



2018 Annual Report



"Hope is being able to see that there is light despite all of the darkness." - Desmond Tutu

Chairperson's Report

Prof. Brian Robertson



Recovery isn't about getting back to how you were before, it's about building something new. It's about HOPE.

—Anon



“The Friends of Valkenberg office is, as always, where it all starts and ends. They continue to amaze us with the success of everything they undertake. They now oversee 19 projects run by 60 volunteers. The Friendly Shop with its new Take - Aways service is continually developing and expanding, due in no small way to the wonderful interns deployed there by the hospital. Thank you to all for an excellent job, done with so much love and care.”

We are blessed to have had another year of good financial support from our donors, and so have been privileged to be able to continue with our mission of enhancing the quality of life of our patients and preparing them for optimal functioning in the community. We also strive to support hospital staff in whatever way possible.

The success of our mission depends so much on a good working relationship with Hospital Management and the Hospital Facility Board. It is always a pleasure to interact with them. Progress with the Memorandum of Understanding, that is, the formalisation of the working relationship between the Hospital and ourselves, is still very slow.

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. The Friends of Valkenberg office is, as always, where it all starts and ends. They continue to amaze us with the success of everything they undertake. They now oversee 19 projects run by 60 volunteers. The Friendly Shop with its new Take-Aways service is continually developing and expanding, due in no small way to the wonderful interns deployed there by the hospital. Thank you to all for an excellent job, done with so much love and care.

I wish to thank our patron, Stuart Saunders, and Carol Dean, CEO of Valkenberg Hospital, for their unfailing support. Finally, thanks to both our loyal and our new donors who make it all possible, not forgetting BDO South Africa, who continue to provide us with free accounting services.”

Director's Report

Sandra Matthew

Psychiatric recovery looks different to everyone, but hope is a key factor in every journey. Our 60 volunteers offered almost 5000 hours this past year to deliver services that have a key role to play in providing a place of hope at Valkenberg – hope that it is possible to feel better, try something new, achieve something, enjoy something or engage with others in a meaningful way.

“Our goal for 2017 was one of consolidation - the need to focus more intently on deepening the impact on recovery of our existing projects rather than continue to expand as we had been doing.”

This meant that we ended the year on a firm footing and were able to think creatively for 2018 - about new ways of expanding our service and providing hope to more people passing through Valkenberg Hospital on their recovery journey. This has resulted in more than 17,000 contacts with service users alone - 17,000 moments to encourage their recovery. Read some of these stories and hear some of the comments from service users in this Annual Report.

The project that has grown the most this year is our Friendly Shop. What started out as a small room selling second hand goods is now a big place of hope for something new - new skills, new friends, meaningful occupation, a place to belong and of course the place to buy something one can afford.

Hope requires ongoing support and we have been grateful to receive a few multiyear grants and repeat grants from donors who catch the vision for recovery. These grants improve the sustainability of our projects. Please see these faithful friends listed later in this report.

“The truth is, recovery is hard work. I have to eat right, sleep right, think right, talk right, take my meds right, exercise right, keep all my doctor's appointments and educate myself and others about my illness. I have to avoid any and all things that would get in the way of my recovery. Worst of all, there's no guarantee these things will make me feel better. Recovery is not for the faint of heart. It takes courage, commitment and yes, an abundance of HOPE.” - Mike Ehrmantrout

We know recovery is hard work and we pay tribute to those who are brave enough to keep walking even when the journey is hard.



We also thank the volunteers who put in the time to walk alongside people and the donors who make what the Friends of Valkenberg do, possible. Let's keep walking

Hope is being
able to see that
there is light,
despite all of
the darkness -

Desmond

Tutu

Witnessing the recovery of others was the therapy I needed to get my health back — Katherine, Valkenberg Inpatient, August 2016

When I first arrived at Valkenberg, I was so scared. No, that's not entirely true. The fear would come later, when I realised that I wasn't leaving Female High Care. I was disorientated, confused, indignant even. There was "nothing wrong with me". I felt this was not a place for me.

I entered High Care on the first day, after spending 4 days at Groote Schuur under observation for severe depression and suicidal behaviour. Two weeks earlier I had taken a large dose of medication in the hope that somehow, it would make things better. It didn't, but trying to take my own life did show me how much I needed help.

I have been thinking about what my time at the hospital meant to me, and most importantly, thinking about how my stay helped me. The biggest thing I noticed was not my own recovery, but rather the improvement in the other women in my ward. With severe depression, you can lose so much perspective about the world outside of your mind. Every day, seeing the slow improvement in others really made me feel good about their recovery, and in time, to feel optimistic about my own journey back to health.

The wards at Valkenberg offer different levels of care, and as you progress in your recovery, you "graduate" from one ward to the next ward, where there may be less security and more recreational activities. Gradually you are supervised less, and with each progression there is a sense of achievement.

When it is announced by the doctor that you are being moved to the next ward, there is a quiet yet distinct murmur of congratulations from the women around you. They are pleased for you to be moving on, pleased for you about the small amount of freedom you will be granted. And now that I write this, I realise that we were pleased for each other because in each other we saw the potential of recovery. By believing in each other, we were believing in the system, we were believing in ourselves.

The first morning I awoke in Ward 3 I could tell that things were a bit different here. We were encouraged to wear our own clothes, to take care of our appearance. It was "Hair Salon" day that day. The ladies, young and old, were bustling around excitedly. Hair was being washed in every basin and fully dressed, with towels over their heads, we gathered for breakfast. My fine, straight hair didn't seem to represent much of a challenge and I was only too happy to pass up the curlers and blow drying to the ladies who want to 'set' their hair.

I recognised someone from one of the other wards - a young woman. A bright girl who struggled with an eating disorder. She had a pretty smile, but sometimes her eyes were sad. I remember the first time I saw her as not a "patient" anymore. She had on a turquoise sweater, and cropped black trousers with cute ballet pumps. She was not as skinny as the last time I saw her. After what seemed like hours in curlers, fluffing and preening she was ready. She twirled into the room, triumphant with her new hairstyle, with a huge smile across her



face. It was then that I could see that recovery wasn't something for someone else. Recovery was for her, it was for me, it was for all of us.

*"I now look back at my time at Valkenberg Hospital as both the most challenging and the most wonderful thing that has ever happened to me." -
Katy 2016*

Katherine works as a full time Content Producer for Food24, following her two passions - food and writing. She loves to cook at home, and in her spare time spends time relaxing by doing some gardening.

FRIENDS OF VALKENBERG HAIR SALON

It is nearly 10 years since I started in the Friends of Valkenberg Hair Salon project. Where at one stage I was the sole hairdresser, at times we now have a team of up to 12 people volunteering and training on a Wednesday morning. The team was so proud when recently our statistics showed that we were able to engage with a new record of 53 inpatients one morning.

Initially, service users were not allowed to work in the Salon. Communication was limited to discussing hair. But at the meetings arranged periodically by the Friends office, speakers were able to advise us how to implement changes.

At present there are 6 people with a psychiatric disability enjoying the experience of doing hair and learning new skills. For them it is a total change from being in the ward or wandering around the premises. They love it when inpatients come in and request their services by name.

At recent volunteers' meetings, emphasis has been on recovery and rehabilitation and giving people hope for their future. Whenever there is a quiet moment, trainees are taught additional hair skills and regular communication has seen positive

changes in attitude and confidence. The dream is that these trainees could one day earn an income doing hair in their community.

At the end of each week, volunteers usually have a short meeting. One recalls the smiles of thanks from patients, the high fives given and the occasional little hug. Always it is unanimous - the morning has been meaningful in providing much pleasure and true satisfaction to all involved.

- Rolf Losken, Volunteer

“Getting my hair cut relaxes me and makes me smile” “My perm makes me look so mooii”

- service user

“I like being occupied. I like being needed.”

- Trainee



Recovery is a journey which begins with feeling good about yourself. Many happy faces have looked into the mirrors in the Salon and have walked out with a skip in their step and a glow in their hearts. It is a real pleasure to be involved in such a well-run meaningful project.
Linda, volunteer

Generous sponsorship and support from donors like The Inner Wheel Claremont, has meant that this project has grown and flourished and continuously seeks new opportunities to make a difference in the lives of people at Valkenberg.



The Friendly Shop — a place of growth and community

From humble beginnings as a 1 room second hand shop , the Friendly Shop has grown into a multifaceted project that serves the needs of Valkenberg inpatients, outpatients and hospital staff.

In partnership with the Hospital and with the ongoing support of donors like Rotary Claremont , there are now people with psychiatric disabilities finding community, support and new skills. There are those who are gaining retail and food preparation skills while others volunteer as part of the team, in meaningful occupation. Those who visit the shop find not only something useful they can afford to buy, but a place of community—over a coffee or an encouraging word from a volunteer.

When I first started, I had a dream, and it has now come true, far beyond what my expectations were when this started. I wanted a place for service users to come, sit down and socialise together in a more “normal” environment, because at the end of the day, we are all people, part of the same society.

It warms my heart to see how far we have come and the positive feeling in the shop. Seeing the benefits of this project first hand is amazing. - Elaine Smith, Friendly Shop Manager

Spring cleaning? Moving house?

Bring your unwanted goods to the Friendly Shop and see them make an impact on recovery.

- Household goods
- Books and magazines
- Clothes and shoes
- Toys and sports kit

“My body feels light when I work in the Tuckshop. I like to make food and I’ m learning how to cook.

My attitude has changed and I have learned to be punctual. I have also learned budgeting skills and am saving money to support my family.”

- Trainee



Recovery groups

Each week our 20 different Groups address recovery in different ways. Here are a few ways in which they are making an impact.

The theme for this year is hope and that is what I bring out with every session. I create an environment in which service users can be themselves, laugh, socialise and encourage one another in a respectful manner. It is through this interaction that we are able to learn.

I want to make sure people reach their full potential and become the best possible self they can. It brings me great joy when I see the slightest progress they make. At the end of each cooking session I walk away knowing that I am making a contribution to the recovery of people with mental illnesses - Candice, Volunteer

I love working with the members of Ward 8 as I am filled with hope. I gain in spirit and community what I impart in knowledge and experience.

I know Valkenberg from the inside out as I have been a patient as well as a volunteer. This place, including Friends of Valkenberg, has become a home for me. I think my story gives the patients hope. Recovery and reintegration are possible.

Many significant people have spent time in places such as Valkenberg and, though it can be harrowing at times, ultimately it heals. And healing leads to hope and hope leads to healing. - Jessica, Volunteer



“The end result has actually surprised me”

“I can bring out my inner self on the page, this is self fulfilling”

“You people make me feel free and easy in my mind-set when we talk and make stuff”

- Service users

“Ek lyk nou soos a regte vrou” . I do not want to take this off ever”

- Service user





Our Impact in Numbers

Recovery Groups

17 411

Contacts with inpatients

60

Average number of
volunteers

4 772

Approximate number of
volunteer hours

Donations in Kind

Clothing
R 76 240.00

Christmas
R 48 641.00

Golf Day
R 138 054.00

Free venues &
services
R 60 000.00

Food Parcels
R 6 240.00

Support Groups
R 3 200.00



PROJECTS

Arts and Crafts, Beauty/Self Care, Coffee Trolley, Clothing Depot, Cooking, Dance and sport, Drawing, Drumming/ music, Food Parcels, Friendly Shop, ID Docs, Library, Mind and Body Group, Recreational Rehab, Sewing, Transport, Hair Salon

EVENTS

Women's Day, Eid, Christmas, Mandela Day, Entertainment



Audited Financials 2017-2018

Friends of Valkenberg Trust

Annual Financial Statements for the year ended 31 March 2018

Statement of Financial Position as at 31 March 2018

	Note(s)	2018 R	2017 R
Assets			
Current Assets			
Trade and other receivables	2	40,585	695
Cash and cash equivalents	3	529,737	322,846
Cash and cash equivalents - Sustainability Reserve inventory	4	571,012	522,815
		8,980	7,479
		1,150,314	853,835
Total Assets			
		1,150,314	853,835
Equity and Liabilities			
Equity			
Reserves	4	571,012	522,815
Accumulated surplus		211,361	166,780
		782,373	689,595
Liabilities			
Current Liabilities			
Funds received in advance	5	367,941	164,240
		367,941	164,240
Total Equity and Liabilities			
		1,150,314	853,835

Many thanks to BDO who diligently do our Management Accounts each month and to Cecil Kilpin who faithfully do our audit each year. Accountability and good governance are very important to the Trust and you help to make this possible.



Statement of Comprehensive Income

	Note(s)	2018 R	2017 R
Continuing operations			
Revenue		876,945	798,053
Other income		159,377	151,089
Operating/core project expenses		(815,514)	(775,341)
Operating surplus		220,808	173,801
Investment revenue		10,636	8,418
Surplus from continuing operations available for projects		231,444	182,219
Project Expenses			
Project Expenses		(186,863)	(191,733)
Surplus (deficit) for the year		44,581	(9,514)

Treasurer's reflections

The balance sheet at 31 March 2018 is healthy; the sustainability reserve stands at R571 000, and we had a small surplus for 2017/2018. Just under R300 000 was raised for projects for 2018/2019.

The Trust relies on donations and fundraising for the bulk of our annual costs. The balance is acquired through self-generated income. The Friendly Shop, for example, is both a project and a fundraiser— a project in that it provides an important recovery service for service users and a source of income in that, although the Tuckshop facility breaks even, the income from the sale of second-hand goods, it reflects a surplus that is channeled back into projects.

Fundraising events—or Golf day and Casual Day attracted R72 000. Donations accounted for the balance of our net revenues, the largest from the Leon and Fox Foundations and the National Lotteries Commission, for which we are especially grateful.

We face 2018/2019 with reserves that, if necessary, would carry most activities for a full year in a crisis, as well as significant funds raised in advance. The challenges now are to find funding for the balance and for 2019/2020 and additional ways of ensuring long-term sustainability.

Hugh Amooore, June 2018

Many thanks to those who partnered with us to support recovery this year



TRUSTS AND FOUNDATION GRANTS

Claude Leon Foundation



Community Chest Western Cape



Green Rising Trust

Jesse Graham Memorial Fund

J E T Lee Will Trust

Joan St Leger Lindbergh Charitable Trust

National Lotteries Commission

Percy Fox Foundation

St Ola's Trust

Union of Jewish Women

GRANTS FROM INDIVIDUALS

Hugh Amoore

Dr and Mrs L Balona

In memory of Gwen Carroll

Mr & Mrs de Clercq

Mr & Mrs Fox

Mrs A M Gilbert

Eli & Lynne Gottschalk

Mr & Mrs Hayward

Vincent Hendricks

Peter & Celia Spargo

Kate Timm-Cooney

CORPORATE GRANTS

BDO Business Services (Pty)

Berk Enterprises

Cecil Kilpin & Co

Fargo Trading cc

International Trimmings and Labels SA (Pty) Ltd

SPONSORSHIP OF EVENTS

ABSA Retail Bank

Kate Brown

Cape Town Women Travel Club

Old Mutual Care and Share

Distell

Kings Family Trust

Ladies' Group Constantia Catholic Church

Lewis Stores

Plumbing Etc

Protea Hotel

Albert Questiaux

Redefine Properties

Rotary Club of Newlands

Rotary Club of Kirstenbosch

Sherrell Family Trust

St Michael's Catholic Church

Warwick Wealth



DONATIONS IN KIND:

COMPANIES & ORGANISATIONS

ABSA Business Bank

ABSA Retail Bank

Adidas

Anchor Foods

Angore Designs

Artscape

Bain's Cape Mountain Whisky

BDO Staff Committee

Bradley Heitz Golf Academy

Cape Support for Mental Health

Charles Greig

Checkers

Checkers Head Office

Clipper Coffee

The Clothing Bank

Cape Town Clothing Guild

Coca-Cola

Community Chest

Cookie Factory

EOGA

Evaho

Golf Digest

Southern African Golf Institute Cape Town Academy

Golf Lab

Golfers Club

Good Taste

Groot Constantia

Hi-Tec

HVR Enterprises

Ina Paarman's Kitchen

Innovative Snacks

Issa Maitland Cap Factory

Kenilworth Golf Village Pro Shop

Kingswood Golf Estate

Lady Bee Observatory

Lumnos Plastics Sandton

Inner Wheel Claremont

Jazz Between Friends

Johnson & Johnson

Lodge de Goede Hoop

Mazars

Media 24

Miss Lynn cc

Montrose Manor

Nedbank

New Media

Newlands Brewery

SA Newlands Brewery Tour

Orange Films

Pebbles Pond Guest House Langebaan

Pick 'n Pay Observatory

Pick 'n Pay Plumstead

Plumbing Etc

Protea Hotel Mowbray

Protea Hotel Sea Point

Quality Beverages

Ramsay Media

Rascals

Reject King

River Club

Sacks Butchery Westlake

SACS PTA

Salvation Army - Captain Marlene Butler

Sh'Zen Ladies' Group

Sorbet Men

Sports Science Institute of South Africa

STBB Attorneys

Steenberg Golf Club

Store All

T3 Multisports

Table Mountain Aerial Cableway

Theatre on the Bay

Angela Strater

Adrienne Sturrock

Y Stylianov

Tony's Plumbing

Transpaco

VTC Attorneys

Wild Organic Foods

DONATIONS IN KIND: INDIVIDUALS

Shaun Abrahams			Candice Pirie
Albert Questiaux			Jennifer Poole
Alicia, Andre, Avaho	Angie Doidge		Gerald Poswell
Kerry Armstrong	Izzy Doidge	Helen Kirby	Jocelyn Poswell
Mr A S Arnold	Mrs Gafsa Domingo	Shelley Kirsten	Mandy Redcliffe
Charlotte Atkinson	Betine Dreyer	Alison Kohler	Renise Reed
Mr Barletta	Heléne du Plessis	Ann Kramer	Rhenish Girls' High School G12E
Michelle Barnard	Mrs C M du Toit	Lambert Kriedeman	Mark Rist
Victor Barnard	Ingrid, Cara & Meika Duminy	Justine Krige	Rodel
Linda Bede	Susan Dymond	Charmaine Large	Tessa Roos
Prof S and Mrs E Benatar	Dr Franca Falanga	Miriam Levy	Kay Rossouw
Mrs J Bennett	Catherine Flack	Mr D Long	Corky Rous
Sarah Berrisford	Jackie Fortuin	Louisa MacDonald	Olga Schaag
Carol Beukman	Andy Frieslaar	Abongile Makuluma	Greg Scullard
Gilly Booth	M Genicki	Laurette Malengret	Tess Seymore
Stephanus Boshoff	Margaret Goodson	Bernie & Leo Mangan	Belysia Shelley
Vanessa Bowen	Felicity Grundlingh	Latasha Maraj	James Shelley
Averil Brink	Wayne Gurwitz	Lindiwe Marepula & Family	Sherrill Hulett
Marlene Butler	Ingrid Haller	Beulah Marks	Daniel Sheward
Sue Bylos	John Hayward	Bronica Matthew	Hilary Simon
Robyn Caie	The Henry Family	Sonto Mbeje	Jaki Slabbert
Justine Casserley	Tony Henry	Jessica McCarthy	Dr Ailsa Smith
Andre Cochrane	Henrietta Hess	Heather McKenzie	Jo & Keith Smith
Karin Codd	Cheryl Hewson	Alison McMillan	Desiré Stone
Suzanne Codd	Mrs Kelly Hook	Irene Meintjes	Emma Theron
Qhama Cossie	Lorraine Hope	Ta Odhelia Msutwana	Margaret Thomson
Tamlin Cruse	Yvonne Hope	Natasha	Heidi & Don Timm
Bill Curren	Mandy Hopwood	Janene & Rubi Nates	Tania Timmermans
Wendy Daffarn	Avril & Charles Isaacs	Mielle Meyer	John Torline
C Daubney	Colin Jacobs	Janine Norton	Catherine Valentine
Nola & Geoff Davidson	Crystal & Abraham Jacobs	Bette Oberauer	Carol-Ann van der Feyste
Davinia De Bastiani	Shariefa Jacobs & Daughters	Sue Ogterop	Jenny van Niekerk
Felicité de Jongh	Irene & Arthur Jacobson	Reinette Olivier	Naadira Vanker
Charne de Klerk	Jill Joubert	Ryno Oosthuizen	Joseph Velasco
Anna de Sousa	Prof S Kaliski	Sarah-Jane Oosterberg	John Randel Vermaak
Johan de Villiers	Twanji Kalula	Mary Osman	Mr Wagner
Lilia de Wet	Jeanne Karpul	Mr S Penkin	Mavis Ward
Carol Dean	Philippa Kelly	Mrs Angeline Perkins	Bronwyn West
Diageo	Dr Tony Kelly	Gary Peterson	Dee & Mike West
Johan Dippenaar		Natashya Pillay	Chris Whitfield & Family

A final word from the Valkenberg CEO, Carol Dean

The Friends of Valkenberg have taken to heart our mission, which is, **Sometimes to cure. Often to relieve. Always to comfort.**

Many of our patients enter our hospital against their will, as involuntary mental health care users or as forensic state patients - an extremely frightening experience when one feels most vulnerable. The Valkenberg staff and our Friends often join forces and work hard at providing support and comfort to our patients.

We are grateful for the small and the big things offered, the care, the extra recreational and innovative groups, the Hair Salon, the dancing, the cooking, the personal care activities, and the many more projects that help our patients feel hope and that recovery is possible.

Thank you Friends of Valkenberg for supporting our staff and patients, for celebrating important events and milestones. Thank you for joining us to make Valkenberg an even better place for those who need it the most.



Many thanks to the dedicated FOV staff team Bianca and volunteers Brogan, Matthew for their help with this report.



Snap here to pay



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Valkenberg Hospital
Observatory

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