



**EXHIBITION BOOK**

# The story of Turning Point in 60 objects

3rd - 7th June 2024  
Clore Learning Centre  
Kensington Palace

**TURNING  
POINT**  
inspired by possibility

CELEBRATING 60 YEARS







# Welcome

When Turning Point was founded in 1964 as the Camberwell Alcohol Project, attitudes and perceptions were very different to how they are now. The multi-layered reasons behind addiction were not yet understood, the importance of mental health was less widely discussed, and the approach to supporting people with a learning disability was often through segregation, not inclusion.

Since then we have seen a huge amount of change in society, and Turning Point has been at the forefront - supporting hundreds of thousands of people in that time.

To mark our 60th year we have chosen to take the time and space to reflect and celebrate moments of humanity, hope, and inspiration since we began.

I'm therefore delighted to present the story of Turning Point through 60 objects, which have been generously shared from an astonishing array of people, and form the exhibition you see today.

I've been overwhelmed by the inspirational stories of hope that people shared with us. It is a tremendous gift to be given, and while we are showcasing 60 today, we aim to continue this important storytelling work beyond our sixtieth year.

Thank you to all those who have made Turning Point the organisation it is now.

I hope that you find meaning and hope during your visit to the exhibition. I'm glad that you are sharing this experience with us.



**Julie Bass**  
Chief Executive

## Chief Executives

Lord Victor Adebawale CBE	2001 - 2020
Ted Unsworth	1998 - 2001
Rex Hewitt	1996 - 1998
Wendy Thomson	1993 - 1996
Fraser Mackay	1991 - 1993
Les Rudd	1988 - 1992
Mr Arbury	1978 - 1988
Mrs M.S Gibb	1971-1978
Mr Emney	Unknown - 1970



# About the story of Turning Point in 60 objects

For sixty years we've supported thousands of people who've come through our doors for reasons as varied as drug or alcohol issues, mental health concerns, or a learning disability, and have been continually inspired by the experiences and possibilities created by those we've met.

With such a varied collection of moving human stories, this exhibition showcases some of these experiences through 60 significant objects that represent the lives and emotions of those involved.

Some chosen by colleagues, some chosen by the people we support, some chosen by the public, the objects are an accessible and vital way to learn and share stories of hope and inspiration, while also marking the significant societal changes during those sixty years.

As a fitting tribute to the exhibition, a 61st object will be chosen at the end of this sixtieth year to represent the inspiring stories from those to come.

## Why did people share their stories with us?

Often when we hear stories that move us, people gain hope and inspiration that they can change their future. By sharing stories, we can help make a difference to future lives.

- We'll let people know how many individuals have seen their story, so they know the impact it has made.
- By submitting their story, people had the opportunity to be part of the exhibition, bringing to life what they wanted to share with other people.
- All the stories will be used to inform how we support people in the future. We'll be sharing insights with influencers and policy makers to help make positive societal change. You'll find us standing up for people and a society where everyone has a better chance to shine.

# Involving the people we support in the making of this exhibition

At Turning Point, by working together across all we do, and enabling voices to be heard and have impact, what we create becomes the best it can be.

The making of this exhibition was no different. From start to finish, people we support and colleagues have been involved – bringing their ideas from across the organisation, and helping to shape all aspects of what you see today. Here are just a few of the ways in which they have been involved.

- Over the last year, groups of colleagues and people we support have helped shape the plans for the exhibition, and been involved in some of the finer details too.
- The chance to submit objects was designed to be as inclusive as possible – with accessible resources created to help everyone to be able to take part.
- Many 60 objects activities have taken place across our services, for people to get involved and enjoy the spirit of this celebration – resulting in fantastic amount of objects submitted, telling important stories.
- A panel of people we support selected 36 objects from all the submissions we received (the remaining four are partner submissions and our first 20) – deciding on the ones they felt represented a wide range of stories and experiences.
- The audio recordings you hear – telling the stories of our 60 objects - have been voiced largely by people who have been supported by Turning Point.
- Our exhibition guides are Peer Mentors and colleagues from local services, who have been trained by Historic Royal Palaces, and will be happy to speak to you about the exhibition and their experiences.



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# Make the most of your visit!



We're so glad you could join us at the Story of Turning Point in 60 Objects exhibition. Here are some of the highlights for you to discover, to help you make the most of your time here.

## Discover each area

There are five main areas for you to view! Turn right as you enter the exhibition and you'll find the following;

- Learning Disability
- Substance Use and Public Health
- Experience Room. This is where you can sit and watch some of stories told by the people who shared them
- Mental Health
- Wellbeing

## Meet the Guides

At the exhibition you'll find some of our Peer Mentors and colleagues who are here to help! They can show you around the exhibition, tell you more about their personal experience, or explain more about the work that takes place at Turning Point. Don't be shy, say hello.



## Choose your 61st object

Towards the end of the exhibition you'll find the voting box for our 61st object!

Make sure to place your token against the object you want to represent our hopes for the future. And if you want to take a token home as a memento of your visit, you're more than welcome to.

## Explore Kensington Palace

Historic Royal Palaces have kindly given all exhibition guests a free pass to visit their incredible spaces. We hope you enjoy spending time discovering their fascinating history and values.



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# Introducing our 60 objects

Each object can be viewed at [www.TP60.co.uk](http://www.TP60.co.uk) where you can also listen to audio recordings of each story.

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### Barry Richards photograph

New ideas, new thinking, new attitudes

In 1964, London businessman, Barry Richards founded the organisation that became Turning Point, by opening the doors to the Camberwell Project. The timing was no accident. On the one hand, the mid-60s was a time of increasing pressure to criminalise drug use, and on the other, new ideas and new thinking were challenging traditional attitudes to both alcohol and drugs.



### Diana, Princess of Wales's sunglasses case

Tackling stigma and speaking out

Princess Diana worked tirelessly as our Patron, from April 1987 to August 1996. Even today, her words from over 30 years ago continue to reach out to people on our behalf, reminding the world of the stigma so many continue to face in relation to mental health, alcohol and drug use, and learning disability.



### STI screening kit and massager

Supporting better sexual health and wellbeing

Attitudes towards sex and sexual health have changed over the past 60 years. Focus began to shift from reducing sexually transmissible infections (STIs) as new wave feminism and gay-liberation politics ushered in a focus on sexuality as the context for sexual and reproductive health. Socially sensitive issues, such as gender relations, contraception, and abortion, do now get more attention, although stigma still exists.



### Recovery Tree

One day at a time

In a recovery tree, the roots represent a strong network of support and encouragement. The trunk and branches are the ongoing efforts to strengthen a sense of self. And the leaves represent new growth. Henri has been in recovery for 2 years and 4 months, which is the longest period he can remember in four decades.



### Poetry book

The importance of creativity

Art and creativity are hugely important to many of the people we support. We felt that it was important for something to be created that could be shared with others. In 2022 we published 'Writing for our lives', a collection of poetry and art by people with experience of mental health or drug and alcohol use.



### Wellies

Support through COVID-19

Craig has always loved to keep busy. It's his way of managing his anxiety. Like many people with a learning disability living in a supported living home, COVID-19 threatened everything that mattered to him. We supported Craig as he sought new ways to stay just as busy as he could. Before we knew it, he was convincing friends to join him in a new and slightly unexpected hobby.



### Dried blood spot test and needle

Looking after the health of vulnerable people

Hepatitis C is a blood-borne virus that damages the liver. In the UK, injecting drug use (previous or current) is the most important risk factor for Hepatitis C infection, while other vulnerable groups are also at high risk. We're supporting NHS England's aim of eliminating Hepatitis C as a major health concern in the UK by engaging with people who are most at risk of infection.



### Naloxone Kit

Saving lives

In July 2023, Kaz, a volunteer at Turning Point, attended our peer-to-peer Naloxone training session and learnt how to administer the medicine to treat an opioid overdose. Just a few days later, Kaz puts her Naloxone training to use and saves her best friend's life. Kaz is one of the hundreds of people we've helped to train in peer-to-peer use of Naloxone, an essential tool in tackling the rising number of opiate deaths.





### Painted tiles

Coming out the other side

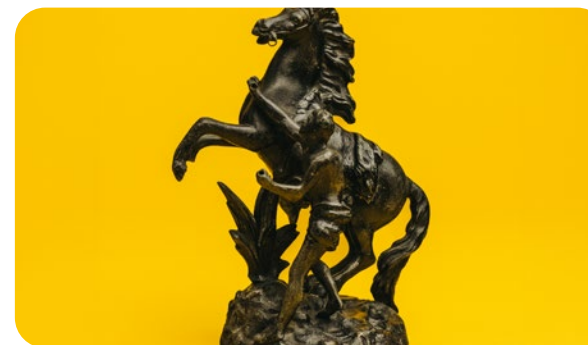
Smithfield in Manchester is a 22-bed treatment unit providing psychosocial interventions alongside a range of medically managed drug and alcohol detoxifications in a clinically safe and supportive environment. When you enter the art room you're met by walls filled with hundreds of personalised painted tiles which share messages of hope and possibility with others who come to stay at Smithfield in the future.



### Front door

A sense of home

Samara lives in Avondale, one of our residential care homes. She has some of the most complex needs of all our residents and her time with us has seen its fair share of ups and downs. Today, Samara has been living at Avondale for 7 years. She takes part in community-based activities, such as swimming and enjoys trips to the local library. She's even been on holiday with her support team.



### Horse sculpture

Person centred care

Richard grew up on a farm, where he enjoyed helping his dad tend the animals. Most of all, he loved riding the horses. Richard's autism and determined personality meant he found it hard to adapt to change and new people. When he moved into his new home, Turning Point arranged a trip where Richard could get to say hello to his four-legged favourites for the first time in years. This was a turning point for Richard's relationship with us – the moment we began to earn his trust.



### DNACPR recommendation notice

Protecting the rights of people with a learning disability

The COVID-19 pandemic saw an increase in the number of DNACPR (do not attempt cardiopulmonary resuscitation) recommendation being issued for people with a learning disability – without the involvement of them or their families. We couldn't let this continue. As Julie Bass, our Chief Executive said at the time: "It's not only illegal but outrageous that a doctor would decide not to save someone just because they have a learning disability. They have the same right to life as anyone else."



### Tommy's 100th birthday letter from His Majesty the King

Inspired by possibility

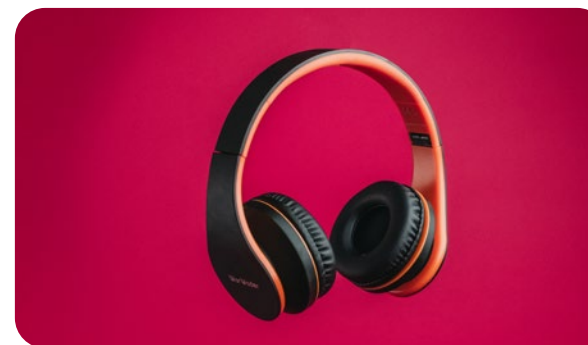
When life expectancy for men with a learning disability is just 66, Tommy will always be an inspiration to us. People with learning disabilities experience many health and social care inequalities and have worse physical and mental health than people without a learning disability. Compared to the general population, they are 3 to 4 times as likely to die from an avoidable medical cause of death. And most of the avoidable deaths in people with a learning disability are because timely and effective treatment is not given. Such inequalities are both unfair and avoidable.



### Bus pass and mouse ears

Learning new skills

When Rachel first moved into her supported living flat, she was hesitant to let people into her new home and refused to unpack her belongings. Even when she did allow visitors, they were only allowed just inside the front door. Gradually, with the support of staff and fellow tenants, Rachel's confidence and tolerance have grown. She's just back from holidaying with co-tenants at Disneyland Paris. And was recently to be found on the dance floor, enjoying her college prom.



### Headphones

Making mental health part of the conversation

Darren makes mindfulness part of his everyday. "In my 24 years at Turning Point, I've always been part of a great team of people who are committed to doing their very best. Each day can be hugely rewarding, stressful and demanding all at the same time. If I'm stressed or overwhelmed by work or home stuff, I take a few minutes, sometimes several times per day, to practice mindfulness. I'm a big advocate of mindfulness. I've seen the huge evidence base, but I also know about its value through my own experience."



### Mental Health Act

Supporting people with complex needs

As attitudes towards mental health have evolved, legislation has paved the way for organisations like Turning Point to be able to provide services such as mental health social care, temporary accommodation for people leaving mental health wards, and centres for people in crisis.





## Mug

### Sharing experiences

For many of the people we support, a mug of tea or coffee can come to symbolise the start of their journey to new possibilities. When they feel ready, they can choose to spend time talking to colleagues and other people we support, sharing experiences over a brew. Often, it's the first time they've ever spoken about this, or been able to open up about their concerns for a loved one.



## Pill box

### Seeking support and treatment

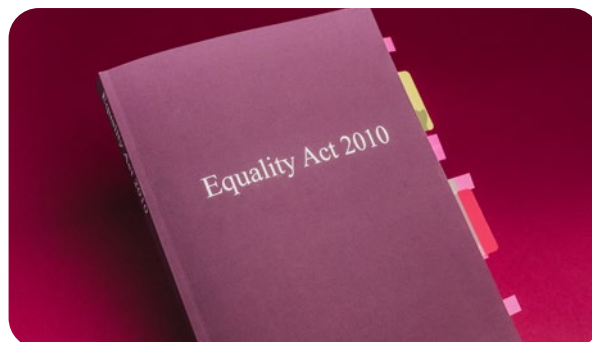
In the years since Turning Point began, social attitudes to mental health have transformed. People are becoming more accepting of mental health problems and more supportive of those living with them. They're also more aware of common mental disorders, such as depression and anxiety, leading to an increasing willingness to seek treatment.



## House keys and keyrings

### Living independently

Kelvin was diagnosed with bipolar disorder at the age of 18. It was 1972. He spent the next two years in a secure hospital, where he was given no say in the treatment he was given. Episodes of electroconvulsive therapy (ECT) followed, as well as Lithium, a mood stabiliser, which Kelvin remembers as being "bloody horrible". In 2016, Kelvin moved his home, finally finding independence, friends, and hope. He says he feels more optimistic than ever about the future and is already making plans for more independence.



## The Equality Act

### Protecting people from discrimination

The Equality Act 2010 was designed to protect people from discrimination and to advance equality of opportunity for all. Many of our health and social care services provide support for people and groups who continue to face discrimination and stigma. We're proud to stand up for those we work with, making sure that health and social care services are designed and delivered in ways that meet the intentions of the Act.

## PARTNER COLLECTION



## Logo artwork

### Double Impact

Participants were asked to design a single image which represented something about them, their life or their experience with Double Impact. They were then shown how to carve these in wood and paint them, while Bill, our artist, assembled them all to form the final piece. Hidden within the piece are the two face-to-face arrows of our logo, representing the 'Double Impact' of our name. Originally, this 'double impact' signified the combined power of suitable housing and education to support Recovery, which inspired our founder member to start the project.



## Impossible Maze by Foka Wolf (2023)

### IMPACT (Improving Adult Care Together)

An impossible maze, with no beginning or end, forms the basis of this poster by Birmingham artist Foka Wolf. Part of an exhibition, produced by Ikon, Why Are We Stuck in Hospital?, Wolf's most recent work illustrates the invisibility of people with learning disabilities and/or autistic people in long-stay hospitals. The exhibition, which is currently touring the UK, is a response to a project conducted by IMPACT, the UK centre for implementing evidence in adult social care at the School of Social Policy at the University of Birmingham in partnership with Changing Our Lives.



## A banner made by KeyRing members

### Learning Disability England (LDE)

LDE, founded in 2016, unites individuals and organisations to advocate for those with learning disabilities. Members collaborate for equal opportunities and choices, aiming for a world where individuals with learning disabilities lead fulfilling lives. KeyRing members created a banner highlighting the impact of labels and emphasising strengths and abilities.



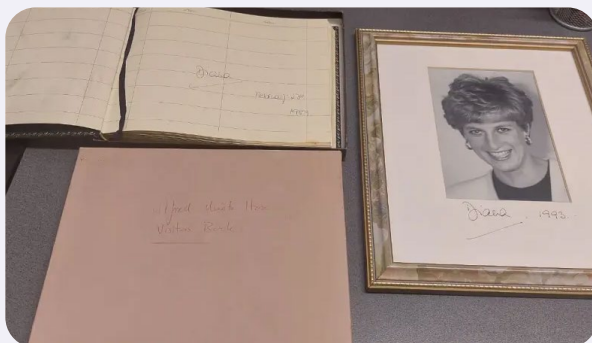
## Community Access Scheme Card

### Historic Royal Palaces

The Community Access Scheme (CAS) is a membership scheme managed by Historic Royal Palaces – the independent charity that cares for six historic sites including Kensington Palace - for local community groups. Since 2016, we have partnered with Turning Point group leaders to deliver meaningful and relevant visits for their groups to our palaces. This card represents the starting point for Historic Royal Palaces' relationship with Turning Point.



## PRINCESS DIANA COLLECTION



### Princess Diana's photograph and signature

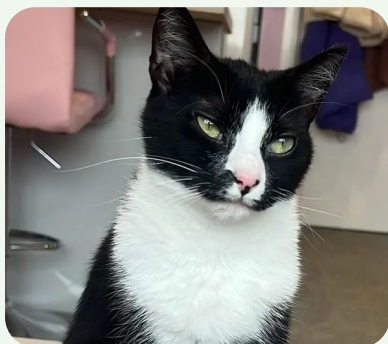
This picture of Princess Diana was signed by Diana herself when visiting Alfred Minto Mental Health Project in Nottingham in February 1989.



### Placard marking the opening of Hazel House by Princess Diana

"I have just recently been a part of the Turning Point family, and I feel very honoured and blessed to be part of a community that has helped so many people in need, and taking care of them as their own."

## ANIMALS COLLECTION



### My cat Bella-Rose

"My name is Zoe and I am a cat mum. Bella is the first cat I fell in love with and helps me with my anxiety and mental health, because she keeps me busy and I like taking care of her."



### RSPCA dog

"The Bradford People's Parliament have been thinking about the Five Ways to Wellbeing. One of these is Helping. They decided to help the animals at our local RSPCA centre by arranging a sponsored sing."



### Raven and my guitar

"Raven is my black cat and represents animal therapy. Raven has helped me out so much with my mental health and confidence within my creative abilities. My guitar represents my creativeness and love for music."

## RINGS COLLECTION



### My urge surfing ring

"This is one of the many beneficial coping strategies shared in our psychosocial intervention courses. It helps me stay connected to who I was and who I am, as well as reminding me to practice what I preach!"



### My rainbow ring

"A gift from my sisters for my 45th birthday, they picked the rainbow because in 2020 I was clinically diagnosed as being autistic, and I am bisexual, proudly belonging to the LGBTQ community."



### Signet ring

"After some emotional hurt that I caused my mother, 3 years into my recovery, my terminally ill mother asked me to become the guardian of her and my fathers wedding rings. They were melted together and made into the one ring she had designed for me. She saw me wear it days before she died."



### Two rings which I wear together on my wedding finger

"The rings are a precious connection to our conversations about courage and the importance of doing the right thing."



### Anxiety and ADHD rings

"This represents my journey with my ADHD and being able to flourish in a work environment that doesn't discriminate or limit my potential, despite my brain not always working in a way most would consider normal"



## BADGE COLLECTION



### Debra ID Badge

"This represents my voluntary work with the charity DEBRA. I really enjoy working in the shop. It is very important for me that I can give back. I am proud to be able to help others"



### Volunteering badge

"I wouldn't be doing the job I am today without having the opportunity to volunteer in a Substance Use service many years ago. It's a great way to make a positive impact to people's lives, while learning something new and improving our own sense of wellbeing."



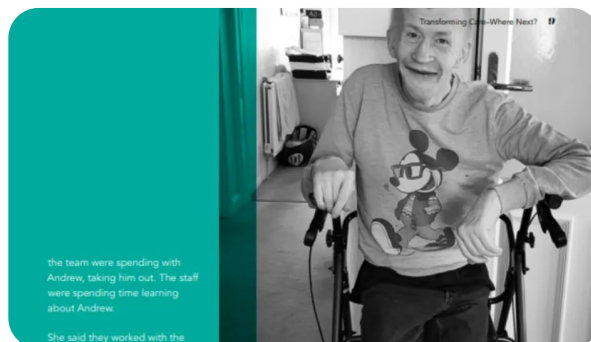
### Tools to allow people's voices to be heard

"Having choice in how we live our lives, how we grow and develop, and having a say in things that matter to us - in our communities and the wider world - is everyone's right. We all communicate in different ways and these tools really help this to happen in the People's Parliament forum at Turning Point Bradford - where people we support come together and share in creative ways."



### Our sunflower

"The sunflower is a symbolic representative of what our home means to us at Turning Point Avondale. Our home is the centre of keeping us all together and we create a loving, caring, and safe environment for all those that work and live here. The sunflower is the home, and the 60 petals around the outside tell a story of the 60 acts of kindness that we are creating within our local community."



### 2019 (All Party Parliamentary Group APPG) for Complex Needs Report on Transforming Care

"Andrew was supported by Turning Point to live independently in the community for many years following 30 years living in institutions. He spoke at the APPG about his experience of staying in long stay hospital and subject to excessive and unnecessary restrictions for so long. Despite promises to take action over many years, the government has not delivered change at the pace initially promised"



### Fidget cube

"The object represents my autism and one of the coping mechanisms for it. Fidget cubes started as technology to help autistic people, and as a trainer with lived experience of autism I now have the platform to represent and advocate for people with a learning disability or autism in our Turning Point services"



### Barnard

"Barnard was the creation of a Turning Point colleague who supported people at ReFocus in Salisbury. People would make a colourful Barnard and then leave them in places they visited. Creating a Barnard was a therapeutic activity for many, allowing people to focus on enjoyable activities they could do, rather than be limited by what they could not. Today there are many Barnards all over the world"



### Violin

"Epiphany visited Turning Point Bradford where the people we support were able to come together to experience and enjoy an afternoon of varied music styles. There were times of serenity and calm, as well as moments of joy with clapping and dancing. There was a strong sense of togetherness and everyone was able to join in and take part in making music using percussion instruments as well"





### Beach wheelchair

“In 2011 Turning Point enabled some people we support in Kent to access the beach. Their existing wheelchairs couldn’t cope and so the team made it happen by arranging for beach wheelchairs to be supplied. The sheer joy and thrill of someone being able to rush into the sea and experience the chill as they hit the cold waters was demonstrable. It represented real person centred care. Fulfilling liberties and freedoms that so often can be restricted.”



### Tree of wonder

“This object captures a transformative time in Turning Point’s history, and my part in it. This beautiful, ancient piece of Yew wood was carved by the commissioner of integrated community drug and alcohol treatment services in 2007, and presented to the newly formed team. His commissioning approach was visionary and bold at the time, and quickly became the default model of community drug and alcohol treatment across England.”



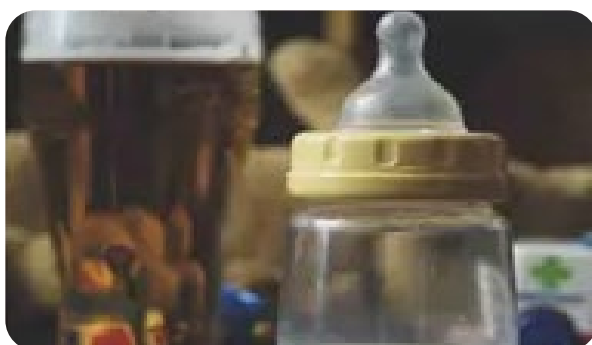
### SASH learning disability certificate

“This certificate is for people we support with a learning disability who complete their keyworking sessions with us. It represents a person being supported, empowered, and learning more about relationships and sex education so they can make informed, safe and more independent choices about their relationships and sexuality.”



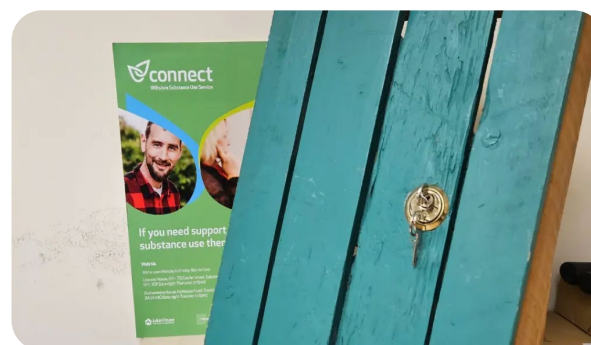
### Handmade card from a Peer Mentor

“When I started a new role at Turning Point I had the opportunity to attend a Peer Mentor graduation ceremony. One individual created a set of beautiful cards, one for everyone who attended the ceremony to keep. It sits proudly on display in my home office to serve as a daily reminder of the importance of breaking down barriers and reducing the stigma surrounding substance use.”



### Bottling it up report

“In 2006 Turning Point produced a report to highlight the effects of alcohol use on children, parents, and families. In many ways things have changed since then. Turning Point has always championed the people we support, going beyond in an attempt to raise awareness regarding the struggles they might be facing.”



### Opening doors

“This represents the open door Turning Point have given me. An open door to a career, an identity, and a new life. I am in recovery myself, and Turning Point opened the door to me becoming a volunteer, which has led to a ten year career where I am now the Criminal Justice and Outreach Team Manager, opening the door for new Peer Mentors and Lived Experience workers.”



### Art collage

“This is a collection of art from the people we support, made at our Wednesday Creative Workshop, which is run by our wonderful Peer Mentors. It represents all of the progress made by the people we support and their devotion to their recovery”



### Script

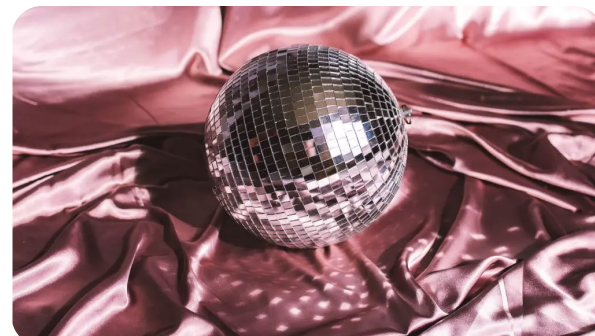
“This represents our Theatre Tour of DRY when we partnered with Turning Point in 2018 and 2020. They provided support in members of their team being on the panel of our post show Q&A discussions after every performance. I was humbled hearing people disclose bravely and honestly their stories. And in some cases ask for help.”





### DJ mixing equipment

"Deejaying has always played an important and special part in my life. Research shows that music plays an essential role in elevating mood, reducing stress and managing pain. I have found this to be true in my own life and use music as part of my resources for my wellbeing toolkit!"



### Disco ball

"Broken things can still be beautiful. The shattered pieces represent a mosaic of experiences in my eyes. Grief has been a huge part of my life for the last year and disco balls were my late best friend's FAVOURITE thing. Each one is unique, just like she was. They often create a beautiful pattern on the wall, and it feels like she's there with me if I'm having a tougher day."



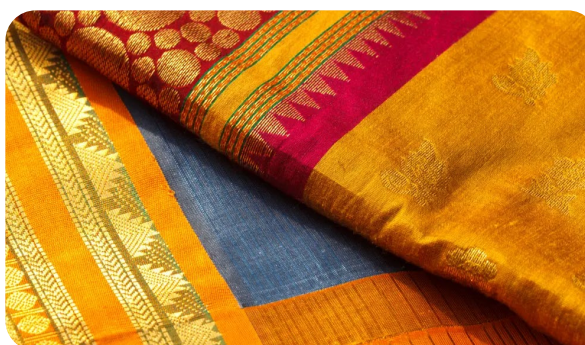
### Bread dough

"When first trying to engage with people experiencing homelessness in Stafford, Turning Point were invited to hold drop in sessions in the local community cafe. On a Friday, the House of Bread invited people to bake two loaves of bread - one to keep and one to give to someone who needs it. This is where conversations flow and relationships are made."



### Ashtray

"When I was 20 I had been unemployed for several years and had hopes of becoming a rock star. I started work on a mental health ward, and used smoking as a way of engaging patients in conversation. Some of my best work and favourite memories are from that time when there was time to engage with people at their level. Thankfully we no longer smoke on wards, but it is always the best idea to work with people in a way that they find comfortable."



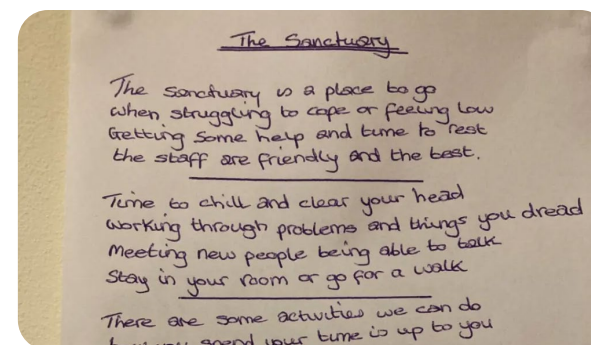
### Sari and bangles

"A sari holds significant meaning and importance in my life. It symbolises faith, hope, and resilience. Every week I don my sari and bangles as I make my way to the temple. This ritual is not just a routine, but a significant part of my unwavering faith and hope for myself and my family. I am reminded of the strength and resilience that resides within me."



### Guitar

"This guitar helped to mark the start of a new life for me. My childhood and teenage years had been dominated by bullying, abuse, family breakdown and substance challenges. In my teens I found solace in music, playing festivals and gigs, and gaining a sense of self-worth that I had never experienced before. I began to feel like I mattered, and I could do something with my life."



### A poem

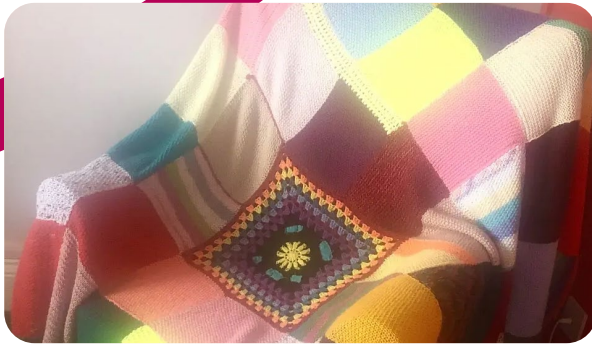
"I stayed at the Crisis Service which was very helpful, and I wrote this poem to say thank you. I'm hopeful it will inspire others and encourage them to ask for help."



### Journey through inspirational cooking

"I was born in Saudi Arabia and lived there until I was five. I became unwell around four years ago. I've been doing cooking sessions with Timothy from Turning Point. They remind me of cooking traditional middle eastern food with my mother, which are very happy memories that are dear to me. I feel good working with Timothy. I feel extremely safe at Turning Point. My mood rarely dips due to constant support and engagement with activities on the unit."





### Comfort blanket

"This project was developed by an ex-colleague who worked for a few weeks with around 30 people we support who stayed at Haven House, and taught them how to crochet and design their own square to contribute to the blanket. It represents security and warmth and to make people feel safe. It interweaves time, space and sharing with each other."



### Lighthouse painting

"This painting was done by a person supported by Turning Point. It represents what Beacon Lodge represented to her. It is displayed in service, as well as in promotional materials. We hope it offers new guests hope and is the beacon of light in their recoveries."



### Stevedore hook

"My grandfather was a stevedore in the docks of East London in the 1950's. He had an accident at work which left him unable to provide for his family and caused him to suffer from depression. In 1968 I visited him in a psychiatric hospital where he was an inpatient after being given a frontal lobotomy. It left him completely incapacitated. I remember it with great sadness to this day. There are so many ways to treat depression now that are less intrusive, less risky and more effective. At Turning Point, we work with these solutions to great effect."



### Groggu

"Groggu was made in 2023 at a pottery class funded by Turning Point's Community Innovation Fund. It was inspired by my love of sci-fi and took me a month to complete! I hugely enjoy arts and crafts and have done numerous projects. Groggu represents how far I have come with Turning Point as this would not have been possible in earlier years. The support from staff at Alfred Minto House has really helped me feel part of the community, which is a lovely feeling. I'm hopeful to finish all my projects and continue to live my independent life."



### Garden arts

"Recovery can be a difficult thing for many people to navigate alone. With the support of colleagues, peers, individual and group activities, people can gain a sense of self and achievement. Since 2020, Beacon Lodge have encouraged people to paint stones, however they choose to go into the garden space. This gives people an alternative outlet and distraction which can be continued beyond the service."



### Palm tree

"This palm tree was planted over 15 years ago in the garden of the Milestone Project courtyard communal garden by the Service Manager. He still works at the service and plans to do so until he retires!"



### Party memorabilia

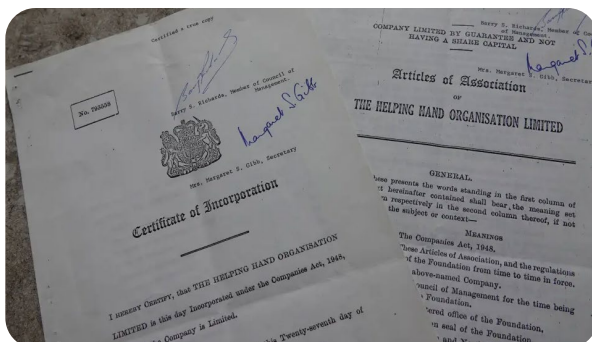
"These represent wonderful memories over the years of the parties that residents, colleagues and visitors have enjoyed. They capture the community spirit here at Birchwood! We're hoping our jungle themed Turning Point 60th party in July 2024 is the best ever!"



### Book of life

"This book was made over a seven day period to represent all the stories that people tell during their lives, and to share experiences. It was also to thank Turning Point for the support they offer and to celebrate those memories and thoughts. It is displayed in the lounge at Haven House so everyone who visits can enjoy it."





### Certificate of incorporation

"I'm sure Barry Richards could not have imagined what the future held when he established The Helping Hand Organisation that 60 years later became the Turning Point of today. These documents are akin to the birth certificates that we have. Our parents too will have had little idea of what the future held for us when we were born. And yet we venture in to the unknown full of hope and expectation."



### Health hive

"Luton Health Hive was an initiative to encourage the local community, particularly the over-50 population, to get out and about and moving. The project was backed by Luton GPs and Total Wellbeing Luton volunteers, who all took part, taking the lead by encouraging patients to attend the weekly 5k park run. It was a great way to bring the community together to improve their total wellbeing."

# 60 years of being inspired by possibility

## The history of Turning Point

Our story has always been about the people we support. Over the last 60 years we've grown and changed, just as the society we live and work in has too. And as we reflect on all that we've learnt, we know there's never been a greater need to support people so they can live the lives they want.





## ALCOHOL SUPPORT

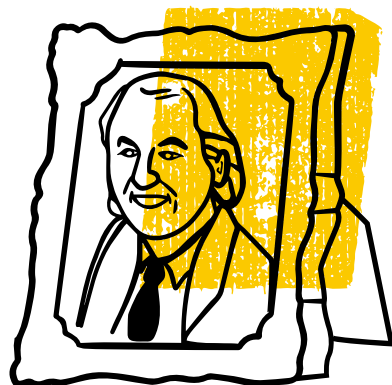
# 1964

## New ideas and new thinking lead us to open the Camberwell Alcohol Project

Early in 1964, London businessman, Barry Richards founded the Helping Hand Organisation, which would go on to become Turning Point, and opened the doors to the Camberwell Alcohol Project.

The project's location was no accident. Camberwell is home to Maudsley Hospital, which had been a psychiatric hospital since 1923. By the early 1960s, medical staff from Maudsley, such as Dr (later Professor) James Griffith Edwards, were carrying out pioneering work on addiction as a disease with the local community and beyond.

The Project's aspirations set the tone for a way of thinking that continues to underpin what we value as an organisation to this day. That the idea of a residential centre offering a place to live alongside people with shared experience as well as support and expertise has become commonplace is testimony to Camberwell's legacy.



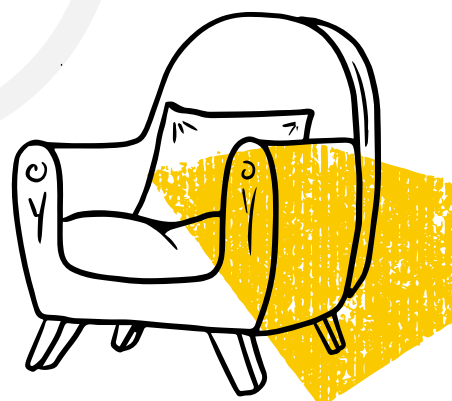
# 1967

We open Hartley House in west London, a residential centre for alcohol users in recovery.



# 1968

We expand the Camberwell Project, opening a flatlet scheme for people in recovery from problems with alcohol, who require ongoing support.



# 1971

From our harm reduction project based under Lambeth's Hungerford Bridge, we open the Hungerford Centre. In London's Soho district, we open a day centre and begin street-based work.



# 1972

## We branch out of London, opening Richards House alcohol service in Manchester.



## LEARNING DISABILITY SUPPORT

# 1973

## Working with people with a learning disability

In Salisbury, we open a service for people with a learning disability.

Our first complex needs services for young people, the Link, opens in West London.

# 1976

We expand our work in the North West, opening the Chester project, a residential house for 12 ex-patients of the alcohol addiction unit. We also open our first non-residential centre for people who use alcohol and their families. At this time, we become a housing association, enabling us to provide an even broader range of services.



# 1979

## Introducing Turning Point: a new name for different times

By the end of the 70s, it had become clear that the name 'Helping Hand Organisation' no longer reflected how we were supporting the people we worked with.

We needed fresh direction to reflect the organisation we'd become. After some deliberation, a decision was made, and we began providing services under the name Turning Point.

Today, the name and our strapline, 'Inspired by possibility' continue to serve us well.

**TURNING POINT**  
inspired by possibility



## DRUGS SUPPORT

# 1969

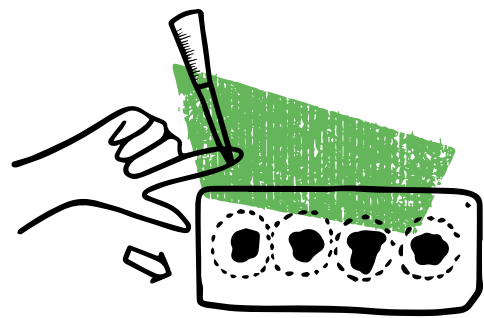
## Moving into drugs support

Suffolk House, an early therapeutic community for people who use drugs opens its doors in Uxbridge.

Whilst still low, drug use in the UK is on the rise, particularly among young people. In response, there's a shift in focus from individual treatment towards a more public health-oriented approach.







1980

Our "Rehabilitation of Metropolitan Addicts" project is the first residential rehab centre for people who use drugs and receive prescriptions.

1983

## Drugline marks a new way to access support

We use new phone technologies and set up Drugline, our first phone helpline providing advice and information.

From a base in Birmingham, we soon develop a network of helplines across the West Midlands.

Today, we continue to put new technologies to work. Digitally delivered services, such as crisis support and talking therapies by video call, make it possible for us to support even more people. But we always remember to never lose the human contact that's so much part of who we are.

### MENTAL HEALTH SUPPORT

1985

## We make the formal step into mental health

We open our first mental health services, with projects in the Midlands and North West.

By the mid-eighties, we're starting to see the first shoots of what has taken decades to become a wider conversation about mental health.

Looking back, it's clear our ethos was always to consider the health of the whole person: mental and physical. The value of emotional support was a key reason our founders set out to bring people with similar experiences together. It was true in 1964 and continues to remain at the heart of the support we provide today.



Princess Diana becomes our patron in the same year.



1987

Our Rehabilitation of Metropolitan Addicts project provides residential care for people with AIDS.



1984

## Pioneering needle exchange services

Because we work so closely with the people we support, we've always understood the importance of enabling people to live their lives safely.

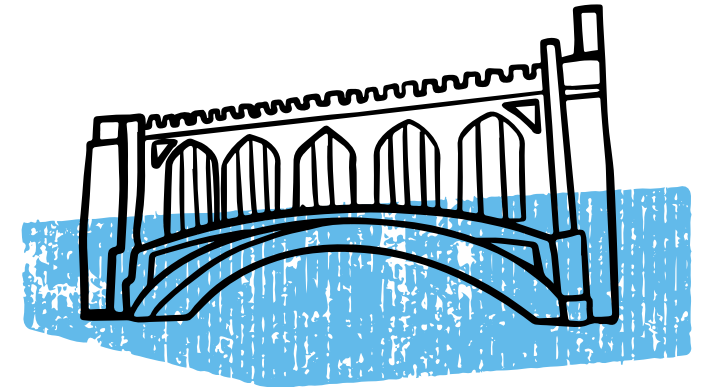
Our pioneering needle exchange services, at The Hungerford centre in London, reflected our pragmatic approach: those who need or want to use needles should be supported to do so in a way that protects and keeps them safe.

In the same year, we open our first black and minority ethnic service in Southall, London, working with people in Asian communities who use drugs and alcohol.



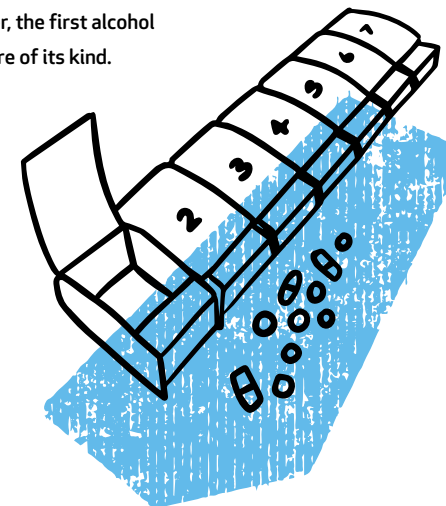
1991

We open The Griffin Project in west London, our first continuing care unit for people who use drugs affected by HIV.



1993

We open the Smithfield Project in Manchester, the first alcohol detox centre of its kind.

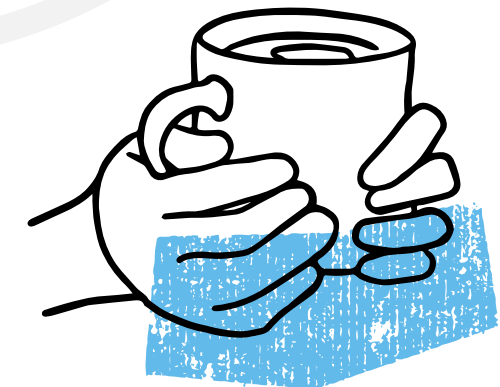
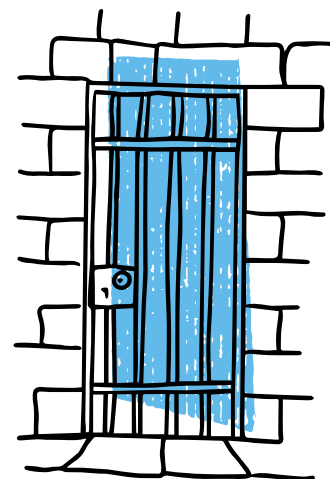


1995

We open one of the first outreach projects for people with co-existing mental health and substance use issues in Cambridge.

1997

We open our first prison-based drug project, based at HMP Pentonville. Our learning disability services expand, with new services in Hertfordshire.



1999

Hastings and Manchester are home to our first mental health crisis services.



# 2000

ACAPS, a major substance use service in south London, becomes part of the Turning Point family.

We develop six new drug arrest referral contracts in London.

We open our first Drug Testing and Treatment Order (DTTO) project in Wales.

We open HELCIS in east London, the only crack crisis service in the UK.

The London Rough Sleepers Unit selects our Hungerford Drug Service as a partner to implement the government's strategy on rough sleeping.



# 2002

In Durham, we open homes in the community for seven people with a learning disability who had spent a combined total of 111 years in long-stay hospitals.

We become the biggest provider of the new Progress2Work employment schemes.



# 2004

## Advocating for the people we support

We continue to use our experience, expertise, and lived experience to advocate on behalf of those who use our services.

In 2004 we carried out Home Office-commissioned research on the use of khat, with the Advisory Council on the Misuse of Drugs (ACMD) subsequently deciding it should not be a controlled substance.

We developed 'Connected Care', our methodology for involving communities in the design and delivery of more joined-up, responsive public services. We tested the methodology in 19 communities across England, engaging directly with over 130,000 people.

# 2006

We publish 'Bottling It Up', our report on the views of parents and children using our services.



# 2007

Our then Chief Executive, Lord Victor Adebawale, establishes the All Party Parliamentary Group for Complex Needs and Dual Diagnosis.



# 2010



We're awarded the Social Enterprise Mark in recognition of our work as an established and successful social enterprise.

# 2008

Our Progress2Work schemes begin, supporting 53 people to secure work and 76 to join training and college courses in the first year alone. Those first participants have since been joined by many hundreds more – every one an important individual story.

# 2011

We introduce ARROW, a client-led, self-directed care, support and recovery-planning tool for people in our mental health services.

# 2013

## Staying strong and financially viable

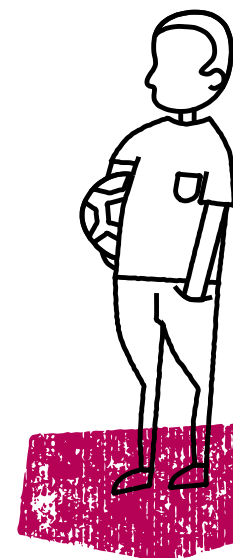
As a social enterprise, all our funding is used to provide the best possible support. We don't have any shareholders or owners to pay.

2013 saw the Social Value Act come into force, meaning that measuring social value has become even more important.



# 2016

We open Beacon Lodge, a mental health step-down facility, in Nottingham. Beacon Lodge represents just one way that our services interconnect with other health and care providers, such as the NHS. Together, we can improve care journeys and outcomes for all the people in our shared communities, not just those who may want to access our support.



# 2018

Working with Active Luton, we open Total Wellbeing Luton, the first integrated talking therapy and health lifestyles service of its kind in the UK.

We continue to measure our success in the impact we make on those who come to us.

To give an idea of what this means in practice, between April 2013 and April 2014, for every £1 invested in our Wakefield Substance Use Service, between 7 and 9 times as much value was created for the people we supported and for the wider population. Treatment for 1,136 individuals cost £3.4m and created value of between £24m and £30m.



# 2014

Based on conversations with the people we support, we launch our Involvement Charter for people with a learning disability.

The Charter sets standards for five areas: decision making; communication; staff; dreams and aspirations; and inclusion.

# 2015

We open substance use services in both Oxfordshire and Suffolk, working closely with local organisations to offer support to adults and young people.



# 2017

## Bringing our expertise and experience together

With Turning Point, you're always supported by people from a wide range of backgrounds. As well as years of training and experience, you'll find many of our people will have similar experiences and stories to your own. It's this blend that ensures we're able to truly understand and support you with your choices.

Launched in 2017, our Specialist Community Outreach Team (SCOT) is just one of the ways we've brought specialist and clinical practitioners together. Working across our learning disability and mental health services, the SCOT team developed and delivered best practice in supporting people with highly complex needs.

We launch our first sexual health service, SASH, for residents of Westminster, Kensington and Chelsea, and Hammersmith and Fulham.

We launched our 'Inspired by Possibility' awards scheme to celebrate the amazing progress of those we support.

Rightsteps launches to provide counselling and CBT to employees of organisations who want to support the mental health and wellbeing of their people.



# 2020

## Continuing and evolving our support through Covid

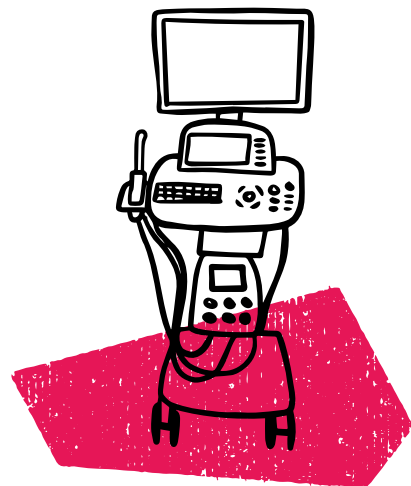
The outbreak of the Covid pandemic was an especially challenging time for many of the people we work with and we're incredibly proud of the way our teams responded.

We kept our facilities open wherever we safely could. For example, Smithfield, our residential detox facility in Manchester, remained open to support people in the community.

Elsewhere, we adapted how we provided our services: from quickly moving to phone appointments across our drug, alcohol and talking therapies services, to publishing information and guidance for the people we support about staying safe and well during lock down.

The pandemic doesn't stop us from launching Nottingham Connect, an innovative service delivered by psychologists and peer workers for people with a personality disorder diagnosis.

Working with South London and Maudsley NHS Foundation Trust, we provide transitional, short-stay residential and therapeutic services for people with mental health issues who are clinically ready to be discharged from hospital but not in a position to return home straight away.



# 2020

## Say hi to livelife

We opened livelife to provide high-quality online therapy services at affordable prices for those who don't want to wait for an NHS appointment.



# 2021

Together with Learning Disability England, we launch a 'Do not attempt CPR' resource pack to help family members and support workers challenge decisions made without consent.

# 2022

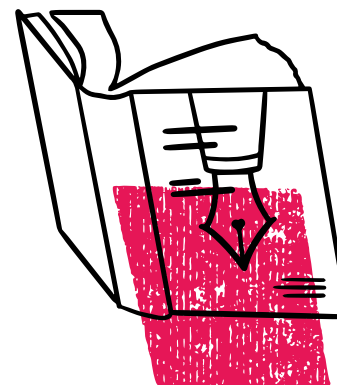
We host our first Safer Lives conference, focussed on reducing opiate deaths.

We publish our 'Writing for Lives' poetry book, bringing together poems and art from people within our services, showcasing the importance of creativity in recovery.

# 2023

We roll out Fibroscan ultrasound liver checks at all our drug and alcohol services, to help with early identification of liver disease.

Rightsteps partners with the Blue Light Foundation to provide an online health and wellbeing community for the 10 million members of the Blue Light Community.



# About Turning Point

At Turning Point, we constantly find ways to support more people to discover new possibilities in their lives.

We are a leading social enterprise, designing and delivering health and social care services in the fields of substance use, mental health, learning disability, autism, acquired brain injury, sexual health, homelessness, healthy lifestyles, and employment.

We currently work in over 280 locations across England, empowering those we support to improve their health and wellbeing, learn, and bring about positive change in their lives.

Building on 60 years of experience, we have expertise in delivering innovative, integrated support in a range of places including people's homes, workplaces, communities, and specialist settings.

Most of our services are commissioned by the public sector, but increasingly we're expanding ways in which people can access and pay for our support directly.

We work closely with local authority adult social care and public health teams, the NHS, ICB (Integrated Care Boards), the Ministry of Justice, HM Prison and Probation Service, the Office for Health Improvement and Disparities, the Department for Work and Pensions and many private, benevolent, and voluntary, community and social enterprise (VSCE) organisations.

As a social enterprise we invest any surplus we make back into the business, for the benefit of the people we support.



60 years since we first opened our doors to just a handful of people in Camberwell, we now support over 170,000 people a year. Back then, our entire team would be able to sit around the kitchen table, as they often did.

Today, almost 5,000 Turning Point colleagues – many with some form of lived experience in our areas of support – continue the same powerful blend of empathy, understanding and expertise. Those early colleagues might be amazed at the organisation we've become.

But that's what happens when you're inspired by possibility."















**Julie Bass**  
Chief Executive



With the right support, we've always believed people can reach their potential, whatever challenges, or stigma they may face along the way. Many people come to us at moments when things have felt out of control, or they didn't know where else to turn.

Perhaps it was a sense they were becoming too reliant on alcohol, drugs, or both. Maybe they wanted to develop the skills and personal resources to navigate challenges with their mental health. Or maybe they simply wanted the chance to live an independent and fulfilling life on their own terms.

**Their stories and experiences continue to be our inspiration.**

	Turnover <b>£152.8m</b>		Total number of people supported by our learning disability services <b>1,211</b>
	Total number of people supported in 2022/23 <b>171,468</b>		Total number of people supported by our employment services <b>915</b>
	Total number of people supported by our mental health services <b>94,201</b>		Total number of peer mentors <b>162</b>
	Total number of people supported by our drug and alcohol services <b>65,124</b>		Total number of volunteers <b>68</b>
	Total number of people supported by our healthy lifestyles services <b>8,557</b>		Total number of locations <b>283</b>
	Number of colleagues <b>4,818</b>		Percentage of employees with lived experience of the issues facing people we support for themselves or as a carer* <b>60%</b>
	Total number of people supported by our sexual health services <b>1,460</b>		Regulated services rated Good or Outstanding by CQC <b>94%</b>

\*Numbers from 2022 / 2023 Annual Report



**Thank you for  
making us who  
we are today**





# With thanks to

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