary in 2024 and to pay tribute to our founding members, we would like to highlight the incredible achievements of the Trust since its inception

On behalf of the board of trustees, staff and volunteers, we will be eternally grateful to Professor Brian Robertson who had the vision to create the Friends of Valkenberg Trust to serve humanity, especially those who have mental health challenges

KEY ACHIEVEMENTS OVER 29 YEARS



R12 million raised towards the completion of the new admissions unit for the hospital



Development of the Friendly shop which provides low costs meals and second-hand goods for sale. The funds generated support the patient and hospital projects. Includes a skills development aspect in food preparation for patients during their recovery journey.



Hair Salon project on the Hospital premises to pamper patients and hospital staff. Patients allowed to assist in the salon and develop skills



Clothing bank initiated for patients.



Food parcel project developed to ensure Patients have food to assist their reintegration process.



Library developed on the hospital premises for patients and staff



Hospital staff care projects developed to acknowledge and thank them for their services



Barista skills training implemented, and Barista station set up as part of the Friendly Shop

05

VOLUNTEER
STATISTICS

VOLUNTEER STATISTICS

RECOVERY PROJECTS

Following the COVID-19 outbreak of 2020, all projects were suspended for the duration of the pandemic, which lasted over two years. The process of restarting the ward recovery projects began in May of last year. After a few months of planning, redesigning, numerous meetings with hospital staff, new volunteer recruitment and a very successful volunteer training day, the ward recovery projects resumed in October 2022 last year, and Friends welcomed roughly 58 new volunteers to the team.



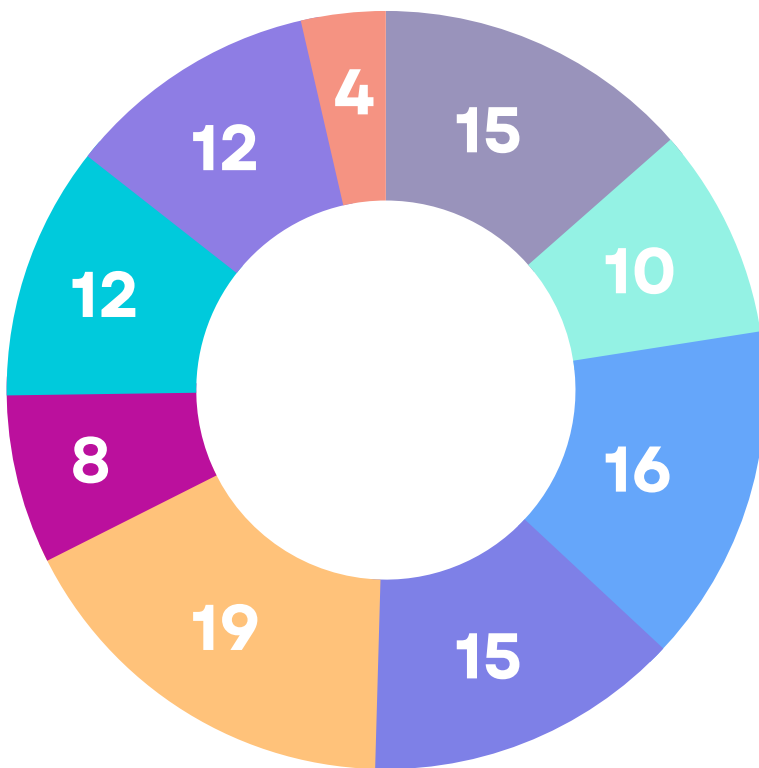
The ward recovery projects function to complement the hospital's formal therapy by focusing on the development of essential life skills, such as cooking, self-care and physical well-being, as well as other leisure activities aimed at providing spaces to de-stress. These activities aim to support not only the recovery of individuals living with mental illness, but to better equip them to return home or find employment opportunities.



VOLUNTEER STATISTICS

RECOVERY PROJECTS

TOTAL NUMBER OF VOLUNTEERS PER PROJECT



09

Total number of Recovery Projects



Event Participation



Movie Days



Beauty Self Care



Movement & Music



Sports



Games



Drama & Writing



Arts & Crafts



Cooking

VOLUNTEER STATISTICS

RECOVERY PROJECTS

Ward managers were approached to select preferred projects in October 2022, and these projects continue to be implemented by volunteers on a daily basis at the hospital. Initially, these projects were only running in 6 wards, but since the beginning of February 2023, these projects have expanded to include 4 more wards, one being a forensic ward. A total of 29 projects run on a weekly basis.



Total number of volunteers



Total number of volunteer hours



Total number of sessions p/week



Average number of volunteer hours per week



Total number of patient contacts



Average number of patients per volunteer



Left to right: Photographs of our regular volunteers engaging in various activities

VOLUNTEER STATISTICS

LIBRARY



01

Total number of
volunteers



132

Total number of
volunteer hours



641

Total number of
patient visits



ADMIN / CHARITY SHOP



05

Total number of
volunteers



133

Total number of
volunteer hours

VOLUNTEER STATISTICS

BASIC NEEDS

It's hard to start your new life after discharge if you can't get home.

It's hard to stay well if you and your kids have nothing for dinner and you can't take your medication on an empty stomach. It's hard to feel "normal" in a hospital tracksuit.

By funding clothing, food parcels, identification documents and transport to those who are in need, this service not only provides vital practical assistance to recovery, but also promotes dignity and self-esteem, which are essential for getting people back on their feet.



FOOD PARCELS



01

Total number of volunteers



11

Total number of volunteer hours



10

Average number of items per Food Parcel



160

Total number of food parcels issued



VOLUNTEER STATISTICS

BASIC NEEDS

CLOTHING DEPO



02

Total number of
volunteers



211

Total number of
volunteer hours



03

Average number
of items per
patient



05

Total number of
patient contacts



2,479

Total number of
clothing items
issued



**8 OUT
OF 10**

patients issued
clothing are men

06

PATIENT
SERVICES

PATIENT SERVICES STATISTICS

TRANSPORT AID



355

Total number of trips sponsored



R36000

Total cost of trips sponsored



IDENTITY DOCUMENTS

South African Smart Identity Card



50

Total number of Smart ID's sponsored

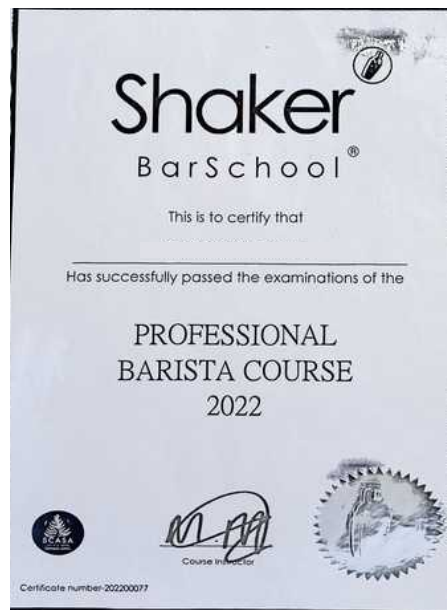


R7000

Total cost of ID Sponsorship

PATIENT SERVICES

SKILLS DEVELOPMENT



Left to right: Skills development espresso machine, barista certification and a cup of coffee by one of our patients

The Barista skills development project relaunched in October 2022. Two separate groups of patients were nominated by occupational therapists, and selected to participate in a barista course.

Shakers Bar School agreed to partner with us last year and offered the three-day Barista course at a discounted price. In total we were able to send 12 patients on the course, where 10 successfully passed.

The goal of this project is to better equip patients with the skills needed to enter the job market following discharge. We hope to further expand this project beyond the course itself by partnering with the occupational therapy department to aid these patients in finding work opportunities following the successful completion of the barista course. Of the 10 patients that passed, we were able to offer one an internship in the Friendly Shop.

07

THE FRIENDLY
SHOP

THE FRIENDLY SHOP

OVERVIEW

The Friendly shop serves as both a retail and skills hub which provides retail services to staff, families, patients, and the public.

The shop provides training for patients in a variety of skills such as sales, food preparation, customer services, finances, and other related skills.

For further insight and success of the Friendly Shop, below are some statistics.



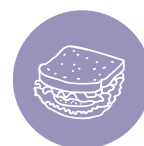
31,653

Total number of customer interactions



39,716

Total number of snacks sold



84,724

Total number of meals sold



14,376

Total number of cool drinks sold



5,880

Total cups of coffee sold



7,761

Total number of donated items sold

THE FRIENDLY SHOP



The Barista station which was launched in 2021 with the support of the Macfarlane Family Foundation, and we are proud to report is now fully sustainable.

This model of evolving a project into a social enterprise clearly point to the fact that the focus should be on sustaining a project after the donor has existed from the project. A special word of gratitude to the Macfarlane Foundation for allowing our dream to become a reality.



The charity section of the Friendly Shop still requires the support of the public to donate preloved goods for sale for us to plough back profit made to sustain our projects for people with mental health challenges.

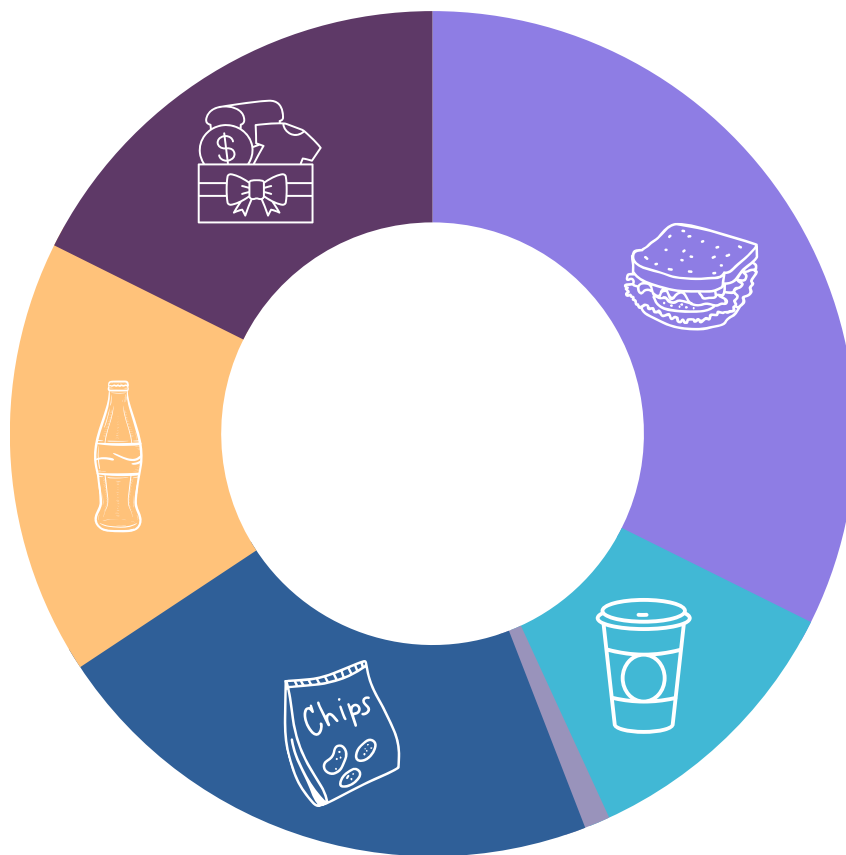
Plans are in place to revamp the Friendly Shop to create a safe space for both patients and staff to come and relax away from the hospital environment when they need a much-needed break.



OVERVIEW & STATISTICS

PERCENTAGE SOURCES OF INCOME

(BASED ON RAND VALUE)



Take-Aways - 32%



Drinks - 17%



Snacks / Luxuries - 22%



Barista / Coffee - 11%



Donated Goods - 18%



Grocery Items - 1%

08

EVENTS

EVENTS

MANDELA DAY

Mandela Day is celebrated on 18th July, and is celebrated via dedicating one's time or resources to assist those in need. It is a big driver to enact positive social change and resonates deeply with the values of Friends of Valkenberg.

As a Mandela day initiative, a request went out to all our social media platforms, email, as well as word of mouth to spread the call of donations in kind and any form of financial contribution. The generosity of all our donors were greatly appreciated and, new networks were formed for Friends of Valkenberg.



WOMEN'S MONTH

August is often known as Women's Month, and as an initiative to support and empower women, a friend of FOV, her colleagues & family contributed financially to purchase slippers socks and snack items for every female service user during women's month.



EVENTS

CHARITY GOLF DAY



Our Annual Charity Golf Day was once again a successful and fun filled fundraising event held at King David Mowbray Golf Club in September.

Not only did the event raise a raising a profit of R85,000, it was also a day enjoyed by all sponsors and golfers. New sponsors and new golfers participated, and an ongoing relationships were formed for Friends of Valkenberg.



EVENTS

FESTIVE SUMMER MARKET

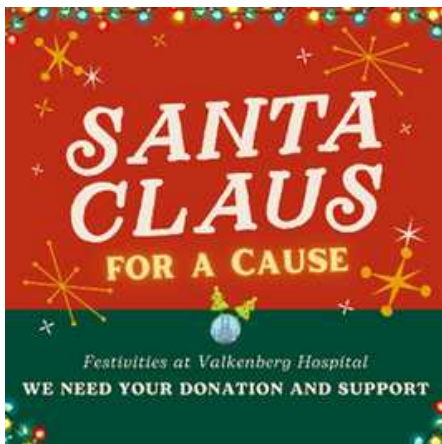
Our second Summer Market took place 3rd December 2022, it was a great marketing and networking opportunity for FREINDS OF VALKENBERG Both vendors and marketers were really impressed and interested in the services and support we offer both to service users & the hospital.



EVENTS

CHRISTMAS PROGRAMME

The overwhelming response & donations both in cash and kind from our donors made the Festive Season fun and enjoyable for all service users. We once again were able to spoil our service users with the following activities: Christmas trees, lights and decorations supplied to all wards to create the festive vibe; Braai held for each ward with snacks and drinks too; A festive box with all party snacks and drinks packed for every ward; Each service users received a gift wrapped with a Christmas message on Christmas morning.



VALENTINE'S DAY, EASTER & EID

F.O.V. celebrated these calendar events by distributing snacks with an appropriate message



09

EXTRACT OF
AUDITED FINANCIAL
STATEMENTS

EXTRACT OF THE AUDITED FINANCIAL STATEMENTS

STATEMENT OF FINANCIAL POSITION

Friends of Valkenberg Trust

Annual Financial Statements for the year ended 31 March 2023

Statement of Financial Position as at 31 March 2023

	Note(s)	2023 R	2022 R
Assets			
Current Assets			
Trade and other receivables	2	5,841	4,688
Cash and cash equivalents	3	545,760	392,612
Cash and cash equivalents - Sustainability reserve	4	874,985	822,731
Inventory		19,806	11,232
		1,446,392	1,231,263
Total Assets		1,446,392	1,231,263
Equity and Liabilities			
Equity			
Trust capital		1,000	1,000
Reserves		774,985	722,731
Accumulated surplus		548,159	265,420
		1,324,144	989,151
Liabilities			
Current Liabilities			
Funds received in advance		122,248	242,112
Total Equity and Liabilities		1,446,392	1,231,263

EXTRACT OF THE AUDITED FINANCIAL STATEMENTS

STATEMENT OF COMPREHENSIVE INCOME

Friends of Valkenberg Trust

Annual Financial Statements for the year ended 31 March 2023

Statement of Comprehensive Income

	Note(s)	2023 R	2022 R
Continuing operations			
Revenue		2,305,423	1,877,526
Other income		179,671	45,705
Operating expenses		(1,969,721)	(1,519,275)
Operating surplus		515,373	403,956
Investment revenue		8,168	7,967
Surplus from continuing operations		523,541	411,923
Continued operations			
Project expenses		(240,802)	(202,280)
Surplus for the year		282,739	209,643
Other comprehensive income		-	-
Total comprehensive income for the year		282,739	209,643
Surplus attributable to:			
Owners of Friends of Valkenberg Trust:			
From continuing operations		523,541	411,923
Ongoing project expenses		(240,802)	(202,280)
		282,739	209,643

10

DONATIONS

DONATIONS

OUR DONORS

FINANCIAL CONTRIBUTIONS

FOR WHICH S18A CERTIFICATES WERE ISSUED

TRUSTS & GRANTS

Claude Leon Foundation
Mac Farlane Family Foundation
Percy Fox Foundation
St Michaels Catholic Church
The Rolf Stephan Nussbaum Foundation
Jessie Graham Memorial Trust
Jet Lee Trust

CORPORATE DONORS

Al Baraka Bank	Nantes Athletic Club
BITRIM Management	Mazars
DLK Group (PTY) LTD	Standard Bank South Africa
HIS Fund II SA Rental Trust 2	Stiles Tiles
HIS Fund II SA Rental Trust 6	Transcend Residential Property Fund Limited
Inner Wheel	

INDIVIDUAL DONORS

Adi Cochran	Owen Roux
Amy Rhode	Pragasen Nadrajah Naicker
EL Darter	Robert Wesselo
Jarrett Jordaan	Simon Timm
JP Heyns	Tansy Horwood
Kate Brown	Various anonymous individuals
L & L Balona	

DONATIONS

DONATIONS IN KIND

Please note : We do our utmost to reflect our donors names accurately, as they are transcribed from handwriting.

Adela Domingo	Diane Michael Seaman	Julie McFarlane
Adi Cochrane	Doritha Bashfold	Justine Krige
Alan & Sue Oosterberg	Duncan Hourton	Jyla van Der Poll
Alan Butch	Elizabeth Wocker	Keith & Alicia Solomon
Alicia Solomon	ElMarie Brooks	Kerri Davidson
Andrea De Araujo	Emily Van Nicker*	Kerri-Lyn Davidson
Aneshree Moodley	Emma Kleynhans	Kim
Anita Le Rocca*	Erin Morris	L Kellner
Ann Morris	Evelyn Benatar*	Laurette Malengret
Anneke Koffeman	Exclusive Books - Canal Walk	Leigh Haselau
Anza Tshivhase	Fadia Gamieldien	Linde*
Avril Caulfield	Gabriella Bieber	Lisa White
Avril Isaacs	Garron Shelley	Lorraine Grove
Barbara Brewer	Gary Frier	Lukey
Bernhard Cruse	Gemma	Lynne Jooste
Betty Kadenge	Gisela Oosthuizen	Maresa de Beer
Bonita Daniels	H Relick	Maresa de Beer
Brian	Helen Collins	Marguerite
Bulelwa Mgoqi	Henrietta & Elmethra	Marguerite*
Callan	Inchin Waggie	Margy Matthew
Carline Davis	Ingrid Duminy	Mariam
Carmen Thomas	Irene	Marion
Carol Dean	Irene van wyn*	Mark & Norm
Carol Jason	J Gencle*	Marla Trinade*
Charles Hendricks	Janet Nel	Martin & Lesley Mostert
Charne Marais	Jeanne Korsman	Maureen Williams
Christa Malina	Jema - Sea Point*	Megan Watling
Claudia de Clerq	Jenny & Emily	Meghan Fillmore
Debra Brinkworth	Jessica Goncalves	Michele Berry
Debra L v Cock	John Collins	Mrs D Cooper

DONATIONS

DONATIONS IN KIND

Please note we do our utmost to reflect our donors names accurately, as they are transcribed from handwriting.

Nafisa Abdulla
Nanette Vd Meulen
Nawaal
Nokuzda Cossie*
Old Mutual
Parisa Choudri
Philippa Colinese
Philippa Kelly
Phindile Mbola
Pinelands Methodist Church
Prabashni Linters

Tami Cruse
Tracy Hoedemaker
Valencia Trimmel
Wardah Armien
Zulfa Ismail
SA Muslim Agency
Saleem Triegaardt
Sameenah Kader
Sarah Oosterberg*
Sarah Shelley
Sarah-Jane Shelley
Sebastian Daniels

Shariefa Jacobs
Sharon Meyer
Sizwe*
St Anthony's
Sylvia Currie
Table Bay Hotel
Pravania Narcker
Protea Hotel
Qhane Cossic*
Rene Van Wyn
Robyn Revke
S. Currie



***It's not how much we give, but
how much love we put into
giving.***



~ Mother Theresa

HOW TO SUPPORT US

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 lasting memorials 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.

HOW TO GET INVOLVED

- Become a volunteer
- Donate clothing, goods & services
- Become a donation point for work, friends and family
- Make a financial contribution
- Pledge your birthday to Friends of Valkenberg
- Sponsor staff appreciation & service user events



Snap here to pay



CONTACT US



T: 021 447 2092 (Office)
T: 021 447 7076 (Shop)



office@friendsofvalkenberg.co.za



Valkenberg Hospital, Observatory Rd, Observatory
Office hours: Mon - Fri: 09:00 - 13:00



ORGANISATIONAL OVERVIEW

Name of Organization:	Friends of Valkenberg Trust
Master's Ref. No. (Trust number):	IT 5114/97
Date of establishment of Trust:	1997
Date organisation was FOUNDED:	1994
Chairperson:	Fadia Gamieldien
Treasurer:	Hugh Amoore
Patron:	Françoise Robertson
Physical Address:	Valkenberg Hospital Observatory Road Observatory
Telephone Number:	021 447 2092
Email:	office@friendsofvalkenberg.co.za
Website:	www.friendsofvalkenberg.co.za
Legal Status:	Charitable Trust, PBO & NPO
PBO Number:	93 000 3749
NPO Number	030-235-NPO
Sec 18A Tax Exemption Number:	18/11/3/5439
Field/sector:	(Psychiatric) Disability or Health



www.friendsofvalkenberg.co.za