

# FRIENDS OF VALKENBERG

*Celebrating Thirty Years*



## ANNUAL REPORT

*2024/2025*

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# From the Editor

Dear Readers,

This year, as Friends of Valkenberg Trust celebrates 30 years of service, I find myself reflecting on the many lives, projects, and moments that have shaped this organisation into what it is today. It has been a journey defined by compassion, perseverance, and a shared belief in recovery that goes beyond the walls of therapy rooms.

As Project Manager, I have had the privilege of overseeing our recovery ward projects and implementing programs that bring meaning and connection into the daily lives of patients. Through the dedication of our volunteer coordinators, these ward groups have grown into safe spaces where patients can learn new skills, express themselves creatively, and rediscover a sense of purpose.

One of my proudest moments has been establishing the Healing Garden, which has become a place of peace, learning, and restoration. Watching patients and volunteers work side by side in the garden reminds me daily that healing often happens quietly, through care, patience, and shared effort.

This year's annual report celebrates 30 years of growth and community. It reflects not only on our achievements, but on the people who make them possible. Our volunteers, donors, and hospital partners continue to inspire me with their generosity and commitment. Each contribution, no matter how small, plays a vital role in helping us create an environment where recovery is nurtured with dignity and hope.

As we look to the future, I am filled with gratitude for the journey so far and excitement for what lies ahead. We remain committed to strengthening our projects, exploring new opportunities for growth, and ensuring that every patient at Valkenberg feels supported, seen, and valued.



**Friends of Valkenberg Project Manager, Grisel Pretorius**

Thank you for walking this path with us and for believing in the work of Friends of Valkenberg Trust.

Your support continues to remind us that when a community comes together, recovery truly becomes possible. Here's to the next 30 years!

A handwritten signature in black ink, appearing to read 'Grisel Pretorius'.

Grisel Pretorius  
Project Manager



3



“ Life begins at thirty. It’s the perfect age to take risks, set new goals, and chase after your passions.

– Michelle Obama ”

# 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.



## 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

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It is my privilege to present the Chairperson's Report for the Friends of Valkenberg Trust for the 2024/2025 year. This year marks an extraordinary milestone: 30 years of recovery in action. It is a moment of both reflection and recommitment as we honour our past, assess our present, and prepare for the future.

The Friends of Valkenberg Trust was founded three decades ago by Françoise Robertson affectionately known as Fran. This was in response to a request from her husband, Professor Brian Robertson, who asked her to assist in helping make the hospital environment more humane. The duo believed that hospitals should be more than places of treatment; instead, they should be places of hope, dignity, and healing.

Building on the vision of our founders, the Friends of Valkenberg Trust has evolved into a vibrant and resilient organisation that promotes recovery. Their conviction has shaped every initiative of the Trust and remains our guiding light. As Chairperson, I am moved by the consistency with which this vision is translated into action.



**Friends of Valkenberg Chairperson, Fadia Gamielien (photo credit: Cannon Collins Trust)**

From providing essential resources for service users to creating opportunities for skills development and social inclusion, the Trust has embodied the principles of recovery in tangible, life-changing ways.

# CHAIRPERSON'S REPORT CONT.



This anniversary year has been marked by several significant achievements worth mentioning.

- The Coffee Lounge was launched as an extension of the Friendly Shop. This space has become a symbol of hospitality and inclusion, creating a welcoming and restorative environment for service users, families, students, and staff, while also offering skills training opportunities.
- The Healing Garden (Phase 1) was completed, laying the foundation for therapeutic engagement, food production, and future enterprise development.
- The volunteer-run Ward Recovery Programme has consistently brought creativity and connection into clinical spaces.
- Our community of care has expanded through the training of new volunteers, thereby strengthening the network of services at Valkenberg.

These developments reflect not only the dedication of the Director and staff but also the enduring commitment of our donors, volunteers, and partners.

The Board of Trustees has remained engaged in ensuring sound governance, accountability, and long-term sustainability. Over the past year, the Board's priorities have included:

- Providing strategic oversight of the Friendly Shop Turnaround Plan and supporting its successful transformation into the Coffee Lounge.
- Strengthening our policies and governance structures in alignment with best practices.
- Ensuring financial sustainability by meeting our annual fundraising target.
- Monitoring impact across programmes to ensure our efforts remain recovery-focused and inclusive.
- Focusing on the sustainability of key initiatives through the growth of social enterprises and fundraising diversification.
- The Board continues to work closely with management to prioritise:
- Strengthening financial sustainability through social enterprise and diversified income streams.

# CHAIRPERSON'S REPORT CONT.



- Safeguarding the Trust's resources while ensuring that our projects remain responsive to stakeholder needs.
- Advocating for the inclusion of mental health in public health and development agendas.
- Deepening recovery-focused support that empowers service users beyond their hospital admission.

As the Trust enters its fourth decade, the challenges facing mental health care in South Africa remain dire. However, as we look ahead, we recommit ourselves to the legacy of our patron, Fran Robertson, whose timeless vision was one where hope takes root and opportunities for recovery grow.

Our work continues to thrive through the valued partnership of Valkenberg Hospital Management and the Hospital Facility Board. We thank Ms. Charlyn Goliath, CEO of Valkenberg Hospital, and her team for their ongoing collaboration and shared commitment to fostering a compassionate and recovery-focused hospital environment.

We acknowledge the enduring support of our long-term donors namely Nussbaum Foundation, Percy Fox Foundation, and Claud Leon Foundation.

We also warmly welcome our new donors and partners, who have joined this growing circle of hope and support. Their unwavering generosity ensures that recovery is not just an idea but a daily reality.

Our appreciation also extends to BDO South Africa for their discounted accounting services and to Cecil Kilpin & Co. for their pro bono auditing services.

On behalf of the Board, I would like to extend my heartfelt thanks to our Director, staff, and volunteers, whose dedication and creativity are the pulse of this Trust.

Thank you also to our donors and partners whose unwavering generosity ensures that recovery is not just an idea but a daily reality. And most importantly, we acknowledge the service users who are the reason we exist, and the source of our purpose.

**Dr Fadia Gamielien**  
**Chairperson**  
**Friends of Valkenberg**

# 30 YEARS, 30 ACHIEVEMENTS: FRIENDS OF VALKENBERG TRUST

1

***Founded in 1994 by Prof. Brian Robertson and Françoise Robertson to support people with severe mental illness in recovery***

2

***Prevented the closure of Valkenberg Hospital in the 1990s by lobbying and mobilising stakeholders.***

3

***Established the Friendly Shop, a social enterprise providing low-cost meals, snacks, and donated goods, while offering work experience for patients.***

4

***Launched Fashionable Friends, the charity section of the shop, which sells donated clothing, furniture, and goods to raise funds***

5

***Created the Barista Training Programme, training over a dozen patients in professional coffee-making skills, with some gaining internships.***

6

***Developed the Clothing Depot, distributing thousands of items annually so patients can recover with dignity.***

7

***Sponsored transport assistance (hundreds of trips annually), ensuring patients can attend follow-ups and reconnect with their communities.***

8

***Helped patients obtain IDs (dozens of Smart IDs annually), a vital step for accessing grants, work, and reintegration.***

9

***Initiated the Food Parcel Project, supporting discharged patients with nutrition to aid reintegration.***

10

***Launched and sustained Recovery Groups, volunteer-run creative and skills groups that complement therapy.***

11

***Sustainability framework in place to evolve into a Social Enterprise.***

12

***Trained and mobilised volunteers – currently more than 80 volunteers giving thousands of hours annually***

13

***Established a Patient Library, creating a calm, therapeutic reading and social space.***

14

***Created the Healing Garden, a green space where patients grow, harvest, and sell produce, while gaining skills and therapeutic benefit.***

15

***Organise morale-boosting events for staff and patients annually (e.g., Women's Day High Tea, Mandela Day, Eid & Christmas celebrations).***

# 30 YEARS, 30 ACHIEVEMENTS: FRIENDS OF VALKENBERG TRUST

16

*Distributed festive gifts and meals every December to each ward – including Christmas trees, decorations, braais, and gift packs.*

17

*Held an annual Charity Golf Day, consistently raising significant funds since 2017.*

18

*Launched Summer Markets, a new fundraising and awareness-building event.*

19

*Supported patient creative expression through drama, writing, and art recovery groups.*

20

*Advocated against stigma through awareness campaigns, volunteer education, and public events.*

21

*Maintained strong governance and sustainability, operating as a registered NPO/PBO with Section 18A status, attracting foundations and individual donors.*

22

*Mentored psychiatric patients in work skills (customer service, stock control, food prep, barista training) for employability.*

23

*Became a partner in recovery, working hand-in-hand with Valkenberg Hospital management, OTs, nurses, and social workers.*

24

*Provided a sense of dignity and self-worth for thousands of patients through practical support (clothing, food, skills).*

25

*Framework in place to launch the Beauty Therapy salon in 2026*

26

*Celebrated 30 years of continuous service, adapting through challenges like COVID-19, and re-launching programmes with renewed strength.*

27

*Strengthened partnerships with the Hospital Facility Board and management, keeping Friends open and accessible on hospital grounds.*

28

*Coordinated Mandela Week annually (67 minutes/67-rand donations; drives for 67 food items/clothing; opened offices for donations and volunteering).*

29

*Revamped and modernised the Friendly Shop & Coffee Lounge (implemented - August 2024) to enhance patient training and customer experience.*

30

*Created a legacy of hope – transforming Valkenberg's image from an asylum into a recovery-oriented community space of dignity, care, and empowerment.*

# DIRECTOR'S REPORT

## From Vision to Impact: 30 Years of Recovery in Action

It is with immense gratitude and pride that I present the Director's Report for the 2024/2025 programme year – a period of reflection, recommitment, and renewal as we mark the 30th anniversary of the Friends of Valkenberg Trust.

## Mental Health: A Global and Local Challenge

The global mental health crisis continues to grow, with the World Health Organization estimating that one in eight people lives with a mental health condition. In South Africa, the situation is compounded by high levels of trauma, poverty, inequality, and substance abuse – all of which contribute to poor mental health outcomes. Access to services remains limited, especially for those who are most vulnerable.

In this context, the mission of Friends of Valkenberg is more vital than ever. As a community-based organisation rooted in dignity and inclusion, we work to create spaces of hope, healing, and support for people living with mental illness – within the hospital and beyond.

## Celebrating 30 Years of Impact

This year, we celebrate three decades since the founding of the Trust by Professor Brian Robertson and his wife, Francois. Their belief that hospitals should be more humane and healing places has shaped the work of Friends ever since.



Friends of Valkenberg Director, Soraya Solomon

Over the past 30 years, our work has:

- Helped thousands of patients meet basic needs such as food, transport, toiletries, and clothing – especially at discharge and reintegration.
- Created inclusive spaces through projects like the Friendly Shop, Fashionable Friends, the Healing Garden, ward recreation, and staff wellness initiatives.
- Provided access to skills development in areas such as barista training, customer service, food preparation, beauty therapy, and gardening.
- Mobilised over R12 million in donor funding to support the construction of a new Admission Unit and to equip it with therapeutic and medical resources.
- Trained hundreds of volunteers who continue to offer comfort, care, and connection to patients on their recovery journeys.

These milestones are not just organisational achievements – they are moments of restored dignity and real human progress.



# DIRECTOR'S REPORT CONT.

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## Highlights of 2024/2025

In honour of our 30th anniversary, we completed a major revamp of the Friendly Shop, transforming it into a vibrant Coffee Lounge – a safe, welcoming space for patients, families, and staff to pause, connect, and recover. This initiative reflects our long-standing goal: to make the hospital a more compassionate and restorative place.

Additional highlights of the year include:

- Healing Garden completed – offering training in organic gardening, produce for sale, and a future pathway to sustainable enterprise.
- Friendly Shop Turnaround Plan implemented – strengthening it as a key social enterprise.
- Coffee Lounge launched – integrating patient training in barista work and hospitality.
- Beauty Therapy Salon framework finalised – setting the stage for a new patient skills and wellness project.
- Ward Recovery Programme sustained – offering meaningful creative engagement for inpatients.
- Continued provision of basic needs support – food parcels, transport, toiletries, and clothing supporting their recovery journey.
- Skills training provided to patients in customer service, budgeting, food prep, barista skills and more.
- Charity Golf Day successfully hosted – building donor and community engagement.
- Volunteer Programme expanded – with over 60 new volunteers trained to support ward-based work.
- Annual fundraising target met – ensuring the continuity of key recovery services.

## Looking Ahead

As we move into the next chapter, our focus remains clear: to deepen recovery-oriented support, build long-term sustainability through social enterprise, and advocate for greater inclusion of mental health within public health and development agendas.

We will continue to strengthen our partnerships, invest in innovative service models, and see ways to ensure that every patient walking through Valkenberg Hospital's gates knows they are not alone. On behalf of the Board of Trustees, staff, volunteers, and patients, I extend heartfelt thanks to all our donors, partners, and supporters – past and present – who have walked this journey with us.

To our volunteers: you are the heart of this organisation, and we are deeply grateful for your commitment and compassion. To Professor Brian and Francois Robertson: we salute you for your vision and the legacy you have left in our hands – one that has transformed lives and continues to bring hope where it is most needed.

Together, we reaffirm a truth that guides our work every day: Mental health is not a privilege – it is a human right.

**Soraya Solomon**  
**Director**  
**Friends of Valkenberg Trust**



Friends of Valkenberg  
*Annual Report*  
2024/2025

# TREASURER'S REPORT

**It is an honour to present the report.**

The financial position of the Trust is reasonable, but we do have to be concerned about the fundraising climate. The Annual Financial Statements (AFS) show that we have adequate reserves, that we had to use funds from prior years accumulated surpluses to pay for the final phase of the Healing Garden project / Revamp of the Friendly Shop (R238 000) and that having done so (rather than out of current revenues) we had a surplus for the year. Many NGOs would be envious of this position, but that is no reason for complacency.

On the positive side: first, the Friendly Shop, with its coffee shop service, its kitchen and its equipment are now fit for purpose, in large measure due to donations in kind over the past three years, and operates in such a way as to cover all costs and contribute a small surplus towards the running of the Trust's activities and overheads; secondly, the Healing Garden project - as originally conceived - has been successfully set up such that there are plans to replicate or expand it; and thirdly, we have continued to receive generous funding from foundations and individuals. And the Trustees have been able to grant modest increases to our efficient and hardworking staff.



**Friends of Valkenberg Treasurer,  
Hugh Amoore**

Against this, we must realise that fundraising is becoming more challenging, and that we must expand our fundraising horizons in order to report similar results at the AGM in 2026. For some time the Trustees have hoped to being a sustained (and we therefore hope sustainable) individual fundraising campaign. The Director has responded to this challenge and hopes to launch this before the end of 2025.

**Hugh Amoore  
Treasurer  
Friends of Valkenberg Trust**



# RECOVERY PROJECTS



Items included in a Food Parcel

At Friends of Valkenberg Trust, we recognise that recovery involves much more than medical treatment. Our work focuses on improving the quality of life for individuals living with mental illness at Valkenberg Psychiatric Hospital and supporting them as they prepare to reintegrate into society with confidence and dignity. Through a variety of recovery-focused projects, we aim to provide holistic care that meets both practical and emotional needs.

## Nourishing Recovery and Dignity

One of the key ways we offer support is through our Food Parcel Programme, which ensures that patients in need have access to essential nourishment as they transition back into their communities. Each parcel includes a thoughtful selection of non-perishable items such as canned foods, soups, rice, flour, sugar, cooking oil, coffee, tea, and long-life milk. Patients are invited to choose ten items for themselves, allowing each parcel to reflect their personal preferences and household needs.

Recognising that recovery is a gradual process, we also welcome patients to return twice a month for additional parcels, providing ongoing stability and care as they rebuild their lives. This simple yet meaningful support helps restore a sense of independence and dignity, reinforcing our belief that every step toward wellness deserves to be met with compassion and community.

## 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*  
2024/2025

# 30 YEARS OF VOLUNTEERING

## RECOVERY PROJECTS

Our Ward Recovery Projects remain at the core of the Friends of Valkenberg Trust's mission. These initiatives work hand in hand with the hospital's therapeutic programs, focusing on essential life skills that promote confidence, independence, and personal growth. Patients take part in activities such as cooking, self-care, and physical wellness sessions, all designed to build practical skills for everyday living. Alongside this, leisure and relaxation activities offer moments of calm and joy, supporting both mental and physical well-being.

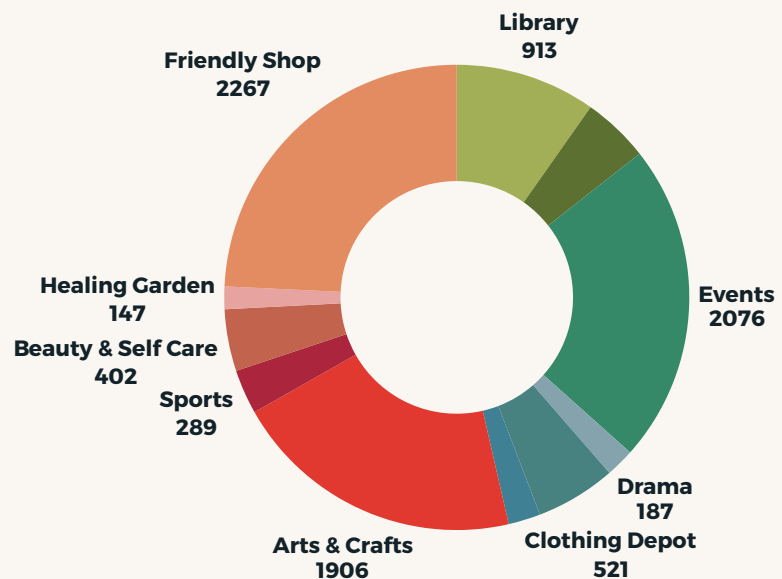
Through these holistic recovery projects, we strive to create an environment where individuals can regain a sense of purpose and prepare for reintegration into their communities. Each activity forms part of a broader journey toward recovery, dignity, and independence, a journey we are privileged to walk alongside our patients.

As we celebrate 30 years of service, we are reminded that the success of these programs is only possible through the generosity of our donors and the commitment of our volunteers. Their continued support allows us to sustain initiatives that truly transform lives, fostering hope and resilience within the Valkenberg community. For more information on how to get involved, please visit our website or contact our team. Your support continues to make a world of difference.



Friends of Valkenberg Volunteers

## RECOVERY GROUPS AND VOLUNTEER HOURS



Friends of Valkenberg  
*Transforming Lives Through  
Comprehensive Recovery Projects  
2024/2025*

# VOLUNTEER STATISTICS



**98**

Total number of volunteers



**3141**

Total number of volunteer hours



**30**

Total number of sessions p/week



**64**

Average number of volunteer hours p/week



**9351**

Total number of patient contacts



**28**

Average number of patients per volunteer



Friends of Valkenberg Volunteers & Recovery Projects

# HEALING GARDEN

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## The Healing Garden: Thriving and Growing

The Healing Garden at Valkenberg Psychiatric Hospital is now fully complete and flourishing, a living testament to the power of care, collaboration, and community. What began in 2020 as a vision to create a therapeutic and nourishing space has grown into a vibrant sanctuary for patients, staff, and visitors alike. Through the generosity of donors, the dedication of volunteers, and the commitment of the Valkenberg team, the garden now provides a place to cultivate plants, harvest fresh produce, and experience the restorative benefits of gardening. It has become more than a garden. It is a space where patients can connect with nature, develop practical skills, and find calm and purpose in the act of growing.

Over the past year, the Healing Garden has produced an impressive variety of fruits, vegetables, and herbs, enjoyed by patients and staff alike. Volunteers and occupational therapy staff have worked closely with patients during weekly harvesting sessions, while the produce has also contributed to hospital meals and community initiatives. This active engagement has strengthened skills, confidence, and a sense of accomplishment for everyone involved.

As Friends of Valkenberg celebrates thirty years of service, the Healing Garden stands as a symbol of what can be achieved when community, passion, and purpose come together. Looking to the next thirty years, we are excited to see this space continue to flourish, nurturing wellness, connection, and opportunity for generations of patients, staff, and the broader Valkenberg community.

# 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**



# 25 YEARS OF DEDICATION

As we celebrate 30 years of service, we also take this opportunity to recognise the remarkable individuals who have walked this journey with us. Among them is Lorraine Hope, one of our longest-serving volunteers, who has been part of the Friends of Valkenberg family for nearly 25 years.

Lorraine has faithfully managed the Clothing Depot, a project that provides patients with free sets of donated clothing during their stay at Valkenberg Hospital. Her compassion and commitment have touched countless lives and reflect the heart of what Friends of Valkenberg stands for. Below, Lorraine shares her reflections on her many years of service and what the journey has meant to her.

## **CONGRATULATIONS TO FRIENDS OF VALKENBERG TRUST ON YOUR 30TH ANNIVERSARY.**

As I look and think back over almost a quarter of a century as a volunteer with Friends of Valkenberg Trust, the one morning a week I spend there has been so rewarding for nearly 25 years. My project has been the Clothing Depot, which issues sets of donated clothing free to patients during their stay at Valkenberg Hospital. A quote from a patient that has always stayed with me: "It feels awesome. I feel better, like a new person. The clothes make me feel dignified in myself."

There have been, and still are, many different projects for patients to enjoy, thanks to the volunteers.



**Lorraine Hope, Clothing Depot Volunteer**

Over the years, I have witnessed many improvements at Valkenberg Hospital, including:

- The opening of the new Admissions Unit and High Care Ward in 2006
- The refurbishment of the historic Administration Building a few years later
- The unveiling of the beautifully renovated Friendly Shop in August 2024

All my years as a volunteer have been uplifting, humbling, and rewarding. It has been a pleasure and an honour to help the patients.

I will continue to volunteer, support, and contribute to Friends of Valkenberg Trust for as long as I am able. However, as I am now 80 years of age, it will, unfortunately, not be another 25 years! Friends of Valkenberg Trust will definitely continue to thrive, and I wish them strength and success going forward.

My very best wishes,

**20 Lorraine Hope, Volunteer**

# EMPOWER AND SUPPORT



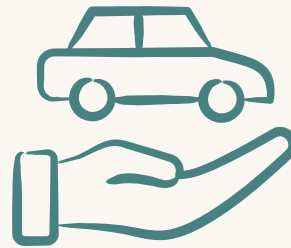
## TRANSPORT SERVICES

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



**637 Trips  
Sponsored**



**56 Smart ID's  
sponsored**



**Friends of Valkenberg**

*Transforming Lives Through  
Comprehensive Recovery Projects*

*2023/2024*

# THE LIBRARY



## A Haven for Healing: The Valkenberg Library

Over the years, the Valkenberg Hospital Library has become a quiet refuge for patients seeking comfort, focus, and inspiration during their recovery. At the heart of this sanctuary is Marj Krige, one of our longest-serving volunteers, who has dedicated three decades to Friends of Valkenberg, fifteen of which she has spent nurturing and expanding the library into a vital part of the hospital's rehabilitation programme.

Her words below reflect the deep sense of meaning and purpose that guides her work, and the essential role that the library plays in supporting patients on their journey of healing and reconnection.

### Message from Marj Krige

During my 30 years as a Friends of Valkenberg volunteer, the most recent 15 years have been spent supervising and expanding the library which has now become an integral part of the Occupational Department rehabilitation programme. This involvement has given me a great sense of achievement and joy, none of which would have been possible without the dedicated support of my library assistant who is hospital out-patient. Team work has resolved most of the problems we have encountered.

The library at Valkenberg Hospital is far more than a repository of books—it is a sanctuary providing a space for healing, connection, and empowerment. In a psychiatric setting, where patients often grapple with isolation, anxiety, and disrupted routines, the library offers a structured, nurturing environment that supports emotional, cognitive, and social rehabilitation

Reading is a powerful therapeutic tool. Whether through fiction, poetry, biography, or spiritual texts, patients find avenues to explore emotions, gain insight into their experiences, and escape the confines of their immediate reality.



**Marj Krige, Library Volunteer**

Literature can foster empathy, reduce stress, and stimulate imagination—key components in mental health recovery. For many, the act of reading restores a sense of agency and self-worth, especially when choices are limited in other areas of their lives.

The library provides access to materials that stimulate cognitive function and encourage lifelong learning. For patients undergoing occupational therapy or preparing for reintegration into society, libraries are inherently communal spaces. At Valkenberg, the library fosters respectful interaction and shared interests. These activities reduce loneliness and promote a sense of belonging—crucial for patients who may feel disconnected from their families or communities. Unlike clinical wards, the library offers a peaceful, aesthetically pleasing space that encourages relaxation and introspection.

In conclusion, maintaining the library is not a luxury—it is a clinical and cultural necessity. The library complements medical treatment, enhances therapeutic outcomes, and upholds the dignity of every patient. Valkenberg's library is a beacon of hope, and its continued support will ensure that healing is not only medical, but also human, creative, and deeply personal. We are grateful for the many donors who, through the years, have supported the library with donations of books and magazines. In future we look forward to expanding the library facilities to enable more patients to benefit from this very worthwhile project.

# A PASSION FOR BOOKS

## A Passion for Books: Harold's Story

For the past eleven years, Harold, an outpatient of Valkenberg Hospital, has been an integral part of the hospital library, working closely with Marj Krige to keep this special space running smoothly. His dedication, enthusiasm, and love for books have made him a valued member of the Friends of Valkenberg family.

"It is a real pleasure each day to be part of a library that has, over the years, become so successful," Harold shares. "The selection of books makes it difficult for patients to choose, but they have such patience and always find a book they enjoy."

Harold describes the library as a lively and welcoming space where reading sessions are held regularly and where patients can discover the joy of learning and connection. As the library has grown, he looks forward to seeing it continue to expand. "Over the years, the library has grown to capacity, and it has become important to install more shelves. I am truly excited about the future of the library and its continuous growth," he says.

An avid reader himself, Harold especially enjoys the novels of international bestselling author John Grisham. Among his favourites are *A Time to Kill*, *The Firm*, *The Client*, *The Chamber*, *The Rainmaker*, *The Runaway Jury*, *The Partner*, *The Street Lawyer*, *The Testament*, *The Brethren*, *The Summons*, and *The King of Torts*.

When asked what the library still needs, Harold shared his practical wish list:

- A computer or laptop for library use
- A mat for the front of the library where patients can sit and relax
- A fresh coat of paint for the library walls
- New blinds for the windows



Harold's commitment reflects the true spirit of the Friends of Valkenberg Trust; one of hope, care, and community. His love of books continues to inspire others to discover the joy and healing power of reading.

# HONOURING OUR FOUNDERS

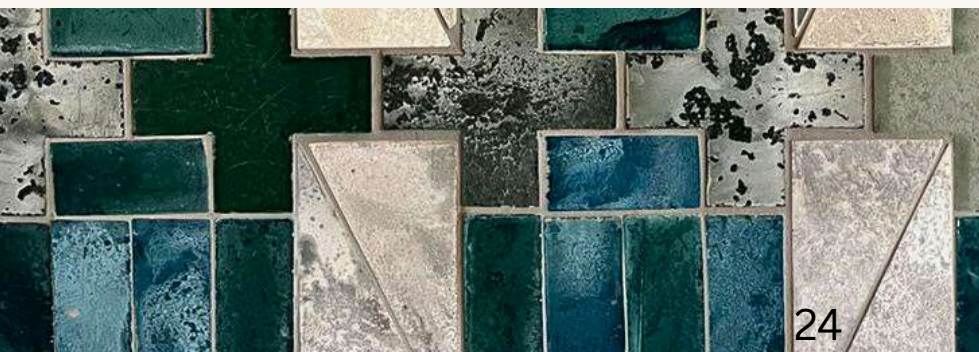
As we celebrate 30 years of Friends of Valkenberg Trust, we pay heartfelt tribute to our founders, Professor Brian Robertson and Mrs Robertson, whose vision and compassion laid the foundation for everything we have achieved.

In 1994, while serving as Head of Psychiatry at Valkenberg Hospital, Professor Robertson recognised the need to create a more nurturing and supportive environment for individuals living with mental illness. He believed that healing should address not only medical needs but also the human need for dignity, connection, and purpose. To bring this vision to life, he invited his wife, Mrs Robertson, to assist in addressing some of the hospital's many unmet needs. Together, they established the Friends of Valkenberg Trust – an organisation built on empathy, community, and hope.

Over the past three decades, their legacy has flourished. What began as a small initiative to improve the hospital environment has grown into a vibrant network of projects that support recovery and reintegration in practical, meaningful ways. From creative and skills-based ward programs to employment opportunities and food support, their founding philosophy continues to guide every effort we undertake.

One of the most tangible reflections of their enduring vision is the Friendly Shop, which was beautifully renovated in 2024. The revamped space now provides an uplifting and inclusive shopping environment for patients, staff, and visitors alike. It stands as a symbol of continuity and progress – a modern expression of the Robertsons' original dream to create spaces within the hospital that foster dignity, independence, and community.

As we mark this 30-year milestone, we express our deepest gratitude to Professor and Mrs Robertson. Their commitment to compassion and patient-centred care continues to inspire our work, reminding us that small acts of kindness can grow into a legacy of lasting change.



# EVENTS

## ANNUAL CHARITY GOLF DAY

Last year's Golf Day carried the slogan "Tee off with determination, finish with 30 years of celebration," marking both the spirit of the game and our 30th anniversary milestone. At Friends of Valkenberg, our events are more than occasions on the calendar – they are opportunities to unite our community, raise much-needed funds, and shine a light on mental health.

The Annual Charity Golf Day remains one of our most anticipated gatherings, drawing golfers, supporters, and volunteers together for a full day of friendly competition on a prestigious local course. The event concluded with an awards ceremony and dinner, where participants celebrated both the day's achievements and the difference their contributions make. Thanks to this collective effort, we raised over R140,000 in the past financial year, directly supporting our programs and initiatives that provide essential services and resources for patients at Valkenberg Hospital.



# VALENTINE'S DAY, EASTER AND EID

At Friends of Valkenberg Trust, we embrace every opportunity to share moments of joy and connection with our community. This year, we celebrated Valentine's Day, Easter, and Eid by handing out snacks accompanied by thoughtful festive messages for patients. Though simple, these gestures helped brighten the day and reminded everyone that they are cared for and remembered.



# THE CHRISTMAS PROGRAMME

The 2024 Festive Season was made truly special through the generosity of our supporters. Each ward was decorated with Christmas trees, lights, and ornaments, and enjoyed a Braai with snacks and refreshments. A festive box of treats added to the holiday spirit, while on Christmas morning every service user received a beautifully wrapped gift with a heartfelt message, ensuring that no one felt forgotten during this special time of year.

# MANDELA WEEK

This year, Friends of Valkenberg Trust once again marked Mandela Day by inviting our community to honour Nelson Mandela's legacy through 67 minutes of service. In the spirit of compassion and solidarity, participants were encouraged to take part in a variety of activities that directly support individuals on their journey of mental health recovery.

Supporters could contribute by making a symbolic donation of R97.00 (67 + 30) through our online platform, with the additional R30 recognising our 30th anniversary year. These donations helped strengthen the essential programs and services we provide at Valkenberg Psychiatric Hospital. Others chose to donate 67 items of non-perishable food or adult clothing, which were added to our Clothing & Food Depot and distributed to patients and their families who rely on these resources.

Between 15 and 19 July 2024, our offices at Valkenberg were open to welcome community members who wished to drop off donations. To thank them for their kindness, each visitor was treated to a complimentary cup of coffee, served by our baristas who had completed training through our skills development initiative. This gesture not only created a warm and welcoming space but also highlighted how skills training can open new opportunities for recovery and growth.



Mandela week supporters



The generosity and involvement shown this Mandela Day reaffirmed the power of collective action in fostering hope and dignity. We are deeply grateful to every individual who gave their time, resources, or support, helping us build a community where care and recovery are possible for all.

Friends of Valkenberg  
*Transforming Lives Through  
Comprehensive Recovery  
Projects 2024/2025*

# FASHIONABLE FRIENDS

## A New Chapter in Our Story

As Friends of Valkenberg celebrates 30 years of service, we are proud to introduce Fashionable Friends, the newest branch of our Friendly Shop. This vibrant space is more than a thrift store. It is a hub of sustainability, style, and social impact. By selling pre-loved clothing, jewellery, furniture, and accessories, Fashionable Friends not only gives donated goods a second life but also helps generate vital income that supports our recovery programmes for patients. What makes this initiative so special is that every purchase is more than a bargain. It is a contribution to dignity, healing, and reintegration for those living with mental illness.

At the heart of Fashionable Friends is Jane Mills, our newly appointed manager. Jane brings fresh energy, creativity, and a warm spirit to the store. With her keen eye for quality and passion for people, she has quickly transformed Fashionable Friends into a welcoming space where community members can shop, connect, and know that their support makes a difference.

Through her initiative, the store has expanded beyond Valkenberg, successfully breaking into the thrift markets around Cape Town. By participating in these local markets, Jane has not only generated additional income for the Trust but also raised valuable awareness about the work of Friends of Valkenberg and its commitment to mental health recovery.

Jane joins a legacy of dedicated staff who have built the Friendly Shop into a cornerstone of our work. Her leadership ensures that Fashionable Friends is not just a shop, but a symbol of hope and proof that style and compassion can coexist.

We invite all our friends, supporters, and neighbours to visit Fashionable Friends, discover its treasures, and be part of this exciting new chapter in our journey.



# FRIENDLY SHOP:

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## The Heart of the Friendly Shop

For over 25 years, Elaine Smith has been the guiding force behind the Friendly Shop at Valkenberg Hospital. To Elaine, the shop is more than a workplace; it feels like home. “I love my job. It’s like home, and home is where the heart is,” she says.

Elaine finds joy in seeing patients leave the shop with their purchases, especially those returning to work with a new wardrobe or families receiving items they could not access before. “Sometimes a patient will buy six mugs, one for each family member, which was not possible previously. Moments like these are so rewarding.”

Her commitment extends beyond everyday tasks. On occasions when patients were unstable or distressed, Elaine has been there to listen, guide, and calm them when no one else could. “I love serving the patients. This shop has always been my dream, a space where patients can access food, clothes, linen, and bric-a-brac at affordable rates without judgment. It makes them feel new, pretty, and beautiful, and seeing their excitement warms my heart.”

Elaine’s compassion is deeply personal. Having had a family member with bipolar disorder, she honours their memory through her work, treating everyone in the hospital as family. Her bonds with patients go beyond transactions. She celebrates birthdays and helps patients connect with the people and services they need. Many affectionately call her Aunty Lane or Sister, reflecting the trust and love she has built over the years. “We laugh together, grow together, and I grow with them,” she shares.

The Friendly Shop, recently renovated to create a modern and welcoming space, continues to provide essential goods while serving as a training ground for patients.



**Friendly Shop Manager, Elaine Smith**

Under Elaine’s guidance, patients gain practical retail skills, build confidence, and develop responsibility, helping them move toward greater independence. Every purchase directly supports Friends of Valkenberg’s projects and contributes to patient empowerment, from clothing and jewelry to fresh produce from the Healing Garden.

Elaine’s dedication and warmth embody the spirit of Friends of Valkenberg Trust. Her presence ensures that the Friendly Shop remains a place of care, learning, and hope, where patients feel valued, supported, and inspired to rebuild their lives.

**Elaine Smith**  
**Friendly Shop Manager**  
**Friends of Valkenberg Trust**



**Friends of Valkenberg**  
*Transforming Lives Through  
Comprehensive Recovery Projects*  
2024/2025

# DONATIONS

## DONATIONS IN KIND

Stephanus Boshoff  
Stephan Nortje  
Collette Powers  
John Toruine  
Gary Frier  
Jenny Abernethy  
T Kalula  
Brian Ingpen  
Katy Hayes  
Christine  
Fuizun Nadri  
Sanjana Nirghih  
Grisel Pretorius  
Antoinette Pretorius  
Sumayah Rhoda  
Shamila Manie  
Ridaa Manie  
Gabriella Bieber  
Nicole Baukey  
Nooreen Ghood  
IHSPM  
Colette Chung  
Stuart Zuko - Old Mutual  
Leon Hendricks - DLK Group  
Alisha Buisman  
Chad De La Cruz  
Kay Anne Molyneux  
Tina Sensu  
Dept of Health & Rehab Sciences - UCT  
Werksman Attorneys - Stellenbosch

Waldorf School - Library  
Cathy Kohler  
Ingrid & Meika Duminy  
Dr Dee Batty  
Beliada Oostehuisen  
Neil & Cary Hay  
Ailsa Smith  
J Donaldson  
Sharon Meyer  
Alicia Solomon  
Fiona Hayward  
Kirsten Marshall  
Reghana Harneker  
Carol Dean  
Sandy & Alan Daniels  
Hugh Amoore  
Dori Bashford  
Estelle Van Graan  
Fadia Gamieldien  
Diane Voysey  
Stuart Claasen  
Denise Pieterse  
Wendy Garman  
Micheal  
Dr & Mrs Eidelman  
Deidre Cooper  
Tara Tupper

## MONETORY DONATIONS & OTHER

Claude Leon  
Percy Fox Foundation  
Mac Farlen Foundation  
Dutton Plastics  
Dr Luis A Balona  
SG Consumer Super Group  
E. Mayer  
MNE Oak  
ATFIN  
Lagoon Beach  
Ceramica Lifes Tile  
Patrick Mbenenge  
Jet Lee Will Trust  
Pragasen Naicker  
St Olas Trust  
Hospitality Brand Company  
Jesse Graham Memorial Foundation  
Katrin & Klaus Weixelbaumer  
Cabo Wine  
AIM  
ATFIN Consulting  
Berk Enterprises  
BERRY & DONALDSON  
BITRIM MANAGEMENT  
Cape Precious  
ATL Marketing  
PSG Wealth  
CATHMAR TV & RADIO  
CGIC  
CITRNE CONCITRINE CONSTRUCTION  
CONDRA (PTY) LTD  
CPM  
CSI GRANDSLOTS  
CTP STATIONERY  
DIS-CHEM FOUNDATION NPC  
DOUG BAND  
WEBUYCARS DONATION - We Buy Cars -  
FRED J ROBERTSON FOUNDATION  
IHS PM - IHS Property Management  
South African College of Applied Psychology

Federal Clearing  
FYNKOS  
HARRY WINDER TRUST  
HIDROS SA  
HOSE MANUFACTURERS  
Interbet CSI  
CPI Eng. Services  
Joan St Leger Lindbe  
LEWI STORES  
LIBRA ROOFING CC  
Liddel Weeber VD Merwe  
Mainstream Refrigeration  
Masterbatch SA  
MERCHANT FACTORS  
METRO CLEANING SERVICES  
MUCH ASPHALT (PTY) LTD  
Sanlam  
ORION GROUP  
ORION REAL ESTATE  
POWERBASE MOVEMENT  
PRIMESERV DENVERDRAF  
PINNACLE  
PROTO TRADING  
SABT FOUNDATION NPC  
UNION TILES  
Yandri & Other  
Robin  
ST MICHAELS CHURCH  
SUE OGTTEROP  
ANSIE  
St Olas Trust  
Ametje Rist  
Steven Pieterse  
4re Energies

“

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 2025

### Statement of Financial Position as at 31 March 2025

	Note(s)	2025 R	2024 R
<b>Assets</b>			
<b>Non-Current Assets</b>			
Property, plant and equipment	2	130,099	-
<b>Current Assets</b>			
Inventory		11,992	8,671
Cash and cash equivalents	4	280,267	686,486
Cash and cash equivalents - Sustainability reserve		1,037,298	953,149
Trade and other receivables	3	8,586	5,310
		<b>1,338,143</b>	<b>1,653,616</b>
<b>Total Assets</b>		<b>1,468,242</b>	<b>1,653,616</b>
<b>Equity and Liabilities</b>			
<b>Equity</b>			
Trust capital		1,000	1,000
Reserves		536,262	774,985
Accumulated surplus		687,450	596,372
		<b>1,224,712</b>	<b>1,372,357</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Trade and other payables		243,530	281,259
<b>Total Equity and Liabilities</b>		<b>1,468,242</b>	<b>1,653,616</b>



# EXTRACT OF AUDITED FINANCIAL STATEMENTS

## STATEMENT OF COMPREHENSIVE INCOME

### Friends of Valkenberg Trust

Annual Financial Statements for the year ended 31 March 2025

### Statement of Comprehensive Income

	Note(s)	2025 R	2024 R
Revenue		2,367,514	2,184,881
Other income		205,525	284,569
Operating expenses	5	(2,494,135)	(2,442,774)
<b>Operating surplus</b>		<b>78,904</b>	<b>26,676</b>
Investment revenue		12,174	21,540
<b>Surplus for the year</b>		<b>91,078</b>	<b>48,216</b>
Other comprehensive income		-	-
<b>Total comprehensive income for the year</b>		<b>91,078</b>	<b>48,216</b>



# Organisational Overview

Name of Organization:

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

Date of establishment of Trust:

Date organisation was FOUNDED:

Chairperson:

Treasurer:

Patron:

Physical Address:

Telephone Number:

Email:

Website:

Legal Status:

PBO Number:

NPO Number

Sec 18A Tax Exemption Number:

Field/sector:

Friends of Valkenberg Trust

IT 5114/97

1997

1994

Fadia Gamieldien

Hugh Amoore

Françoise Robertson

Valkenberg Hospital

Observatory Road

Observatory

021 447 2092

[office@friendsofvalkenberg.co.za](mailto:office@friendsofvalkenberg.co.za)

[www.friendsofvalkenbergtrust.co.za](http://www.friendsofvalkenbergtrust.co.za)

Charitable Trust, PBO & NPO

93 000 3749

030-235-NPO

18/11/3/5439

(Psychiatric) Disability or Health



# HOW TO SUPPORT US

## HOW WILL YOU GROW THE NEXT 30 YEARS?

Thirty years of healing and recovery. For three decades, Friends of Valkenberg has been transforming lives, one act of kindness at a time. Some leave behind financial stability, some leave treasured memories. You can leave a legacy that provides care, dignity, and opportunity for people with serious mental illnesses. Your generosity becomes a lasting gift that supports recovery and empowerment for thousands of patients at Valkenberg. It's simple to make a note in your will and create a legacy that lasts beyond a lifetime.

## 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 (Shop)



office@friendsofvalkenberg.co.za



@friendsofvalkenberg



Friends of Valkenberg Trust Page



www.friendsofvalkenberg.co.za



Valkenberg Hospital, Observatory Rd, Observatory. Office hours:  
Mon - Fri: 09:00 - 13:00

Standard Bank  
Account Number: 071270728  
Branch Code: 024909



Snap here to pay

NPO No: 030-235-NPO  
B-BBEE & Sec. 18A Compliant



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