



FRIENDS of VALKENBERG TRUST

Annual Report

2015

MESSAGE FROM THE CHAIRPERSON

BRIAN ROBERTSON



The Friends of Valkenberg office is the hub of our organisation, and continues to do amazing work. Thanks to a great team, there are always new developments and initiatives, and they ceaselessly stretch themselves to their limits.

I am happy to report that it has been another good year for the Trust, by which I mean that we have been able to continue providing our usual services to the patients and staff of Valkenberg Hospital, thanks to our donors and our own staff and volunteers. In fact, we have been able to expand our services. It has indeed been a year of significant developments.

On the governance side, the Trustees decided to formulate a **Mission Statement** which would express the original Objectives of the Trust more coherently and also reflect our emphasis on Recovery.

Some people felt that our **logo** was old-fashioned, so we sought expert input from designers about how to update it. In the end there was general agreement among the Trustees not to deviate too radically from our current logo.

“OUR VISION for VALKENBERG HOSPITAL is the RECOVERY to OPTIMAL WELLNESS of ALL PATIENTS, and their EARLY RETURN to the COMMUNITY.”

After a number of challenges outside our control, our new website is finally fully loaded and functional.

Our relationship with Hospital Management and with the Department of Health is very important to us and there is regular two way communication, including with the Health Facility Board. I am pleased to announce that an MOU between the Hospital and the Trust has finally been drafted. The formalisation of the collaboration between the Hospital and ourselves will be an historic occasion.

With regard to the Trust itself, we have met every quarter, in addition to the AGM. The Trustees have been regular in their attendance, as well as discharging their duties responsibly, for which I thank them. I must single out Paul Norton, our Treasurer, who puts in a lot of time and effort to keep us solvent. Sadly, Antonie van der Hoek resigned in June due to increasingly heavy work commitments, but has very generously arranged for his company, BDO South Africa, to continue providing us with *pro Deo* accounting services. Antonie was with the Trust from its inception 18 years ago, and was appointed its first Treasurer in 1998, a portfolio he continued to manage even after he became Chairperson in 2006. He resigned as Treasurer in 2009, and as Chairperson in 2012. We are greatly appreciative for the immense contribution Antonie has made to the Friends of Valkenberg Trust over the past 17 years.

The only other change to the Trust is that Trustee Anne Pope is required by law to step down. She has made herself available for re-election. And finally, I am stepping down as Chairperson, but will remain as an ordinary member of the Trust.

The Friends of Valkenberg office move to the prefabs in December on account of the hospital revitalisation programme, went smoothly and has given us more space.

A big but exciting development has been the taking over of the Tuckshop and Cafeteria. The Tuckshop has been incorporated into the Friendly Shop, and the Cafeteria opened under our management on 1st August. This will be a financial challenge, among others.

In conclusion, I wish to thank our patron, Stuart Saunders, and Carol Dean, CEO of Valkenberg Hospital, for their unflinching support. We now have 70 volunteers, without whom there would be no services. Thank you for giving up your time to share your skills. And finally, thanks to our loyal and new donors who make it all possible.

MAKING AN IMPACT

SANDRA MATTHEW—DIRECTOR

IN REFLECTING ON THE PAST YEAR, I WAS BROWSING THROUGH THE REPORTS MY STAFF AND I PRESENT TO QUARTERLY TRUSTEES MEETINGS, AND WHAT JUMPED OUT AT ME WAS THE INCREDIBLE NUMBER AND VARIETY OF STAKEHOLDERS WHO BENEFIT FROM AND SUPPORT OUR WORK. LOOKING AT EACH OF THESE KEY ROLE PLAYERS PAINTS A PICTURE OF THE HIGHLIGHTS AND CHALLENGES OF THE PAST YEAR.

SERVICE USERS

Our most important stakeholders are those who use our services – largely people who are inpatients in the wards at Valkenberg Hospital. With our move early this year to larger offices opposite the High Care Unit, we are seeing even more people pop their heads in our door to say hello every morning. Although this can be a disruption we value this regular contact with the people we aim to partner with in our range of recovery focussed services.

As our services continue to grow we are making an impact in the lives of an increasing number of people. In the last financial year almost all of the more than 1000 patients admitted to Valkenberg will have benefitted from our services in some way, many on a weekly basis. Volunteers reported more than 2400 participants in our 15 weekly recovery groups alone. This number does not reflect the people benefitting from the other 8 projects we support. Each time we have a hospital event we touch every one of the more than 400 inpatients and 450 + hospital staff and many monthly hospital staff-lead groups benefit from our support.



HOSPITAL STAFF

The staff at Valkenberg Hospital are both our partners and our service users. We are most grateful to Valkenberg staff - from the CEO's office through to the nurses on the wards - who partner with us to make recovery possible. We see the staff who really care and really want to make a difference. They are the ones who come into our offices to ask for funding or donations in kind to extend their programmes, improve conditions in their wards or meet the need of an individual. It is these staff that we aim to encourage and support so that they feel valued for what they do and are inspired to do more to facilitate the recovery of the people in their wards.

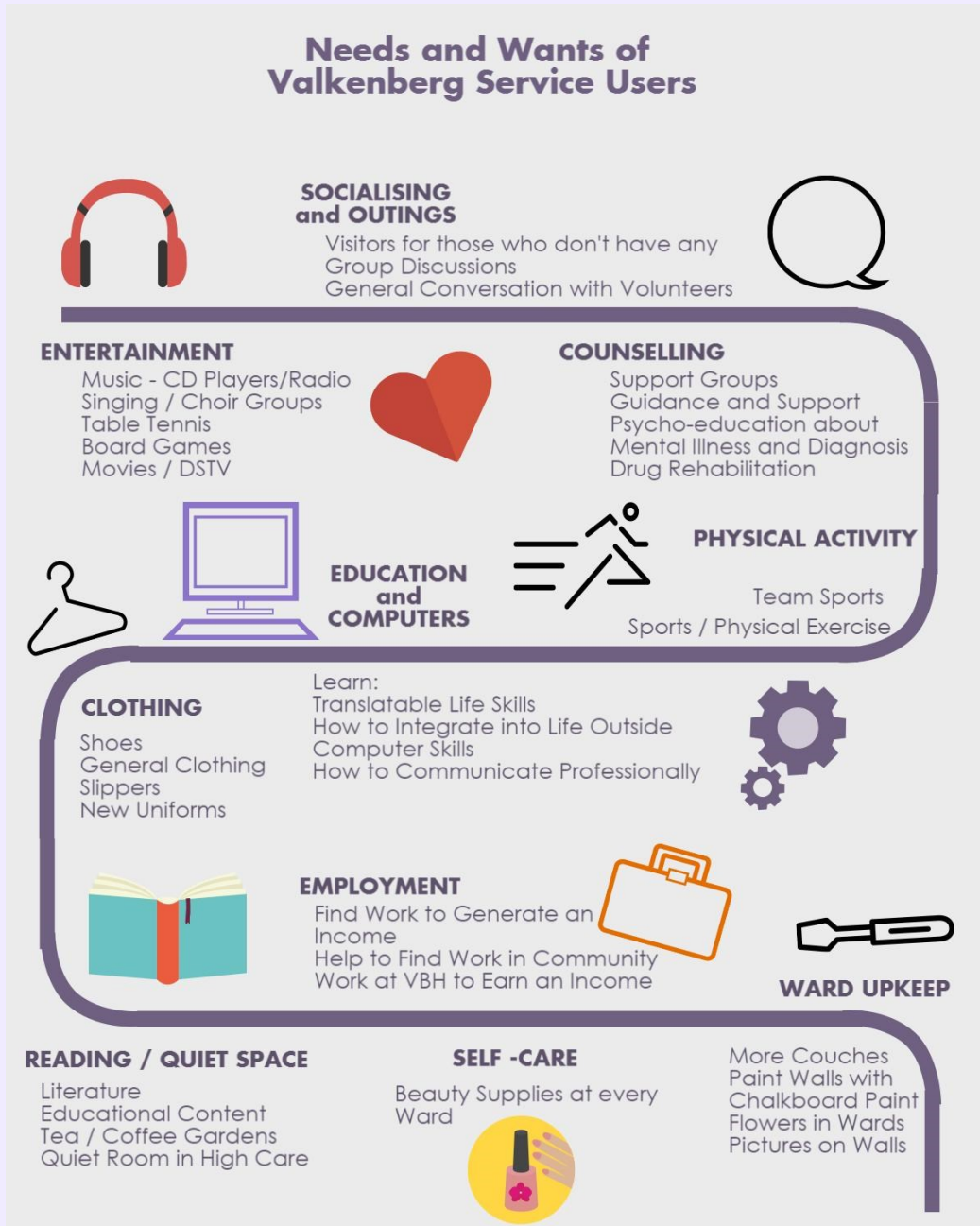
VOLUNTEERS

Our volunteers are our hands and feet and we are blessed with about 70 volunteers from all walks of life serving in many ways in our 16 groups and 8 other projects. And they do an incredible job of bringing hope and recovery and simple human connection to people at Valkenberg, as well as being a huge help to the Friends staff at the office and in our 2 new projects – the Cafeteria and the Tuckshop.

I am always delighted to hear that volunteers often benefit just as much from what they give as the service users benefit from what they get. One of our volunteers called to say goodbye last week. She said that volunteering had been the most meaningful thing in her life over the last couple of years.

Not all our volunteers are locals and we have benefitted greatly from the input of international volunteers too. A young American woman gave up 4 months of last year to do an Evaluation of our work in collaboration with one of our local volunteers.

The needs and wants outlined below have helped guide direction and planning and we have been able to share insights with key hospital staff. It was clear that people are unique and their needs vary greatly. This does bring challenges to service planning.





"When I buy clothes with my own money, it makes me feel independent."

"After hair salon, I feel like Miss. World, or rather Miss. Valkenberg."

DONORS

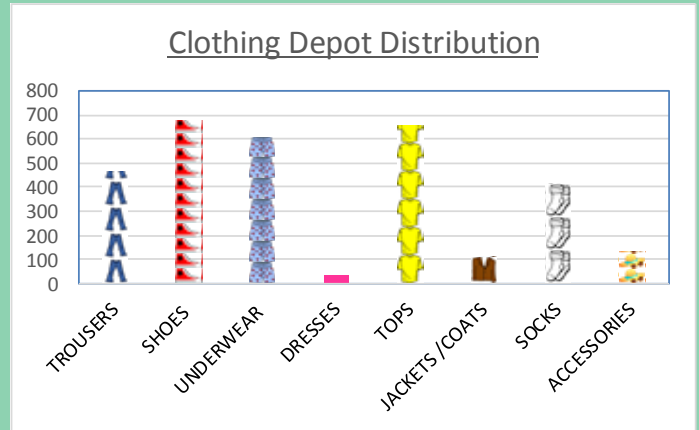
Donors are obviously key in terms of making what we do possible. The Fundraising gurus will tell you that you need to have many different sources of support and it always delights me to see the number of different kinds of donors we have – from the Valkenberg doctor who regularly sends over 1 item of men’s clothing in an internal mail envelope to Foundations like the Nussbaum or Claude Leon Foundations who award cash grants that fund the daily running of our projects to corporates like Old Mutual who send staff who make our end of year programme possible each year.

Mandela Day again this year made us new friends – schools who arrived with boxes of food for food parcels for those anxiously discharged to empty cupboards a company that sent a pool table to help keep the men in a long stay ward occupied during long weekends and corporate groups who sent staff to help get us ready for Christmas this year so that people who stay in the wards do not feel forgotten.

Apart from new donors we have faithful_longstanding ones like SA Bias Industries who have been supporting our Coffee Trolley, and other projects, for more than 15 years now, ensuring that people using this service have a person with who they can connect, while waiting for the doctor each month.

"Coffee trolley is so nice. You look forward to it because you are able to have conversations with others and make contact with other patients who you sometimes find are struggling through the same things."

Some of our stakeholders are other NPO’s - like the Clothing Bank who respond to our requests for Clothing for patients in need. With the theme of “Dignity” driving World Mental Health Day in October, the clothing means that people using this service get issued with self-esteem and dignity as they put on their new set of clothes.



We have a group of ladies from the Rotary Inner Wheel who have played a part in developing the training programme in our Hair Salon this past year, providing funding as well as physically coming to paint the rooms on a number of occasions. This project aims to teach new skills that people can take back to their communities and earn a living on discharge.

"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."

As we have extended our exposure to Social Media this year we have been delighted by the responses from stakeholders to small Facebook appeals – whether it was the donation of a little fridge for the office or a donation for furnishings for an amazing “Rose Parent” in Philippi.

Despite this incredibly valuable support from our community, we are finding it an ongoing struggle to secure cash funding for our work – for the salaries of the staff that make sure our services are effectively delivered to make an impact each day and the administration that ensures we do it in a professional manner.



Elaine Smith, Avril Isaacs, Pat Francis, Marsha van den Berg and Sandra Matthew

FRIENDS OF VALKENBERG STAFF

Our other big challenge is to find the staff hours and specialised skills that we need to accomplish everything we want to do to support recovery at Valkenberg, and to the high standard we'd like to achieve. Our 5 staff members are key stakeholders in this challenge and I am continuously grateful to the staff team that we have – they give their all, they give up their personal time, they go beyond their duties and they do it with a smile. So my deep thanks to Pat, Marsha, Avril and Elaine.

There are plenty of other stakeholders who we work with each week, as together we strive to bring hope and recovery to people who have mental illnesses. I hope this gives you an idea of the kind of services we delivered this year and that you feel encouraged, like we are, to go the distance in walking alongside people at Valkenberg Hospital.

A MESSAGE FROM THE OCCUPATIONAL THERAPY DEPARTMENT

The Occupational Therapy Department at Valkenberg Hospital and the Friends of Valkenberg Trust work together closely in our mutual goal of promoting recovery for our patient population.

The main aim of all Occupational Therapy intervention is the patient's engagement in occupations of their choice. This is not always an easy aim to realise in an environment where resources like time, materials and staff are constrained. Therefore we will often call on the FoV for assistance to enable the OT staff to provide as effective a service as possible.

An example of this assistance is the very valuable service that is provided by the FoV volunteers to our patients at ward level. The OT staff are not able to be present in all wards at all times, since each OT staff member is responsible for providing a service to a number of wards during their day. In order for the OT staff to maximise the patient's access to activities, we partner with FoV volunteers who run selected groups at ward level. These groups are generally aimed at allowing patients to engage in basic activities that promote their recovery while in hospital.

By running groups like self-care, art, cooking, recreational rehab and movement, the FoV volunteers contribute to the

patient's well-being.

Feedback received from patients who have been present in these sessions has always been positive, with the cooking groups proving to be a clear favourite with all patients.



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

We appreciate the effort to which the volunteers go in order to ensure that their sessions are successful and do not doubt that our ward based programmes are greatly enhanced by the volunteers' contribution.

Adieba Gamiet
Head of Department,
Occupational Therapy



"The hair salon is fantastic. It's a getaway. I feel appreciated and I feel my life has been made better."



"Learning how to cook helps me to become a better housewife."



"I love seeing what I have made. Coming to classes and getting out of the ward is very therapeutic."



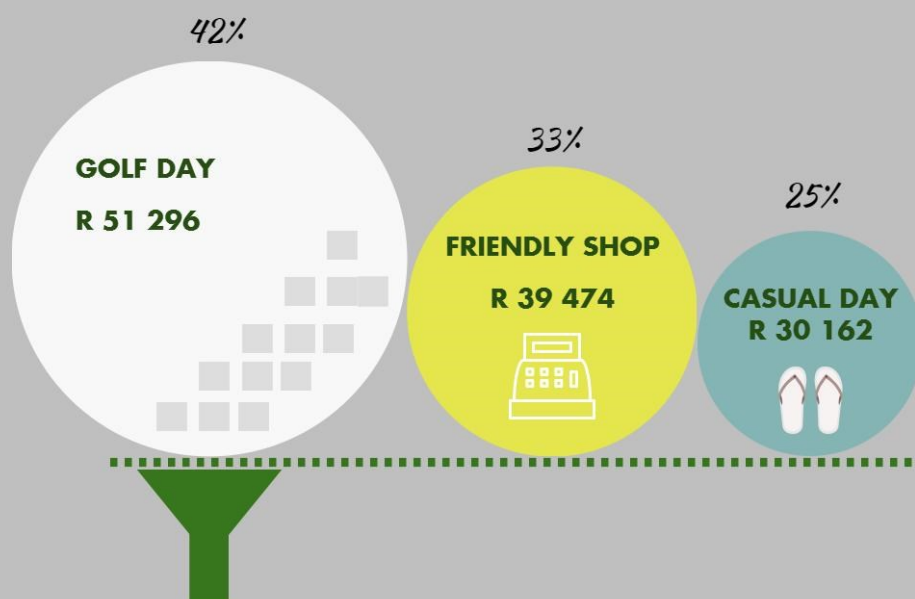
FINANCIAL OVERVIEW

Annual Financial Statement for the year ended 31 March 2015

STATEMENT OF COMPREHENSIVE INCOME

	2015 R	2014 R
Revenue	502 055	595 230
Other Income	154 089	140 688
Operating Expenses	(538 704)	(459 104)
Operating Surplus	117 440	276 814
Investment Revenue	13 187	7 188
Surplus	130 627	284 002
Distribution to Hospital	(183 690)	(181 990)
(Deficit) Surplus for the year	(53 063)	102 012

Income Generation



AUDITED STATEMENTS FOR THE FINANCIAL YEAR ENDING 31 MARCH 2015 AVAILABLE ON REQUEST FROM admin@friendsofvalkenberg.co.za OR PO BOX 13566, MOWBRAY, 7705

VOLUNTEER PROJECTS EXPENDITURE R 37 346



VOLUNTEER CO-ORDINATION R 48 500

The RAND value of our VOLUNTEER HOURS over the past year is
R 183 127

"I love the cooking, making chocolate muffins was lekker!"

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

"I love that you came to the ward. I had forgotten what it feels like to be pampered."

THANK YOU TO THE LOYAL AND GENEROUS DONORS WHO SUPPORTED RECOVERY IN THE PAST FINANCIAL YEAR

TRUSTS & FOUNDATION GRANTS

E L Darter Trust
Inner Wheel Claremont
JET Lee Will Trust
The Rolf-Stephen Nussbaum Foundation
St Ola's Trust
E G Woods Trust

GRANTS FROM INDIVIDUALS

Dr & Mrs Balona
Diane Donaldson
Cleon Dunleavy
Barbara Erasmus
Mrs Fiona Hayward
Count & Countess Labia
Lesley MacIntyre
Edza Magara
Mr MRs Prosser
Fran & Brian Robertson
Konel Saayman
Dr H-R Sanders
Margie & Peter Stephens
Brenda Shear
Peter & Celia Spargo
Mr & Mrs D Wheeler

CORPORATE GRANTS

Berk Properties (Pty) Ltd
Fargo Trading
The Foschini Group
SA Bias Industries

DONATIONS IN KIND

Jo Hunter Adams	Angelika du Plessis	Justine Krige
Eileen Africa	Ina du Toit	Stephen Lay
All About Expert	Tineka du Toit	Mrs Sue le Brun
Liz Anderson	Dr Cara Duminy	Mrs U Lee
Angora Design	Mrs Ingrid Duminy	Kenny Librandt
Autism Western Cape	Meika Duminy	Maryke Losken
Linda Baard	André Durand	Bennie Lourens
Mrs Barletta	Jane Durham	Jay-dee Louw
BDO	Econoheat	Kerry Louw
Juan Berwes	Sadia Edross	Heather MacKenzie
Joan Bester	Aleen Egert	Jenny Malherbe
Carol Beukmann	The Engelke Family	Norma Malpas
David Blercowe	Margot Ennis & Gareth	Denise Manne
Mrs M Boetcher	Euromonitor	Mr Muntaff
Gilly Booth	Nicci Evans	Lindiwe Marepula
Vanessa & John Bowen	Valda Finch	Berit Maxwell
Mrs Sue Bross	The Food Bank	Lynnette McKune
Vanessa & John Bowen	Denise Forbes	Alison McMillan
Lyn Burgers	Shane Forsberg	Miss Lyn Fine Linen
Penny Busetto	Andrea Frieslaar	Phakamile Mngadi
Nicole Campbell	Fruit & Veg City	Karina Monteiro
Cape Mental Health	Tessa & Emily Gauntlett	Moira Morris
B Charles	Maureen Gericke	Martin & Lesley Mostert
Christ Chruuch Kenilworth	Jennifer Gibson	Charlotte Motelerkamp
Margaret Clarke	Dr Katherine Gilfillan	Dave Mulligan
Classic Video & Nox Rentals	Margaret Goodson	Heather Munro
John Clive	Adele Grosse	Hilary Mushambi
Cape Town & Suburban Clothing Guild	Mrs Penny Haig	SA Marimba Navy Band
Constantia Catholic Church Ladies Group	Mrs Joan Hayward	Roxanne Neubert
Cornerstone College	Yvonne Hope	Jeanette Nicholson
Gillian Cory	Mandy Hopwood	Peter Nieman
Dr & Mrs Cossie	Dr Neil Horne	Mr Z C Nikani
Mrs da Costa	Chantal Hughes	Sue Ogterop
Mr Danote	Dr Candice Jacobson	Brent Oliver
Nola Davidson	Jose	Keri Oosterberg
Mrs Daya	Tristan - Jubilee Church	Sarah-Jane Oosterberg
Michelle de Goede	Prof Kaliski	Osmans
Jackie de la Porte	Twanji Kalula	Paracon
Deidré de Lange	Jeanne Karpal	Belinda Pascall
Desire	Kate	Jayshal Patel
Debi Doidge	Zafra Katz	Pinelands Congregationsl
Adela Domingo	Barbara Kets	Pioneer Foods
Mrs Gafsa Domingo	Cecil Kilpin & Co	Jennifer Poole
Maryon & David Draude	KMA	

"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead"

Nelson Mandela

Anne Pope
Dennis Porter
Jocelyn Poswell
Rod Potter
Mr R N Prosser
Monica Rappaport
Helen Richter
Inge Rist
Prof & Mrs B Robertson
Bonnie Robertson
Brian Robson
Robyn
Mrs Jolene Rollesston
Mrs Kay Rossouw
Beryl Roux
SACS Junior School
Hannah-Reeve Sanders
Di & Vic Schönborn
Aletta Paizis Scott
Helen Seurra
Brenda Shear
Shoprite Mowbray
Sh'zen Group
Dr Goodman Sibeko
Clare Simon
Sinzo
Yusraa Sity
Des Smart
Dr Auksa Smith
Jo Smith & Family
Mrs Debbie Smuts
Prof & Mrs Spargo
Peter & Celia Spargo
St George's Grammar School
Wilma Steenkamp
Karin Steven
Sukie Clasen
The Table Bay Hotel
Tami Brink
Times Media Group
Tania Timmermans
John Torline
Tusk Event Management
Union of Jewish Women

Catherine Valentine
Valkenberg Hospital Nursing & Admin
Mrs E van Blerk
Robyn van Geysan
Jacques van Heerden
Carl van Schalkwyk
Nina van Zyl
Kern Von-Geusau
Ruby Ward
Gary Watts
Linda Whatley
William Slater

EVENTS

ABSA
Addidas
ADT
African Rock Wine
African Pride - Hotel & Spa
The Aliwal Road Groups
Aspeling Hanley & Associates
Bain's Cape Mountain Whiskey
Siggy Ballie
BDO
Bicycling Mag
Brandhouse
Budget Travel
Camelot Spa
Canal Walk
Canon
Cetaphil
Charles Greig
Checkers
Coca-Cola
College of Cape Town
Compleat Golfer
Roxy Neubert - Cornerstone
Drake International
Farmer Joe's
Fat Harry's Restaurant
The Food Lover's Market
Formulate
The Foschini Group

Erica Fourie
Peter Krug - Ginkgo Spa
Golfers Club
Good Taste Magazine
Groot Constantia
Hi-Tec
Intec College
Jazz Between Friends
Johnson & Johnson
Kenilworth Golf Village Pro Shop
Kings Family Trust
Kingswood Golf Estate
Knead Bakery
Komati Foods
Langebaan Contry Estate
Live To Train
Livingstone High School
Steven Lloyd
Berit Maxwell
Mazars
Medi-Clinic
Medi-Clinic Milnerton
Media 24
Mulligan's Guest Lodge
Netcare - UCT Private Academic Hospital
Oakhurst Girls School
Old Mutual IT Customer Engagement
Oracle
Photo Bomb
Pick 'n Pay
Pinelands North Primary School
Pink Coffee Boutique
Principa
Protea Hotels
Rondebosch Boys Primary
Rotary Newlands Club
Southern African Golf Institute Cape Town Academy
Sacks Butchery - Westlake
SAP
Sherrell Family Trust
Obs Spar
Sports Sciene Institute of South Africa
Springfield Convent Junior School

St George's Grammar School
Steenberg Golf Club
T Systems
Table Bay Hotel
The Tablecloth Company
Tamboerskloof Primary
The Avenue Restaurant & Grikll
Three Cities - Mandela Rhodes Place Hotel and Spa
Transpaco
Tusk Events
UCT Psychology Department
Union of Jewish Women Constantia
Valkenberg Hospital Staff
Vincent Palotti Hospital
Waltons
Wesgro
Wolraad Woltemade School

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead

CONTACT US

FRIENDS OF VALKENBERG TRUST

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Design of the report by Davinia De Bastiani

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