

20

YEARS OF
SUPPORTING
RECOVERY



FRIENDS OF VALKENBERG TRUST

ANNUAL
REPORT 2014

DIGNITY



BUILDING SELF ESTEEM

SUPPORT




MESSAGE FROM THE CHAIRPERSON

Emeritus Professor Brian Robertson




For this special anniversary, my report will briefly recall the past 20 years, rather than review the past year only. In 1994, 5 years after my appointment as Head of the Department of Psychiatry at the University of Cape Town, which included Valkenberg Hospital, I asked my wife if she could help to improve the patient facilities at Valkenberg. Françoise held her first meeting with three parents of patients in August 1994, and they decided that the most pressing need was to replace the old, Victorian admission wards with a new state-of-the-art High Care Unit. Architects were recruited, and in 1995 an advertising company, Bosman Johnson (FCB) took us on as a charity project. The Friends of Valkenberg was registered as an NPO, and awareness and fundraising campaigns began. Many of you will remember the Bosman Johnson slogans that were flighted on radio, newspaper, cinema and cars, such as: "Valkenberg Hospital: Yes, it's close to home", and "Go Mad, Give Generously".


By 1996 support for the campaign had grown and funds were accumulating so the decision was taken to establish a Trust. On the 26th November 1997 The Friends of Valkenberg Trust was constituted with Emeritus Professor Stuart Saunders as the first Chairperson. Around the same time rumours began circulating that the hospital was to be closed to save money for the province. The Friends initiated a massive publicity campaign to oppose the closure and the Department of Health agreed to keep Valkenberg open. However in June 1998 the imminent closure of the hospital was announced. The Friends organised a public protest march through Cape Town to the Department of Health, and at the 11th hour the MEC for Health, Piet Marais, agreed to keep a downsized Valkenberg Hospital open.



As it was clearly not possible to expect funders to support a hospital that might close, the Trust decided temporarily to shift their focus to developing services for patients and to support staff. A cafeteria was opened, a garden service provided, a hair dressing salon started, a clothing depot established, a coffee trolley provided in Outpatients, and various crafts were taught to patients, mostly by an ever increasing number of volunteers. Later, wards were refurbished, and equipment bought for the hospital. In 1999, fundraising for the new admission ward recommenced. By 2001 funds had been secured and architectural plans presented. At this point Stuart Saunders handed over the baton to Dr Hannah-Reeve Sanders. It was also the year that Sandra Matthew took up the position of Programme Manager.



Public Works took over the building project, and in the end, the Department of Health agreed to provide most of the funds. Building commenced on the new High Care Unit in 2002. After various setbacks, the new Ward opened in 2006. In the meantime the Friends continued to develop services to patients and staff and attract increasing numbers of volunteers to staff these projects. The riverside wards were refurbished and the Friendly Shop, selling second-hand goods, was opened.



It was not long after this that National Treasury announced that Valkenberg Hospital was due to be completely rebuilt as part of the Hospital Revitalisation Programme, and indeed the HRP is currently under way. From proposed closure to rebuilding as a modern psychiatric hospital, Valkenberg has come full circle to take its rightful place as a renowned teaching hospital offering first class psychiatric care. The Friends of Valkenberg Trust is now on a sound financial footing, thanks to the efforts of the trustees, the office staff and of course, our donors. A close and cordial working relationship with the hospital and the Hospital Facility Board means that the patients and staff benefit maximally from the resources that we generate for them. Among the many resources are 63 caring volunteers who give generously of their time and skills.

Our Vision is the recovery of all patients from serious mental illness and their return to optimal wellness in the community. With your support, we hope to achieve this.

MESSAGE FROM THE FRIENDS' FOUNDER

Françoise Robertson

The first thing that struck me on my initial visit to Valkenberg Hospital was that I saw patients walking around in pyjamas and the grass was up to their knees and my heart just sank to my shoes and I thought "what do we do here" – I just despaired. The other thing was that Valkenberg was a very closed hospital and no outsiders could just walk in. When we mentioned to the then Medical Superintendent, Dr Bowey what we wanted to do, we got his full support and the support of all the Valkenberg Hospital staff – they were fantastic.

We then opened a little office, Ann Parr and I, and sat and wondered what to do. We started by collecting clothing. One of the chronic patients was brought to us – a lady who was 72 years old and had been in the hospital for 50 years. A Staff member brought her in to get some shoes as she was wearing 2 separate shoes, one high heeled and one flat. Fortunately we were able to give her two pairs of shoes that fitted – it was the first time that woman had received a gift of any kind while she'd been there. It was the middle of the year and she hugged me and wished me a merry Christmas.

This made us realise that the patients were very, very institutionalised and had been for years and that they weren't used to anything "personal". So Friends started to treat them as people. We decided to start looking at what we could give them and collected items that the staff could give to patients as they needed it.

Cape Town was so supportive when we made appeals for Valkenberg Hospital, people were always very generous. Bosman Johnson, especially, they did such a lot for us in terms of publicity and Cape Town continues to support us in so many ways.

Looking back now over the 20 years, we can see what a difference has been made to the patients of Valkenberg hospital, they walk in clothes not pyjamas and have their needs met by the Hospital and Friends. They have a place to come and request what they need and we've made them feel like people, not just a file number.



MESSAGE FROM PATRON

Emeritus Professor Stuart Saunders.

The twentieth anniversary of the establishment of the Friends of Valkenberg is an opportunity to reflect on the years of sterling voluntary work which have been undertaken by so many.

The contributions to the care and well-being of the patients are most impressive and valued by them and their families. It makes me proud to be associated with an organisation with such a commitment to help those in real need and who are often neglected by society as a whole.



GOLF DAY



COMPANIONS CONCERT



HAIR SALON

HAVE WE MADE AN IMPACT?

Sandra Matthew - Programme Manager

Fran our founder recently commented that in their first week the Friends staff issued 2 pairs of shoes. In the last financial year we distributed 907 pairs of shoes! This is a fine example of the growth in impact that Friends has achieved over the past 20 years. And of course it's not just about shoes. This past year volunteers ran on average 23 weekly groups, supporting the recovery of patients in a wide variety of ways.

The National Mental Health Policy Framework 2013 says that recovery from mental illness is about hope; about the restoration of a meaningful life, despite serious mental illness. Instead of focusing primarily on symptom relief, as the medical model tends to do, recovery looks at the restoration of self-esteem and identity. And this is what the Friends is all about.

Much of the impact we make is hard to measure on a scale. We can count the number of tops and sweaters given to people via the Clothing Depot (1306 in the past year) but it's hard to measure the self-esteem attached to those items. We can tally the number of hours that volunteers gave to service users (over 1870 in the past year) but struggle to measure the hope those volunteers bring. We can total the number of participants in our weekly Cooking groups (about 450 in the last year) but it's hard to measure the growth in essential life skills. It's hard to establish how much the confidence gained by mastering a task in a sewing group translates into confidence in the home on discharge. And it's hard to measure how giving someone a bit of time and treating them like a person, helps them just to get through another day.

In the past year we have again been able to extend our range of services and number of volunteers, meaning that we are extending our reach to more and more people and supporting their recovery process in more diverse ways. We have also piloted some exciting new projects like the Hair Salon training programme where patients are trained in barber skills that they can take back to their communities on discharge.

It is a huge credit to the Friends staff that Friends continues to grow and innovate and make an impact, despite tight controls on budgets and limited staff hours.

VOLUNTEER PROJECTS



"I thank Pat, Marsha, Avril and Elaine and of course our amazing volunteers for their enormous dedication and cheerful hard work."



Staff of Friends of Valkenberg Trust Marsha van den Berg, Sandra Matthew, Avril Isaacs, Pat Francis, Elaine Smith



CEO of Valkenberg Hospital

Carol Dean

Valkenberg hospital is eternally grateful to the Friends of Valkenberg and their volunteers for their support, care, courage and the hard work they invest in Valkenberg hospital's patients and staff on a daily basis.

They go about their work quietly and unobtrusively, yet leaving behind real and concrete evidence of the positive impact they make in supporting our clients during their recovery process while helping our staff in a myriad of ways to do their calling, caring for those with mental illness.

We are privileged and thankful to have this relationship that has lasted for decades, they are our angels who choose to tread when things are difficult and there is a need for comfort and support. We wish the Friends of Valkenberg well and look forward to our continued journey.

VOLUNTEERS LOOK BACK

COFFEE TROLLEY

Aileen Egert



When it was brought to my attention that Friends of Valkenberg were calling for volunteers, having some small knowledge of schizophrenia I volunteered to join their group.

I was asked to work at the Out-patients Department and to serve at the Coffee Trolley which provided coffee, hot chocolate and a biscuit to the out-patients who came to get their medicines and visit psychiatrists.

I was very ably assisted by great friend Marte Ehaardt and together we found great joy in observing patients who over the months reverted to be smiling relatively happy people from the sad and depressed state they were originally.

I can really say that the 16 years which I assisted Friends of Valkenberg, together with the tremendous backing I always had from the committee, was some of the most rewarding I have known.

CLOTHING DEPOT

Lorraine Hope



It was 13 years ago when I answered a request for donations for Friends of Valkenberg in a suburban newspaper. I was invited to their monthly volunteer meeting and I haven't looked back.

I still work in the Clothing Depot where we issue sets of donated clothing, free to the patients in the hospital. The patients are thrilled to be able to pick out the clothing of their choice and it is a big morale boost for them. They leave with smiles and thanks.

It is very satisfying and a pleasure for me to be a volunteer and I look forward to many more years ahead as a volunteer with Friends of Valkenberg Trust.

BEAUTY THERAPY

Anne Pawley

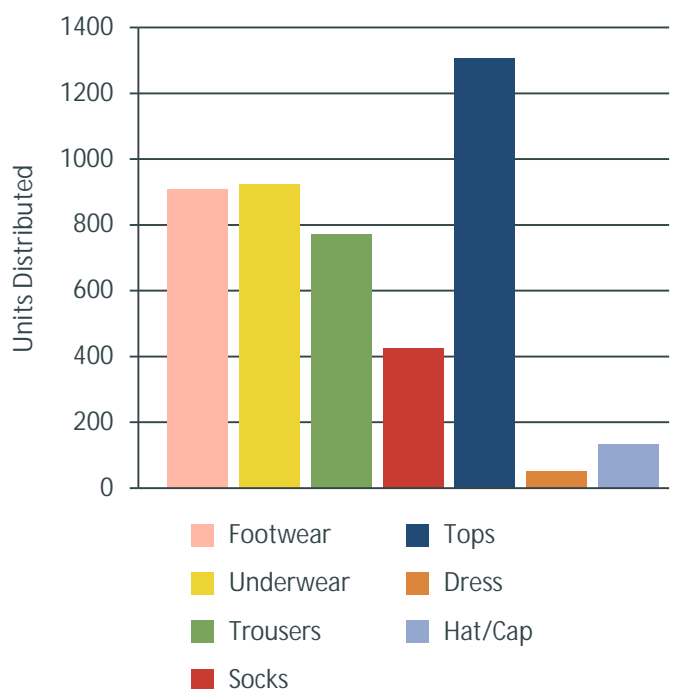


When I first started going into Admissions to do the ladies make-up it was in the old building. Although the condition of the building was depressing, the atmosphere when I arrived was pretty upbeat. In fine weather we would sit outside and I would do each one's make-up with much banter and advice.

Sometimes one of the male workers would walk past and stop to pass admiring comments - much to the ladies' delight.

After 10 years I still get a kick out of hearing the ladies exclaim how beautiful they are as they look at themselves in the mirror. As I ask them to smile as they view their makeover, their whole personality changes: "I look so beautiful" or "I look like a film star/model."

Quite often I get a kiss or hug. One patient told me that she had arrived at Valkenberg that morning feeling awful but after the makeover she felt so much better. As I leave Valkenberg after my session, I feel privileged to have made a difference to the ladies that day.



CLOTHING DEPOT
DISTRIBUTION 2013/4



HAIR SALON

"When my hair is washed and blow dried it makes me feel so special"

"I feel lekker after I have been to the hair salon, especially when I know I am going to see my husband"

"The hair salon is fantastic"

RECREATIONAL REHABILITATION

Socialize

Stimulate the mind

Fun

Complement therapy

Rewarding

Build self-worth



ARTS & CRAFTS

"I feel proud of the projects I do especially when someone tells me they like it."

"Art projects are lekker."

CLOTHING DEPOT

Molly Bevan



Volunteering with Friends of Valkenberg for about 17 years – and an important part Friends has played in my life. We had just moved to Cape Town and I luckily met Fran Robertson who had started FOV a year or two earlier.

Starting in Outpatients doing the Coffee Trolley for about 10 years, I was privileged to meet

and get to know so many special people – many of whom are still friends of mine today – patients, their families, doctors, staff, of course my fellow volunteers and the FOV office team. Then on to the Clothing Depot, a very humbling and uplifting experience for me – seeing how little it took to bring pleasure and happy smiles to patients after choosing a new outfit and maybe a little something extra. I was very privileged to be a part of this wonderful organisation, and I thank you all.

LIBRARY

Marj Krige



I was invited for coffee and stayed for 21 years. I clearly remember meeting at Fran's home one morning in 1997 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. We started small and have gradually developed into a 50 strong group of volunteers.

I recall the drama of the threatened closure of Valkenberg in 1998 and the successful march which thwarted this happening. I recollect the many highlights of my association with FOV which include the weekly patient Coffee Trolley, bridge drives and golf days. The library project has been a particular success and working with the Occupational Therapy department has been most rewarding. My strongest motivation for my continued involvement with FOV has been the service we provide to the patients and staff of the hospital.

FINANCIAL OVERVIEW

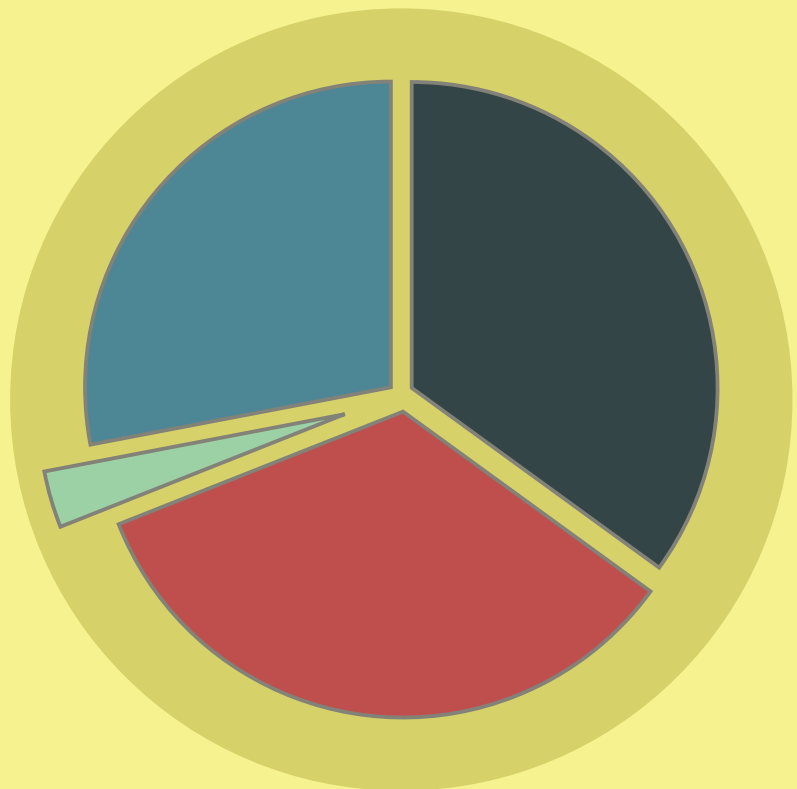
Annual Financial Statement for the year ended 31 March 2014 STATEMENT OF COMPREHENSIVE INCOME

	2014 R	2013 R
Revenue	595 611	563 211
Other income	140 307	108 071
Operating expenses	(459,104)	(433,724)
Operating surplus	276 814	237 558
Investment revenue	7 188	7 972
Surplus	284 002	245 530
Distribution to Hospital	(181,990)	(172,513)
Surplus for the year	102 012	73 017

INCOME GENERATION

R121,700

- 35% - CASUAL DAY
- 34% - GOLF DAY
- 3% - COFFEE TROLLEY
- 28% - FRIENDLY SHOP



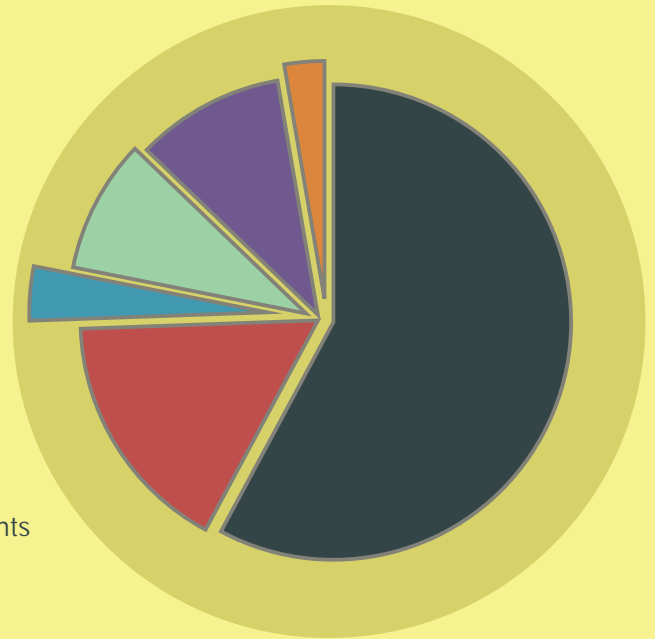
AUDITED STATEMENTS FOR THE FINANCIAL YEAR ENDING 31 MARCH 2014 AVAILABLE ON REQUEST
FROM admin@friendsofvalkenberg.co.za OR PO BOX 13566, MOWBRAY, 7705

DONATIONS IN KIND

THE RAND VALUE OF OUR VOLUNTEER HOURS OVER THE PAST YEAR IS R187 200.00

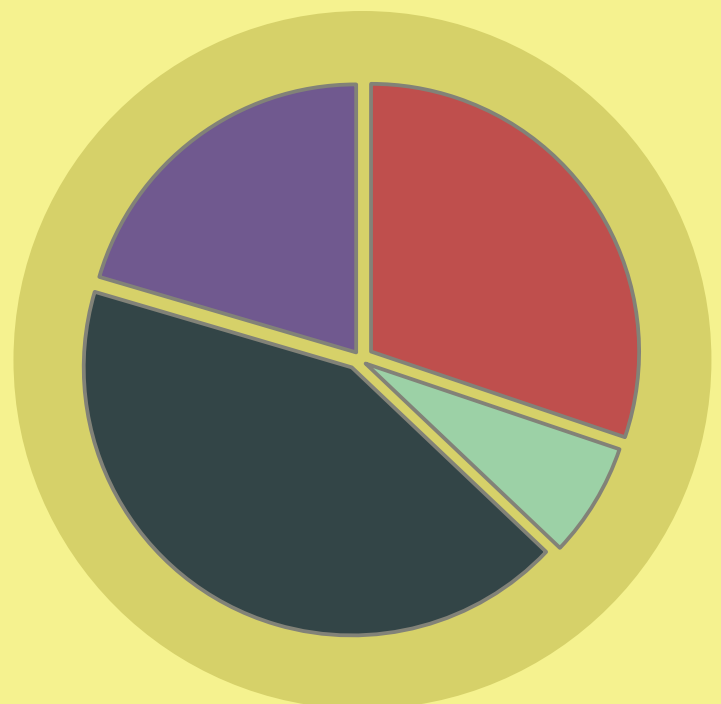
DIRECT BENEFIT TO PATIENTS

- CHRISTMAS - gifts, outings and treats R37 284.00
- CLOTHING - distributed free to patients in need R10 695.00
- LIBRARY BOOKS - books and magazines R6 500.00
- DONATIONS TO HOSPITAL - linen, pictures, toiletries, curtains, furniture and fittings R5 857.00
- COFFEE TROLLEY - consumables R2 369.00
- REFRESHMENTS & PRIZES - distributed to wards and departments for staff events and activities R1 750.00



OPERATIONAL BENEFITS

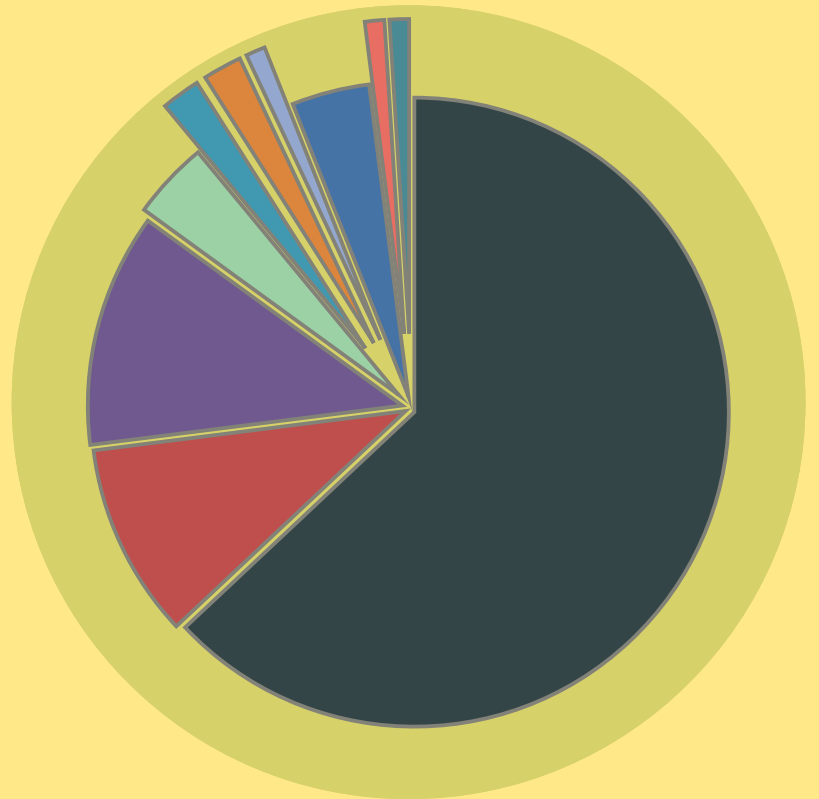
- GOLF DAY - prizes, food and sponsorship R61 496.00
- ANNUAL REPORT - design and printing R43 700.00
- COMPUTERS - new computers for the Friends Office R29 613.00
- FREE VENUES & SERVICES - strategic planning, web design, IT, marketing, accounting and auditing R10 000.00



VOLUNTEER PROJECTS EXPENDITURE

R121,670

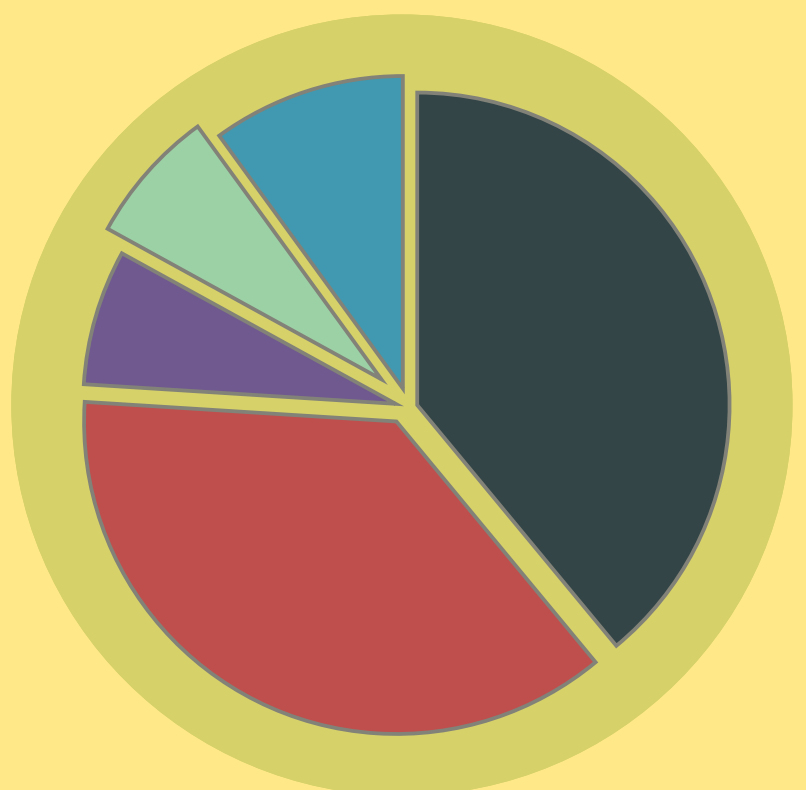
- 63% - CLOTHING DEPOT
- 10% - HAIR SALON
- 12% - COFFEE TROLLEY
- 4% - COOKING
- 2% - ARTS & CRAFTS
- 2% - BEAUTY THERAPY
- 1% - DANCING
- 4% - GARDENING
- 1% - SEWING
- 1% - SPORTS EQUIPMENT



DIRECT BENEFITS TO PATIENTS AND HOSPITAL

R100,442

- 39% - END OF YEAR PARTIES & OUTINGS
- 37% - TRANSPORT
- 7% - ID & GRANT APPLICATIONS
- 7% - PATIENT EVENTS
- 10% - MEAL VOUCHERS & FOOD PARCELS



COOKING

"Cooking for my parents feels like I have achieved something, and my parents appreciate it"

"Coming to cooking classes and getting out of the ward is very therapeutic."



DANCING

A space to relax, be creative

"Dancing is very therapeutic."

"I feel feminine."

Exercise

Well-being and companionship

FRIENDLY SHOP

"I was able to get a tutu for my daughter who loves ballet at the Friendly Shop for R2"

"The friendly shop is amazing, prices are low and the goods are varied"



GAMES

Relaxing

Have fun

Relieves boredom

Complements therapy

Opportunity for personal accomplishment

Following instructions

Learning something new

Restores social functioning

Stimulate the mind

THANK YOU TO OUR LOYAL & GENEROUS PARTNERS IN RECOVERY

TRUSTS & FOUNDATIONS

Claude Leon Foundation
Colin John Campbell Trust
Cape Support for Mental Health
F C Carter Trust
Community Chest Western Cape
Constantia Catholic Church Ladies' Group
E L Darter Trust
David Graaff Foundation
Inner Wheel - Claremont
King Family Trust
J E T Lee Will Trust
Loewenstein Trust No 1
Rolf-Stephen Nussbaum Foundation
St Ola's Trust
Spur Foundation
Union of Jewish Women

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Dr Sean Bauman
Ms Catherine Corbett
Miss R M Dosé
Mrs M Ennis
Mrs A N M Gilbert
Mrs Fiona Hayward
Mrs Marj & Prof Jake Krige
Count & Countess Labia
Mr A A Newman
Dr H R Sanders
Dr Ailsa Smith
Mr Phillip Strachan
Ms Bev Wadrop
Mrs P M Winder

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Fargo Trading
The Foschini Group (Pty) Ltd
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Lwandle Technologies (Pty) Ltd
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Babalwa
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Mrs Carol Beukmann
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Shireen Cairns
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Donovan Cassiem
Sue Chaplin
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Chantel Cloete
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Karin Codd
Dr & Mrs Cosi
Nola Davidson
Shameem Davie
Heidi Davies & Family
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Claudia de Klerk
Olin-Shae de la Cruz
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Carol Dean
Dominica Deers
Andries Delpont
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Marliese Dippenaar
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Sanlam
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Sir Juice
Helen Smith
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Lori-Kay Stern
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Philip Strachen
Angela Sträter
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Sally Sylvester
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Heidi Timm
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Dr John Torline
Adv Mark Townsend
Joan Tunbridge
Ulrica
Catherine Valentine
Jenny van Niekerk
Carl van Schalkwyk
Kirsty van Schalkwyk & Friends
Unice Vorster
Vuyani
Megal Wall
Keith Weis
Bronwyn Wessels
Tracey Wild
Le-Anne Williams
Trudy Willoughby
Lyn Wilson
Keegan Woodcock
Zerina

EVENTS

Ackermans
Adidas
Ralph Adley
Aliwal Road Group
Scott Amm
Anchor Steel
Appletiser
Avenue Restaurant & Grill
Bain's Cape Mountain Whiskey
Richard Ballance



"I was very privileged to be a part of this wonderful organisation, and I thank you all"

-Molly Bevan

THANK YOU

BDO Corporate Social Responsibility
Terence Berry
Tom Berry
BIOVAC Institute
Ben Birk
Bertha Blackwood-Murray
Peter Boxall
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Carl Breytenback
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City Lodge
Classique Golf
Clothing Industry Health Care Fund
College of Cape Town
The Companions
Cooling Options
Courtyard Hotel
Cape Town University of Technology
Crescent Clinic
Crimson Monkey
CTD Foundation
Hein de Goede
De Grendel
Spike de Keller
Andre de Swart
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Johann Gaybba
GEA Refrigeration
The Golfer's Club
Renato Gonsalves
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Groot Constantia Wines
Gunret Foods
Hasia Haasbroek
John Haigh
Anthony Hall
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Keith Higgins
Hi-Tec
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Simoné Howarth
Jurg Human
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Ian Solomons
Blake Spear
Dane Spear
Glen Spear
Aspeling, Hanley and Assoc
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Spit Braai King, Tableview
Sports Science Institute of SA
St Michaels Catholic Church
Bernard Stals
Jurg Stals
State Street
Dave Stone
Derek Sutherland
Syntell
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Table Mountain Aerial Cableway
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Rollo van Wyk
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Alfons Joubert
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Kingswood Golf Course
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SA Golf Institute
SA Navy Band
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Valkenberg Hospital, Observatory Road, Observatory

HOURS

9am - 1pm Monday to Friday

Photography & Design of the report sponsored by
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The logo for 'jdj studios' features the lowercase letters 'jdj' in a stylized, purple, rounded font, followed by the word 'studios' in a clean, lowercase, sans-serif font.

jaletta@jdjstudios.com | www.jdjstudios.com