

Friends of Valkenberg Trust



ANNUAL REPORT 2020/2021

The semicolon symbolises a continuation of mental health awareness. It emphasises strength and courage of those who live with mental health challenges

Chairperson's Report

Globally it has been a painful year as we have all had to adjust to “doing life” in a pandemic. We have all been affected by the COVID-19 pandemic, and the year has tested us personally and professionally. However, for the Friends of Valkenberg Trust, the past year was filled with extraordinary challenges and opportunities that the team have flexibly and compassionately navigated.

The success of our vision depends on many stakeholders. The financial year started in the pandemic, with many sectors facing economic hardship. We continued to have stable financial support from new and old donors in the past financial year and excellent oversight from our Treasurer.

The lockdowns have made it necessary for the office team to adopt a hybrid model of working. The staff have worked flexibly from home, and the office as the situation demands. Most of the volunteer projects have been suspended due to the lockdown restrictions. The Friendly Shop remains an open, accessible and enjoyable space frequented by service users (patients and staff), and plans to expand it are on the horizon.

The Trustees met quarterly, primarily via Zoom. Since our last AGM, we have bid farewell to Pat van der Ross. Pat has been a trustee for 18 years, and we wish her well as she enjoys this new phase of her life.



In October, we welcomed Soraya Solomon as the new Director, bidding farewell to Sandra Matthew at our last AGM. Soraya has a wealth of experience in the NPO sector as she was the previous Director of NICRO. We are grateful that she agreed to join the team amidst the pandemic. Joining an existing team can be difficult, but Soraya's leadership style, communication skills and openness to learning have made it easy for her to become part of the team.

Sadly, our patron, Stuart Saunders, passed away in February 2021. Dr Saunders supported the development of the Trust and became its first Chairperson in 1997. Dr Saunders was the patron from 2013-2021. The Trust is enormously grateful to Dr Saunders. He was a champion of services for people living with mental illness, and through his support, the Trust benefitted from his many and varied networks.

Our work is facilitated by the excellent working relationship with Valkenberg Hospital Management and the Hospital Facility Board. In addition, we are privileged that Carol Dean, the CEO of Valkenberg Hospital, and her team share our vision of promoting recovery from severe mental illness.

On behalf of the Trustees, I would like to express our gratitude to the staff team. They are the face of the Trust, and through their collective efforts we have continued to run a recovery-oriented service. We are incredibly grateful for their hard work, flexibility and dedication in ensuring that the service continues to meet the needs of service users at Valkenberg. Finally, thank you to our network of supporters whose generosity in cash and kind ensures the sustainability of the Trust.

- Fadia Gamieldien

Entering the Mental Health Space

Soraya Solomon Director's Report



Destiny played its hand and brought me to the doors of the Friends of Valkenberg Trust in October 2020. Having entered the mental health space, it has become evident to me that Mental Health of all South Africans should be made a priority like many other health challenges such as tuberculosis, HIV/Aids and the like. More than 17 million South Africans currently deal with depression, substance abuse, anxiety, bipolar disorder and schizophrenia – illnesses that round out the top five mental health diagnoses, according to the Mental Health Federation of South Africa. Despite these statistics, the Department of Health only spends 4% of its budget on this growing crisis. We have much work to be done to ensure that resources allocated to people with Mental Health challenges, matches the magnitude of the problem.

The year 2020 was marked by the emergence of Pandemic which led to our Government like the rest of the world, locking down the country to contain the spread of the virus.

Despite the lockdown, Friends reinvented its services in line with the lockdown regulations in

order to continue its much needed services to people with mental health challenges, their families and hospital staff. The reinvention of our services during lockdown is discussed in more detail later in this report.

The Pandemic, the lockdown and the global economic downturn, impacted on the ability of NGOs to achieve funding targets. Friends of Valkenberg was not able to reach its funding targets for the last financial year, however we were able to weather the storm so to speak, by dipping into our sustainability fund to ensure that operations and services continued to be rendered to the most vulnerable.

We are in the process of carefully crafting a sustainability strategy which will ensure that Friends of Valkenberg is able to endure, is less reliant on donor funding and is able to achieve macro level impact in the mental health space.

I wish to express my heartfelt appreciation to our Donors, the Board of Trustees, staff and volunteers, for your dedication to serve humanity. Humanity can only thrive when we all work together to improve the lives of the most vulnerable. This quote by Desmond Tutu aptly speaks volumes:

“My humanity is bound up in yours, for we can only be human together”.



Thanks from Valkenberg

The Friends of Valkenberg have continued to be an invaluable, real and involved partner over this last year. Despite the change of management, Sandra Mathews ensured a smooth handover to Soraya Solomon, keeping the Friends strong and present. Soraya has come into the Valkenberg space with humility, excitement, innovation, and lots of experience. So even though we needed to manage the global Covid-19 pandemic, the Friends have walked beside the Valkenberg Community. During the hard lock down, Friends made it easy for families to drop off luxury items for their loved ones and distributed these with so much care to our users. This has not only supported our users but also sparing staff with this immensely helpful activity.

The collaboration with the hospital and the Friends, have led to the Friends appreciating staff in small and important ways through thoughtful gifts to staff during the COVID19 pandemic. The coffee shop on the premises has included new product offerings, allowing staff, visitors and users to purchase delicious snacks. The highlight is the Barista Training Programme, along with other training initiatives that are empowering for our users, an area we want to develop further.

Valkenberg Hospital is deeply grateful to each and everyone working at Friends or for the Friends, as employees and volunteers, Valkenberg staff and users would be so much poorer without your unconditional care – Thank You. We are excited to take this relationship to new heights, to reach more users and those who care for them, the staff and families,

Wishing you all strength going forward.

- Carol Dean | Valkenberg Psychiatric Hospital
CEO

Medical Support is eternally grateful to Friends of Valkenberg. There is so much that we are thankful for but we fear that there is insufficient words in any language to do true justice in our statement of appreciation. We thus wish to focus on the highlights for us for this year. The consistent kindness, commitment and hardwork to our patients, their families and our staff is a source of great solace to our team. The regular gifts of appreciation has been a special morale booster during the pandemic.

Occupational Therapy is particularly appreciative of preparing our patients for work by providing opportunities with regards to skills development in the Friendly Shop kitchen, well as hosting a MHCU internship in their organisation. The consistent financial support to various occupational therapy activities can never be forgotten.

Social Work is appreciative for the blanket donation to the ACT team, contributions to the Madiba drive clothing project, the transport and ID fund for indigent patients. Their willingness to help on any project, including to the tea party for patients finishing their program at Ithemba House.

Psychology is grateful for the safe psychological space which the Friendly Shop creates for our patients and for the mindfulness shown in their engagement with staff and patients alike.

- Waseem Hawa | Principal Psychologist | Acting
Deputy Director: Medical Support

In Memorium

Stuart Saunders

Chairperson 1997 – 2001

Patron 2013 – 2021

**EMERITUS PROFESSOR STUART SAUNDERS & THE FRIENDS OF
VALKENBERG HOSPITAL TRUST**



Photo taken on the occasion of the Friends of Valkenberg 25th Anniversary AGM, 2019:
L to R, Stuart Saunders, Hugh Amoores Treasurer, Françoise Robertson Founder, Fadia Gamiel
Chairperson, H-R Sanders ex-chairperson, Brian Robertson Trustee

The Friends of Valkenberg Hospital initiative was established in 1994 by Mrs Françoise Robertson, wife of the then Head of Department of Psychiatry, Professor Brian Robertson. Stuart Saunders was an early supporter of this initiative and became the first Chairperson of the Trust, which he helped establish in 1997.

The Trust identified as their first project the building of new admission wards, but towards the end of 1997, the Provincial Department of Health proposed the closure of Valkenberg Hospital. The Trust felt that the proposal was unsound and mounted a campaign to keep

Valkenberg Hospital open. At the end of the successful two year campaign the Department of Health agreed to keep a downsized hospital, and to support the building of new admission wards. Stuart Saunders virtually raised the necessary funds single-handed by knocking on the doors of major funders. Only when the funds were secure, did Stuart Saunders feel free to resign, in 2001. Building commenced in 2002. After a number of delays, the state-of-the-art new admission wards were officially opened in 2006. These wards stand today as a tribute to Stuart Saunders' care and concern for people living with mental illness.

Our Year in Numbers



1,557
Volunteer Hours



84
Food Parcels



10
ID Documents Funded



181
Rides Home



800
Family Parcels Distributed



2,617
Clothing Items
671 Patients received clothing



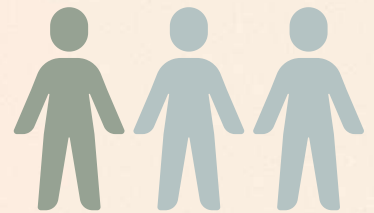
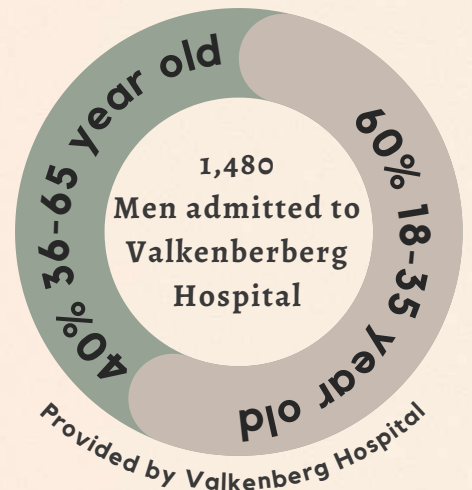
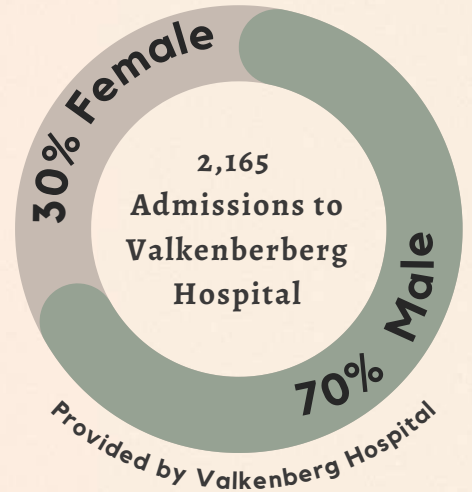
1,776
Gifts to Patients



3,256
Staff Appreciation Gifts



3,432
Visits to The Friendly Shop



1 in 3 People in the Western Cape
will experience problems with
their mental health

4%

Department
of Health
budget spent
on mental
health

Acts of Kindness

The Pandemic had a huge impact on all of us but especially hard on our patients who have not had any visitation from family since the beginning of lockdown as well as the staff who has and still is under immense strain and pressure. Friends of Valkenberg decided that, even though we were working from home, to still celebrate with patients with the assistance of family, friends and kind donors.

Community Celebrations

Feeling part of the community and life outside the hospital is an important part of a patient's recovery. At Friends of Valkenberg, we help the 450 patients to celebrate special occasions like Eid and Easter by giving them each a small gift.



This year we sadly had to cancel our hospital Christmas Party. We were still able however to provide each ward with a tree, decorations, gifts and treats to make the day a bit special for everyone.

"My son said that Friends gave all the patients gifts and treats for Christmas."

"Thank you so much for your generous spirit for again gifting us with our beautiful prezzies, I am so happy with my cardholder and notebook. We really appreciate your thoughtfulness and care."

Staff Appreciation



Although we can never adequately express our appreciation to the hardworking hospital staff, we do like to remind them that we care through random acts of kindness. Each of the 736 staff received four gifts during the year. Thanks to donors staff received treats, notebooks and various other items.

5032
Gifts to Patients
& Staff

Our New Projects

This year was marked by many changes, leading to the innovation of new services to meet the needs of our community.

The Family Care Parcel Project

Due to COVID regulations, no visitors have been allowed at Valkenberg Hospital since the start of lockdown in March 2020. The impact of this has been felt deeply by patients and their families. Therefore Friends created the opportunity for families to drop off luxury items, clothing and letters at our office. Our volunteers list the contents of the parcels and deliver them to each ward. This service was available during the festive season and is still running three days per week. This was due to the dedication shown by our volunteers.

There was a brief pause in the service when stricter controls were implemented at the hospital. The outcry to reinstate the service showed its value and impact.

"It's so difficult when someone is in hospital...not being able to visit feels like you've lost someone."

"This parcel shows my son that I care."



"It's such a shock to be admitted, she is very unhappy. But here is a letter from her little sister to show that we care."

The Friendly Shop

It was very sad to see The Friendly Shop closed for two months due to the Pandemic. Staff and patients alike missed having a place to buy snacks, toasted sandwiches and hot chips on the hospital premises. Everyone also missed the social aspect of coming to the shop and taking a break from life in the ward.

Donations of second hand goods from the public also decreased during 2020. This not only limited the service available to staff, but also affected the contribution that shop income makes towards funding our projects. This self-generated income helps play an important part on our journey towards sustainability.

A special mention to our volunteers who have shown commitment and dedication to our work during this challenging year. Together with staff members, they form the heart of this project. We thank them for their willingness to help and continued dedication.

Supporting Recovery

It is a beautiful thing to witness the change that The Friendly Shop brings to our skills developers' lives. It is not just a place to go to every day. It is a supportive space where patients can ease back into the working environment again.

The number of skills developers assigned to The Friendly Shop have been increased from two to four. Not only do our skills developers learn practical food preparation skills, but it also supports recovery by promoting empowerment and self-esteem through meaningful activities. Earning a wage also teaches patients to budget and creates a sense of independence.



3,432
Patient and Staff
Interactions

Upwards & Onwards

We are happy to report some successes in our skills development programme. The intern employed by The Friendly Shop has found permanent employment outside of Valkenberg Hospital. We are very proud of his achievement and wish him the best of luck on this next part of his journey.

Treasurer's Report

As expected, 2021 was another challenging year for the Trust. With the world still dealing with the impact of the pandemic, it is no surprise that the Trust's revenue has decreased. The work of the Friends was sustained by grants, donors and fundraising, but the shortfall for the year has had to be met from accumulated funds from prior years.

The Friendly Shop contribution to income was significantly reduced – another Covid19 casualty. There was a drop in the revenues of the shop from R620 000 in the prior year to R370 000 in the year under review.

We have been able to retain all our staff and start the 2021/2022 year with (a) a sustainability reserve and (b) nearly R1 million in funds received in advance. The optimism inherent in this must be tempered; we have had two years of deficits and cannot continue on this basis. Cost containment and revenue generation are thus priorities for the coming years, and the Director has plans for more sustained fund raising which will require the support of all associated with the Friends.

-Hugh Armoore
Treasurer

Friends of Valkenberg Trust

(Registration number: 030-235 NPO)

Annual Financial Statements for the year ended 31 March 2021

Statement of Financial Position as at 31 March 2021

	Note(s)	2021 R	2020 R
Assets			
Current Assets			
Trade and other receivables	2	5 780	0 184
Cash and cash equivalents	3	1 148 073	419 540
Cash and cash equivalents - Sustainability reserve	4	495 209	663 216
Inventory		4 994	13 517
		1 654 065	1 105 457
Total Assets		1 654 065	1 105 457
Equity and Liabilities			
Equity			
Trust capital		1 000	1 000
Reserves		695 209	663 216
Accumulated surplus		55 775	256 289
		751 984	920 505
Liabilities			
Current Liabilities			
Funds received in advance	5	902 081	184 952
Total Equity and Liabilities		1 654 065	1 105 457

Friends of Valkenberg Trust

(Registration number: 030-235 NPO)

Annual Financial Statements for the year ended 31 March 2021

Statement of Comprehensive Income

	Note(s)	2021 R	2020 R
Continuing operations			
Revenue		770 671	1 007 857
Other income		71 774	202 372
Operating expenses		(928 838)	(1 088 807)
Operating (deficit) surplus		(86 393)	121 422
Investment revenue		5 135	16 758
(Deficit) surplus from continuing operations		(81 258)	138 180
Discontinued operations			
Project expenses		(119 256)	(204 067)
Deficit for the year		(200 514)	(65 887)
Other comprehensive income		-	-
Total comprehensive deficit for the year		(200 514)	(65 887)
Deficit attributable to:			
Owners of Friends of Valkenberg Trust:			
From continuing operations		(81 258)	138 180
Project expenses		(119 256)	(204 067)
		(200 514)	(65 887)

Our Donors

Trusts & Grants

Claude Leon Foundation
Jesse Graham Foundation
Jet Lee Will Trust
MacFarlane Family Trust
St. Ola's Trust



Thank you to Cecil Kilpin for providing audit services for the 2020/2021 financial year.

Financial Contributions

Abigail Docking
Alex Isaacs
Anna Strobel
Anne Kinghorn
Anonymous
Brian & Fran Robertson
Bronwyn West
Charles Brownlee
Charmain Packer
Cheryl Jacobs
Colleen Smith
Dylan van Vuuren
Esther Laseur
Hanneke Hawkes
Irene van Wyngaardt
Jaimi Carelse
Jessica Thorn
Joey de Kock
Johan de Klerk
June de Jager
Juno King
Kate Brown
Kate Timm
Kaveshin Naidoo
Kavindra Naidoo
Kristi Edwards
Marianne Visser
Melissa Stanley
Michelle Packer
Miss Lynn
Mrs A Gilbert
Natalie Wilson
Nathan Jacobs
Philip Strachan
Prags Naicker
Royal Portfolio
Scott Hindmarch
Sophia Allie
Sue & Freddy Ogterop
Suleiman Salie
Suzanne Codd
Tanya Bishop
Trish Panaino
Wendy Daffarn

Corporate Donors

ABSA Retail
African Muslims Agency
All Sorted Now
BDO
Berk Enterprises
Bitrim (SA Bias)
Bowler Plastics
Brimstone Investments
Cecil Kilpin
Community Chest
Crescent Clinic
Faircape Dairies
Hocus Interior Design
Indigo Brands
Inner Wheel
Pep Stores
Polar Ice Cream
Rotary Kirstenbosch
Silo Hotel
Skinny la Minx
Smile FM
St Michael's Church
Table Bay Hotel
The Whatnot
Trend-Sales (Creshan Solomons)
Truda Foods
V&A Waterfront



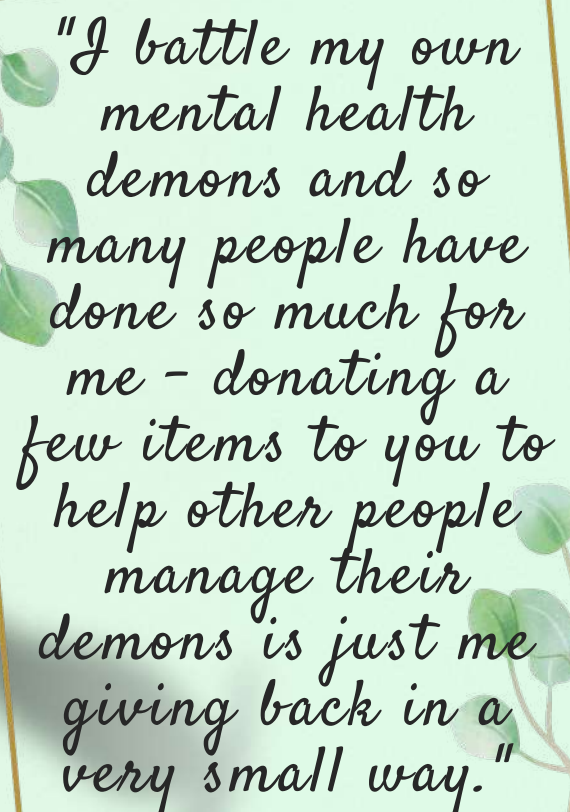
Donations in Kind

A Smith
Adela Domingo
Adele Michelle Gaillard-Laubser
Adieba Gamiet
Adri van der Merwe
Adrian Crewe
Aimee
Alicia Solomon
Alison Kohler
Alison Sinclair
Alison van der Poel
Alwyn Visagie
Amber Waries
Am'maar Gabriels
Ana de Sousa
Andrew Blackwood-Murray
Aneesha Safodien
Angela Arendse
Angela Strater
Anita van Zyl
Ann Baumann
Anna Venter
Anne Poulton van Binsberg-Hope
Anne Hart-Davis
Anthea Jacobs
Arnoux & Shana Tredoux
Avheani Ramawa
Avril & Charles Isaacs
Barbara Erasmus
Barbara Swanson
Barry Matthews
Bernice van Zyl
Berverly B-Cook
Beverly Workman
Biata Tredoux
Bob Freeman
Booley Rhoda
Brenda Cowen
Brogan Spinus
Callan B-Cook
Calvyn du Toit
Candice Zeta-Brown
Carla Freeman
Carlyn Joy
Carmen de Freitas
Carmen Maher
Carole-Ann van der Feyst
Cassandra Potgieter
Chad de la Cruz
Chante Johnson
Charla Cilliers
Charne Marais
Charnel Roets
Cheryl Hewson
Christa
Christine Bromley
Christine Colenbrander
Christopher Isles
Clare Burgess
Clark Family
Dale February
Daphne Pels
Dawn Pouke
Dean Fossett
Debbie Bentham
Debbie McLaughlin
Denise Forbes
Denise Pieterse
Derick Pieterse

Di Shonborn
Diaan Mynhardt
Dr Nyomeka Dyakalashé
Dr. Danielle Moulton
Dr. Freeman
Dr. Hilde Lee
Dr. N Giles
Dr. Warren Smith
Duncan Houston
Edna Patton
Elzette Smith-Breulinger
Emily & Jenny van Niekerk
Emma Wildt
Erin Momsen
Estelle Malgas
Fadia Gameldien
Farzaana Parker
Fatima Isaacs
Francoise Lempereir
Franki Fabian
Gamiem
Genine
Gilad Lautzker
Gilly Booth
Gouwa Dawood
Hanske Flieringa
Heather McKenzie
Helen Smith
Helene du Plessis
Hennie van Wyk
Hope Efield
I Woodland
Ian Keet
Ingrid Duminy
Irene Adley
Irene van Wyn
Ismail & Abedia Jacobs
J Oosthuizen
Janice
Jason Johnson
Jeanine volunteer
Jenny & Emily van Niekerk
Jenny Cole-Rous
Jess Rose
Jess Todd
Jim & Felicity Necker
Jo Durham
Joey de Kock
John Blomkamp
John Torlin
Joy Sagor
Julia Finnis-Bedford
Julia Fortuin
Justine Krige
Kamal Kamooldien
Katie & Tim Wade
Katy Rose
Kay Rossouw
Kerri & Parisa Oosterberg
Kerry Louw
Leanne Schooling
Leila Badsha
Leila de Wet
Len Straw
Leo Kawitzky
Lesley Moolman
Liesl Zulke
Liesel Africa
Linda & Luis Balona

Lyn & Wesley Holm
Lynne Cairns
Lynrae October
M Barnard
M Brimble
Marguerite Mills
Maria Jose
Marinda Froneman
Maritza Rodel
Mark Rist
Micaela
Michelle Basset
Michelle Berry
Mike de la Harpe
Moeneer Gamiendien
Mr & Mrs Pillay
Mr. Williams
Mrs S Abrahams
Mrs Shevel
Naagham Al
Nick Parker
Olga Finnemore
Pam Byrnes
Patricia Waight
Penny Siebert & Family
Peter Roux
Phillipa Newell
Prabashni Pillay
Prof. Astrid Berg
Qhama Cossie
R Fox
RE Foster
Reinett Olivier
Rinise Reed
Rita Wood

Roberto de Oliveria
Robyn Snyders
Roy Tunbridge
S Barr
S Ferns
S Gabriels
Sandra Pienaar
Sarah Brooke
Sarah Good
Sarah-Jane Oosterberg
Sharief Adams
Sharmilah Booley
Sharon Gain
Sheralynne-Kay Vermeulen
Sherryn de Vos
Sister Pillay
Solls & Evelyn Benatar
Sophie Stratton
Stacey-Lee Fortuin
Stefan Graebe
Sylvia Alexander
Tanja Hazel
Tarquin Gain
Tasia Donaldson
Tessa Roos
Theresa Lorenzo
Tony Henry & Family
Twanji Kalula
Vanessa Carelse
Viginia Greenwood
Wade Paulse
Zulfa Adams
Zuraya Adhikanie



"I battle my own mental health demons and so many people have done so much for me - donating a few items to you to help other people manage their demons is just me giving back in a very small way."

Help Us to Support Recovery

GET INVOLVED

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

"The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy" - Kalu Ndukwe Kalu

LEAVING A LEGACY

Some leave financial stability for loved ones, some leave precious memories. What about leaving a legacy that means hope and life for people with serious mental illnesses?

Legacies are a lasting memorial to each person whose generosity and foresight means recovery to thousands of people who come through Valkenberg.

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

Donate



Contact Us

PO BOX 13566, Mowbray 7705

HOURS

9am—1pm Monday—Friday

T: 021 447 2092 (Office)

T: 021 447 7076 (Shop)

Office@friendsofvalkenberg.co.za

www.friendsofvalkenberg.co.za

@FriendsofValkenberg

NPO: 030 - 235