

FRIENDS

ANNUAL REPORT 2023/2024

Celebrating the growth of the organisation over the last 29 years

Inside: A History of Hope: Friends of Valkenberg Since 1994. How Our Healing Garden is Nourishing Bodies and Minds

Supporting Our Heroes: The Staff Behind the Scenes
The Friendly Shop: Training individuals with mental health challenges for a Brighter Tomorrow

*Empowering
Recovery, Growing
Futures*

Friends
of
Valkenberg



From the Editor

Dear Readers,

Welcome to this special edition of the Friends of Valkenberg Trust magazine, themed "Growth." As we reflect on the journey and accomplishments of our organisation over the past 29 years, it is my privilege to share with you the stories, milestones, and future aspirations that define our mission to support people living with mental illness at Valkenberg Psychiatric Hospital.

When Friends of Valkenberg Trust was founded in 1994, our vision was simple yet profound: to offer holistic support to psychiatric patients during their recovery journey. Nearly three decades later, our growth has been remarkable. We have expanded our programs, increased our outreach, and strengthened our community ties, all while staying true to our core mission.

In this edition, you will find inspiring stories of resilience and recovery, highlighting how our initiatives have made a tangible difference in the lives of patients. From our food parcel project, which provides essential nourishment and choice to those in need, to the thriving healing garden and barista training program, which offer skills and hope for a brighter future. Our efforts are deeply rooted in the belief that every individual deserves dignity, support, and the opportunity to grow.

This magazine is our creative way of showcasing our annual report, offering you a comprehensive overview of our activities, financial health, and the impact we have made throughout the year. We believe in transparency and accountability, and we are proud to share our progress and plans with you, our valued supporters and partners.

Our theme of "Growth" is not just about the expansion of our programs or the increase in the number of people we serve.



Friends of Valkenberg Project Manager, Grisel Pretorius

It is also about the personal growth of each patient, the professional growth of our dedicated staff and volunteers, as well as the collective growth of our community as we work together to break down the stigma surrounding mental illness.

As we look to the future, we are filled with hope and determination. We are committed to continuing our growth, exploring new ways to support our patients, and fostering an environment where everyone can thrive. Your unwavering support and generosity make this possible, and for that, we are deeply grateful.

Thank you for being a part of our journey. We hope this edition inspires you as much as it has inspired us.

Grisel Pretorius
Editor, Friends of Valkenberg Trust Magazine

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HOW TO SUPPORT US

How will you grow your legacy?





“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.

– Alfred Austin”

ABOUT US

Established in 1994 by psychiatrist Professor Brian Robertson, the Friends of Valkenberg Trust (FOVT) aims to serve society's most vulnerable, particularly those grappling with mental health challenges. Valkenberg Psychiatric Hospital caters to adults across a vast and diverse area in the Western Cape, ranging from Simon's Town to Nyanga, Grassy Park to Atlantis.



Yarrow and Tansy Flowers from the FOVT Healing Garden

OVERVIEW

Many patients hail from disadvantaged communities, where mental health issues are often misunderstood, leaving them marginalised and lacking familial support. FOVT offers hope for recovery by providing tailored programs and activities. These initiatives, led by dedicated staff and volunteers, target various aspects of the recovery journey, including enhancing independent living skills, bolstering self-esteem, offering vocational and skills experiences, and facilitating creative outlets. Through collaboration with hospital staff, FOVT assists individuals in reclaiming their independence and rebuilding their lives.

AIMS

- ✓ Volunteer-led Recovery Groups
- ✓ Skills Development
- ✓ Employment Opportunities
- ✓ Meeting Basic Needs
- ✓ Fundraising
- ✓ Facilitating Reintegration
- ✓ Destigmatising Mental Health Challenges & Raising Awareness
- ✓ Supporting Hospital Staff & Boosting Morale



CHAIRPERSON'S REPORT

I am pleased to present this report on our progress and activities over the past year. This report outlines our achievements, challenges and future plans. Our vision has been to grow the organisation in all manner of ways. This focus is supported and facilitated by our excellent working relationship with the Hospital Facility Board, the Hospital Management Team, and Ms Charlyn Goliath, the CEO of Valkenberg Hospital. The trustees meet quarterly, and we have enjoyed having the meetings in-person, a welcome change from our previous online meetings.

Our staff complement has remained stable, which is a testament to the team's commitment to the organisation. We continue to fulfil our vision to promote recovery by empowering persons with lived experience to engage in meaningful employment, social enterprise and community integration opportunities. The past year has been a journey of growth and learning, and we have made significant strides in providing services that reduce stigma, foster a supportive community, and make positive contributions to the lives of all we serve. Our location on the premises of Valkenberg Hospital ensures that we remain an open,



Friends of Valkenberg Chairperson, Fadia Gamiieldien

accessible, and enjoyable space frequented by diverse stakeholders, including staff, students, caregivers and mental health service users.

CHAIRPERSON'S REPORT CONT.

Despite tough economic times, the Friendly Shop generated good revenue, driven by an expanded menu, an increase in second-hand goods sales, and the growth of the barista training station. The launch of the Healing Garden was another initiative that bore fruit (or rather vegetables!) this year, and we continue to reap the benefits of this project. The annual Golf Day is a much-anticipated event at which our regular supporters could again “Tee Off” successfully! Through the volunteer programmes, we have continued supporting the hospital in providing services and resources that promote recovery.

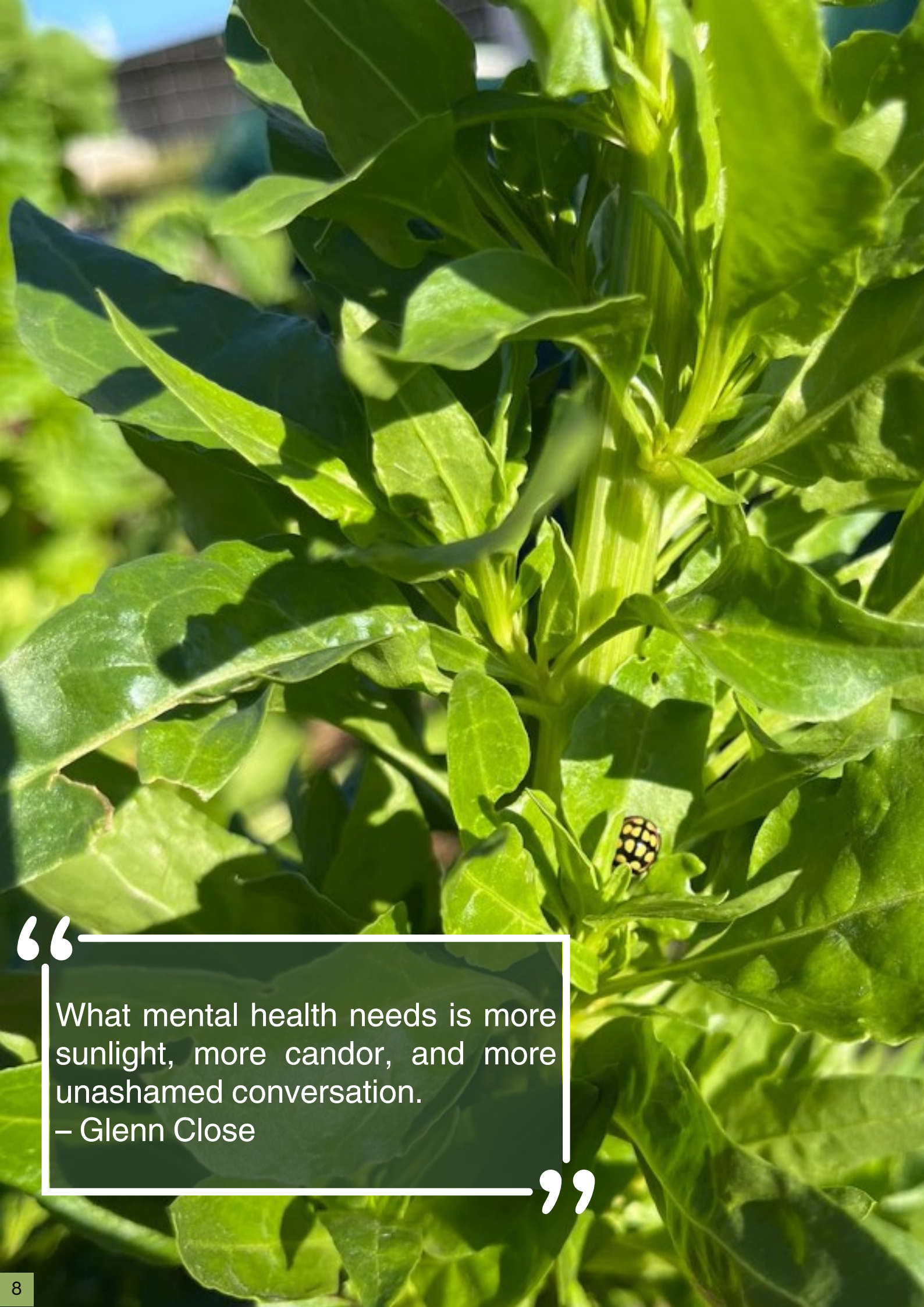
To address our financial sustainability challenges, we actively pursue funding, sponsorships and donations while exploring customer incentives to boost sales and customer loyalty. We would like to extend our deepest gratitude to our reliable and longstanding donors and those who have recently joined our cause. We are also immensely grateful to BDO South Africa for continuing to provide us with discounted accounting services and to Cecil Kilpin, who has generously served as our auditors, offering their services pro bono.

We would also like to extend our heartfelt gratitude to our long term donors , Nussbaum Foundation, Percy Fox Foundation and the Claud Leon Foundation.

Finally, I want to extend my heartfelt appreciation to the dedicated staff, volunteers, service users, caregivers, partners and customers for their unwavering support over the past year. Together, Friends remain committed to our vision of creating a community of hope, empowerment and recovery. We are confident that with everyone's help, we will continue positively impacting the lives of all we serve.

#Teamwork makes the dream work.





“

What mental health needs is more sunlight, more candor, and more unashamed conversation.

– Glenn Close

”

INTRODUCTION

In line with our theme of growth as part of our organisation's motto for the past financial year, I am pleased to report that over the last few years, Friends has been on a path of evolution and growth. A major milestone was achieved by launching the Healing Garden with the purpose of creating a space for patients to relax away from the hospital environment and to train patients in organic gardening skills.

According to UNICEF South Africa U-Report poll 31 October 2022 – 73% of children and youth felt they needed mental health support over the past year, of which 38%, actively sought help. This speaks volumes and indicates the need to increase the resources available to meet the needs of people with mental health challenges.

We are in the process of expanding our skills development basket for both in-patients and out-patients to assist with their recovery journey. We will report on our progress in achieving this goal in our next annual report.

This annual report attests to the achievements of Friends of Valkenberg over the last financial year April 2023 to March 2024



Friends of Valkenberg Director, Soraya Solomon

Our success would not have been possible without the invaluable support of our Donors. I would also like to pay tribute to all our volunteers who support our services to patients and families. A special thank you to our Board of Trustees for your guidance and oversight of our organisation. Heartfelt appreciation to the staff for their dedication and commitment to the vision of Friends.

We need to continue to break the stigma around mental health. I would therefore like to end with this quote:

“ You don't have to struggle in silence. You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it.
 _Demi Lovato

”

OUTCOMES OF THE PAST YEAR



Sustained the basic needs project. (Clothing, Food Parcels and Transport)



Maintained Staff and Patient support for hospital events



Growth of the Barista Station Social Enterprise



Launched the Healing Garden



Implementation towards the end of the financial year, March 2024 of the Friendly Shop and Coffee lounge revamp



Raised our marketing profile with a successful Women's Day event.



Increased the footprint of the Recovery programme at ward level in Valkenberg Hospital.



Successful Golf Day event.



RECOVERY PROJECTS



Items included in a Food Parcel

At Friends of Valkenberg, we believe that recovery extends beyond traditional therapy. Our mission is to enhance the lives of individuals living with mental illness at Valkenberg Psychiatric Hospital, empowering them to reintegrate into society with confidence and dignity. Our diverse range of recovery projects reflects this commitment, offering holistic support to our patients.

FOOD PARCEL PROJECT

Friends of Valkenberg is dedicated to supporting the holistic recovery of psychiatric patients at Valkenberg Psychiatric Hospital. One vital aspect of our support is the provision of essential food parcels to patients in need, ensuring they have the necessary sustenance as they transition back into their communities. Each food parcel contains a carefully selected assortment of non-perishable items, such as canned foods, soups, cooking oil, long-life milk, sugar, flour, coffee, tea, rice, and more. Patients have the opportunity to choose which 10 items they would like to take home, allowing them to tailor the parcel to their individual needs and preferences. Understanding that recovery is an ongoing journey, we allow patients to return twice a month to receive additional parcels, ensuring consistent support as they rebuild their lives.

HOW TO HELP

Your generous contributions enable us to purchase the essential items included in each food parcel. Every donation, no matter the size, makes a significant impact.

Share our initiative with your network. The more people who know about our work, the greater our collective impact.

Join our team of dedicated volunteers. Your time and effort directly benefit the patients we serve.

Friends of Valkenberg
*Transforming Lives Through
Comprehensive Recovery Projects
2023/2024*



Together, we can make a profound difference in the lives of psychiatric patients, offering them the nourishment and support they need for a hopeful and healthy future. Thank you for your continued support of Friends of Valkenberg and our mission to empower recovery and build futures. A total of **290** food parcels were issued in this financial year.

HOLISTIC HEALING

RECOVERY PROJECTS

Our Ward Recovery Projects are at the heart of our mission. These initiatives complement the hospital's formal therapy by focusing on essential life skills development. Patients engage in activities such as cooking, self-care, and physical well-being exercises, which are crucial for their day-to-day living. Additionally, we offer leisure activities designed to provide spaces for de-stressing and relaxation. These projects not only support the mental and physical recovery of our patients but also prepare them for independent living and employment.

By offering these comprehensive recovery projects, Friends of Valkenberg strives to create a supportive environment where individuals can rebuild their lives. Our holistic approach ensures that every aspect of our patients' well-being is addressed, paving the way for successful reintegration into their communities. We are proud to play a part in their journey towards recovery and look forward to continuing to make a positive impact in their lives

MAKING A DIFFERENCE

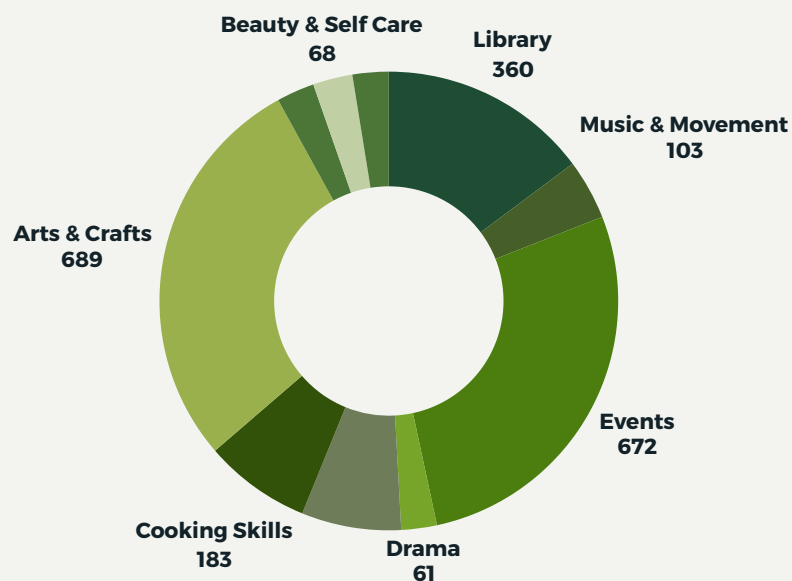
The success of our projects depends on the generosity of our donors and the dedication of our volunteers. Together, we can continue to transform lives and foster a community of hope and resilience. For more information on how to get involved, please visit our website or contact us directly. Your support can make a world of difference.

Friends of Valkenberg is dedicated to improving the lives of those living with mental illness. Our projects aim to provide holistic support, ensuring that each individual has the tools they need to thrive both within the hospital and beyond.



Friends of Valkenberg Volunteers

RECOVERY GROUPS AND VOLUNTEER HOURS



VOLUNTEER STATISTICS



122

Total number of
volunteers



2432

Total number of
volunteer hours



29

Total number of
sessions p/week



46

Average number
of volunteer hours
per week



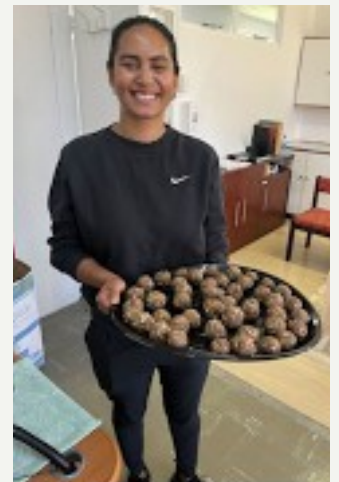
6473

Total number of
patient contacts



31

Average number
of patients per
volunteer



Friends of Valkenberg Volunteers & Recovery Projects



“

I just wanted to tell you about my experience on Saturday's solo session because it was heartwarming and wholesome. When I arrived, the ward was very low mood overall, with most of the service users lying on the floor looking quite down with the weather being what it was. Almost everyone participated (had to have 4 tables). As the session went on, people were starting to talk and spirits seemed to begin to lift, and towards the end, I was thanked rather sincerely for coming in despite the weather as everyone was in a far better mood. It was one of those sessions that really makes me so thankful for the opportunity to volunteer with you guys, and I just wanted to share the experience :)

— Harry Stanley (Volunteer)

”

HEALING GARDEN:

Cultivating Wellness at Valkenberg

In July 2023, the long-anticipated Healing Garden at Valkenberg Psychiatric Hospital officially took root, marking a significant milestone in a project that has been years in the making. Initially conceived in early 2020, the project was delayed due to the COVID-19 pandemic, but emerged as a priority for the Friends of Valkenberg Trust in 2023. Through the dedication of key stakeholders and generous donors, over R200,000 was raised, propelling the garden toward its current state—an impressive 75% completion.

The garden's journey from concept to reality has been a collaborative effort, spearheaded by landscape architect Ian Dommissie. With a background in architecture and extensive experience in landscape design, Ian brought a unique vision to the Healing Garden, aiming to create a space that would not only produce food but also nurture the therapeutic act of gardening itself.

Reflecting on the project, Ian shared, "This has been my first experience developing a garden where the main focus is on enabling gardening as a therapeutic activity.



Landscape Architect, Ian Dommissie

It's been incredibly rewarding to see how this space can encourage individuals to engage in gardening, which is both accessible and beneficial to their well-being."

BEFORE



AFTER





Friends of Valkenberg Healing Garden Volunteers

The Healing Garden is more than just a green space—it is a sanctuary for patients, staff, and the broader Valkenberg community. Over the past year, the project has evolved through two of its four initial phases, with exciting plans on the horizon. The next stages will focus on utilizing vertical spaces, introducing trellising and espalier techniques for fruit trees, and constructing a shaded bench area that will serve as the garden’s crown jewel.

Ian highlighted the importance of community support in the garden’s success, noting that without the contributions from donors, volunteers, and the Valkenberg staff, the project would not have been possible. "Community support has been crucial," he emphasised. "The involvement of the OT department in regular harvesting, along with the public and staff’s commitment to purchasing our produce, has been key to ensuring the garden’s sustainability."

Looking ahead, the Friends of Valkenberg Trust envision a future where patients are discharged with their own garden starter kits, complete with tools, seeds, and instructions. This initiative aims to empower individuals to continue their gardening journey at home, reinforcing the idea that anyone can cultivate green fingers with a bit of guidance and encouragement.

As the Healing Garden continues to grow and develop, it stands as a testament to what can be achieved when passion, purpose, and community come together. With 2025 on the horizon, the Trust remains committed to seeing the project through to completion, confident that the garden will flourish into a lasting legacy of wellness and hope at Valkenberg.

CLOTHING DEPOT

CLOTHING BANK

Our Clothing Bank is more than just a resource for clothing; it's a source of dignity and self-respect. We collect and distribute donated clothing to patients, ensuring they have appropriate attire for different occasions. Whether it's for a job interview or everyday wear, the right clothes can make a significant difference in how individuals feel about themselves. Similar to the food parcel project, the clothing bank allows patients to choose their attire, promoting an element of independence and dignity.



STATS



**Friends of Valkenberg
Clothing Bank Volunteers**



EMPOWER AND SUPPORT



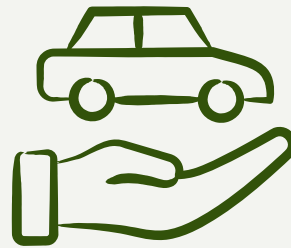
TRANSPORT SERVICES

Access to reliable transportation is critical for patients to attend medical appointments, therapy sessions, and community activities. Our Transport Services bridge this gap, ensuring that no one misses out on essential services due to lack of transport. This initiative is vital for maintaining continuous care and promoting community integration.

GRANT AND ID FUNDING

Navigating the complexities of obtaining grants and identification documents can be daunting, especially for those in recovery. Our Grant and ID Funding project provides the necessary financial support and guidance, helping patients secure the documents they need for accessing social services and employment opportunities.

STATS



**497 Trips
Sponsored**



**63 Smart ID's
sponsored**



Friends of Valkenberg

*Transforming Lives Through
Comprehensive Recovery Projects*

2023/2024 19

ENRICHING MINDS

THE LIBRARY PROJECT

The Friends of Valkenberg Library Project is a haven for patients at Valkenberg Psychiatric Hospital, offering a wide selection of donated books and magazines. Managed by a dedicated volunteer and a patient, the library provides a serene space for individuals to explore new worlds through reading. Patients are encouraged to take out books, allowing them to enjoy the therapeutic benefits of literature and expand their knowledge and imagination. This project not only supports mental health recovery but also fosters a sense of normalcy and intellectual growth.



STATS



Valkenberg Library & Library Volunteer

IN LOVING MEMORY OF



JULIA MYRTLE FORTUIN

It is with heavy hearts that we announce the passing of Julia Fortuin, one of our kindest and most dedicated volunteers. Julia, born in 1939, passed away in 2024 at the age of 84. She was not only a cherished member of the Friends of Valkenberg Trust family but also the beloved mother of our events manager, Gail Henry.

Julia's presence in our office was like that of a nurturing mother to us all. She could always be found helping out in the kitchen, making everyone snacks and tea, and wrapping presents for patients every Christmas with a meticulous touch and a heart full of love. Her vibrant smile and incredible spirit lit up every room she entered, and her passion for helping others was evident in everything she did.

Julia never missed a chance to lend a hand during our annual charity golf day, working tirelessly to ensure its success.

Her dedication and enthusiasm were infectious, inspiring everyone around her to give their best. Julia's legacy of kindness, warmth, and selfless service will forever be a part of Friends of Valkenberg Trust. We will miss her dearly but find comfort in knowing that her spirit lives on in the many lives she touched.

To Julia's family, especially Gail, we extend our deepest condolences. Thank you for sharing your extraordinary mother with us. Her memory will continue to inspire and guide us.

Rest in peace, dear Julia. Your passion, vibrant smile, and incredible spirit will be greatly missed.

With heartfelt sympathy,
The Friends of Valkenberg Trust Family

EVENTS

At Friends of Valkenberg, our events are more than just gatherings; they are essential moments that bring our community together, raise vital funds, and spread awareness about mental health. Here's an overview of the key events we hosted throughout the year, each contributing to our mission of supporting individuals struggling with mental health issues and supporting the dedicated staff at Valkenberg Hospital.

ANNUAL CHARITY GOLF DAY

Our Annual Charity Golf Day is a highly anticipated event that brings together golf enthusiasts, supporters, and volunteers for a day of friendly competition and camaraderie. Held at a prestigious local golf course, participants enjoyed a full day of golfing, followed by an awards ceremony and dinner. Proceeds from the event support our various programs and initiatives, helping us provide essential services and resources to patients. We managed to raise over R100 000 this past financial year.



Friends of Valkenberg

Annual Report

2023/2024



Friends of Valkenberg Golf Day staff, sponsors, participants & Volunteers

VALENTINE'S DAY, EASTER AND EID

At Friends of Valkenberg Trust, we value every opportunity to bring joy to our community. This year, we marked Valentine's Day, Easter, and Eid by distributing snacks with thoughtful, festive messages to patients. These small gestures allowed us to bring a sense of warmth and connection which added a little extra meaning to these special days.



THE CHRISTMAS PROGRAMME

Thanks to the incredible generosity of our community, the 2023 Festive Season was truly memorable for our patients. The Christmas Programme was filled with thoughtful touches that created a joyful holiday atmosphere throughout Valkenberg. Each ward was provided with Christmas trees, lights, and festive decorations, which brought cheer to every space. Each ward enjoyed a Braai, complete with snacks and drinks, while a festive Christmas box of treats added a celebratory feel. On Christmas morning, each service user received a beautifully wrapped gift with a holiday message, ensuring that everyone felt remembered and valued during this special season.



WOMANS DAY HIGH TEA

Our Woman's Day High Tea was a delightful event that celebrated the strength and resilience of women. Guests enjoyed an elegant tea party with delicious treats, local dancers and musicians, as well as inspiring talks. This event also served as a fundraiser to support our other initiatives to support Valkenberg Hospital.



**Friends of Valkenberg
Woman's Day attendees & staff**

MANDELA WEEK



**Friends of Valkenberg
Mandela Week Supporters**

For Mandela Day this year, Friends of Valkenberg Trust invited our community to honor the spirit of Nelson Mandela by dedicating 67 minutes towards supporting the recovery of individuals with mental illness. Participants had the option to contribute in various ways, aligning with our mission to provide meaningful support to those in need.

In one way, supporters donated R97.00 (67 + 30) via our online donation platform, channeling resources into our efforts at Valkenberg Psychiatric Hospital. The generosity of the community strengthened our capacity to deliver essential services and support programs. Additionally, we encouraged donations of 67 non-perishable food items or adult clothing for individuals in need. These essential items were added to our Clothing & Food Depot, providing much-needed assistance to patients and their families.

From July 19th to 23rd, we opened our offices at Valkenberg Psychiatric Hospital to receive donations from the public. In gratitude, we offered visitors a complimentary coffee, freshly prepared by baristas who trained through our skills development program. This initiative not only celebrated Mandela's legacy but also highlighted the impact of community involvement on mental health recovery.

The outpouring of support this Mandela Day reminded us of the powerful role each individual plays in the well-being of our community. We extend heartfelt thanks to all who participated, helping us to create a supportive and compassionate environment at Valkenberg Hospital.

Friends of Valkenberg
*Transforming Lives Through
Comprehensive Recovery
Projects 2023/2024*



FRIENDLY SHOP:

Nurturing Growth Through a Fresh New Look

For over 20 years, the Friendly Shop at Valkenberg Hospital has not only provided essential goods but has also been a lifeline for psychiatric patients seeking meaningful employment and skill development. Following a recent renovation, the shop now boasts a modern, inviting space where patients can continue to gain valuable work experience.

Managed by the dedicated Elaine, who has passionately run the shop for almost a quarter of a century, the Friendly Shop is more than just a retail space. It serves as a unique training ground for patients, offering them opportunities to learn essential retail skills, build confidence, and develop a sense of responsibility. Through this program, patients can experience the benefits of employment in a supportive environment, helping them transition to greater independence.

Every purchase from the Friendly Shop directly supports our projects and contributes to the ongoing cultivation of patient empowerment.



Friendly Shop Manager, Elaine Smith

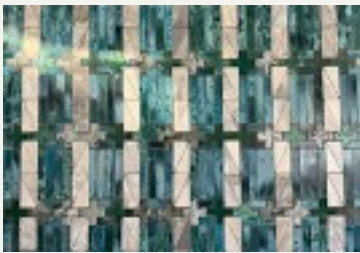
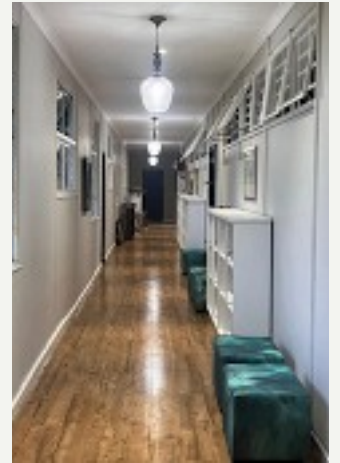
Customers can find a variety of items, from clothing and jewelry to fresh produce from the Healing Garden, knowing that their support helps nurture the growth of individuals who are rebuilding their lives.

BEFORE



AFTER





Newly Renovated Friendly Shop

The vision for the Friendly Shop is rooted in the idea that, much like a garden, people need care and nurturing to grow. The Friendly Shop continues to be a place where that growth can flourish, providing a vital resource for both the Valkenberg community and the patients it serves. With its fresh look and renewed energy, the shop remains a cornerstone of the Friends of Valkenberg Trust's mission to promote healing, growth, and recovery. We welcome you to pay us a visit on any weekday between 07:30 AM and 15:00 PM.

APPROXIMATE YEAR OVERVIEW



37000

Total number of customer interactions



63000

Total number of snacks sold



18000

Total number of meals sold



14000

Total number of cool drinks sold



5800

Total number of donated items sold



5000

Total cups of coffee sold

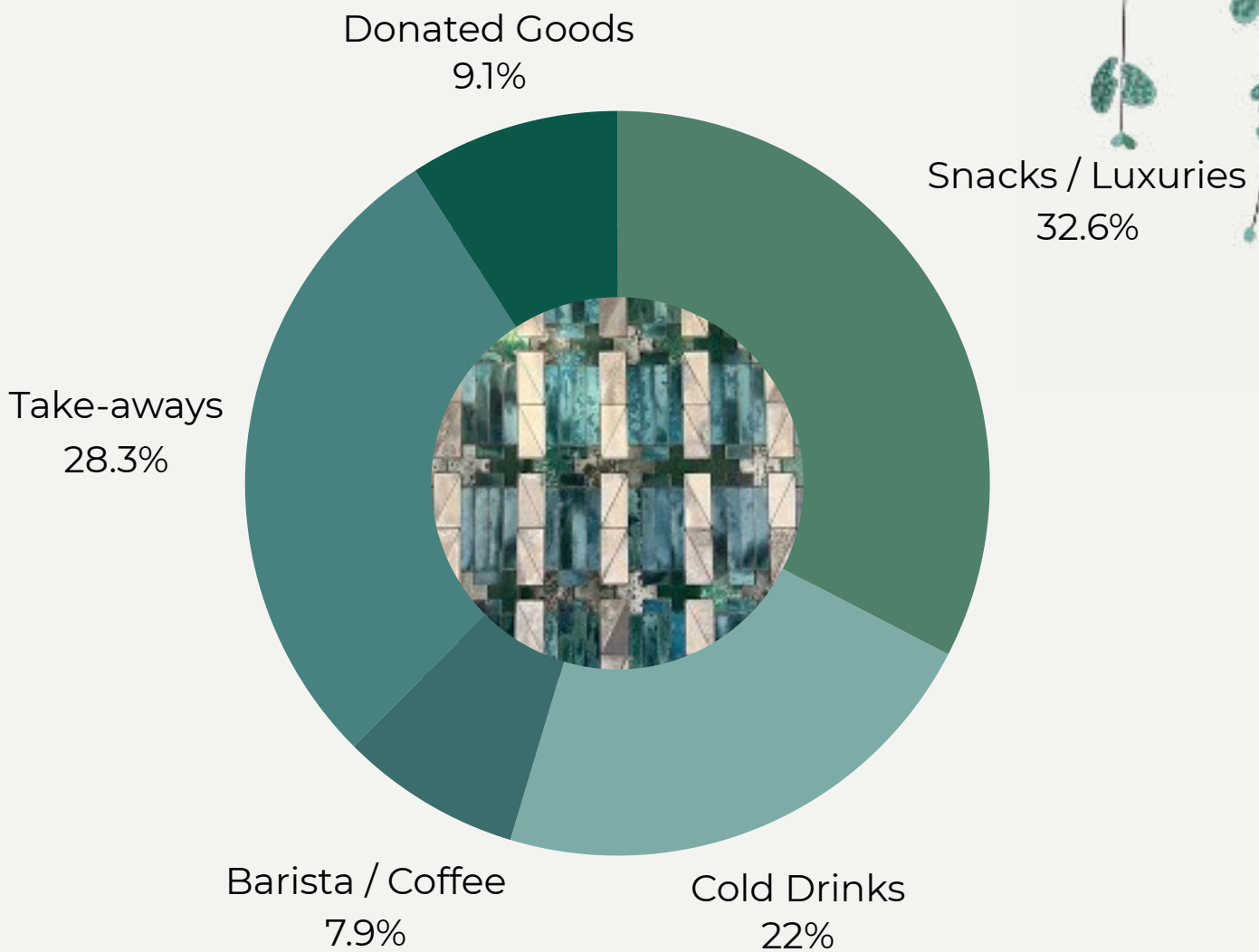



FRIENDLY SHOP:

OVERVIEW AND STATISTICS




PERCENTAGE SOURCES OF INCOME (BASED ON RAND VALUE)



 Take-Aways - 28.3%

 Cold Drinks - 22%

 Snacks / Luxuries - 32.6%

 Barista / Coffee - 7.9%

 Donated Goods - 9.1%

The Staff Behind the Scenes:

Meet the Team Behind Friends of Valkenberg: The Heart of Our Mission

At Friends of Valkenberg Trust, our work is driven by a dedicated team of passionate individuals who ensure that our projects, events, and day-to-day operations run smoothly. Each member brings their own unique expertise, contributing to the success of our mission to support Valkenberg Hospital and its patients.

Soraya Solomon - Director

As the director, Soraya provides strategic leadership and vision for Friends of Valkenberg. Her extensive experience in the non-profit sector and her commitment to mental health advocacy guide the organisation's direction and growth. Soraya's leadership ensures that Friends of Valkenberg continues to thrive, supporting Valkenberg Hospital in its mission to promote recovery and well-being for its patients.

Grisel Pretorius - Project Manager

As the project manager, Grisel plays a crucial role in managing and overseeing the various initiatives of Friends of Valkenberg. From the Healing Garden to the Ward Recovery Projects, she ensures that each project is carefully planned and executed, contributing to the overall well-being of Valkenberg's psychiatric patients. Grisel's strong organisational skills and dedication help make each project a success.

Gail Henry - Events Manager

Gail's creativity and enthusiasm are at the forefront of every event we host. As the events manager, she is responsible for organizing and coordinating a range of fundraising events, community outreach activities, and special programs for the hospital. Gail's ability to bring people together and create memorable experiences is essential to the Trust's ongoing fundraising efforts.



The Staff Behind the Scenes:



Ridaa Manie – Admin and Finance Manager

Behind the scenes, Ridaa ensures that the financial and administrative aspects of Friends of Valkenberg run smoothly. His keen attention to detail and careful financial management allow us to operate efficiently, ensuring that resources are allocated wisely to support our programs. Ridaa’s work is key to maintaining the sustainability of the Trust.



Elaine Smith – Friendly Shop Manager

For over 20 years, Elaine has been the heart and soul of the Friendly Shop. Her dedication and passion for both the shop and the patients who work there have created a welcoming and empowering space. Elaine’s commitment to patient employment and skill development ensures that the shop remains a place where patients can gain valuable work experience and self-confidence.



Together, this dedicated team works tirelessly to create a supportive environment for patients and staff at Valkenberg Hospital. Through their combined efforts, Friends of Valkenberg Trust continues to make a positive impact on the lives of those it serves.



Friends of Valkenberg
*Transforming Lives Through
Comprehensive Recovery Projects
2023/2024*

DONATIONS



DONATIONS IN KIND

Achmat Hendricks
Jason Viljoen
Katlego M
Gary Frier
Faiqah Abrahams
Jay Dee Louw
Wes Scott
Thobile Dlamini
Pam Forbes
Lynnae Endershy
Linda Balona
Patrick Rezandt
Fadia Gamielien
Kera Reynolds
Megan Watling
Lindsay Paliwoda
Cassandra Snyman
Brian & Fran Robertson
Renier Swart
Sandra Williams
Jean McMillan
Michaela De Klerk
Luzuko
Alicia Solomon
Colleen Heins
Nonkululeko Zwane
Raghat Osman
Jean Miller
Qhana Cossie
Deborah Torrington
Silke Col Quhoun
Margy Matthew
Clare Burgess
Tamlin Gruse
Ingred Duminy
Mario Hanekom
Natalie Donaldson

Sumaya Rhoda & Family
Sumaya Davids
Liz & Jaap Dekker
Dr & Mrs Kelly (Philippa)
Dr Colinese
David Giddings
Pauline Harries
Gerald Little
Fiona Hayward
Richard Vorster
Elize Van Der Merwe
Julie MacFarlane
Elizabeth Wocker
Dr Shamila Manie
Janet Eekhout
Mrs Hartogg
Thanusha Ally
Hope House Trust
Andy Frieslaar
Kayuran Naicker
Tami Cruse
Joy Merry Weather Smith
Kerri Davidson
Lindwe Marepula
P. Rooseboom
Anna Van Tonder
Jacqui Womersley
Katy Rose
Justine Krige
Haadiyah Domingo & Family
Philip Phoro
Protea Hotel - Observatory
Katlego Matsimela

MONETORY DONATIONS & OTHER

Inner Wheel
Dr L.A Balona
Pragasen N. Naicker
Owen Roux
Jesse Graham Mem Foundation
Dur Bottling
MNE Oak
Blazecor 2026cc
Kavindra Naidoo
IH Fund 11 - Rental Trust 2
IH Fund 11 - Rental Trust 4
IH Fund 11 - Rental Trust 5
IH Fund 11 - Rental Trust 6
Transscend Residential Prop Fund
Jet Lee Trust
FIH Ogterop
BITRIM Management
Owen Roux
ST Olas Trust
Percy Fox Foundation
Claude Leon
Rolf Stephan Nussbaum
Ametje Rist
Sigma Connected
Pragasen N. Naicker
ATFIN Consulting
BHAM TAYOBBTKM CT INC
CGIC
Lewis Stores
PRIMESERV
SABT Foundation NPC
Otto Krause Donation
Joan St Leger
Berry & Donaldson
Mergon Trust
Douglas Jooste Trust

Real Orion Group
Interbet CSI
BERK Enterprises Cape Town
Process Automation
ATL
Werksmans Attorneys
PSG
HIDROS SA
VESSI Investments
Metro Cleaning Services
PBCPI Eng. Services
Hose Manufacturers
Liddel Weeber & VD Merwe
DIS-CHEM Foundations NPC
GGWC
Grain Care
AMC Cookware
Proto Trading
Masterbatch SA
Doug Band
CONDRA (PTY) LTD
Merchant Factors
Harry Winder TR NGT
Federal Clearing
PBCPI Eng. Services
PRIMESERV
Cathmar TV & Radio
PRES LES (PTY) LTD
Fred J Robertson Foundation
Euromonitor International
Libra Roofing cc
Southey Contracting
DIN DIN Trust
Grain Care
Dandelion Trust



“
We make a living by what we get, but
we make a life by what we give.

— Winston Churchill
”

EXTRACT OF AUDITED FINANCIAL STATEMENTS

STATEMENT OF FINANCIAL POSITION

Friends of Valkenberg Trust

Annual Financial Statements for the year ended 31 March 2024

Statement of Financial Position as at 31 March 2024

	Note(s)	2024 R	2023 R
Assets			
Current Assets			
Trade and other receivables	2	5,310	5,841
Cash and cash equivalents	3	686,486	545,760
Cash and cash equivalents - Sustainability reserve	4	953,149	874,985
Inventory		8,671	19,806
		1,653,616	1,446,392
Total Assets		1,653,616	1,446,392
Equity and Liabilities			
Equity			
Trust capital		1,000	1,000
Reserves		774,985	774,985
Accumulated surplus		596,372	548,156
		1,372,357	1,324,141
Liabilities			
Current Liabilities			
Trade and other payables		281,259	122,251
Total Equity and Liabilities		1,653,616	1,446,392



EXTRACT OF AUDITED FINANCIAL STATEMENTS

STATEMENT OF COMPREHENSIVE INCOME

Friends of Valkenberg Trust

Annual Financial Statements for the year ended 31 March 2024

Statement of Comprehensive Income

	Note(s)	2024 R	2023 R
Continuing operations			
Revenue		2,184,881	2,305,423
Other income		284,569	179,671
Operating expenses	5	(2,270,449)	(1,969,721)
Operating surplus		199,001	515,373
Investment revenue		21,540	8,168
Surplus from continuing operations		220,541	523,541
Continued operations			
Project expenses		(172,325)	(240,802)
Surplus for the year		48,216	282,739
Other comprehensive income		-	-
Total comprehensive income for the year		48,216	282,739
Surplus attributable to:			
Owners of Friends of Valkenberg Trust:			
From continuing operations		220,541	523,541
Ongoing project expenses		(172,325)	(240,802)
		48,216	282,739



Organisational Overview



Name of Organization:

Friends of Valkenberg Trust

Master's Ref. No. (Trust number):

IT 5114/97

Date of establishment of Trust:

1997

Date organisation was FOUNDED:

1994

Chairperson:

Fadia Gamielien

Treasurer:

Hugh Amoore

Patron:

Françoise Robertson

Physical Address:

Valkenberg Hospital

Observatory Road

Observatory

Telephone Number:

021 447 2092

Email:

office@friendsofvalkenberg.co.za

Website:

www.friendsofvalkenberg.co.za

Legal Status:

Charitable Trust, PBO & NPO

PBO Number:

93 000 3749

NPO Number

030-235-NPO

Sec 18A Tax Exemption Number:

18/11/3/5439

Field/sector:

(Psychiatric) Disability or Health

HOW TO SUPPORT US



HOW WILL YOU GROW YOUR 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 lasting memorials to each person whose generosity and foresight mean recovery to thousands of people who come through Valkenberg. It's as simple as making a note in your will.

HOW TO GET INVOLVED

- ✓ Volunteer in Recovery Groups
- ✓ Donate clothing, goods or services
- ✓ Make a financial contribution
- ✓ Support our yearly events
- ✓ Follow and share our initiatives
- ✓ Support the Friendly Shop
- ✓ Become a donation point for work, friends and family
- ✓ Pledge your birthday to Friends of Valkenberg

CONTACT DETAILS

-  T: 021 447 2092 (Office)
T: 021 447 7076 (Friendly Shop)
-  office@friendsofvalkenberg.co.za
-  [@friendsofvalkenberg](https://www.instagram.com/friendsofvalkenberg)
-  Valkenberg Hospital, Observatory Rd, Observatory. Office hours: Mon - Fri: 09:00 - 13:00

-  [Friends of Valkenberg Trust Page](#)

-  www.friendsofvalkenberg.co.za



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Friends of Valkenberg
Annual Report
2023/2024

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