



ANNUAL REPORT AND ACCOUNTS

Year Ended 31 January 2025

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CHAIR'S STATEMENT

This year has been an unforgettable one for Keshet Nafshi as we officially launched Keshet Nafshi Europe. Inspired by the global Keshet Nafshi model that's given hope to families around the world, our work here is proudly independent, led by parents who have walked this path themselves and know firsthand what it feels like to raise a child facing real challenges.

The name Keshet Nafshi means "a soul connection" — an emotional bond and a support network. That meaning sits at the heart of everything we do. Our goal is to bring families together in understanding, compassion, and shared strength.

The families we support are often dealing with complex, painful situations. Many are navigating substance use, addiction, school absenteeism, conflict with authority, or self-harm. These aren't easy things to face — especially alone — and yet too many parents feel isolated, blamed, or judged. That's why Keshet Nafshi exists: to give families a place where they are truly seen, understood, and never shamed.

This year, we achieved some important milestones:

- We held our first weekend convention for parents, bringing together families who had often felt isolated, and providing structured sessions, peer support and expert guidance.
- We launched regular support groups where families meet to share experiences, build resilience, and access practical advice.
- We delivered 12 trainings, workshops, and events covering key areas like parenting strategies, emotional resilience, and family communication.
- We organised a dedicated professional training convention for therapists, educators, and community workers, helping them better support families and at-risk youth.
- We established a crisis helpline and introduced four case workers offering direct assistance to families navigating complex or urgent situations.
- We also ran a respite event, giving families a much-needed opportunity to recharge in a safe, understanding environment.

At the core of everything we do are the values we live by: integrity, trust, and a deep commitment to never judging a parent for a child's struggles, nor a child for a parent's background. Every family deserves to be seen for who they are, not for the challenges they face.

This year, we have seen parents find their strength again, families rebuild hope, and communities grow stronger through shared understanding. None of this would have been possible without the trust and support of the families, volunteers, and professionals.

Thank you for believing in what we are building together.

Mr Bleichfeld
Chairperson



MISSION

To champion the strength and potential in every family facing a child's harmful behaviours. We empower parents and siblings with tools, connection, and support – recognising them as resilient agents of change whose care and presence can help rebuild trust and healing.

AIMS

To provide parents and siblings with practical tools, ongoing support, and a sense of community, helping them navigate the challenges of caring for a child in crisis. Our aim is to equip families with the emotional resilience and understanding needed to foster healing, while promoting healthier relationships, improved well-being, and a future of hope for both parents and children. Through expert-led workshops, support groups, retreats and resources, we aim to strengthen families, reduce isolation, and inspire confidence in the path forward.



VISION



We envision a reality where every struggling adolescent and adult child is met with unconditional love, deep understanding, and the safe presence of a parent who does not give up on them; where children feel seen, valued, and held with compassion, even during their hardest moments. At the same time, no parent should have to

face the emotional weight and uncertainty of this journey alone. Our vision is of a community where fathers and mothers find guidance, strength, and connection — where they are supported to move from denial and guilt to acceptance, from trying to change their child to creating the potential for their child's recovery — knowing that their presence is the most powerful tool they have to help their child heal.

THEORY OF CHANGE

01

CONTEXT AND CHALLENGE

Families of struggling adolescent/adult children face overwhelming pain, isolation, and helplessness. Traditional support often overlooks the family's crucial role, leaving families without tools and inadvertently reinforcing disconnection and despair.

02

ACTIVITIES

- Training workshops for parents, giving them an understanding about their child's world and tools to deal with it.
- Support groups where parents can share, reflect and receive guidance.
- Conventions that offer an immersive experience for the beneficiaries with intense trainings and high level peer support.

03

INTERMEDIATE OUTCOMES

- Parents move from guilt to understanding and acceptance.
- Family relationships improve in communication, empathy and stability.
- A supportive peer community is established where parents feel heard, understood and guided.

04

ULTIMATE OUTCOME

Families are resilient, well-supported, and equipped with tools and community to remain lovingly engaged with their struggling child — fostering an environment where trust, healing and healthier relationships can flourish.

05

LONG-TERM IMPACT

A world where every struggling child is met with consistent love, understanding, & presence, and every parent feels emotionally equipped & supported to remain connected, compassionate, & resilient. Families become empowered agents of healing & hope, contributing directly to their child's potential recovery.

Case Study

No one wakes up and decides they're going to be dysfunctional. No one chooses to fail at school, battle both mental illness and addiction, dress in a way that makes people uncomfortable, or mess around with stealing. It doesn't happen like that. But that's how the system treated me—like I had made some awful decision to wreck my life. Like I wanted to go from top three in my class to barely showing up. Like I wanted to be angry.

But I didn't. I was lost. Hurting. Confused. I just needed space to figure things out—who I was, how to manage what I was feeling, and how to build a life that didn't feel like it was crushing me.

Honestly, I'm still hurting. But the difference now is that I feel accepted—or at least like I'm being genuinely tried to be understood. That changes everything. Kesher Nafshi helped in a way I can't even fully explain. It wasn't just the programmes or sessions—it was the way they held space for me and my parents without judgement. Raphaeli was amazing. Comforting, steady, and human. He didn't just talk to me; he listened. He made me feel like I wasn't broken. Like what I was thinking made sense. Like what I was feeling was real and valid.

And my parents really shifted. With Kesher Nafshi's help, they became so much more accepting and understanding. They stopped seeing me as rebellious and started seeing me as someone navigating a hard path. We started doing Sunday nature outings again—just like before everything went downhill. No lectures, no rules, no "why can't you just." Just quiet connection and trust.

And that's what made the difference. When no one's trying to prove how badly I'm messing up, I don't feel the need to prove them right.

"QUOTES"

As inspired as I was by the incredible speeches and thoughtful workshops, what moved me most were the heroic parents all around me. Giants of strength. Giants of heart. Giants of grit and perseverance. I was surrounded by greatness in so many ways. Standing shoulder to shoulder with such brave, determined parents, was something I'll never forget.

Addiction is still my fight every single day. But it's not guerrilla warfare anymore. It's no longer me, alone in the dark, scrambling for survival. Now it's an organised battle. I've got a strategy, I've got tools, and I've got a support team behind me.

THE YEAR

IN NUMBERS



200+
Phone calls



150+
Families supported



12
Training sessions for stakeholders

2
Conventions

8
Workshops



FINANCIAL REVIEW

The financial performance and position of the charity are summarised on page 14 of the report. As of the year-end, the charity held cash reserves totalling £25,000.

The charity’s reserves policy is to maintain unrestricted reserves equivalent to at least one month’s expenditure. This policy ensures the charity can continue its activities in the event of unforeseen financial challenges. The trustees actively work to ensure reserves are maintained to a level aligns with the reserves policy.

The trustees have carried out a review of the major risks facing the charity and have implemented appropriate systems and controls to mitigate those risks.

STRUCTURE, GOVERNANCE & MANAGEMENT

The charity was incorporated as a Charitable Incorporated Organisation (CIO) on 29 January 2024 and is governed by a Foundation Constitution.

The power to appoint new Trustees is vested in the present Trustees, who seek to appoint such individuals who can call on their specialist skills and competences, to assist the charity to meet its responsibilities. They will be introduced to the workings of the charity by the existing trustees, and will of course be encouraged to study the various appropriate publications on trustees published by The Charity Commission.

Trustees meet quarterly to oversee the charity’s operations and strategic direction. Relevant individuals from the community, are invited to attend and contribute their expertise on specific matters when appropriate.

The Trustees’ report was approved by the Board of Trustees on 21 August 2025.

Mr J Bleichfeld, Trustee - Chairperson

INDEPENDENT EXAMINER’S REPORT

I report to the Trustees on my examination of the financial statements of Kesher Nafshi Europe (the charity) for the period ended 31 January 2025.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity’s financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner’s statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Berish Hoffman

Berish Hoffman FCA
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21 August 2025

RECEIPTS AND PAYMENTS

Statement of ASSETS AND LIABILITIES at the end of the period

	Unrestricted Funds	Restricted Funds	Total
<u>Receipts</u>			
Donations	£160,803	-	£160,803
Grants	-	£20,000	£20,000
Loan Received	£25,000	-	£25,000
Total Receipts	£185,803	£20,000	£205,803

<u>Payments</u>			
Office Costs	£142	-	£142
Event Costs	£134,461	£20,000	£154,461
Professional Fees	£1,200	-	£1,200
Loan Repaid	£25,000	-	£25,000
Total Payments	£160,803	£20,000	£180,803

		Unrestricted Funds	Restricted Funds	Endowment Funds
Cash Funds	Bank Account	£25,000	-	-
	<u>Total Cash Funds</u>	£25,000	-	-
Liabilities	Accounts Payable	£62,691	-	-

The financial statements were approved by the trustees on 21 August 2025.

J Bleichfeld

Legal and Administrative Details

CHARITY NUMBER
1206757

TRUSTEES
Mr Gedalia David Miller
Mr Hershel Lipshitz
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