

RESTORING INDEPENDENCE

TEACHING LIFE SKILLS

GIVING HOPE

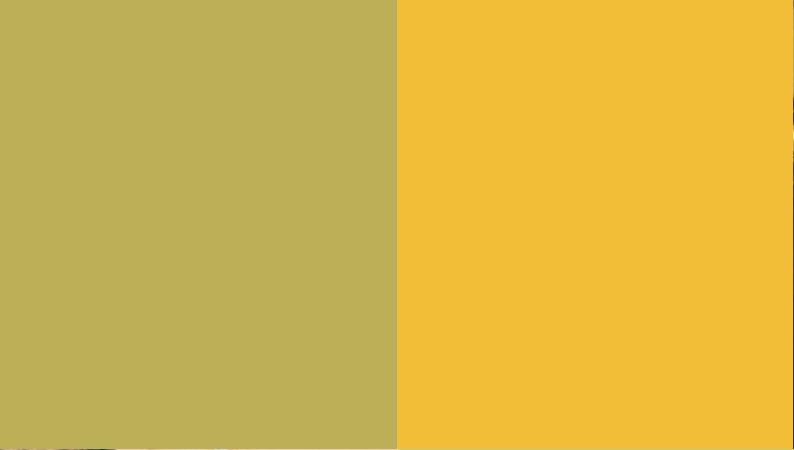
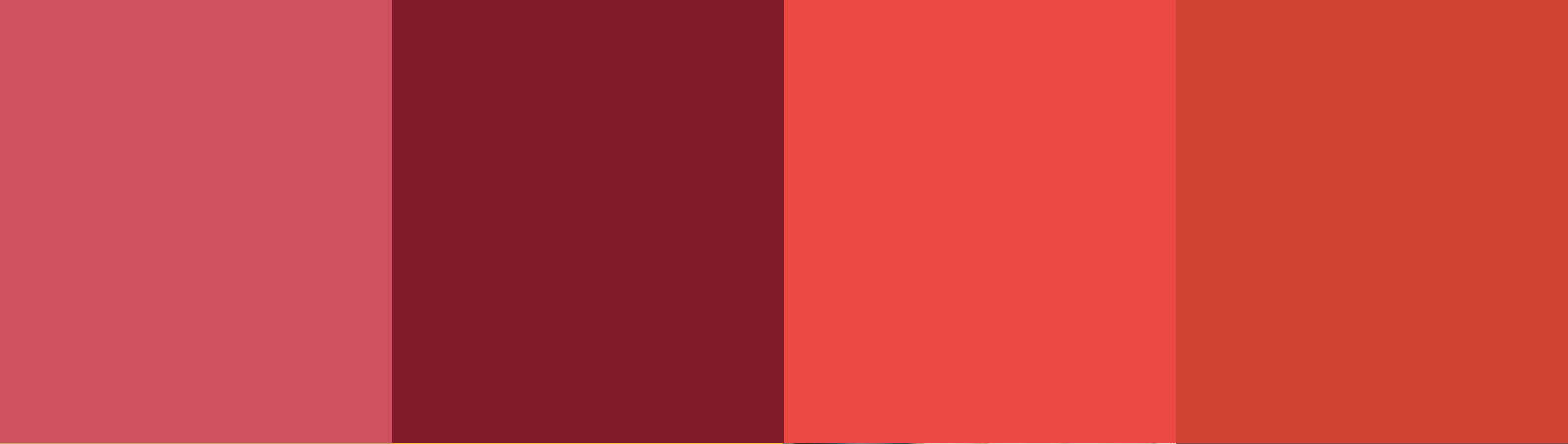
BUILDING SELF ESTEEM

SUPPORTING RECOVERY

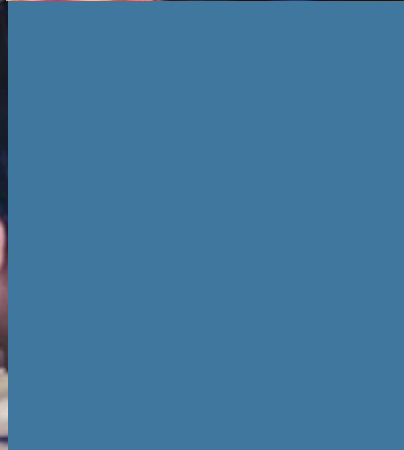
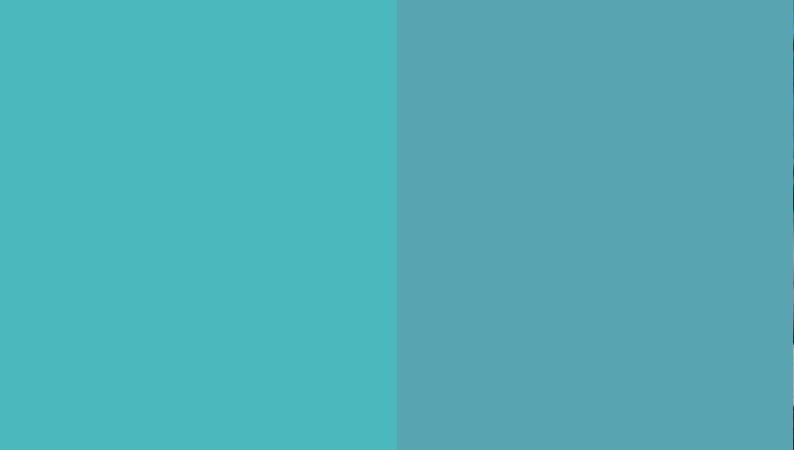
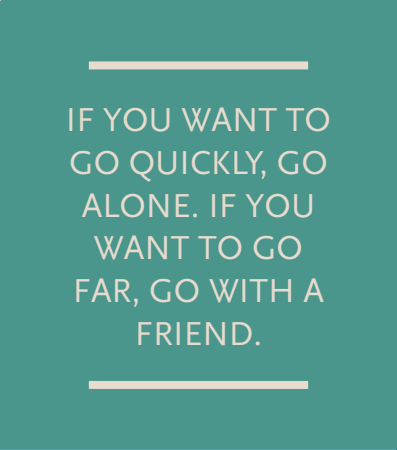
ANNUAL REPORT 2013



FRIENDS OF
VALKENBERG
TRUST



IF YOU WANT TO
GO QUICKLY, GO
ALONE. IF YOU
WANT TO GO
FAR, GO WITH A
FRIEND.



CHAIRPERSON'S REPORT

I AM HAPPY TO REPORT THAT ALL IS WELL WITH THE FRIENDS OF VALKENBERG TRUST. OVER THE PAST YEAR THE TRUSTEES, OFFICE STAFF AND VOLUNTEERS HAVE CONTINUED TO PERFORM IN AN EXEMPLARY WAY, AND WE HAVE MAINTAINED A MUTUALLY REWARDING RELATIONSHIP WITH OUR BENEFICIARIES, WHO HAVE EXPRESSED SATISFACTION WITH OUR SERVICES.

The Trustees met regularly during the year. Fran Robertson, stood down as vice-chair and Sihle Msengana accepted the position. There are currently 8 Trustees, and although we intend to improve our representativeness, we don't wish to increase our numbers too much. We felt the need for a Patron, and we were delighted that our first choice, Emeritus Professor Stuart Saunders, accepted our invitation.

Here are some highlights of the Trustees' work over the past year:

- 1 We adopted the Independent Code of Good Practice as part of our commitment to high standards of governance and performance as an NPO. As we come to the end of my first year as Chairperson, I am leading the Trustees in an evaluation of our performance as Trustees
- 2 With regard to strategic planning, the Trustees feel that restructuring the Friends of Valkenberg Trust to fit in with the Hospital Revitalisation Plan will be our major focus for the near future. The presence of two campuses in the new hospital will be our most specific challenge, and we are determined to turn this into an opportunity.
- 3 The Trustees have for some time been discussing among ourselves and with the hospital CEO, the need to have a Memorandum of Understanding with the hospital. We have now submitted a draft to Carol Dean for consideration.
- 4 We would like to strengthen our relationship with the Hospital Facility Board, so I have begun attending some of their meetings. Thanks to Prof Zabow and the Board for their ongoing support.

On behalf of the Trustees, I would like to express our grateful thanks to the Office Staff – 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 very modest remuneration.

Thanks also to our large cadre of volunteers – they really are the face of the Friends of Valkenberg. I would like to say a special word of appreciation to Carol Dean, CEO of Valkenberg Hospital. What a great working partner you are!

Finally, a big, big thanks to our donors and supporters, large and small, without whom none of our services would be possible. We are continually amazed at your generosity: both the smaller donors who are our backbone, and the larger ones – some reassuringly regular, and others often coming in just when needed.

Brian Robertson

Chairperson of the Friends of Valkenberg Trust





MAKING AN IMPACT ON RECOVERY AT VALKENBERG

SANDRA MATTHEW – PROGRAMME MANAGER

THE PAST YEAR HAS SEEN THE FRIENDS OF VALKENBERG TRUST CONTINUE TO DELIVER A DYNAMIC RANGE OF SERVICES AIMED AT SUPPORTING PEOPLE WHO ARE RECOVERING FROM SERIOUS MENTAL ILLNESS AT VALKENBERG PSYCHIATRIC HOSPITAL.

We continue to explore what it means to be “partners in recovery” at Valkenberg and have discovered the enormous value of our services in giving people hope, rebuilding skills, ensuring dignity, building essential self esteem and providing the practical assistance necessary to get on with recovering for a serious mental illness.

The cold, hard facts reflected in our financial audit can’t begin to explain what we do because much of it does not have a monetary value – the more than 1900 hours of volunteer time feeding into people’s lives, the huge number of donations made in kind to our projects and events and the many extra miles our staff go to make it all happen.

“NOT EVERYTHING THAT COUNTS CAN BE COUNTED. NOT EVERYTHING THAT CAN BE COUNTED, COUNTS.” – EINSTEIN

We want to share with you some of the stories we have collected this year from people we have worked with. Some of these people are in the wards right now, some are now our volunteers and others are living their lives back in the Cape Town community.

“Putting recovery into action means focussing care on supporting recovery and building the resilience of people with mental health problems, not just on treating or managing their symptoms.” – Mental Health Foundation

Linked in to these stories we have highlighted key projects to show some of the ways in which the Friends may have partnered with these people on their journey to recovery. →

BASIC NEEDS SCHEME



REGAINING CONFIDENCE

“I RECEIVED THE BEST CARE. THEY SIGNED ME UP FOR OCCUPATIONAL THERAPY AND I BLOSSOMED...”

“Earlier this year I was treated for my Bi-Polar disorder and anxiety attacks at Valkenberg Hospital.

The nursing staff and doctors are excellent. I received the best care. They signed me up for Occupational Therapy and I blossomed... I just returned to the Ward for lunch, after that I was back at OT. I loved it and it was my saving grace. I also enjoyed the projects which Friends of Valkenberg run. I learnt to interact with others and regained my confidence.

My journey took close to 3 months but I am now a new person. My meds are correct for me and I am a lot calmer.”

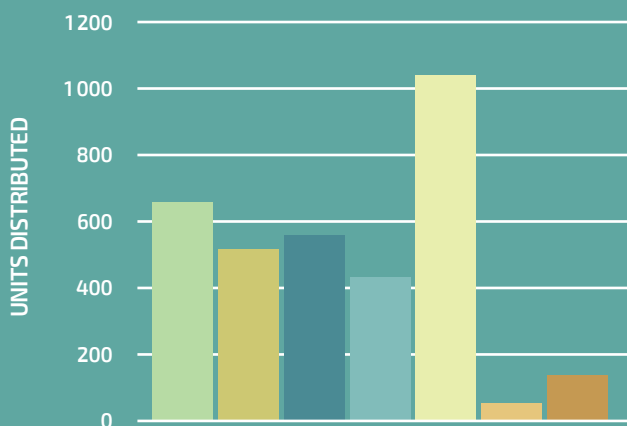
Sometimes the support we offer is as simple as busfare to get people safely home to their families or to attend a follow-up clinic – a vital part of keeping well. This year we distributed almost R18 000 in transport money which impacted the lives of close on 1 000 people.

A new set of clothing from our depot will keep someone warm but can also boost self esteem. Volunteers let people choose what they need in order to promote vital self-care and decision making skills.

In the last year our volunteers distributed over a thousand tops alone to patients in need. That in addition to the hundreds of pairs of shoes, underwear and trousers which gave people dignity and identity.

CLOTHING DEPOT PROJECT

- FOOTWEAR
- UNDERWEAR
- TROUSERS
- SOCKS
- TOPS
- DRESS
- HAT/CAP



RECOVERY GROUPS

"I was diagnosed with Unipolar Depression when I was thirty-four years old. My son was eleven, and my daughter six. I had been married for twelve years.

After reaching rock-bottom at the beginning of this year, I was admitted to Victoria and then spent six weeks at Valkenberg Psychiatric Hospital. I was finally diagnosed with Bipolar Mixed Mood Disorder. For about eight years, I had been on an anti-depressant that worsened my symptoms.

Now, I am unemployed but I do work occasionally. I have relied heavily on my family for support, and I'm learning not to withdraw, but to ask for help when I need it. For the first time in thirty years, I am living with my mother again. I am no longer on medical aid and have struggled to come to terms with the State Health System because the wheels turn slowly.

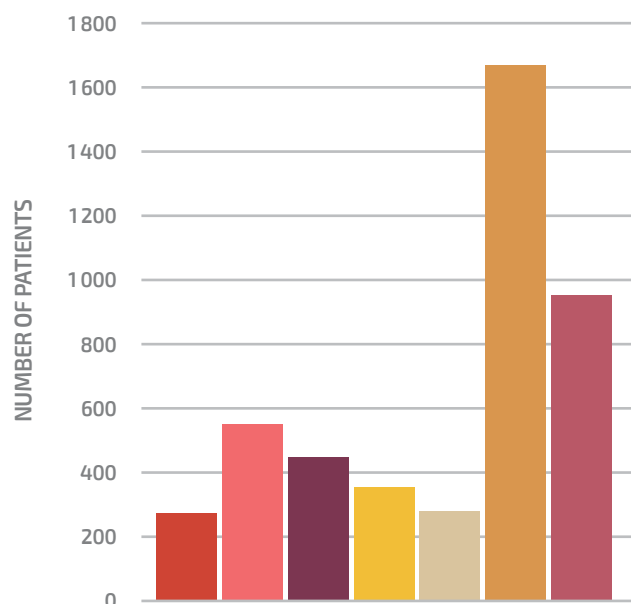
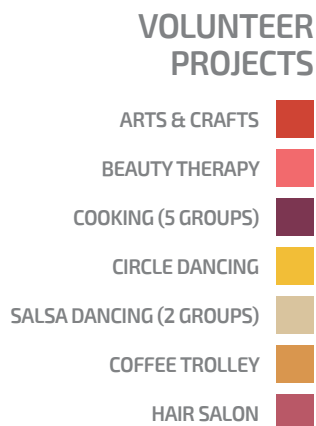
I'm learning to take small risks. I now volunteer with the Friends of Valkenberg Trust. The volunteering helps me, and I hope I perform a service to those in the mental health community. I hope that my recovery can serve as a testament to those of us still struggling and learning to cope. I've been in their position, but I've also come out on the other side to show that recovery is possible."

Our volunteer-lead Activity Groups support the process of recovery by complementing the formal therapy of the hospital. Volunteers provide personal attention and build self esteem while offering patients the chance to work on basic life skills, grow through arts and crafts and use physical exercise to improve their mental health. These programmes also help to alleviate the boredom of being in the ward and provide a vital human touch to the healing process.

HUNDREDS OF LIVES WERE IMPACTED BY OUR GROUPS THIS YEAR.

At our Coffee Trolley alone, over 3 000 cups of coffee were served in Outpatients. This represents 3 000 personal contacts which form a part of the support provided to people staying well in the community.

We are always looking for ways to grow our projects to have more impact on people's lives. A great example this year is the weekly Hair Salon. What started out as a Beauty Therapy project improving self esteem and confidence, is developing into a training ground for service users who are able to learn skills they can use to generate an income on discharge. We are hoping to develop this service further and formalize the training programme offered.





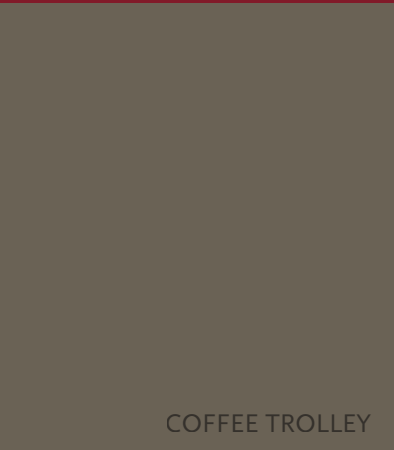
COOKING



MOVEMENT



BEAUTY THERAPY



COFFEE TROLLEY



FRIENDLY SHOP

ART & CRAFTS





"I used to get in a lot of fights at Valkenberg. I don't know why. I guess I was just aggressive and angry that I didn't know anyone there. I was mad at my family, too. Why did they let me come here? My father said the doctors were helping me, but I didn't agree. I wanted to go home. Eventually I was angrier with myself than anyone else.

When I got to know the staff, then it was nice. I'll never forget some of them. I remember I used to participate in classes at Valkenberg. The Friends of Valkenberg had a lot of options for us. I tried a few groups in OT, like cooking, beading, and yoga. My favorite was cooking. I remember making my own eggs once...

I was at Valkenberg for three months before I came to the William Slater House. I didn't want to come to William Slater in the beginning; I really just wanted to go home. Now that I've been here for some time, I believe it's for my own good. I can take my tablets independently, I'm off drugs and on a nice level with my family.

Sometimes I still feel like I'll be here too long – six months from start to finish – but I've got dreams for myself now. I want to talk to the youth about leaving drugs, ... gangsterism... how that lifestyle only leads to death and jail. When I leave William Slater, I want to attend night school as well. I'd like to get a girlfriend, get a job, get my life back on track.

I've worked hard to be where I am. I know I've made some mistakes, but I'm happy with my progress and where I'm headed. It hasn't been an easy journey, but I'm recovering."



**"IT HASN'T BEEN AN
EASY JOURNEY, BUT
I'M RECOVERING."**

EVENTS

OUR ANNUAL PROGRAMME OF PATIENT EVENTS AND CELEBRATIONS WAS SIGNIFICANT AGAIN THIS YEAR AS THE EVENTS BROUGHT LIFE AND LIGHT INTO VALKENBERG. THESE EVENTS CONNECT PEOPLE TO THEIR COMMUNITIES AND ENSURE PEOPLE DO NOT FEEL FORGOTTEN. LARGE GROUP EVENTS HELP PEOPLE TO WORK ON THE SKILLS REQUIRED FOR SOCIALISING AND ALLEVIATE BOREDOM.

We also hosted a number of community based events like Mandela Day and the Old Mutual Care and Share initiative. Volunteers from the Cape Town community arrived to make a difference by helping us prepare for our Christmas programme, start vege gardens, introduce patients to new sports and give projects a facelift.

"The show was so enjoyable and really raised our morale. We were spoilt with chips and cooldrink which made me feel special and loved. You need this as a patient because you sometimes feel like you are forgotten and ignored by your family. Friends of Valkenberg are like family when you are here."



HOSPITAL STAFF SUPPORT

OUR SUPPORT OF HOSPITAL STAFF AND THEIR INITIATIVES HAS GROWN AGAIN THIS YEAR AS HOSPITAL STAFF ARE INCREASINGLY ASKING FRIENDS TO SUPPORT THE EXCITING NEW INITIATIVES AND GROUPS THEY ARE DEVELOPING.

The help required may be as small as tea and biscuits for a support group but these small things encourage staff to continue developing services and sometimes make the new ventures possible. This ultimately encourages better service delivery and a more sustainable recovery for Valkenberg patients.

Valkenberg staff work long hours, often under challenging conditions and need to know that they are supported and valued. Friends supported events like Nurses' Day and the Goodwill Tea where staff are recognised for their contribution to the healing that takes place at Valkenberg.

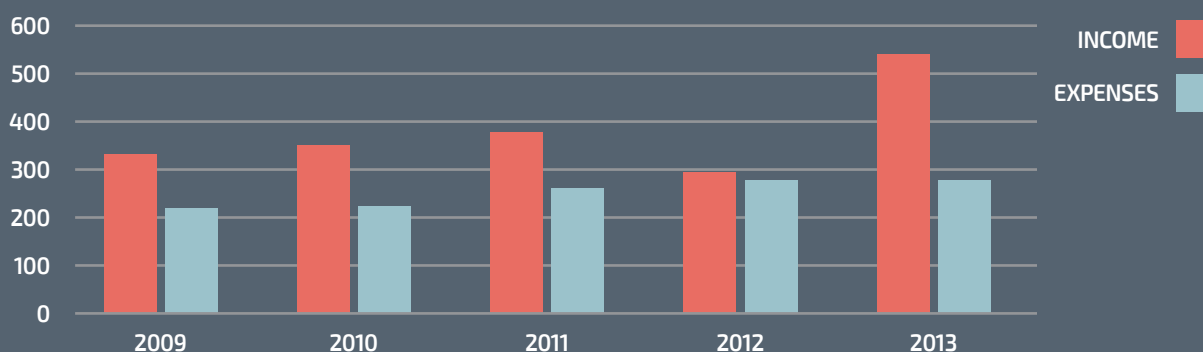
"It is important that staff feel valued and cared for. Psychiatry is a demanding and emotionally draining job. Staff work a long day and events like this improve morale and prevent burnout. People need support and to feel that the Hospital appreciates and cares for them. Doing events like this it is our way of doing this. The support of Friends adds great value to these events."



FINANCIAL OVERVIEW

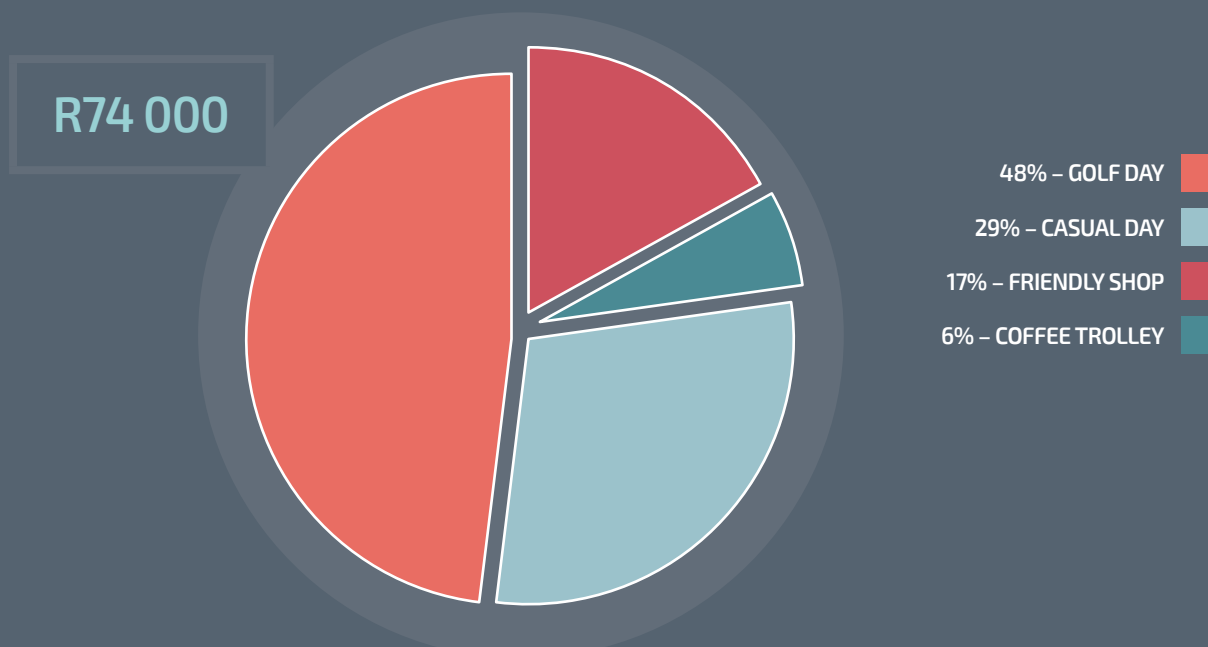
	Roo's				
	2009	2010	2011	2012	2013
Income	324	343	372	291	537
Expenses	219	225	258	278	275
Available funds	105	118	114	13	262
Direct benefits to patients and hospital	105	112	179	75	173
Net change in Funds	0	6	-65	-62	89

FINANCIAL OVERVIEW

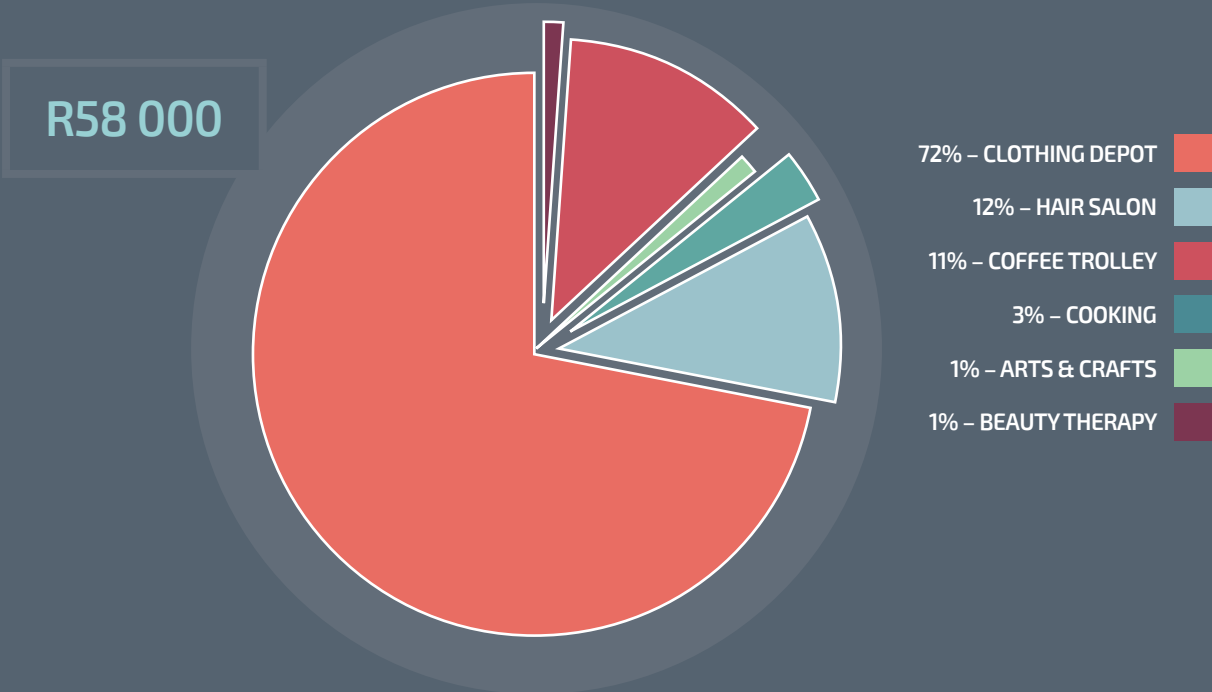


INCOME GENERATION

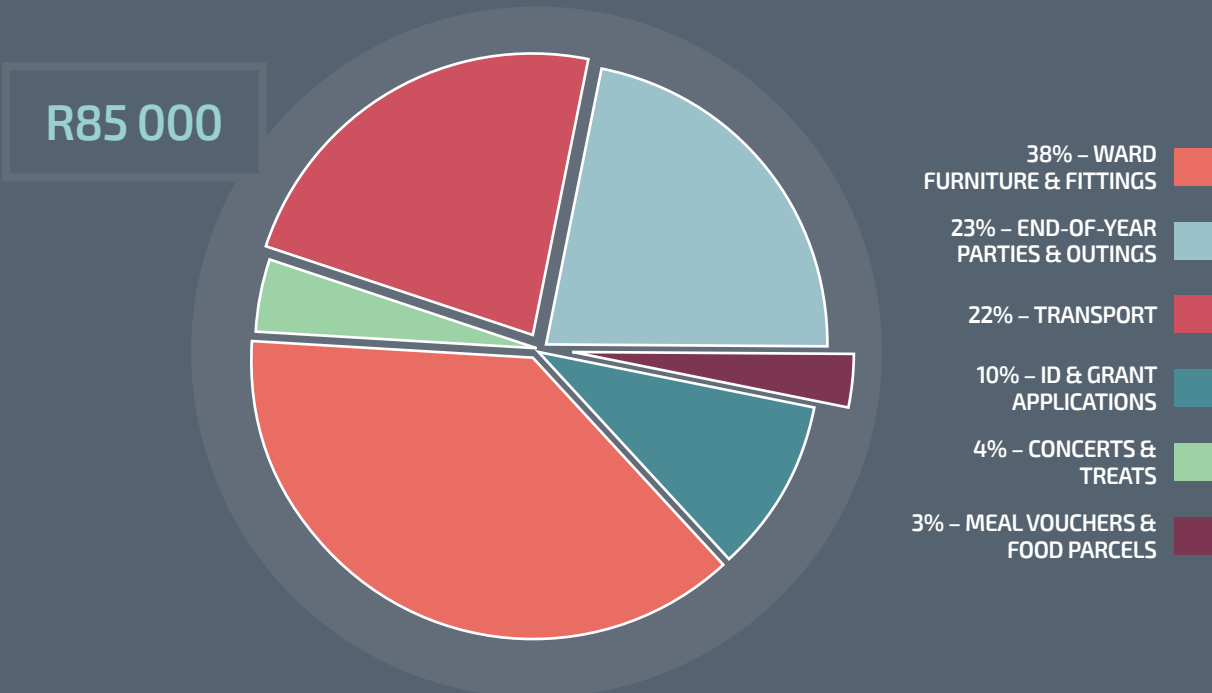
WHILST WE REMAIN GRATEFUL AND CERTAINLY VALUE OUR LOYAL DONORS, WE ARE ABLE TO RAISE APPROXIMATELY 25% OF OUR ANNUAL BUDGET THROUGH OUR OWN EFFORTS AT INCOME GENERATION:



VOLUNTEER PROJECTS EXPENDITURE



DIRECT BENEFITS TO PATIENTS AND HOSPITAL



AUDITED STATEMENTS FOR THE FINANCIAL YEAR ENDING 31 MARCH 2013 AVAILABLE ON REQUEST FROM admin@friendsofvalkenberg.co.za OR PO BOX 13566, MOWBRAY, 7705

VOLUNTEERS

BY SARAH SHEEHAN –
FRIENDS OF VALKENBERG
INTERNATIONAL INTERN

THIS PAST WINTER I HAD THE OPPORTUNITY TO INTERN WITH THE FRIENDS OF VALKENBERG TRUST. NEVER BEFORE HAVE I FACED SUCH PERSONAL CHALLENGES AND ACHIEVED SUCH PERSONAL GROWTH ALL UNDER ONE ROOF.



THE RAND VALUE
OF OUR VOLUNTEER HOURS
OVER THE PAST YEAR IS
APPROXIMATELY R187 200



An African proverb describes perfectly the spirit of volunteering at Friends of Valkenberg: “If you want to go fast, go alone; if you want to go far, go together.”

Fifty Friends volunteers work in close cooperation with Valkenberg Hospital staff, complementing and extending the core work of healing done by the hospital. They bring the human element to Valkenberg patients, logging over a thousand hours per year in the form of classes, activities, and events. They are able to interact with patients outside of the treatment routine, and this reminder that patients are people first is crucial to their recovery.

I came all the way from the United States to complete this internship, thinking that I’d learn a bit about the myriad forms of written materials NGOs have to publish (I’m studying English and Psychology) and a bit about what it’s like to work with people diagnosed with mental illnesses. Yeah, I learned a lot about the professional side of what we do in the classroom. But the most important lesson I came away with? Patients are people, just like you and me. They just happen to be in a psychiatric setting. They just happen to have been diagnosed. They just happen to have a different reality; but don’t we all? And because we’re all just human – nothing more, nothing less – we all have an obligation to support each other.

Friends taught me that that support can come in a multitude of forms, but what has really stuck with me is that interaction, a visible manifestation that you care, is the most basic, most universally understood way to touch someone else’s spirit.

All of us have needed encouragement; all of us needed someone, anyone to remind us that as a human family, in the spirit of ubuntu, we have an obligation to simply be there for each other. I’m so grateful that Friends helped me see this and practice the philosophy early on. The kind of work you can do with Friends – and trust me, there is plenty work to do – isn’t just for the patients; there’s something about it that nurtures those of us still on the outside. I almost feel like we need the patients more than they need us.

FRIENDS APPRECIATES AND ENCOURAGES ALL VOLUNTEERS, AND WE LOVE TO SEE NEW FACES. We manage many projects, involving patient and staff wellness, and our work is never done. All those interested in volunteering with the Friends of Valkenberg Trust should please call 021 447 2092.



VOLUNTEERS ARE
NOT PAID – NOT
BECAUSE THEY ARE
WORTHLESS, BUT
BECAUSE THEY ARE
PRICELESS.



LOYAL AND GENEROUS SUPPORTERS PARTNERING FRIENDS IN RECOVERY

TRUSTS & FOUNDATION GRANTS

F C Carter Charitable Trust
Constantia Catholic Church Women's Group
The Colin John Campbell Trust
The Community Chest of the Western Cape
Cora Foundation Fund
E L Darter Trust
David Graaff Foundation
Green Hands Trust (Old Mutual Investment Group)
Inner Wheel
J E T Lee Will Trust
Loewenstein Trust No 1
The Longhope Trust
The Rolf-Stephen Nussbaum Foundation
Spur Foundation
The St Ola's Trust

GRANTS FROM INDIVIDUALS

Dr & Mrs L Balona
Sean Bauman
Catherine Corbett
Miss R M Dosé
Mrs M Ennis
Ingrid Gaertner
Mrs Gilbert
Roger Graham
Greenbacks
Mrs Fiona Hayward
T W Largier
Mr A A Newman
Dr Ailsa Smith
Philp Strachan
Mrs P M Winter

CORPORATE GRANTS

alBaraka Bank
BDO South Africa Incorporated
Berk Enterprises
The BIOVAC Institute
Cecil Kilpin & Co
Fargo Trading
The Foschini Group
Lundbeck SA (Pty) Ltd
Lwandle Technologies (Pty) Ltd
Old Mutual Care and Share
SA Bias Industries Limited

EVENTS

SPONSORSHIPS, PLAYERS,
PRIZES AND TREATS

Ackermans
Adidas
Ralph Adley
Aliwal Road Group
Scott Amm
Anchor Steel
Appletiser
The Avenue Restaurant & Grill
Bain's Cape Mountain Whiskey
Richard Balance
BDO Corporate Social
Responsibility
Terence Berry
Tom Berry
The BIOVAC Institute
Ben Birk
Bertha Blackwood-Murray
Peter Boxall
Brandhouse
Carl Breytenbach
Andre Broodryk
Buchanan and Boyes
Budget Car Hire
Jacques Casteling
Catalyst
Charles Greigg
Checkers
City Lodge
Classique Golf
Clothing Industry
College of Cape Town
The Companions
Cooling Options
Courtyard Hotel
CPUT (Cape Town University of
Technology)
Crescent Clinic
Crimson Monkey
CTD Foundation
Hein de Goede
De Grendel
Spike de Keller
Andre de Swart
Bertus de Waal
Carlos Degouveia
Distell
Siboniso Dlamini
Graeme Dorington
Drake International
Hein du Toit
Euromonitor International
Simon Ewen
Exclusive Books
Falke Socks
Famous Brands
Fargo Trading
Coenie Fraken
Johann Gaybba
GEA
The Golfer's Club
Renato Gonsalves
Good Hope Meat Markets
Groot Constantia
Gunret Foods
Hasie Haasbroek
John Haigh
Anthony Hall
Bruce Handley
Keith Higgins
Hi-Tec
Hout Bay Manor
Simoné Howarth
Jurg Human
Bertie Humphries
Ina Paarman
Brendon Jacobs
Stefan Janse van Rensburg
Jazz Between Friends
Barry Jessop
Johnson & Johnson
Richard Jooste Alfons Joubert
Just Letting
Kauai
Donald Keys
King Family Trust
Paul Klaver
Chris Kotze
Steven Kriger
Byron Krynauw
Lood Labuschagne
Langebaan Country Estate
Sandy le Roux
Lewis Stores
Livingstone High School
Bennie Lourens
Karl Lutzeler
Cobus Maritz
Barry Matthew
Mazars
Anton McElhone
Geordi McIntosh
Cape Town Mediclinic
Media 24
Meridian Wine
Metrofile
Metropolitan Health
Anthony Mills
Spiro Mitchell
Monsoon
Mulligans Guest House
Hermanus
Namaqua Lamb
Dan Nash
Greg Nates
Netcare UCT Private Hospital
Mr A A Newman
Guy Nicol
The Rolf-Stephen Nussbaum
Foundation
Nils Nyback
Oakhurst Girls School
Bill Ogden
Old Mutual Care and Share
Old Mutual SCM
OMIGSA
Oracle
Lloyd Padayachi
Vincent Palotti
Pick n Pay Constantia
Andre Pienaar

THANK YOU

Bev & Schalk Pienaar
Pinelands North School
Vincent Plaatjes
Anne Pope
Bill Price
Principa
Geoffrey Prowse
Protea Hotels
Ramsay Media
Chris Rhyder
Rondebosch Boys High
Rondebosch Golf Course
Claremont Rotary
Barbie & Korke Rous
SA Federation for Mental Health
SA Golf Institute
SA Navy Band
SAB
Safari
Dean Samoulihan
Melissa Schneider
Seeff Properties
Sherrill Family Trust
Candice Sinclair
Andre Smit
Albe Smith
Johann Smith
Trevor Smith
Ian Solomons
Blake Spear
Dane Spear
Glen Spear
A Spelling
Gordon Spence
Spit Braai King
Sports Science Institute of SA
SSISA
Taylormade
St Michaels Catholic Church
Bernard Stals
Jurg Stals
State Street
Dave Stone
Derek Sutherland
Syntell
Table Bay Hotel
Table Mountain Aerial Company
Tamboerskloof Primary School
Technikon Laboratories
Ettienne Thomas
Robert Timmers
Transpaco
Shaun Tregoning
Joan Tunbridge
Marc Weber
UCT Department of Molecular
and cell Biology
UCT Psychology Department
Union of Jewish Women
Johan van Bosch
Pieter van Der Westhuizen
Cliff van Dyk
Wouter van Dyk
Shadiq van Heerden
Rollo van Wyk
Valkenberg Hospital Staff
Waltons

Wesgro
Western Cape Health Promoters
William Slater
Rob Williamson
Jason Zeelie
Sanlam Group Office
Kingswood Golf Course

DONATIONS IN KIND

Bronwyn Adams
Ralph Adley
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Angore Design
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Autism Western Cape
Babalwa
Mr O'Sullivan – Bargain Books
Dr Mary & Prof Ernie Bateman
BDO Corporate Social
Responsibility
Vernon & Linda Beamish
The Bedin Family
Mrs Bennett
Mrs Carol Beukmann
Molly Bevan
Karin Codd
The BIOVAC Institute
Bluerox
Vanessa & John Bowen
Faye Bozalek
Ingrid Bremer
Mary Butlin
Shireen Cairns
Gwen Carroll
Donovan Cassiem
Marliese Dippenaar
Constantia Catholic Church
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Sue Chaplin
The Clothing Bank
Cape Town & Suburban
Clothing Guild
Mr & Mrs Cochran
Mrs Engelke
Aileen Egert
The Community Chest
Western Cape
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Irene Dixon
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Isabelle Doidge
Gafsa Domingo
Haadija Domingo
Andre du Rand

Zeanne Ingrid Cara & Meika
Duminy
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Euromonitor International
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Andrea Frieslaar
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Mrs Joan Hayward
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Uta & James Higgs
Hazel Hofmeyr
Mrs Yvonne Hope
Mandy Hopwood
Neil Horn
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Mymoena Isaacs
Miss N Isaacs
Alex Jablonska
Mrs Jackson
Jean Jackson
Colin Jacobs
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Prof Kaliski
Twonji Kalula
Jean Karpal
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Lundbeck SA (Pty) Ltd
Nkululeko Luthuli
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Sir Juice
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Norma Malpas
Mrs B Marks
Bronica Matthew
Mr Stan Matthews
Prof Meintjes
Martin & Lesley Mostert
Jeanette Nicholson
Marlene Nieman
Louise Nienaber
Mr Z C Nikani
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Anja Reuter
Grade 12 – Rhenish Girls
High School
Trudy Rich
Helen Richter
Mark Rist & Family
Kay & Dorothy Rossouw
Nigel Rossouw
Beryl Roux
Etienne Roux
Derick Rule
Ruschda
Carolyn Ryan
SA Golf Institute
Sanlam
Robin Scheepers
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Petra Sewing
Delma Sherrell
Zerina
Helen Smith
Jo & Keith Smith
Peter & Celia Spargo
Springfield Convent
Pat St Clair
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Mr Norman Buller
George Tridente
Union of Jewish Women
Annette van Niekerk
Jenny van Niekerk
Carl van Schalkwyk
Kirsty van Schalkwyk and
Friends
Unice Vorster
Vuyani
Keith Weis
Mrs S Wyndham
Tracey Wild
Lee Anne Williams
Trudy Willoughby
Lyn Wilson
Jean Witte
Keegan Woodcock

CONTACT US

POSTAL ADDRESS

PO BOX 13566, Mowbray 7705

PHYSICAL ADDRESS

Valkenberg Hospital, Observatory Road, Observatory

HOURS

9am – 1pm Monday to Friday