

TURNING CORNERS

England & Wales · Charity number 1187417

Details

Status Registered

Legal form CIO

Registered 2020-01-16

Register [View on the Charity Commission register](#)

Contact

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London
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Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE AND THEIR FAMILIES WHO ARE SUFFERING OR AT RISK OF SUFFERING FROM EMOTIONAL, PSYCHOLOGICAL OR MENTAL DISTRESS BY:THE PROVISION OF SUPPORT IN ORDER TO ALLEVIATE OR PREVENT SUCH SUFFERING OR STIGMA AND;RAISING AWARENESS THEREOF IN SUCH WAYS AS THE TRUSTEES SHALL FROM TIME TO TIME THINK FIT.

Activities: Turning Corners builds trust and helps individuals and families navigate the long, confusing, and often painful path through mental health and crisis systems. We are the shoulder people can lean on, ensuring they know where to go, how to get there, and how to hold on until recovery.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- Hackney
- Haringey
- Salford City
- Tower Hamlets

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£179,807	£162,336	-	-
2023-12-31	£161,387	£159,739	-	-
2022-12-31	£163,515	£158,188	-	-
2021-12-31	£110,235	£82,508	-	-
2020-12-31	£18,400	£14,969	-	-

Trustees

Name	Role	Appointed
Shimon Wider	Chair	2019-07-10
Isaac Hochberg		2019-07-10
Mayer Schrieber		2022-09-15
Shie Horowitz		2019-08-12

TURNING CORNERS

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Accounts

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MESSAGE OF THE CHAIR

What stands out about this year is the sheer mix of struggle and strength. Referrals have risen faster than ever, and behind every new name is someone carrying the weight of mental health struggles, poverty, or loneliness. But this rise also tells another story—people are becoming more self-aware, more willing to say they deserve better, and the stigma around mental health is steadily crumbling.

At Turning Corners we often speak about the bullseye. For us, it isn't about perfection but about progress. Every ring on the target is part of the journey: finding a safe space, sharing a first story, reaching out for support, or daring to hope again. Each step forward is its own victory, and that's what we celebrate.

This year we also completed our **theory of change** and a new **five-year strategy**. It's ambitious yet realistic, rooted in resilience, and designed to keep us focused on what matters most—standing alongside people for the long haul, not just for the crisis moment.

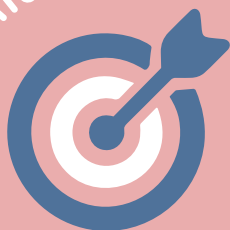
I want to thank the funders and partners who make this work possible. From UK Government support and GLA funding for food provision, to the National Lottery Fund, Lloyds Bank Foundation, Cash for Kids, Arnold Clark, David Dutton Fund, London Community Foundation (in partnership with Sainsbury's), and Hackney Giving—you are our backbone. To the new friends who joined us this year—Florence Foundation, Keith Rae Charitable Trust, Walker Trust, Children in Need, Bentley Motors Community Fund, Project Spark, Compass Wellbeing, Beacon Lodge, Delamere Dairy, and Happy Days—your impact is already being felt. And to Arbib Lucas, BBC Essential Needs, and Mary Mcurther, thank you for the individual grants that reached people directly, in the moments they needed it most.

Finally, my deepest thanks to the participants who let us walk alongside you. Your honesty and bravery remind us daily why Turning Corners exists. You are not just at the centre of our work—you are the bullseye we're all aiming for.

Shimon Wider

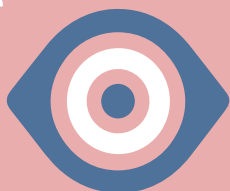


OUR MISSION



Turning Corners builds trust and helps individuals and families navigate the long, confusing, and often painful path through mental health and crisis systems. We are the shoulder to lean on—making sure people know where to go, how to get there, and how to hold on until recovery. We stand alongside them when support feels out of reach

OUR VISION



For individuals and families to move through mental health challenges with clarity, dignity, and the right support—no matter how complex their starting point.





ABOUT

Turning Corners supports young adults and families affected by crisis, or at intersections of mental illness, poverty, and ACE. Our work is divided into two divisions: Family Nests and Solo fly. Each family or individual we support is paired with an advocate—who works alongside them, not for them, to identify and address their unique needs. We provide a space for human beings to be human beings. Mental health issues do not mean that we are defective; It means we are human. Relationship challenges do not make us into personality disorders, it means we have all sorts of people in our lives. A personality disorder doesn't mean we are bad, just hurting.

AIMS



Limbo Link

Providing vital support and a holding place during the waiting list stage.

Challenging Barriers

Bridging barriers to mainstream mental health through cultural training, and case-management.

Well-rounded treatment

Mental health counselling, peer support and selfcompassion and medication adherence where needed.

Not Band-Aid

Non-clinical support services that relieve stress at home and empower individuals/families with agency to manage. This could be applying for a Breathing Space debt freeze or PIP e.t.c. It offer more than just relieve; it provide a space and framework for recovery.

Our role is to build trust and facilitate access to standard Mental Health and crisis routes and be the shoulder individuals can lean on during this process ensuring that individuals know where to go for help, how to get there, and how to cope until recovery because the process can be long, confusing and painful.

VALUES

Trust before treatment

We believe change begins with relationships. Before any programme or intervention, we build trust—the foundation that makes healing possible.

Cultural humility

We honour the lived realities of every person we meet. No one should have to leave their identity at the door to access support.

Growth with grounding

We only grow where we can sustain care and integrity. Scaling up means nothing if it comes at the cost of genuine human connection.

Peer power

Lived experience isn't an add-on—it's our compass. Those who have walked the path shape the relevance and innovation of what we do.

Environmental care

Through our Green versus Blues campaign, we connect wellbeing with nature. We encourage balance with technology and responsibility for the world we share



PROJECTS

The core of our service is ensuring every individual has a single point of contact who takes the time to understand them deeply, advocates for their needs, and provides consistent support. We complement this support with practical resources like food provision, peer support, skills workshops, and help with PIP paperwork, allowing them to concentrate on their recovery while managing everyday tasks

We offer a range of projects:

Heart Behind the Hustle

Vitamin Sea

ABC



“I offer evening appointments to Turning Corners Clients because I know my time is well spent. Clients want to help themselves and get support to follow through treatment plans. “

Psychiatrist Y. Inspector



HEART BEHIND THE HURT

In the Heart Behind Hurt Program, we understand that sometimes, the way we act isn't a true reflection of who we are. It's often the pain we carry inside that speaks the loudest. When we feel overwhelmed, stressed, or hurt, it can be hard to express ourself in a healthy way.

Through counseling and therapy groups, we dive deep into the underlying causes of your behavior. We explore the emotions and experiences that trigger us, and take care to give it the space and respect it deserves and then let it float past us and learn new skills to replace unhealthy self-soothing behaviors.

We use evidence-based therapeutic modalities tailored to each client's needs, with peer support as a key component. Additionally, our specialized CRM system sends reminders for treatment adherence and medication, addressing the common issue of inconsistency that often leads to relapse in serious mental health conditions. This approach helps individuals stay on track while preserving their sense of control.



High Scores

This year 19 individuals with complex mental health diagnosis including Schizophrenia, BiPolar disorder and other serious mental illness experienced 40% less relapse, less hospitalisations and 58% improved quality of relationships and community integration.

“Regular water fun and breathing exercises really helped me break free from the knots of stress and anxiety. In those moments, I found relief where therapy couldn’t reach.”

Murrice Kahan

16-year-old Vitamin Sea participant



VITAMIN SEA - WAVES OF WELLNESS

There’s nothing quite like the revitalizing power of Vitamin Sea. Our program offered a unique blend of energy and tranquility, helping participants trade stress for the soothing rhythm of waves and the warmth of sand beneath their feet.

Vitamin Sea was designed to support young adults aged 16-30 who have been facing the challenges of treatment-resistant depression. Through our series of 32 sessions, we reached 62 participants, offering them a refreshing escape and a new perspective on well-being. The program included beach trips filled with relaxation and fun, from mindfulness workshops to beachside picnics, providing a much-needed break from daily stress.

But our approach wasn’t limited to just beach days. We extended the program to include forest exploration, scavenger hunts, and peaceful riverside strolls, offering participants a variety of environments to discover new ways to find calm and resilience.

We also ran a special seasonal program for young carers during the winter and spring holidays and half-term breaks, giving them a chance to recharge and experience the healing effects of nature and mindful activities.



High Scores

32 Vitamin Sea Trips

95% of participants reported that the program helped them regulate their mood and find a sense of calm.

"I can't believe I received this award. I've never been recognized like this before, and it means so much to me. I'm incredibly thankful to have met you and everyone else here, and I'm so grateful to be part of the Steering Committee. Just as others have doubted me, I've often doubted myself too, so this recognition is huge for me. I can't stop feeling so happy right now."

Rachel L



High Scores

- 94 tins formula distributed
- 19 specialist milk formula for lactose intolerant infants
- 154 baby food packages and vouchers allocated
- 5 Parenting Meetings

ABC - ALL BABIES COUNT

We understand the challenges faced by mothers with postpartum mental illness. We recognize that medication may pose risks to the baby's health, creating additional stress and worry for these mothers. That's why we provide free formula to ensure that mothers can focus on their mental health without worrying about the financial burden of purchasing formula. Our goal is to offer support and alleviate the concerns of mothers during this challenging time, ensuring that both mother and baby receive the care they need.

Parental Power supports parents grappling with mental health and addiction challenges to create joyful family moments. We help them understand the impact of their actions on their children, assist in making gradual improvements to family dynamics, and connect them with both statutory and voluntary services for additional support.



“The rabbit doesn’t judge, only loves.”

Esther M



CUDDLER COMPANIONS

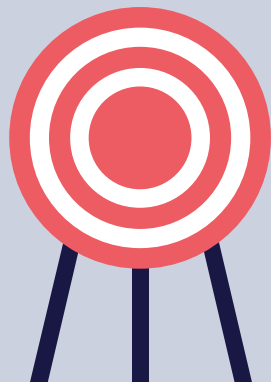
This year we started Cuddle Companions after parents asked for more ways to support children carrying deep and tender trauma. We found that time with animals can create a kind of calm that words often can't. Families joined us for dog therapy sessions, quiet farm visits, and plenty of trips to Lee Valley Riding Centre, where children discovered the simple comfort of brushing a pony or feeding a horse. These moments brought smiles, eased tension, and gave families shared memories of joy and safety—small but powerful steps in rebuilding trust and confidence. A huge thank-you to the Florence Foundation for being the pioneer funder who made this new service possible.

Social Model of Support

Alongside our therapeutic work, we are strengthening the social model of support—helping people navigate the everyday barriers that often make mental health struggles worse. This includes making clients aware that their condition may entitle them to PIP and supporting them through the application process. We also guide people in applying for a Breathing Space debt freeze, and help with other stressful paperwork—like opening a bank account when you don't have a secure address. These practical steps might seem small, but they restore dignity, reduce stress, and give people the stability they need to focus on recovery.



CASE STUDY



“

I had been eagerly awaiting this time since I was five years old, consumed by my fascination with dollies and prams. I was trying to be a good parent but felt so burdened by my tiny 2-kilo newborn. I had to watch her 24/7. I would not even take bathroom breaks because I didn't trust my husband or anyone. I had grotesque images of things happening to her. I couldn't sleep, I couldn't eat, and I was so scared of the anxiety itself. The more I pushed it away, the stronger it pounced on me with a spring coil effect. I quit taking care of myself. I didn't feel worthy – in my mind, taking care of myself meant taking time away from the baby. We couldn't afford household help. Going nights without sleep, I had my first manic episode. I was so scared that the doctors would take away my baby that I couldn't be open with them and flushed my pills.

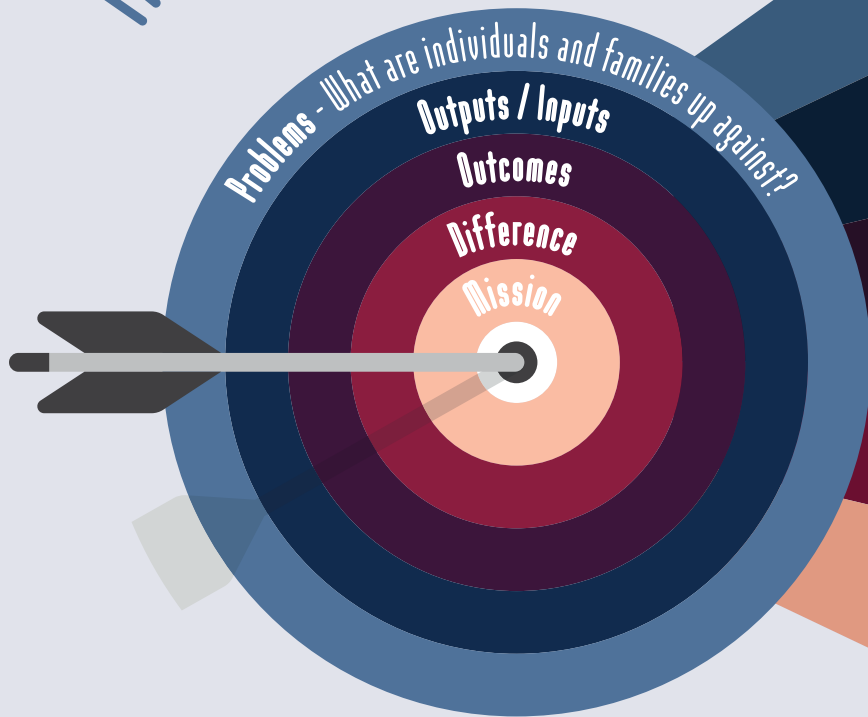
My health visitor referred to Turning Corners, I was explained the treatment process so well and helped me understand how social services can help and are not out to get me. My advocate also helped us get Baby formula vouchers cause i couldn't breastfeed with my meds. I liked being included in the monitoring process. It gave me encouragement a space to say what i think The Outcome Star validated my progress in areas that are often hard to articulate, boosting my confidence and my psychologist was able to record my progress using BPRS and GAD-7. This was meaningful to me as I could share my progress with my husband to give him confidence that our family will be ok and on bad days, I could focus on overall improvement and not get stuck.”

”





THEORY OF CHANGE



- Long CAMHS waitlists or exclusion from services
- Cycles of addiction, untreated mental illness, and generational trauma
- Family breakdown, housing stress, and poverty

- Experience in navigating complexity: dual diagnoses, safeguarding, addiction, parenting under pressure
- Cultural humility and deep understanding of hidden communities
- Clinical supervision and emotional support for staff/volunteers supporting these families
- Projects: ABC, Heart behind the hurt, Vitamin Sea, Braething Spoce, limbo link paperwork, Hush the Silence

- Families show reduced crisis episodes (e.g., fewer hospitalisations, social service escalations)
- Increased service access (e.g. CAMHS, GP registration, PIP, housing legal support)
- Fewer ACEs passed on to the next generation)

- Children grow up in safer homes, with emotional tools, trust in adults, and pride in their identity
- Families no longer live in survival mode
- Mental illness is no longer hidden or silenced—it's met with care, not shame
- Community systems respond earlier and more humanely to families in crisis

- Turning Corners builds trust and helps individuals and families navigate the long, confusing, and often painful path through mental health
- and crisis systems. We're the shoulder people can lean on—ensuring they know where to go, how to get there, and how to hold on until recovery.

TRUSTEES' REPORT FOR THE YEAR ENDED 31 DECEMBER 2024

The trustees present their annual report and financial statements for the year ended 31 December 2024

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and Activities

Turning Corners builds trust and helps individuals and families navigate the long, confusing, and often painful path through mental health and crisis systems. We're the shoulder people can lean on—ensuring they know where to go, how to get there, and how to hold on until recovery.

Public Benefit

The Trustees have taken due heed of their obligations relating to Public Benefit Duty affecting charities, as well as to their obligations under the Equalities Act 2010. The Trustees are satisfied that they meet their obligations.

Achievements and performance

The charity is dependent on income from voluntary donations and grants. Total incoming resources during the year were £179,807 (2023: £161,387.) Charitable expenditure amounted to £162,336. (2023: £159,739.)

Financial Review

Reserves Policy

The charity's policy is to maintain reserves equivalent to at least 3 months of core running costs. This level of reserves is intended to provide financial stability, ensuring that the charity can continue its essential operations in the event of unexpected funding shortfalls or unforeseen expenses. This level of reserves has been maintained throughout the year. The Reserves Policy is reviewed annually to ensure it remains appropriate for the charity's needs and circumstances

Structure, governance and management

The charity is a Charitable Incorporated Organisation and is controlled by its governing document. It was registered as a charity on 16 January 2020.

The trustees who served during the year and up to the date of signature of the financial statements were:

Shimon Wider- Chair
Mayer Schrieber
Shie Horowitz
Isaac Hochberg

The day to day affairs of the Charity are administered by the Board of Trustees. It is not currently the intention of the Trustees of the Charity to appoint new trustees. Should the situation change in the future, the Trustees will apply suitable recruitment and training procedures. None of the trustees has any beneficial interest in the charity.

The trustee report was approved on 1 July 2025 by the trustees and is signed on its behalf by:



Shimon Wider- Chair

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF TURNING CORNERS

I report to the trustees on my examination of the financial statements of Turning Corners. (the charity) for the year ended 31 December 2024.

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

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 2011 Act; or 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 accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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.

C.B. WEBERMAN

C Weberman
Weberman Ltd
44 Fairholt Road
London N16 5HW
Dated: 31 August 2025

Dated: 31 August 2025

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes:	2024 Restricted £	2024 Unrestricted £	2024 Total £	2023 Total £
Income and endowments from					
Donations and legacies	3		33,878	33,878	15,340
Grants		134,429	11,500	145,929	146,047
		<u>134,429</u>	<u>45,378</u>	<u>179,807</u>	<u>161,387</u>
Expenditure on charitable activities					
Charitable activities	4	<u>(134,429)</u>	<u>(27,907)</u>	<u>(162,336)</u>	<u>(159,739)</u>
Net Income / (Expenditure)		<u>0</u>	<u>17,471</u>	<u>17,471</u>	<u>1,648</u>
Reconciliation of funds					
Total funds brought forward			37,908	37,908	36,260
Total funds carried forward		<u>0</u>	<u>55,379</u>	<u>55,379</u>	<u>37,908</u>

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2024

	Notes	2024 UNRESTRICTED	2024 RESTRICTED	2024 TOTAL	2023 TOTAL
		£	£	£	£
Current Assets					10,375
Prepayments		56,079	—	56,079	27,533
Cash at bank		<u>56,079</u>	<u>—</u>	<u>56,079</u>	<u>37,908</u>
Current Liabilities					
Accruals	5	(700)	—	(700)	0
Net Current Assets		<u>55,379</u>	<u>—</u>	<u>55,379</u>	<u>37,908</u>
Net Assets		<u>55,379</u>	<u>—</u>	<u>55,379</u>	<u>37,908</u>
Fund Analysis:					
Funds brought forward		37,908	—	37,908	36,260
Net incoming resources		<u>17,471</u>	—	<u>17,471</u>	<u>1,648</u>
Funds carried forward		<u>55,379</u>	<u>—</u>	<u>55,379</u>	<u>37,908</u>

The financial statements were approved by the trustees on 01 July 2025.

Shimon Wider- Chair

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1. Accounting policies

Charity information

The charity is a Charitable Incorporated Organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102. The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives. Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements. Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received. Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation. Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses. Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment - 40% RBM
Fixtures and fittings - 20% RBM

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

Investment property

Investment property, which is property held to earn rentals and/or for capital appreciation, is initially recognised at cost, which includes the purchase cost and any directly attributable expenditure. Subsequently it is measured at fair value at the reporting end date. The surplus or deficit on revaluation is recognised in profit or loss.

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Cash and equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at

transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Financial liabilities are derecognised when the charity's contractual obligations expire, are discharged or are cancelled.

Employee Benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods. Judgements made by the directors in the application of these accounting policies that have significant effect on the financial statements and estimates with a significant risk of material adjustment in the next year are as follows.

Property valuation

The valuation of the charity's investment property is subject to a degree of uncertainty, as the value depends on various factors including the nature of the property, its location and expected future net rental values, market yields and comparable market transactions, and is made on the basis of assumptions which may not prove to be accurate

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

3 Donations and legacies

	2024 RF £	2024 UF £	2024 Total £	2023 RF £	2023 UF £	2023 Total £
Donation		33,528	33,528		15,340	15,340
Grant	134,429	11,500	145,929	85,797	60,250	146,047
Legacy		350	350			0
	<u>134,429</u>	<u>45,378</u>	<u>179,807</u>	<u>85,797</u>	<u>75,590</u>	<u>161,387</u>

4 Charitable Activities

	2024 RF £	2024 UF £	2024 Total £	2023 Total £
Distributions				
Distributions to UK charities		5,000	5,000	160
Distributions to individuals	350	1,400	1,750	
	<u>350</u>	<u>6,400</u>	<u>6,750</u>	<u>160</u>

Charitable projects

counselling space refurb				2,669
essentials	1,963	187	2,150	4,074
food	60,049		60,049	43,801
therapy and supervision	69,977	10,375	80,352	81,484
training		380	380	795
helpline				1,248
projects	500	2,805	3,305	5,749
workshops				4,929
respite				1,700
accessibility	1,590		1,590	4,666
venue hire				450
medical support		500	500	
	<u>134,079</u>	<u>14,247</u>	<u>148,326</u>	<u>148,896</u>
Direct charitable activities	<u>134,429</u>	<u>20,647</u>	<u>155,076</u>	<u>149,056</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

	2024	2024	2024	2023	2023	2023
	RF	UF	Total	RF	UF	Total
	£	£	£	£	£	£
Support costs						
professional fees			1,400	1,400		1,606
advertising						228
misc			338	338		359
gifts						121
insurance			420	420		371
IT			946	946		580
premises running costs			4,156	4,156		4,750
workshops			<u>7,260</u>	<u>7,260</u>		<u>8,015</u>
respite						
Total charitable activities	<u><u>134,429</u></u>		<u><u>27,907</u></u>	<u><u>162,336</u></u>		<u><u>157,071</u></u>

RF - Restricted funds

UF - Unrestricted Funds

5 Trustees

None of the trustees (or persons connected with them) received any remuneration or benefits during the year.

6 Employees

The average number of employees was nil (2023: nil). Accordingly, no employee received remuneration exceeding £60,000 in the year. (2023: none.)

7 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

8 Related party transactions

There were no disclosable related party transactions during the year (2023 - none.)



Trustees

Shimon Wider - Chair
Mayer Schrieber
Shie Horowitz
Isaac Hochberg

Registered Address

32 Theydon Road
London
E5 9NA

Registered Charity Number

1187417

Independent Examiner

C Weberman
Weberman Ltd
44 Fairholt Road
London N16 5HW

TURNING CORNERS

England & Wales - Charity number 1187417

Accounts

Turning
Corners

BEY  ND
BULLSEYE *the* BULLSEYE

ANNUAL ACCOUNTS 2023



MESSAGE OF THE CHAIR

This year has been both an inspiring and challenging one for Turning Corners. We have seen significant growth, but also a steep rise in referrals. This increase reflects a greater awareness and acceptance of mental health issues, yet it also underscores the escalating challenges faced by those in our community—challenges likely exacerbated by the ongoing cost of living crisis.

At Turning Corners, we view mental health as a profound journey towards finding balance—a place where inner strength and self-actualization meet. Much like an archer aiming for the bullseye, we believe that every individual is on a unique path to wellness, requiring focus, determination, and self-belief. In archery, the bullseye represents the ultimate goal—complete alignment and success—but we know that reaching it is a process. Each ring on the target marks progress, growth, and perseverance. Whether close to the center or further out, every step forward is an achievement that deserves recognition.

I would like to extend our deepest gratitude to our sponsors, partners, and donors, with special thanks to UK Government funding, DWP for HAF, GLA funding, which supported urgent food provision and vouchers, National Lottery Fund, Lloyds Bank Foundation, Cash for Kids, Arnold Clark, David Dutton Fund, London Community Foundation, and Hackney Giving for their unwavering support and belief in Turning Corners. Your backing is the foundation that keeps us going.

As we move forward, we must build on the momentum we've created. That you've created. Together, we need to continue pushing for those who face greater challenges—those at heightened risk of mental health struggles and those with limited support. Our mission is clear: everyone deserves the opportunity to live fully, free from the constraints imposed by mental health difficulties, and we will continue working tirelessly to make that a reality.

I would also like to warmly welcome our new donors—Delamere Dairy, The Caring Foundation, Beacon Lodge Charitable, Project Spark, and others—your contributions have made a significant impact already.

Lastly, to the participants who were brave enough to share their mental health experiences with us: your courage has helped shape our understanding of how Turning Corners support should look like. You are at the heart of everything we do.

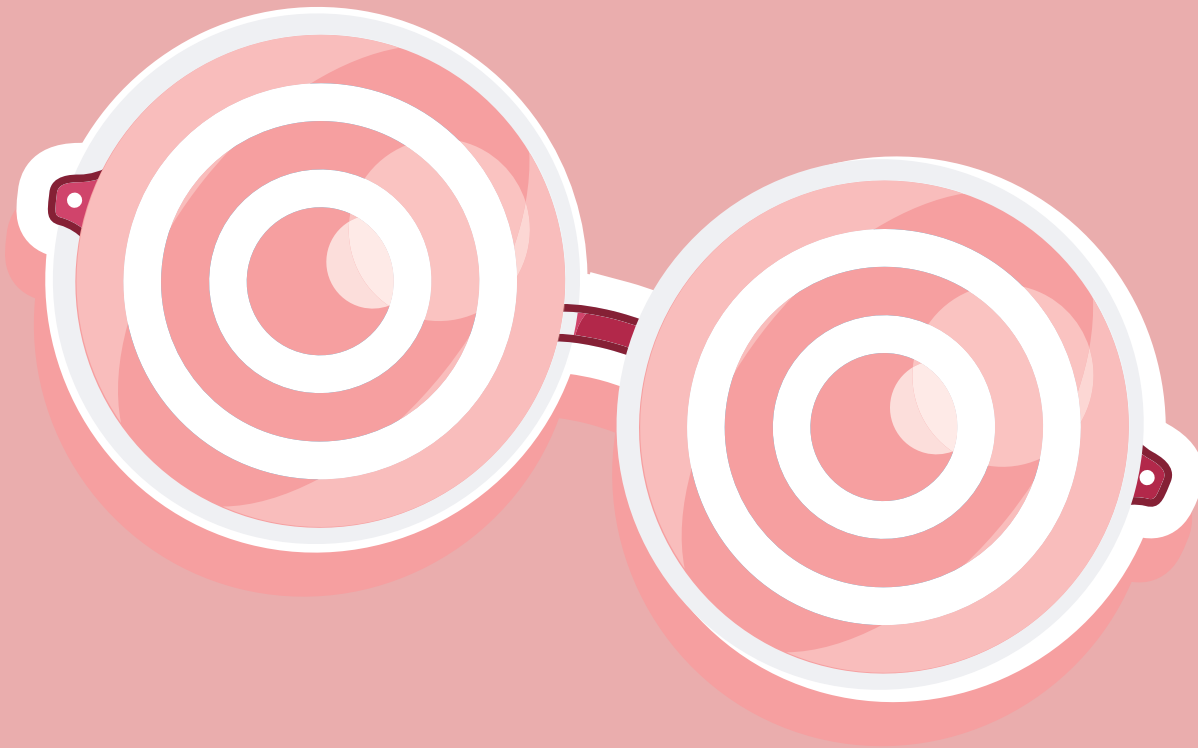
Shimon Wider

VISION

Every individual to rediscover the person they are and lead the life they chose to lead.

MISSION STATEMENT

Making mental well-being safe to explore, simpler to access, and providing support throughout the waiting process for those who take the first step.





ABOUT

Turning Corners supports young adults and families affected by crisis, or at intersections of mental illness, poverty, and ACE. Our work is divided into two divisions: Family Nests and Solo fly. Each family or individual we support is paired with an advocate—who works alongside them, not for them, to identify and address their unique needs. We provide a space for human beings to be human beings. Mental health issues do not mean that we are defective; It means we are human. Relationship challenges do not make us into personality disorders, it means we have all sorts of people in our lives. A personality disorder doesn't mean we are bad, just hurting.

AIMS



Limbo Link

Providing vital support and a holding place during the waiting list stage.

Challenging Barriers

Bridging barriers to mainstream mental health through cultural training, and case-management.

Well-rounded treatment

Mental health counselling, peer support and selfcompassion and medication adherence where needed.

Not Band-Aid

Non-clinical support services that relieve stress at home and empower individuals/families with agency to manage. This could be applying for a Breathing Space debt freeze or PIP e.t.c. It offer more than just relieve; it provide a space and framework for recovery.

Our role is to build trust and facilitate access to standard Mental Health and crisis routes and be the shoulder individuals can lean on during this process ensuring that individuals know where to go for help, how to get there, and how to cope until recovery because the process can be long, confusing and painful.

VALUES

Equality and Inclusion

Mental illness does not discriminate and neither do we. Our dedication to mental health embraces the understanding that it can impact anyone, regardless of their background, gender, age, or social status. We are committed to fostering inclusivity, not in checklist format, we actively provide support, and advocate for the mental well-being of all individuals.

Forgiving and accepting

Lets find the heart behind the hurt- Behind every act of apparent badness, cruelty, or meanness, lies pain speaking its language.

Empowering

You didn't choose it, but you can change it.

Validating

Feelings are real, they matter, and you can't stop them even if they hurt



PROJECTS

The core of our service is ensuring every individual has a single point of contact who takes the time to understand them deeply, advocates for their needs, and provides consistent support. We complement this support with practical resources like food provision, peer support, skills workshops, and help with PIP paperwork, allowing them to concentrate on their recovery while managing everyday tasks

We offer a range of projects:

Heart Behind the Hustle

Vitamin Sea

ABC



“I offer evening appointments to Turning Corners Clients because I know my time is well spent. Clients want to help themselves and get support to follow through treatment plans. “

Psychiatrist Y. Inspector



HEART BEHIND THE HURT

In the Heart Behind Hurt Program, we understand that sometimes, the way we act isn't a true reflection of who we are. It's often the pain we carry inside that speaks the loudest. When we feel overwhelmed, stressed, or hurt, it can be hard to express ourself in a healthy way.

Through counseling and therapy groups, we dive deep into the underlying causes of your behavior. We explore the emotions and experiences that trigger us, and take care to give it the space and respect it deserves and then let it float past us and learn new skills to replace unhealthy self-soothing behaviors.

We use evidence-based therapeutic modalities tailored to each client's needs, with peer support as a key component. Additionally, our specialized CRM system sends reminders for treatment adherence and medication, addressing the common issue of inconsistency that often leads to relapse in serious mental health conditions. This approach helps individuals stay on track while preserving their sense of control.



High Scores

This year 16 individuals with complex mental health diagnosis including Schizophrenia, BiPolar disorder and other serious mental illness experienced 36% less relapse, less hospitalisations and 52 % improved quality of relationships and community integration.

“Regular water fun and breathing exercises really helped me break free from the knots of stress and anxiety. In those moments, I found relief where therapy couldn’t reach.”

Murrice Kahan

16-year-old Vitamin Sea participant



VITAMIN SEA - WAVES OF WELLNESS

There’s nothing quite like the revitalizing power of Vitamin Sea. Our program offered a unique blend of energy and tranquility, helping participants trade stress for the soothing rhythm of waves and the warmth of sand beneath their feet.

Vitamin Sea was designed to support young adults aged 16-30 who have been facing the challenges of treatment-resistant depression. Through our series of 32 sessions, we reached 62 participants, offering them a refreshing escape and a new perspective on well-being. The program included beach trips filled with relaxation and fun, from mindfulness workshops to beachside picnics, providing a much-needed break from daily stress.

But our approach wasn’t limited to just beach days. We extended the program to include forest exploration, scavenger hunts, and peaceful riverside strolls, offering participants a variety of environments to discover new ways to find calm and resilience.

We also ran a special seasonal program for young carers during the winter and spring holidays and half-term breaks, giving them a chance to recharge and experience the healing effects of nature and mindful activities.



High Scores

41 Vitamin Sea Trips

94% of participants reported that the program helped them regulate their mood and find a sense of calm.

“I can’t believe I received this award. I’ve never been recognized like this before, and it means so much to me. I’m incredibly thankful to have met you and everyone else here, and I’m so grateful to be part of the Steering Committee. Just as others have doubted me, I’ve often doubted myself too, so this recognition is huge for me. I can’t stop feeling so happy right now.”

Rachel L



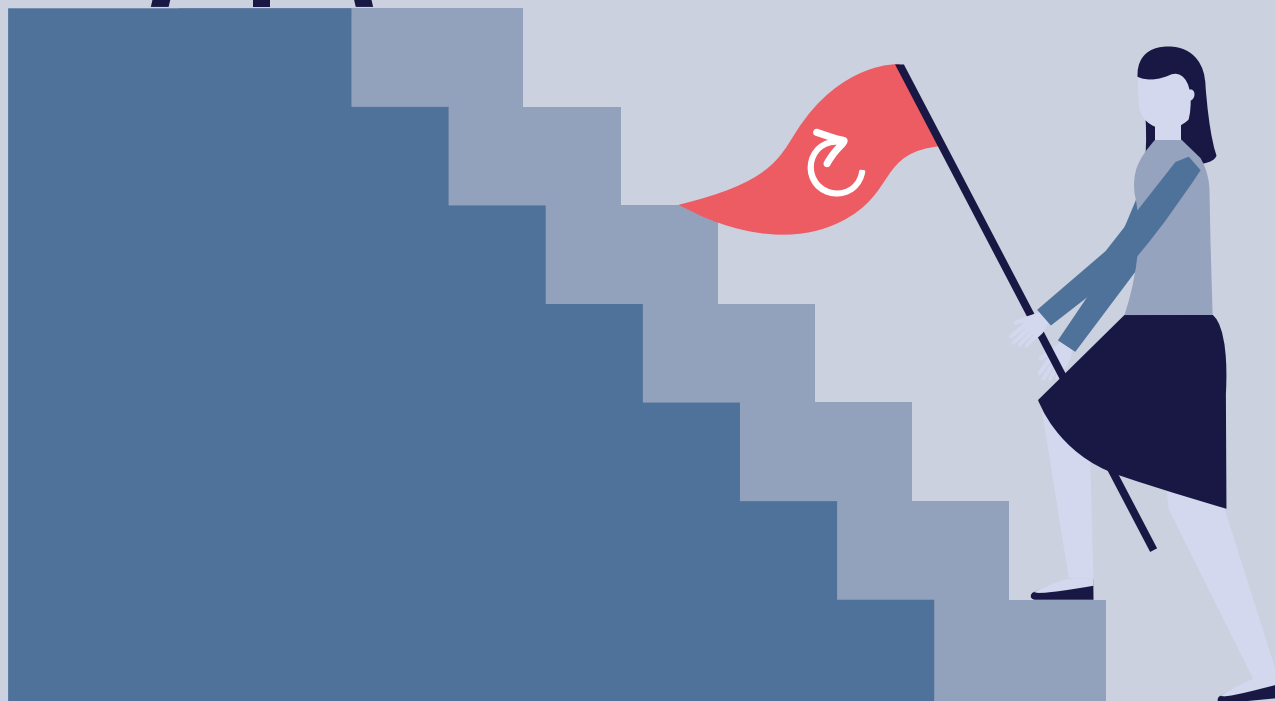
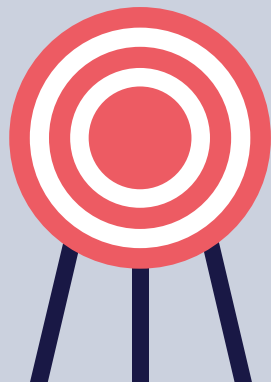
ABC - ALL BABIES COUNT

We understand the challenges faced by mothers with postpartum mental illness. We recognize that medication may pose risks to the baby’s health, creating additional stress and worry for these mothers. That’s why we provide free formula to ensure that mothers can focus on their mental health without worrying about the financial burden of purchasing formula. Our goal is to offer support and alleviate the concerns of mothers during this challenging time, ensuring that both mother and baby receive the care they need.

Parental Power supports parents grappling with mental health and addiction challenges to create joyful family moments. We help them understand the impact of their actions on their children, assist in making gradual improvements to family dynamics, and connect them with both statutory and voluntary services for additional support.



CASE STUDY



“

I had been eagerly awaiting this time since I was five years old, consumed by my fascination with dollies and prams. I was trying to be a good parent but felt so burdened by my tiny 2-kilo newborn. I had to watch her 24/7. I would not even take bathroom breaks because I didn't trust my husband or anyone. I had grotesque images of things happening to her. I couldn't sleep, I couldn't eat, and I was so scared of the anxiety itself. The more I pushed it away, the stronger it pounced on me with a spring coil effect. I quit taking care of myself. I didn't feel worthy – in my mind, taking care of myself meant taking time away from the baby. We couldn't afford household help. Going nights without sleep, I had my first manic episode. I was so scared that the doctors would take away my baby that I couldn't be open with them and flushed my pills.

My health visitor referred to Turning Corners, I was explained the treatment process so well and helped me understand how social services can help and are not out to get me. My advocate also helped us get Baby formula vouchers cause i couldn't breastfeed with my meds. I liked being included in the monitoring process. It gave me encouragement a space to say what i think The Outcome Star validated my progress in areas that are often hard to articulate, boosting my confidence and my psychologist was able to record my progress using BPRS and GAD-7. This was meaningful to me as I could share my progress with my husband to give him confidence that our family will be ok and on bad days, I could focus on overall improvement and not get stuck.”

”



Report of the Trustees

Risk Assessment

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity. The trustees are satisfied that sufficient controls are in place to mitigate the exposure to these risks.

Public Benefit

Public Benefit In planning activities for the year, the trustees took due heed of the Charity Commission's guidance on the requirement to provide public benefit. The trustees have reviewed the access- to- services procedures with due regard to the Charity Commission's public benefit guidance and are satisfied that they meet the requirements.

Financial Review

The charity ended the year with a modest surplus of £1648. The funds as at 31 Dec 2023 totals £37,908 in unrestricted funds. The trustees are extremely pleased that this was achieved as it has been exceptionally difficult to rely on grant makers and foundations due to intense demand- due to the cost of living crisis. The ability to raise over £160k, is largely due to our generous funders and donors. As of this year, we have adopted the accruals accounting policy. This change has been applied retrospectively, as required, and the comparative figures for the prior period have been adjusted accordingly, to enhance comparability and consistency.

Going Concern

The trustees believe that the charity is able to continue as a going concern.

Reserves and Investment Policy

The Trustees aim to hold free reserves at a level of between 3 and 6 months of general running costs. This is to protect the charity in the event that income is lower than anticipated, and to act as a buffer to protect services, in the event of a time- limited grant ending before having secured funding from a new source. At 31st December 2023 the free reserves were £37,908 covering running costs for approximately 6 months, based on the current year's financial activity.

Statement of Trustees' responsibilities:

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the profit or loss of the charity for that period. In preparing those financial statements we:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2006.

Auditor

There is no audit requirement for the charity. An independent examiner's unqualified report will be prepared by Stamp It Ltd.

Signed on behalf of the board:



S Wider
20th April 2024

Independent Examiner's Unqualified Report to the Trustees of Turning Corners

Independent Examiner's Report to the Trustees of Turning Corners

I report on the accounts of the Charity for the year ended 31 December 2023, which are set out on pages 14-16.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2022 (the 2022 Act)) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under the 2022 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2022 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with the 2022 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2022 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

C.B. WEBERMAN

Stamp It Ltd
44 Fairholt Road
London N16 5HW
1st May 2024

Statement of Financial Activities for the Year Ended 31 December 2023

	Y/E 31.12.2023			Y/E 31.12.2022
	Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
1 INCOMING RESOURCES				
DONATIONS RECEIVED		15340	15340	14688
GRANTS RECEIVED	85797	60250	146047	148827
TOTAL INCOMING RESOURCES	85797	75590	161387	163515
3 RESOURCES EXPENDED	(85797)	(73942)	(159739)	(158413)
2 NET INCOMING RESOURCES	0	1648	1648	5102
FUNDS BROUGHT FORWARD			36260	31158
TOTAL FUNDS CARRIED FORWARD			37908	36260

Balance Sheet for the Year Ended 31 December 2023

	y/e 31.12.2023		y/e 31.12.2022	
	£	£ Total	£	£ Total
FIXED ASSETS				0
CURRENT ASSETS				
PREPAYMENTS	10375			
CASH IN HAND & BANK	27533	37908	39317	39317
CURRENT LIABILITIES				
ACCRUED EXPENDITURE			3057	
NET CURRENT ASSETS		37908		36260
TOTAL ASSETS LESS CURRENT LIABILITIES		37908		36260
FUND ACCOUNT		37908		36260

Signed on behalf of the board:

S. Wider

S Wider
20th April 2024

Notes to the Financial Statements for the Year Ending 31 December 2023

ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in Jan 2015.

Charity status

The charity is an unincorporated association. The members of the charity are the trustees named on page 17.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Going Concern

The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts.

1 Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

2 Net Incoming Resources

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.

3 Resources expended

All expenditure is accounted for on an accrual basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Resources Expended by Activity Type:

Charitable Activity Expenditure

Counselling space refurbishment	£2,668.81
Essentials	£4,073.82
Food	£43,801.13
Group therapy	£7,890.00
Therapy	£67,453.94
Supervision	£6,140.00
Training	£795.00
individual grant	£160.00
Helpline	£1,248.19
Projects	£5,748.90
Workshops	£4,929.34
Respite	£1,700.00
Travel	£4,665.50
Venue hire	£450.00
Total	£151,724.63

Admin and support expenditure

Professional fees	£1,606.00
Advertising	£228.00
Misc	£359.03
Gifts	£120.75
insurance	£371.06
IT	£580.29
Premises running costs	£4,750.00
Total	£8,015.13



Trustees

Shimon Wider
Mayer Schrieber
Shie Horowitz
Isaac Hochberg

Registered Address

32 Theydon Road
London E5 9NA

Registered Charity Number

1187417

Independent Examiner

C Weberman
Stamp It Ltd
44 Fairholt Road
London N16 5HW

TURNING CORNERS

England & Wales - Charity number 1187417

Accounts



Turning Corners



BREAKTHROUGH

ANNUAL REPORT AND ACCOUNTS 2022

I am trapped within the ceaseless rotation of my own thoughts, like a train hurtling in circles. While life continues to unfold around me, with scenes gliding past, people embarking on work, family outings, shopping, studying, and socializing, I remain stuck. Despite being on an express train, I feel as though I am going nowhere. My dreams are immense, but they are often dismissed as manic by others. I am aware of the potential within me to achieve remarkable things, yet strange glances, skepticism, and even mockery from people cast doubt upon my abilities. The weight of rejection and judgment sears through me, pushing me into a deep low where I question the point of trying at all.

However, when my support worker explained that being bipolar does not mean that I'm crazy and should be institutionalized. It means I possess genuine strengths and ideas, and that medication is not meant to suppress me or turn me into a robot but rather to equip me with the tools to access my strengths at a pace aligned with others, I felt a glimmer of hope. This breakthrough has opened my eyes to the possibility of embracing treatment and committing to it.



FROM BREAKING POINT TO
BREAKTHROUGH

CHAIR STATEMENT

I am thrilled to have been appointed as the chair of trustees at such an exciting time of growth and transformation for our organisation and the community's mental health awareness. It's a privilege to be part of this journey.

In this report, we will delve into the transformative journey our organisation has undertaken, both for our clients who have shown incredible bravery and resilience and for the advancement of our organization's capabilities.

Genuine success requires going through a tough endurance test - the breaking point - to get past barriers and ultimately make it through. By understanding our own strengths and building on them and connecting to peer support, we can make strides toward overcoming any obstacles that stand in our way. Breaking patterns of unhealthy habits and inter-generational negative relationship patterns, addiction habits, mental illness, and poverty is painful; but when we reach our goal of breaking through, we will have achieved something truly remarkable.

We are so proud of our brave and resilient participants who have made personal breakthroughs in their mental health. Whether it was taking ownership of an issue and getting help, seeing a psychiatrist to take mental health medications, or seeing a psychiatrist to wean off medications. Overcoming personal pride to get the baby formula from a baby bank, struggling to get out of bed while fighting depression, asking for help, reprogramming limiting beliefs, practicing self-care, offering help, connecting to others, controlling outbursts, and regulating emotions, a moment for self-compassion, sharing pain, listening, learning.

To us, breakthrough also means having the power and audacity to break the silence surrounding stigma and mental health. We have launched a pilot program called "Reading Between the Lines" This opens a discussion about mental health and takes the `bogeyman` out of mental illness, and the scariness out of talking emotions.

I am incredibly moved by the courage and strength of people who have embraced change and openly shared their experiences through our Take the Mic events, panel discussions, and peer support groups. And I am inspired and grateful to everyone for continuing to be part of Breakthrough's stories which inspire others. You'll get a glimpse of some of those stories in these pages.

We are also really excited to share that we have rebranded, to connect better to young people, but our missions remain strong.

A close-up photograph of a person's hands holding a circular, light blue coin with a simple black smiley face drawn on it. The background is a soft, out-of-focus light blue.A handwritten signature in orange ink, appearing to read 'M. Schreiber'.

M. Schreiber
Chair

MESSAGE FROM TREASURER

It will come as no surprise that the cost of living crisis has been harsh on us; we are grateful to our kind donors and funders who provided uplift, training, and support. Special mention must be given to David Dutton Trust and Hackney Council Household Support Funding for continuous funding. Multi-Year grants give us sustainability and opportunities to invest in our monitoring and improve our programs. The Lloyd Bank Foundation's uplift and Enhance program enabled us to take a deeper dive into reorganizing and improving our capacity.

In-kind Direct has been an invaluable asset, enabling us to provide economical household products, hygiene materials, and baby paraphernalia for our Baby Bank and Norish Nest Essentials initiatives.

All other grant funders, Your belief in our vision and willingness to invest in our work fills us with tremendous hope and motivation.

TK Maxx Foundation, Hospital Saturday Fund, The Clothworkers Foundation, Albert Hunt Trust, The Forrester's Family Trust, The Chapman Trust, The National Lottery Fund, Percy Bilton Trust, Souters Charitable Trust, Arnold Clark Foundation, QBE Foundation, Shores Trust, Cabwi Awarding Body, Tottenham Grammar School Foundation, Arbib Lucus Charity and JTS, Lloyds Bank Foundation, Jewish Child's Day.

We will continue with our "Heart Behind the Hurt" Strategy 2022-2024. Mental health issues are often symptoms of raw, complicated hurt and trauma, so we need to start looking beyond the behaviours and labels and see people for who they truly are.

Through our services, we supported over 120 families and 40 adults who were not connected well to statutory or other service or support. Our services included crisis counselling, psychotherapy, clinical management, peer support, respite trips, emergency food aid, baby bank, etc.

All of us here at Turning Corners are so grateful for our caring and loyal community of supporters. We think of you, our compassionate donors, when a child or person in our care experiences success - whether it's learning a new coping strategy to manage emotions, reaching out to finally speak with someone, or learning how to live independently. Your impact is beyond words for many.

A hand is shown touching the top of a blue circular emoji with a smiling face. To the left of this emoji are two other circular emojis: a red one with a sad face and a yellow one with a neutral face. The background is a soft-focus light blue.

S. Wider

S. Wider

OUR MISSION

Our goal is to empower individuals to achieve optimal mental health and lead vibrant lives. Through advocacy, handholding, and community engagement, we strive to reduce stigma, increase awareness, and provide inclusive, person-centered services that empower individuals to be the best versions of themselves.

OUR BELIEFS

Equality and Inclusion

Mental illness does not discriminate and neither do we. Our dedication to mental health embraces the understanding that it can impact anyone, regardless of their background, gender, age, or social status. We are committed to fostering inclusivity, not in checklist format, we actively provide support, and advocate for the mental well-being of all individuals.

Forgiving and accepting

Lets find the heart behind the hurt- Behind every act of apparent badness, cruelty, or meanness, lies pain speaking its language.

Empowering:

You didn't choose it, but you can change it.

Validating:

Feelings are real, they matter, and you can't stop them even if they hurt.

AIMS:

Giving mini breaks and peer support to young carers who live with parental mental illness.

We want to provide a safe holding place for people in between mental health treatment sessions and whilst they are on wait lists for treatment.

Support young people and individuals by providing protective factors, equipping them with the necessary tools to recover from mental illness or adverse childhood circumstances.

Improve support for very young mothers with PND or risk factors for mental illness.

OUR PROJECTS

Our approach is not limited to a predefined menu of projects but rather focuses on providing wrap-around support tailored to each individual's needs.

Our beneficiaries though love the dimension that projects add to the support and most significantly, the peer support, which infuses life and vibrancy into their journey, much like how colours and animations enhance a piece of content.



Breathing Spaces:

Hearing the soothing sound of waves, smelling the fresh scent of salt in the air, and feeling sand between your toes can be an instant stress-buster. The serenity of the natural environment can help you to reset your mindset and feel a sense of tranquillity. Taking a reprieve from stressors and triggers further puts us in a recovery framework. Mindfulness workshops, yoga, and fulfilling yet strenuous outdoor sports further complement the reduction of stress and release of feel-good hormones.

We facilitate nature day trips called “Breathing Space Days” for adults and children, and “Sea`ing the Blue; Heals the blue” overnight retreats specifically for young people and younger adults with depression.



The Heart behind the Hurt:

We want everyone to feel loved, cared for, and respected. People who appear to have socially unacceptable or dangerous habits are often just in need of understanding. Behind their behaviors, there is a distressed individual calling for compassion and assistance.

This initiative provides both immediate help in cases of crisis, as well as preventive measures. We offer wrap-around support for families affected by severe mental illness and dysfunction, including awareness, counselling, case management, skills development, and peer support.

We target the underlying hurt—the open, infected wound that keeps causing inflammation and pain—in order to address the root hurt and stop the family’s cycle of crises.



Reading between the lines:

Challenges the idea that we have to feel `ok or great` all the time. It`s an early-stage suicide and self-harm prevention and support framework for young people coping with volatile emotions and mental health and disseminates awareness to stakeholders. It encourages parents, carers, teachers, and friends to REALLY listen and hear even what isn`t said and gives a voice to the silent sufferers.



Nourish Nest & Baby bank:

Through our pop-up `shops` and parcel deliveries, we have delivered over 600 tins of baby formula to financially deprived mothers.

Mothers who are breastfeeding often have reservations about taking medications prescribed by their psychiatrists as they may be incompatible with nursing and formula is costly to purchase. Proper treatment makes them even better mothers and our formula delivery directly enables these mothers to focus on their mental health recovery.

The cost of living crises has exacerbated our user`s mental health challenges, and this formula service, alongside, food parcels and hygiene basics hampers continue to bring immense relief. However, this short-term support is supplemented by Mind your Own Business Scheme.

CASE STUDY


Cham was a young adult who was unable to stick to a job or hold onto a relationship. He was exhibiting risk signs of addiction when he was referred to Turning Corners.

Through candid emotional work in therapy, he understood the role of the addiction in his poor attachment and relationship issues. Keeping his parent's addiction secret throughout his childhood grazed holes in his heart. He formed a young committee called Young Against Shame and Blame Board and are working hard to support other young people and spread awareness of how parental addiction hurts the little people who never touched a drug or drink the most.


Successful and healthy people have risked their marriages, livelihoods, relationships, and everything that matters because of a substance has taken over their lives. We are especially concerned about children of addicts as the young people we support have raised this as a pressing and pertinent concern. We want young people going through this to know that they are not alone, they don't have to feel isolated or submit to the stigma that is associated with addiction. We want people to learn to reframe their understanding of what it means to suffer from addiction and to recognize that addiction is a family disease. We want to educate children and parents about substance use and addiction. Children of addicts are much more likely to become addicts themselves, so, it's critical that our kids be fortified from a young age with information and tools to understand the risks and resist social pressure to drink, smoke, or use drugs. We will emphasize that when parents model the behavior they'd like to see, they are sending valuable unspoken messages and giving our kids the strength to build healthy stress relief and social habits.



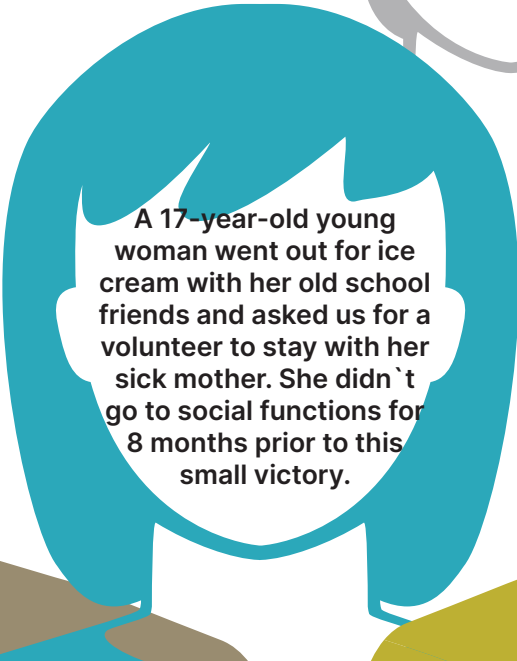
BREAKTHROUGHS



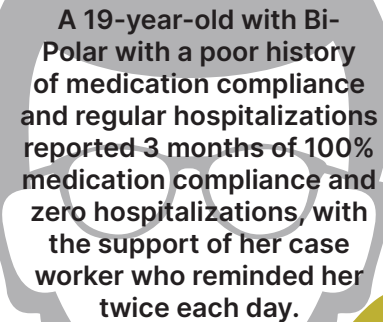
A 20-year-old new mother suffering from Post Natal Depression, started sharing about her emotional struggles and not keeping everything bottled inside. "I will not allow guilt and shame to reside in my heart -rent-free."



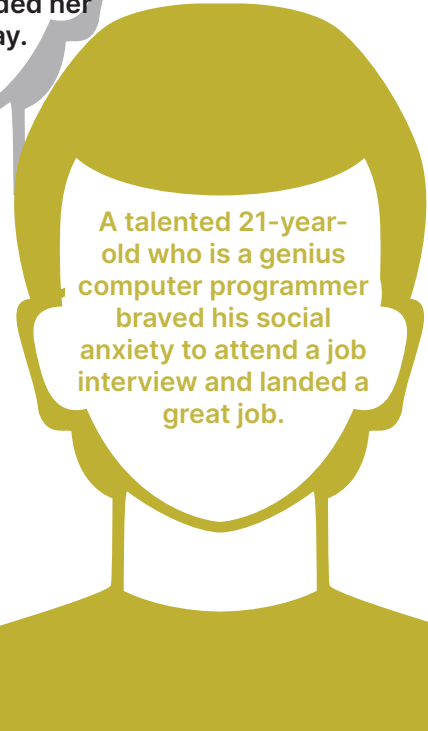
A 14-year-old got his entire family to join him for family therapy sessions and great shifts in the family dynamics are happening including with the parent with borderline personality disorder



A 17-year-old young woman went out for ice cream with her old school friends and asked us for a volunteer to stay with her sick mother. She didn't go to social functions for 8 months prior to this small victory.



A 19-year-old with Bi-Polar with a poor history of medication compliance and regular hospitalizations reported 3 months of 100% medication compliance and zero hospitalizations, with the support of her case worker who reminded her twice each day.



A talented 21-year-old who is a genius computer programmer braved his social anxiety to attend a job interview and landed a great job.

QUANTITATIVE BREAKTHROUGHS



£37140.00

WORTH OF CRISIS
FOOD PARCELS AND
BABY FORMULA WAS
DISTRIBUTED.

£7000.00

WORTH OF EMERGENCY
ESSENTIALS FOR USERS
IN CRISES.

49 users

HAD WEEKLY FREE
COUNSELLING

29

PEER SUPPORT
GROUPS ATTENDED BY
35 USERS.

1065

FREE THERAPY
SESSIONS WERE
DELIVERED.

15

TRAINING & SUPERVISION
SESSIONS FOR OUR
VOLUNTEERS AND
MENTORS.

10

EMERGENCY
PSYCHIATRIC
APPOINTMENTS.

47

TEENAGERS WITH
EMOTIONAL/ MENTAL
HEALTH CHALLENGES
ENJOYED A 3-DAY
RESPIRE, EMPOWERING
THEM TO STAY RESILIENT.



QUANTITATIVE BREAKTHROUGHS



40%

Of survey participants shared that our work helped address dysfunctional relationships and codependency.



65%

Shared that our work was instrumental in providing strength and coping tools for family members.



90%

Shared that our work helped improve mental health and mood regulation.



95%

Shared that our work helped them improve communication.



95%

Conveyed that this was a significant change that mattered to them-improving family dynamics and relationships.



45%

Shared that our work supported users to develop healthy boundaries.

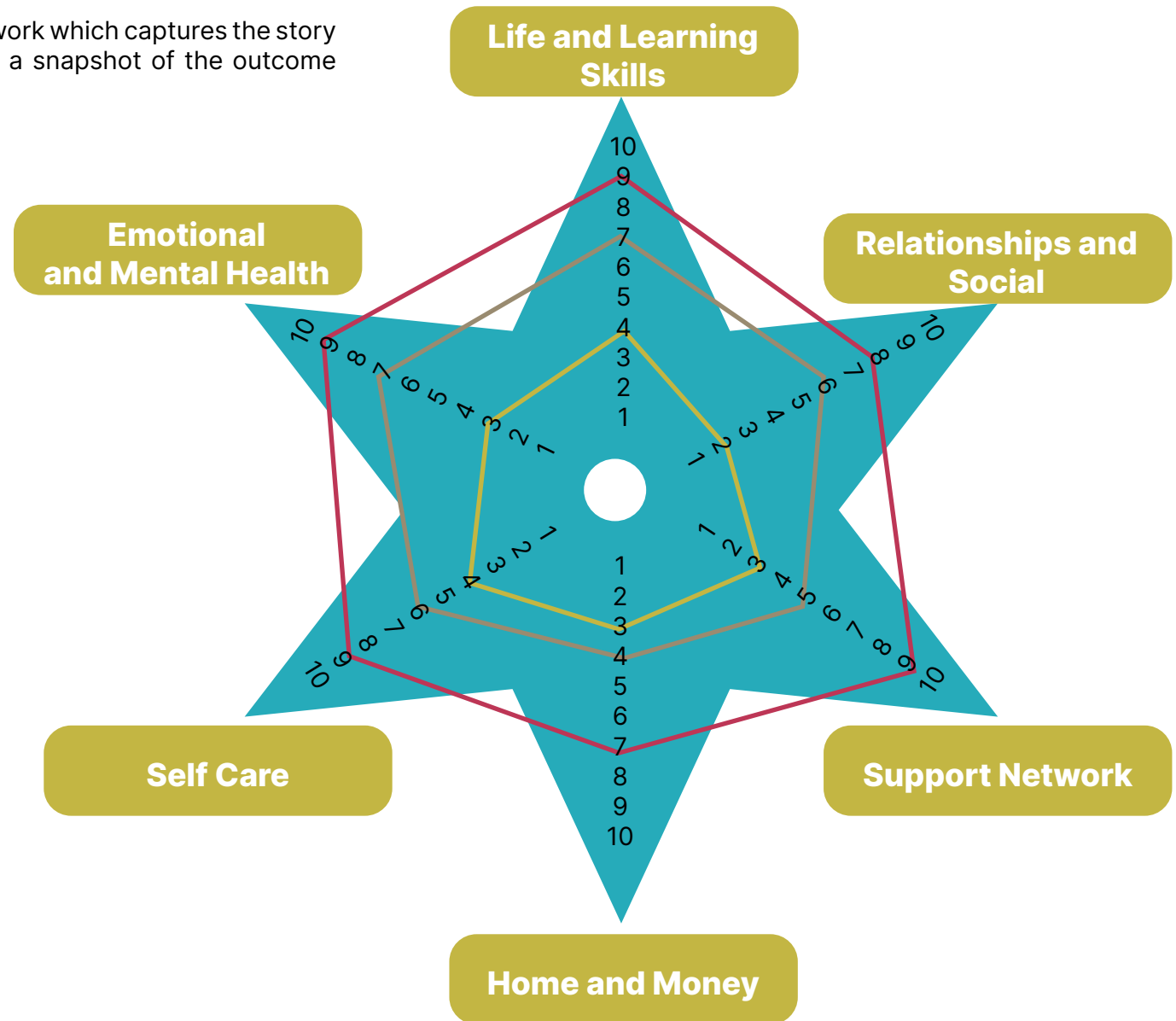


100%

Shared that Turning Corners' safe space, is free from judgment, stigma, and triggers.

MONITORING

We implement the Outcome Star Framework which captures the story of change for each beneficiary. This is a snapshot of the outcome star from, Adelle, our user embassdor.



DECEMBER 2020 ————
 DECEMBER 2021 ————
 DECEMBER 2022 ————

TURNING CORNERS REPORT OF THE DIRECTORS For the Year Ended 31 December 2022

RESERVE POLICY

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately three months unrestricted expenditure. This provides sufficient funds to cover management, administration.

RISK ASSESSMENT

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate their exposure to major risks.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the profit or loss of the charity for that period. In preparing those financial statements we:


- Select suitable accounting policies and then apply them consistently;
 - Make judgements and estimates that are reasonable and prudent;
 - Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities.
- The trustees are responsible for keeping proper accounting records

which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2006.

AUDITOR

There is no audit requirement for the charity. An independent examiner's unqualified report will be prepared by De Claron Ltd.

ON BEHALF OF THE BOARD SIGNED:



Shimon Wider

INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF TURNING CORNERS

Independent Examiner's Report to the Trustees of Turning Corners

I report on the accounts of the Charity for the year ended 31 December 2022, which are set out on pages 5 to 7.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2022 (the 2022 Act)) and that an independent examination is needed.

It is my responsibility to

- Examine the accounts (under the 2022 Act);
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2022 Act); and
- To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the

evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention: (1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with the 2022 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2022 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB:
6 January 2023

TURNING CORNERS

STATEMENT OF FINANCIAL ACTIVITIES

For the Year Ended 31 December 2022

y/e 31.12.2022

y/e 31.01.2021

		Restricted Funds £	Unrestricted Funds £	Restricted Funds £	Unrestricted Funds £
INCOMING RESOURCES	3				
DONATIONS RECEIVED		3,000.00		18,566.27	
			11,687.99		11,999.75
GRANTS RECEIVED		84,511.00		37,149.00	
			64,316.00		42,520.00
		87,511.00	76,003.99	55,715.27	54,519.75
TOTAL INCOMING RESOURCES			163,514.99		110,235.02
RESOURCES EXPENDED					
CHARITABLE PROGRAMS	4				
Emergency psychiatrist appointments		1,190.00		1,765.00	
Supervision of volunteers & mentors		5,300.00		2,465.00	
Project manger/ coordination		2,525.00		664	
Mentors training & Support		2,155.00		18,55.00	
Counselling space upgrade		4,323.32		1,073.99	
Psycho workshops		310.00		10,470.00	
Psychotherapists & Clinical lead fees		70,920.00		24,620.00	
Support Groups		15,085.00		4,670.00	
Crises Food Parcels		37,138.69		3,226.00	
Emergency essentials for users		6,984.26		1,121.73	
Event / venue Hire		5,289.95		11,694.50	
Transport vouchers for appointments		875.20		-	
Helpline		326.81		-	
Individual crises grants		1,400.00		2,465.00	
		153,823.23		80,320.22	

TURNING CORNERS

STATEMENT OF FINANCIAL ACTIVITIES

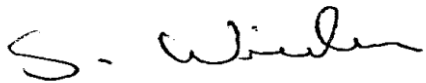
For the Year Ended 31 December 2022

	Restricted Funds £	Unrestricted Fund £	Restricted Funds £	Unrestricted Funds£
ADMINISTRATIVE EXPENSES				
IT Costs		2,878.92		1,587.80
Professional / accounting fees		1,102.00		222.00
Insurance		371.06		335.14
Supplies		-		42.81
Bank Charges		12.50		0
	-	4,364.48		2,187.75
NET INCOMING RESOURCES	(50,818.91)	56,146.19	9,459.56	18,267.49
TOTAL INCOMING RESOURCES		5,327.28		27,727.05
FUNDS BROUGHT FORWARD		31,157.56		3,430.51
TOTAL FUNDS CARRIED FORWARD		36,484.84		31,157.56

TURNING CORNERS BALANCE SHEET For the Year Ended 31 December 2022

	y/e 31.12.2022	y/e 31.12.2021
FIXED ASSETS		
CURRENT ASSETS		
Loan Debtors	-	-
Cash in hand & Bank	39,316.84	34,169.56
	39,316.84	34,169.56
CURRENT LIABILITIES		
Short term Creditors	3,012.00	3,012.00
NET CURRENT ASSETS	36,304.84	31,157.56
TOTAL ASSETS LESS CURRENT LIABILITIES	36,304.84	31,157.56
FUND ACCOUNT	36,304.84	31,157.56

ON BEHALF OF THE BOARD SIGNED:



Shimon Wider

17.January.2023

TURNING CORNERS

Notes to the Financial Statements

For the Year Ended 31 December 2022

1.ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in Jan 2015..

Charity status

The charity is an unincorporated association. The members of the charity are the trustees named on page 1.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

Resources expended

All expenditure is accounted for on a cash basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Going Concern

The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts.

2.NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.

TURNING CORNERS

Notes to the Financial Statements

For the Year Ended 31 December 2022

3. INCOME FROM DONATIONS AND LEGACIES

2022 Restricted Funds £	2022 Unrestricted Fund £	2022 Total £	2021 Total £
87,511	76,004	163,515	110,235

4. CHARITABLE PROGRAM

2022

Restricted	£
Psycho workshops	310
Psychotherapists & Clinical lead fees	70,920
Emergency psychiatrist appointments	1,190
Mentors training & Support	2,155
Supervision of volunteers & mentors	5,300
Project manager & co-ordinator	2,525
Counselling upgrade	4,323
Support Groups & Youth Activities	15,085
Crises Food Parcels	37,139
Emergency essentials for users	6,984
Event / venue Hire	5,290
Transport vouchers for appointments	875
Helpline	327
individual crises grants	1,400
	153,823

5. CREDITORS: AMOUNT FALLING DUE WITHIN ONE YEAR

	31.December.2022 £	31.December.2021 £
Trade Creditors	-	3,012
Loan Creditors	-	-
	-	3,012

CHARITY INFORMATION

TRUSTEES:

Shie Horowitz
Isaac Hochberg
Shimon Wider
Mayer Schrieber

REGISTERED OFFICE:

32 Theydon Road
London
E5 9NA

REGISTERED CHARITY NUMBER:

1187417

INDEPENDENT EXAMINER:

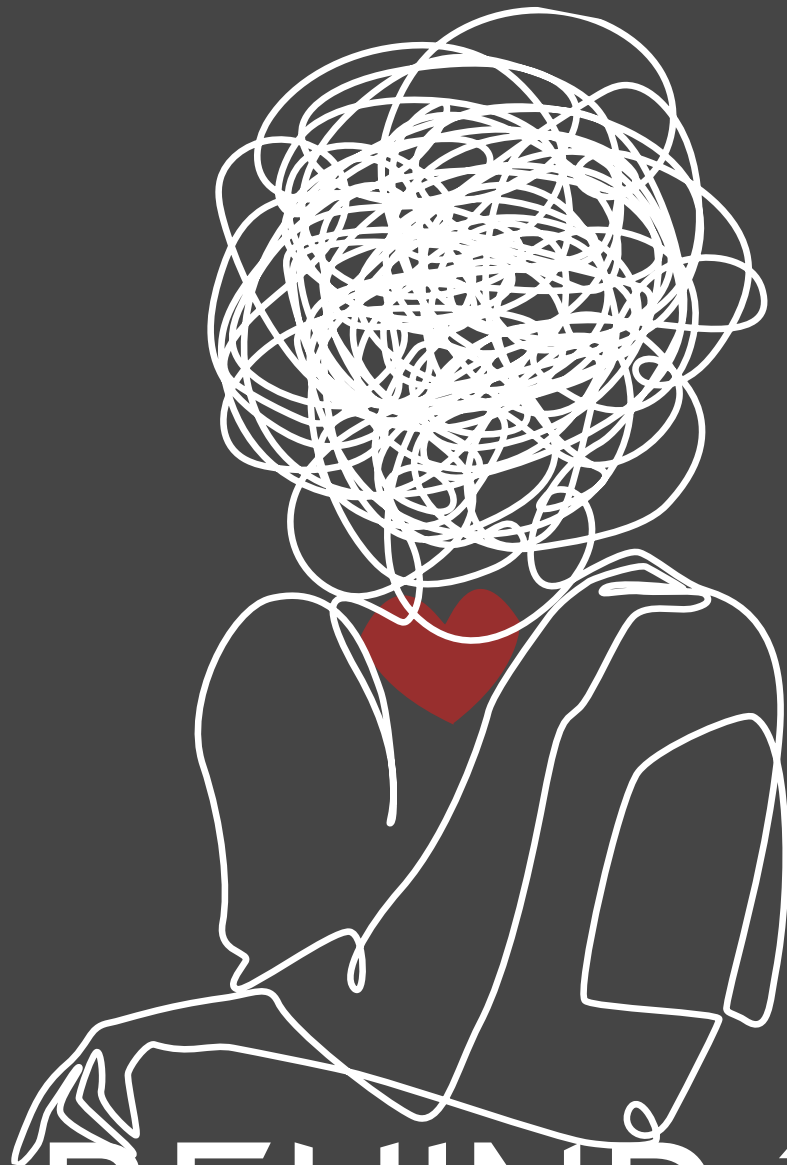
De Claron Ltd
Unit A
3 The Vale
London
NW11 8SB

mail@turningcorners.charity
www.turningcorners.charity

TURNING CORNERS

England & Wales - Charity number 1187417

Accounts



FINDING THE HEART BEHIND THE HEART

BEHIND THE



CHAIR STATEMENT

THIS IS A TIME TO CELEBRATE.

I will not mention covid-19. let`s not delve on its huge toll on mental health. However, let`s talk about its pay offs. How it helped us be there for each other. Covid-19 is no match for good mental health. We are stronger. We are resilient. I am so proud of our community of beneficiaries, volunteers, staff, clinical team, donors and patrons. Together we proved to be stronger.

Covid-19 helped to put Turning Corners on the map. People became more open to accepting mental health support and to support and fund mental health services. Despite the complex financial climate, donors really valued the significant of our mental health services and came forward with more grants and funding then anticipated. Our income leaped exponentially. We were able to improve our compacity, open a physical office, expand our project and accept new referrals. At Turning Corners our theme is finding the Heart behind the Hurt. We are not defined by our mental illness. Categorisation is also another issue. While a person with `crazy` behaviour may have mental illness; not all mental illness is alike, and mental illness does NOT define us as crazy. Crazy in itself doesn`t exist. It is a symptom of raw and complicated hurt and pain. We need to start looking past the behaviours and the labels and seeing people for who they are.

LET'S UNWRAP THE LAYERS OF PAIN AND FIND THE HEART BEHIND THE HURT.

We are pioneers in this approach and have bought serenity and hope to over 60 families this year, we delivered support groups, workshops, events, 1-1 care which help address the hurt so that it could heal.

Together, we made an impact!

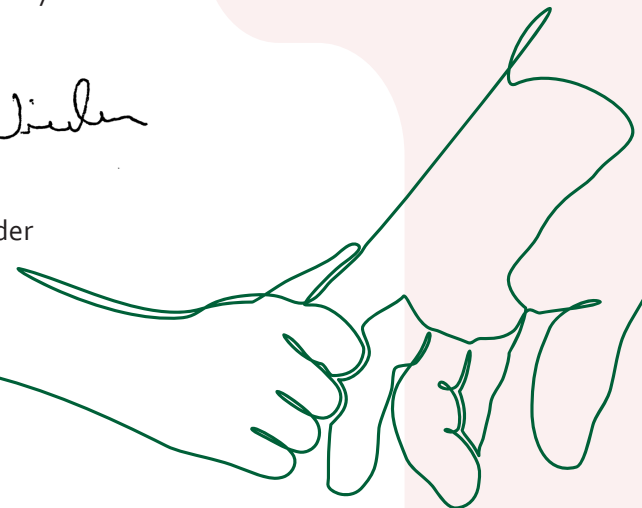
We Thank all our dear donors:

TNL, Tesco bags of help, LCRF, Jewish Child's Day, Co-op Local Community Fund, Tottenham Grammar School Foundation, Blakemore Foundation, Woodward Trust, WO Street Charitable Trust through Zedra Trust, Hackney Parochial Charity, Childwick Trust, City Bridge through LCRF, Carmela Pignatelli Foundation, Arbib Lucas Charity, Abvie UK, JTS, Shoresch Charitable Trust, Comic Relief through Ground work, London Catalyst, Garfield Weston Foundation, Mrs Smith & Mount Trust, Anton Jurgens Charitable Trust, Hackney Giving, E H Smiths charitable Trust, Leeds Building Society, Arnold Clark Community fund, Chessire Community through Assura, Volant Trust, Cherry Family Foundation, David Dutton Foundation, Hackney HHSF for being our funding pioneers there is so much need out there and so many worthy projects but You chose to trust a new charity and believe in the powerful work we do. Good investment. Read on to learn what a difference you enabled.

All of us here at Turning Corners are so grateful for our caring and loyal community of supporters. We think of you, our compassionate donors, when a young person in our care experiences success - whether it's learning a new coping strategy to manage emotions, reaching out to finally speak with someone, or learning how to live independently. Your generosity gives hope to the children, youth and families who are experiencing some of the darkest moments in their lives. Thank you for showing you care. Your impact is beyond words for many.

Thank you!

Trustee
Shimon Wider



“ AMBASSADORS VOICE: ”

I want to share with you my experience with OCD and Turning Corners.

I am a young 21-year-old mother of two delightful and impossible kids. After the birth of my Leyla which coincided with the onset of coronavirus, my mind went on overdrive. I was hormonally fragile; I gave birth alone and had no family to help. My spouse was depressed having lost his job at a restaurant due to the crises and I don't want to think about what it was like for my big son, who by the way was still in pampers and not walking. I became panicked of germs and I gave up nursing because of my obsessions with germs and fear of the virus. I had bad thoughts which made me feel guilty and still and the obsessions more repetitive and crippling. I scrubbed my hands until they were raw and bleeding. And I was thinking horrible intrusive thoughts about harming myself. I knew I needed emergency care; but couldn't think about going to hospital with all its germs or leaving my kids with the germs I referred to Turning Corners. It was 10:00 pm and they managed to get me an emergency appointment with a psychiatrist fully funded.

The doc was so patient and amazing. He didn't voice the accusation that so many people did. Some people voiced it; some people thought it silently. Why can't you just snap out of it. The doctor clarified that it's not my fault-I'll explain it to you:

I forbid you to think about a BLUE HORSE. Did you just think about a blue horse.

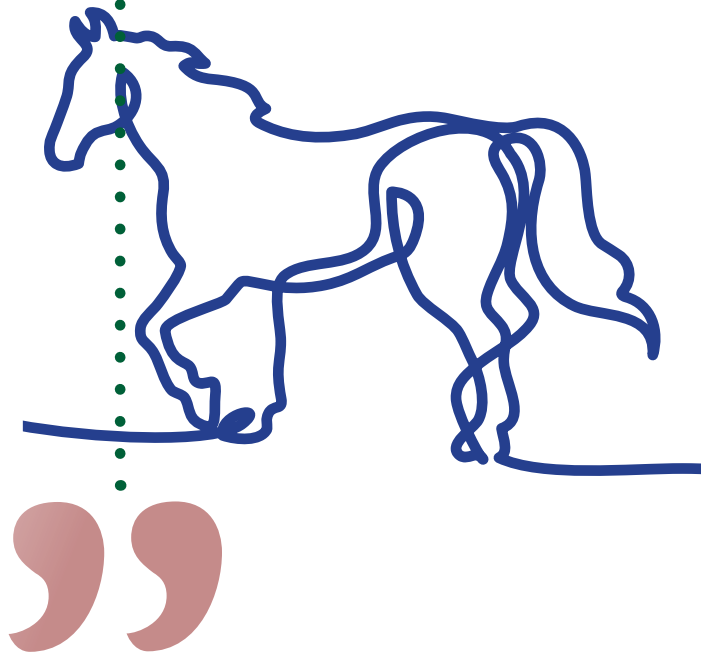
We can't stop ourselves from thinking intrusive thoughts. I was accompanied by my new case advocate and a treatment plan and risk plan was put in place. After I reached a level of recovery, I was connected virtually to other teenage mothers experiencing similar challenges. It was so validating. Like a warm winter coat on a biting cold day. While the virus remains a concern and we still need to avoid germs and cross contamination and my OCD is not gone, I'm learning to manage it and accept myself and be a great mum. I want to bring this relief to other young mums with mental illness and that is why I became chair of steering committee.

People living with mental health problems face some of the most challenging inequalities in our society and we need to ensure anyone who needs help can get effective, compassionate, person-centred support.

I want to thank all Turning Corners donors for their support in helping me heal and thereby being able to help others too.

Kind regards

Pelly R.



USER VOICE

I know that Turning Corners is needed from my personal experience and from what I hear from my peers in my support groups organised by Turning Corners. I am 24, I have 2 kids and My spouse suffers from Bi Polar, combined with complex addictions and suspected-undiagnosed ASD. I thought life could not get harder even before Covid-19, the stress was so thick, it literally choked me, and I developed panic attacks and crushing anxiety. I was caring for 2 little ones and a big person that needed 24/7 care. He was resistant to treatment and situation got from bad to worse until I was connected with Turning Corners. Turning Corners approach was so innovative and so refreshing- and saw us as people with problems and not a problem family. There is more to share, but significantly, Turning Corners got me in touch with other struggling spouses, and with patients themselves, and they initiated a support group for other carers under the age of 25. People in my BAME community still shy away from mental illness and hide all evidence as if it doesn't exist; however, Turning Corners has rapidly earned the trust of people who have difficulty trusting-people with complex mental health issues.

Alte Goodman.

MISSIONS VISIONS & AIMS

We look
PAST THE
labels
& see
PEOPLE
for who
they are.

**LET'S UNWRAP THE LAYERS OF PAIN
AND FIND THE HEART BEHIND THE
HURT.**

We won't rest until our users get the proper care and support so that they can thrive beyond their mental illness.

Everyone
can
achieve
emotional
wellbeing
with
dignity



PROJECTS

Face It:

How far can you drive on an empty tank?

Mental illness saps our strengths. So much energy gets rechannelled in fighting intrusive thoughts and pushing one self to function. Or if we are caring for a loved one, we may invest huge energies in hiding the symptoms, covering up for them and ongoing caring responsibilities. Our workshops have been carefully curated by people with lived in experience of mental health and mental health professionals. The workshops include:

- Self Care and Resilience
- Mental Health First Aid
- Crush the co-dependence.
- Accepting ourselves and popping the pill
- Finish using food as a comfort or control.

Take the mike; to spike the stigma:

Gives teens a platform to share their voices and raise awareness around mental health. Our goal is to empower students to educate one another, and their communities, and to create a culture of peer support within their schools. Together, we'll fight the stigma around mental illness.

Heart behind the Hurt:

The Heart Behind the Hurt is a trauma informed support initiative, advocating for people with complex mental health and relationship challenges including Bi-polar, Schizophrenia, Borderline personality disorder serious addictions, psychosis, complex depression that is resistant to normal treatment, complex eating disorders etc. Service includes case management, reminder system for medication compliance, peer support and advocacy.



Caring 4 Young Carers:

What happens when the laws of nature reverses. When a parent undergoes an acute mental health crisis and it's the child that must look after the parent. The responsibility, shame, pressures and stress, steals the childhood out of the children. It dims the sparkle in their eyes and fills their hearts with shame and worry. We are here to share the burden, by offering support for the family, peer support for the young carers and a chance at respite. We offer weekly get-to-gathers, mentoring and quarterly trips for young carers.



Peers Versus Fears:

The conventional treatment for Mental Illness—medication and therapy—can be profoundly helpful. But it's missing a vital component: community and connection. Mental Illness isolates, and convinces the person suffering that s/he's alone in his struggle.

Peers Versus Fears support groups help to break down this illusion of aloneness. In an informal setting that feels more like a hangout than therapy, users receive support from people who truly understand what they're going through. Not because they have a master's degree in social work or PhD in psychology but because they've experienced Mental Illness first hand. They've endured the sleepless nights and waking-nightmare days. They've been there.

Many users start attending a group unsure if they're even suffering from depression—they only know that they feel terrible. Through hearing others' stories and sharing their own, new group members learn to identify their feelings. They hear what's helped the other users feel better and move forward. For users who have overcome depression, group offers a chance to support users who are still struggling, and to solidify their own recovery.

Groups are always free—Our generous donors and community partners make this possible.

Support group offers:

1. Peer support and friendship
2. Reassurance that they don't have to battle their depression alone
3. Continuity—groups run consistently
4. Our support groups give users a chance to speak openly about their challenges and provide the community they need to make a long-term recovery.



Family First:

Our Family First Program works to improve the safety, functioning, parenting capacity and child development knowledge of families dealing with mental health concerns. With COVID-19, many families are experiencing heightened stress - this can be especially difficult for families already living with mental health challenges.

Achievements: You made it possible ...

To provide 250 monthly food hampers to struggling families who attend our programme.



Along with the support of Hackney Council your donations have helped these families! Staff have been providing healthy food hampers to families in need – relieving stress and building community belonging.

To answer over 4000 texts, calls and chats from people in need of crisis counselling.



Our Help line team provides 24/7 support for those seeking immediate crisis counselling. Now more critical than ever, their services are available by phone, text, Live Chat and email.

To provide over 300 walk in mental health counselling sessions



Turning Corners offers single-session counselling at no-cost to the client with no appointment necessary.

To provide intensive whole family treatment for 49 families struggling with mental health challenges.



Our Whole Family Treatment Program works to improve the safety, functioning, parenting capacity and child development knowledge of families dealing with mental health concerns. With COVID-19, many families are experiencing heightened stress - this can be especially difficult for families already living with mental health challenges. Your support makes sure Turning Corners is here to help.

MONITORING



Impact and evaluation have been embedded in Turning Corners work. All our programmes evaluate wellbeing change from a participant and whole-group perspective. Every beneficiary who has ever taken part in one of our programmes has completed a questionnaire before and after their course to tell us how it affected them. These client questionnaires use validated items to ensure they are accurate and robust. We also work with parents and referral partners to get their perspectives on changes to the users we support and offer an intake assessment to every new user referred to ensure support will be holistic and targeted.

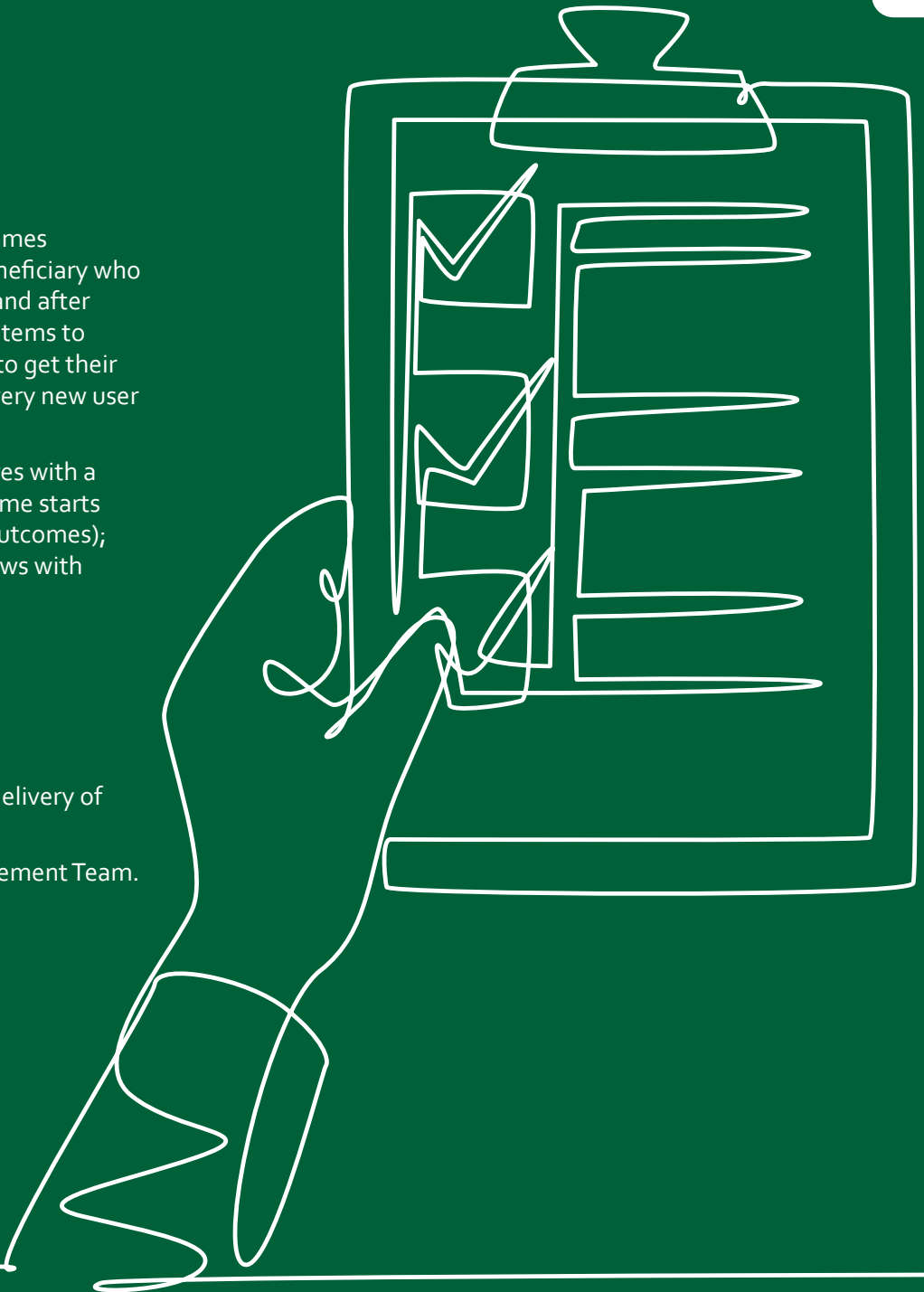
We measure the change to users' wellbeing over time using pre and post questionnaires with a combination of standard measures and validated questions. The main scale we Outcome starts frame work. Data is collected on outcomes from each users' perspective (subjective outcomes); parent and referrer perspectives (impacts); and results of surveys focus group interviews with parents, staff and volunteers.

GOVERNANCE



We are governed by a Board of Trustees who set the strategic direction, monitor the delivery of our objectives and uphold our values and good governance.

They also guide, advise and support the Chief Executive, who leads the Senior Management Team. They have executive responsibility for delivery of our vision and purpose.



Turning Corners Report of the Directors for the year ended 31 december 2021

The trustees present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees confirm that the annual report and the financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in Jan 2015.

RESERVE POLICY

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately three months unrestricted expenditure. This provides sufficient funds to cover management, administration.

RISK ASSESSMENT

The trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate their exposure to major risks.

STATEMENT OF TRUSTEES'

RESPONSIBILITIES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the profit or loss of the charity for that period. In preparing those financial statements we:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2006.

AUDITOR

There is no audit requirement for the charity. An independent examiner's unqualified report will be prepared by De Claron Ltd.

ON BEHALF OF THE BOARD SIGNED:



Independent Examiner's report to the members of turning corners

Independent Examiner's Report to the Trustees of Turning Corners
I report on the accounts of the Charity for the year ended 31 December 2021, which are set out on pages 5 to 7.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB:
17 January 2022

TURNING CORNERS

STATEMENT OF FINANCIAL ACTIVITIES

For the Year Ended 31
December 2021

	y/e 31.12.2021		y/e 31/12/20	
	Restricted Funds £	Unrestricted Funds £	Restricted Funds £	Unrestricted Funds £
INCOMING RESOURCES				
Donations	18,566.27		3,000.00	
grants received	37,149.00	1,583.00	12,000.00	3,400.00
Gift aid claims		52,936.75		
	55,715.27	54,519.75	15,000.00	3,400.00
TOTAL INCOMING RESOURCES		110,235.02		18,400.00
RESOURCES EXPENDED				
Charitable Programs	80320.22		14955.00	
Mental health workshops	10470.00		30000.00	
Psychotherapist	24620.00		6480.00	
Support Groups	4670.00		2500.00	
Food provision	3226.00			
Covid-19 crises support	1121.73			
Rent/Venue Hire	11694.50			
Psychiatrist cost	1765.00		375	
Clinical Supervision	2465.00		2200.00	
Project manager/ coordination	664.00		400	
Mental Health education and courses provision	18550.00			
Renovations	1073.99			
Administrative Expenses		2187.75		14.49
PPS		42.81		14.49
IT Support		1587.80		
Insurance		335.14		
Professional/Accounting fees		222.0		
NET INCOMING RESOURCES	9,459.56	18,267.49	3,020.00	410.51
TOTAL INCOMING RESOURCES		27,727.05		3,430.51
FUNDS BROUGHT FORWARD		3,430.51		n/a
TOTAL FUNDS CARRIED FORWARD		31,157.56		3,430.51

TURNING CORNERS BALANCE SHEET

For the Year Ended 31
December 2021

	y/e 31.12.2021		y/e 31.12.2020	
	£	£	£	£
FIXED ASSETS				
CURRENT ASSETS				
Loan Debtors				
Cash in hand and Bank	34,169.56		3,430.51	
		34,169.56		3,430.51
CURRENT LIABILITIES				
Short term Creditors	3,012.00		-	
NET CURRENT ASSETS				
		31,157.56		3,430.51
NET CURRENT ASSETS		31,157.56		3,430.51
TOTAL ASSETS LESS CURRENT LIABILITIES		31,157.56		3,430.51
FUND ACCOUNT		31,157.56		3,430.51

TURNING CORNERS

Notes to the Financial Statements For the Year Ended 31 December 2021

ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in Jan 2015.

Charity status

The charity is an unincorporated association. The members of the charity are the trustees named on page 1.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

Resources expended

All expenditure is accounted for on a cash basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Going Concern

The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts.

NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.

TRUSTEES:

Shie Horowitz
Isaac Hochberg
Shimon Wider

REGISTERED OFFICE:

60 Knightland Road
London
E5 9HS

REGISTERED CHARITY NUMBER:

1187417

INDEPENDENT EXAMINER:

De Claron Ltd
Unit A
3 The Vale
London
NW11 8SB



TURNING CORNERS

England & Wales - Charity number 1187417

Accounts

Turning Corners



Annual Report
2020-2021



Message From The Chair

This year has challenged our mental health in ways we could never have imagined. The pandemic catapulted us into a new realm and, as its health, social and economic consequences unfold, it will continue to challenge our collective wellbeing. As a new charity, we entered the scene just in time, the increase in referrals put us on the map, in three months our user capacity increased by 300%.


The team has been tested and has performed magnificently. Looking forward, the community will need us more than ever before. Our new 2021 Strategy will see us evolve again, continuing to innovate.

Turning Corners has helped bring conversations about Mental Illness out of the shadows and into the mainstream. Over the year, Turning Corners alongside volunteers, staff donors and allies, worked to reduce stigma and discrimination and deliver better outcomes for people with mental health challenges, their family members and young carers.

We are so proud of the Turning Corners community as you started to speak out with personal stories of hope, recovery and resilience, starting a national conversation that continues so openly today. We are so proud of every user, you pushed yourself and did intense inner work. Every time you battled your bed and got out despite your world feeling black and bleak. Every time you faced your fears, pruned a dying relationship and kept going, you inspired me and so many others.

We thank National Lottery, Rank Foundation, Youth Opportunity Fund, Worshipful Company of Innholders, Greggs, Tesco bags of Help, Shores Trust, Invesco carers foundation, Arbib Lucus, Lady Nevelle Charity, Merchant builders for being our funding pioneers. There is so much need out there and so many worthy projects.

But you chose to trust a new charity and believe in the powerful work we do. Good investment. Read on to learn what a difference you enabled.



Shimon Wider
Trustee

Aim, Approach & Value

Our aim and project focus:

Create a safe space and supportive social network where mental health challenges are taken seriously and ensures that all people can access quality mental health support.

- 1) Support for mothers and children of families affected by perinatal and post-partum depression. Due to severe mental illness that can incapacitate mothers, families require extra practical support as well as emotional support. Often mothers need to stop nursing to go onto psychotropic medication and are reluctant to do so because they are financially strict and can't afford formula.
- 2) Young carers (age 14-18) of patients with severe mental health challenges. Their caring responsibilities have now increased due to Covid-19, which are affecting.
- 3) Address mental health stigma via 'its ok to not be ok' project

Our approach:

We get it

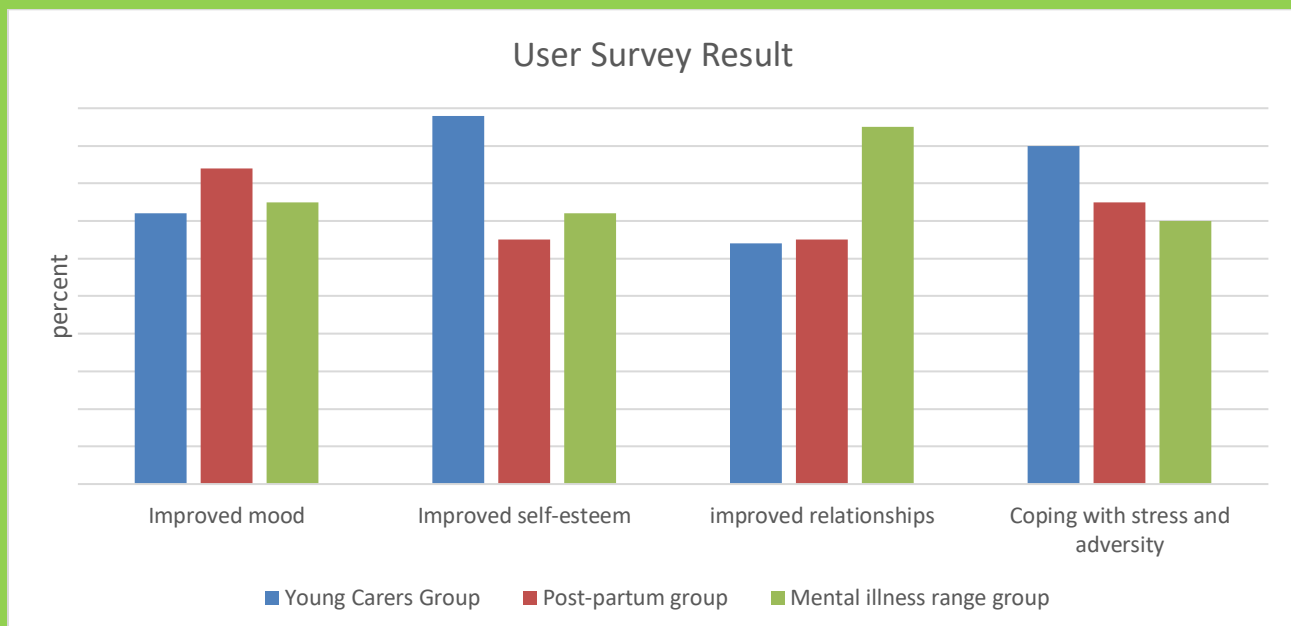
We genuinely understand where you are coming from because most of us have been there.

We respect your choices:

We don't work to a formula. You are an individual with unique needs and we are here to support you in whatever way is most appropriate.

We want to see change too:

Our reward is seeing you make positive change that enriches your experience and enjoyment of your life.



Ambassador Voice

My name is Pearly Federer. I am 19 I live in Hackney with my baby and husband. Sometimes... My husband has been diagnosed with Bi polar and ASD. He has been in and out of hospitals for the last year. Without going into detail, this illness has devastated our new family. Covid-19 has made it impossible and without Turning Corners. I would've been crushed.

Turning Corners is a grassroots charity that have been here for us all the way. When I felt like disintegrating from shame or withering under the weight of financial, domestic, education and crisis management pressures and I thought that I will join my husband in a losing battle of poor mental health, Turning Corners helped me come to grips with counselling, peer support and practical household help to ease the burden and help me get my bearings.

Turning Corners enrolment has trebled since onset of Covid-19.

Mental health is taking a whopping toll on vulnerable families and I urge you to open your hearts and financial resources to support the best and really only local specialized resource to assist young carers and spouses under 25 who are caring for a spouse, sibling or parent with mental illness. If someone you know has an illness like this, then maybe you have seen it first-hand. It is impossible to describe the strain mental illness places on family members like me and the desperate need families have for help.

Without support group meetings and case management such as those offered through Turning Corners many families would collapse under the stress. Turning corners support groups and case management, skills workshops and counselling, and can help prevent this.

These programs are offered free of charge to those in need of help and hope.

Your support of Turning Corners will help make sure these programs and services are available to the next young family who needs them.

User Voice

Case study:

Altie G knew what she was getting into when she married Abe at 18 years. She bravely confronted the mental health stigma and took his OCD in stride, she had her own stuff to contend with and a supportive spouse. She was not prepared for the regressions Covid-19 would trigger. Abe entered panic mode, he would clean the toilet for 7 hrs. and harass his wife to keep up with cleaning and sanitizing until she broke down. She saw our advert in a local newsheet and immediately felt reassured. They were matched with a case manager who arranged for her husband to get an emergency same day psychiatrist appointment and weekly couple counselling sessions. She also joined a support group for young spouses and he joined a phone workshop session for young men with cleaning style OCD.

Altie "Everything was closed everywhere and along with the shops, malls, parks went my world, my hopes, my dreams for relationship, family, life. My spouse is not a bad person, but if I would take a 5 min break from scrubbing he would harass me and nudge; really, he was suffering so badly, and I was so lost. Turning Corners changed my life. They told me that I don't deserve to suffer and had working practical and supportive solutions. My husband saw a specialist and within 2 weeks became much calmer and at ease. I spoke to other young spouses at my support group, we even went on a walk together and practiced mindfulness exercises and skills so that I don't fall into a co-dependent trap. I feel so supported and empowered. I owe my life to Turning Corners.

The workshop with the balloons and straws is an amazing method for releasing pent up stress and trauma and a skill I will use in my daily life.

(Rashel D)

I love that that I can participate from the phone, I have social anxiety and getting out and meeting people is hard; but the workshops and my mentor are just amazing

(Golda B)

Gella is making leaps and bounds in her anxiety management even without medication. She has made new friends at the groups and even if she tells me it's her private life and won't tell me too much, the sparkle in her eyes tells me it's a great life and that she finally feels connected by people that get her.

(Gella's Mother)

Financial Overview

INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF TURNING CORNERS

Independent Examiner's Report to the Trustees of Turning Corners
I report on the accounts of the Charity for the year ended 31 January
2021, which are set out on pages 5 to 7.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2011 Act); and
- to state whether particular matters have come to my attention.

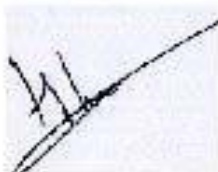
Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd. 3a
The Vale
LONDON NW11

TURNING CORNERS STATEMENT OF FINANCIAL ACTIVITIES

For the Year Ended 31 January 2021


	y/e 31.01.2021		TOTAL
	Restricted Funds	Unrestricted Funds	
INCOMING RESOURCES			
DONATIONS RECEIVED	3,000.00	3,400.00	6,400.00
GRANTS RECEIVED	12,000.00		12,000.00
GIFT AID CLAIMS			
	15,000.00	3,400.00	18,400.00
TOTAL INCOMING RESOURCES	18,400.00		
RESOURCES EXPENDED			
CHARITABLE PROGRAMS	11,980.00	-	
WORK SHOPS	3,000.00		3,000.00
PSYCHOTHERAPY GROUPS & INDIV SUPPORT GROUPS	6,480.00		6,480.00
	2,500.00		2,500.00
			11,980.00
ADMINISTRATIVE EXPENSES			
RENT			-
PPS		14.49	14.49
TELEPH ONE			-
MONITORING & TRAINING IT SUPPORT		375.00	375.00
PSYCHIATRIST CLINICAL SUPERVISION AND TRAINING		2,200.00	2,200.00
PROJECT MANAGER/COORDIANTION		400.00	400.00
	-	2,989.49	2,989.49
NET INCOMING RESOURCES	3,020.00	410.51	3,430.51
TOTAL INCOMING RESOURCES	3,430.51		
FUNDS BROUGHT FORWARD	n/a		
TOTAL FUNDS CARRIED FORWARD	3,430.51		

TURNING CORNERS BALANCE SHEET

For the Year Ended 31 January 2021

	<u>y/e 31.12.2018</u>	
	£	£
FIXED ASSETS		-
CURRENT ASSETS		
Loan Debtors	-	
Cash in hand & Bank	<u>3,430.51</u>	3,430.51
CURRENT LIABILITIES		
Short term Creditors	<u>-</u>	
NET CURRENT ASSETS		<u>3,430.51</u>
3,430.51		<u>3,430.51</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		
3,430.51		
FUND ACCOUNT		<u><u>3,430.51</u></u>

ON BEHALF OF THE BOARD SIGNED:



Shimon Wider

23 January 2021

TURNING CORNERS

Notes to the Financial Statements
For the Year Ended 31 January 2021

1 ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in Jan 2015..

Charity status

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Resources expended

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Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Going Concern

The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts.

2 NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.