

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 is 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 Lucas, 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

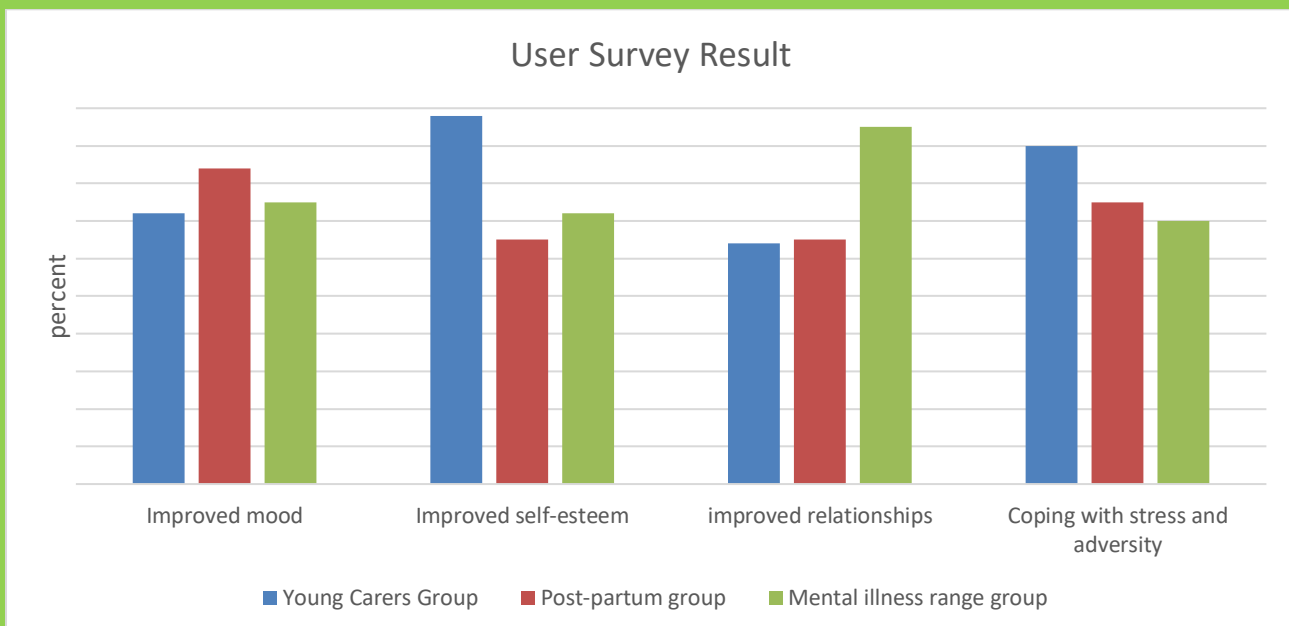
We genuinely understand where you are coming from because most of us have been there.

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 newssheet 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.

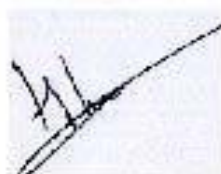
Basis of independent examiner's report

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 | 6,480.00 | | 6,480.00 |
| SUPPORT GROUPS | 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 | | 2,200.00 | 2,200.00 |
| TRAINING | | | |
| PROJECT | | 400.00 | 400.00 |
| MANAGER/COORDIANION | | | |
| | - | 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> | |
|---------------------------------------|-----------------------|------------------------|
| | <u>£</u> | <u>£</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 | | |
| 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

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 recognized 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.