

CELEBRATING 25 YEARS
FRIENDS OF VALKENBERG TRUST
1994-2019



A LOOK AT THE PAST 25 YEARS

WITH CHAIRPERSON PROFESSOR BRIAN ROBERTSON

It gives me great pleasure to report that 25 years after my wife Françoise started the Friends of Valkenberg Hospital, the organisation is going from strength to strength.

From a small start with a few concerned individuals in 1994, we grew slowly but steadily and much has been achieved by the Trust over the years - fundraising for the High Care Ward , the fight to keep the hospital open and the development of a range of recovery focussed projects in the wards.

I am standing down this year as Chairperson after 7 years and am delighted to welcome Fadia Gamielien as the new Chairperson. We have a stable group of salaried office staff to plan and implement the Friends of Valkenberg's various activities. Their cumulative number of years in the office amounts to an impressive figure, and their combined experience translates into an equally high level of skills.

Due credit must also be given to the Western Cape Government for their support, in particular the hospital CEO Carol Dean and her staff, as well as the Hospital Facility Board. Finally, thanks to all our supporters and donors, large and small, without whom none of this would have been possible.



DIRECTOR'S REPORT

WITH SANDRA MATTHEW



“Growth is never by mere chance; it is the result of forces working together” - James Cash Penney .

This seems to apply to both people and organisations, as I have witnessed over the years at the Friends of Valkenberg Trust. I trust this Annual Report will give you a sense of the many forces that have worked together to give people at Valkenberg the opportunity to grow in their recovery from mental illness over the past 25 years, as well as the forces that have enabled the Friends to grow into a sustainable organisation making a daily impact on the lives of people who come to Valkenberg.

The partnership between service users, volunteers, Hospital staff and the Friends has been key to making an impact in the wards. The ability to focus on the common goal of recovery has made for growth in what we have all been able to accomplish.

Growth takes time and sustained effort, whether it be recovery from a mental illness or the growth of an NPO. It has been a privilege to be a witness to this growth and a part of the forces that have made it happen. I trust that the next 25 years will continue to build on the solid, sustainable foundation that has been set, so that many more people will find a partner to assist them on their recovery journey.

MAKING A DIFFERENCE

“I could one day go and work as a hairdresser...I’m learning something I could do. I feel I could have a future”. – Hair Salon trainee

“On a Monday morning if you have not had visitors you are very down and the Circle Dancing ladies bring joy. The way she starts out is great. She has an understanding of where we are coming from. She encourages us.” – Service user, Circle Dancing

“I was living under a bridge when I came here. It’s a real treat that I’m going to be able to look and feel gorgeous again. I wasn’t able to do anything with my hair on the outside.” - Service user, Hair Salon

“We, in the Forensic unit, have always been immensely grateful for the assistance and support you provide to our patients. This has ranged from money, food parcels, clothing and work... whatever you have provided has made their stay much more bearable and has given them hope. Without FOV their lives would be terribly dismal.” - Prof Sean Kaliski, Head of Clinical Unit

“I don’t know how to communicate with people. Art helps me to communicate with the others. It takes away my stress and keeps me busy.” Service user – Leisure & Art group

“I am glad that we have some interaction and variety. It allows me to participate in different things and takes away some of the boredom. I am excited to bake because I have never done it before. It is something to look forward to.” Service user - Cooking group



OUR IMPACT IN NUMBERS

We have 25 Different Projects

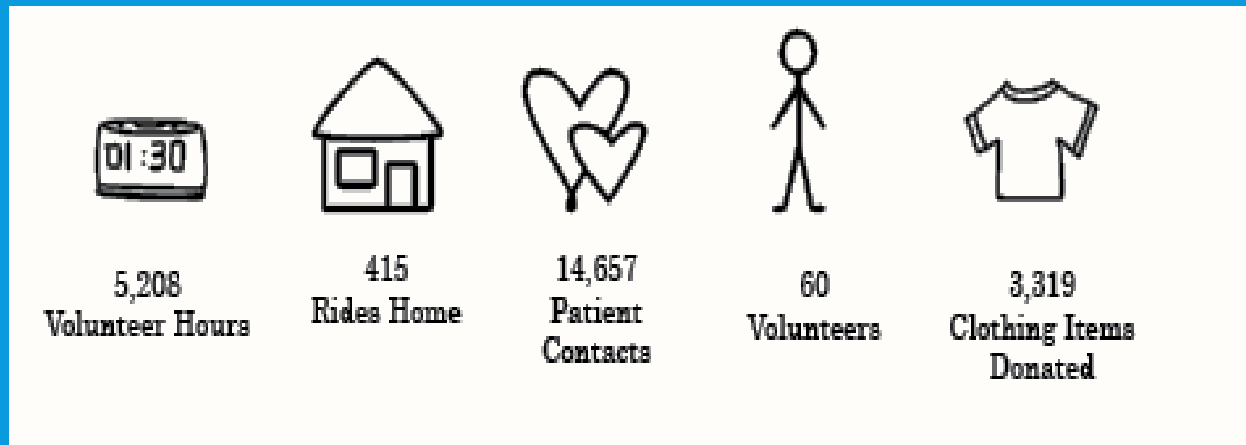
- Cooking Groups
- Leisure and sport groups
- Skills and work experience
- Arts and crafts
- Coffee trolley
- Hair Salon
- Dancing
- Library
- Friendly Shop
- Clothing Depot
- Food parcels
- Transport

We Have 10 various Hospital Staff Events

- Recognition of international days
- Support of Departmental events
- Support of new projects
- Community events

We have 4 types of Hospital inpatient Events

- Shows and entertainment
- Religious festivals
- Mandela Day
- Women's Day



FINANCIALS

WITH HUGH AMOORE ,TREASURER

The Trust ended the 2018/2019 financial year on a high note: a surplus that will enable the Trust to top up our sustainability fund to the level that we need in order to be able to ensure continuity for at least a year in adverse economic conditions; and funds in the bank, or promised, to meet our immediate needs in the 2019/2020 year.

This does not mean we have all the funds we need to operate in 2019/2020! We must thus continue and expand our hitherto successful fund-raising to pay the bills; only then will the Trust continue to provide the services it does to help in the path to recovery.



Statement of Financial Position as of 31 March 2019

	2019	2018
	R	R
Current Assets		
Trade and other receivables	7,184	40,585
Cash and cash equivalents	500,146	529,737
Sustainability Reserve	615,493	571,012
Inventory	9,457	8,980
Total Assets	1,132,280	1,150,314
Equity		
Reserves	615,493	571,012
Accumulated surplus	323,177	211,361
	938,670	782,373
Current Liabilities		
Funds received in advance	193,610	367,941
Total Equity and Liabilities	1,132,280	1,150,314

Statement of Comprehensive income

	2019	2018
	R	R
Continuing Operations		
Revenue	1,060,078	876,945
Other income	274,007	159,376
Operating/core project expenses	(1,020,166)	(815,513)
Operating surplus	313,919	220,808
Investment revenue	12,860	10,636
Surplus from continuing operations	326,779	231,444
Project expenses	(214,963)	(186,864)
Surplus for the year	111,816	44,580

THANK YOU FOR SUPPORTING RECOVERY AT VALKENBERG



CORPORATE GRANTS:

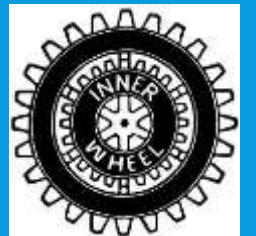
BDO Business Services (Pty) Ltd
Berk Enterprises
Cecil Kilpin & Co
Fargo Trading cc
Lewis Stores
Old Mutual Care and Share
SA Bias Industries Limited



And the thousands of other groups,
individuals and volunteers who made a
difference this year!

TRUSTS AND FOUNDATIONS GRANTS:

Claude Leon Foundation
Community Chest Western Cape
E G Woods Trust
Inner Wheel Claremont
J E T Lee Will Trust
Kings Family Trust
National Lottery Commission
P A Don Charitable Trust
Percy Fox Foundation
Rotary Club Claremont
Rotary Club Newlands
St Michael's Church



DO YOU EVER THINK ABOUT WHAT YOU WILL LEAVE BEHIND WHEN YOU ARE GONE?



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

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

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

