



# BEHIND THE FINDING THE HEART HURT



# 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, Shores 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.**

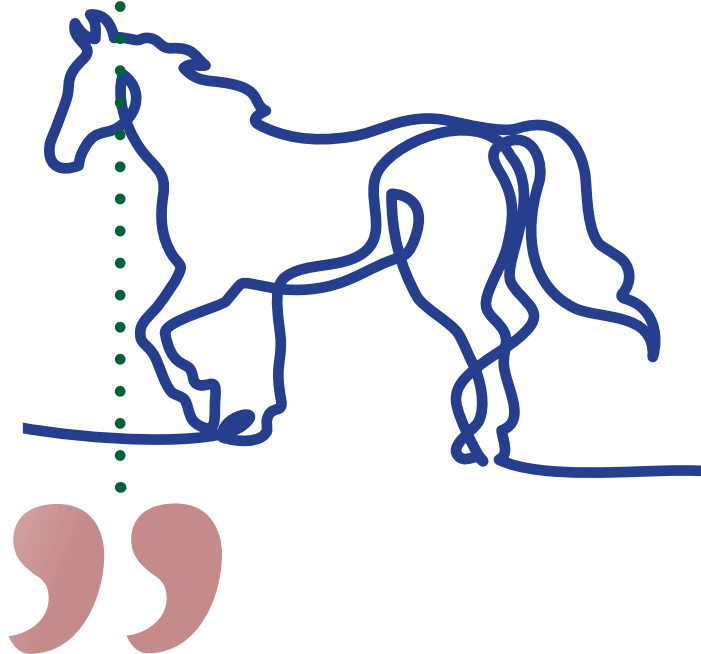
We can't stop ourselves from thinking intrusive thoughts. I was accompanied by my new case advocate and a treatment plan and risk plan was put in place. After I reached a level of recovery, I was connected virtually to other teenage mothers experiencing similar challenges. It was so validating. Like 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.

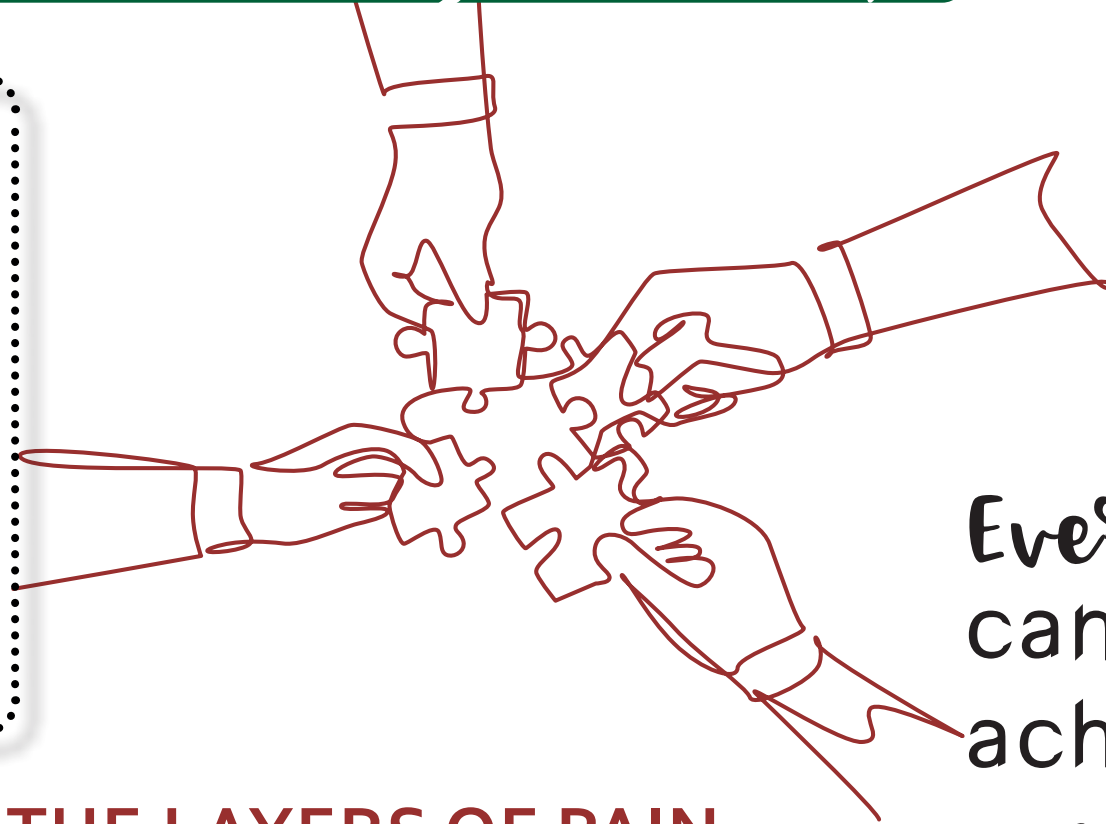
# MISSIONS VISIONS & AIMS

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.

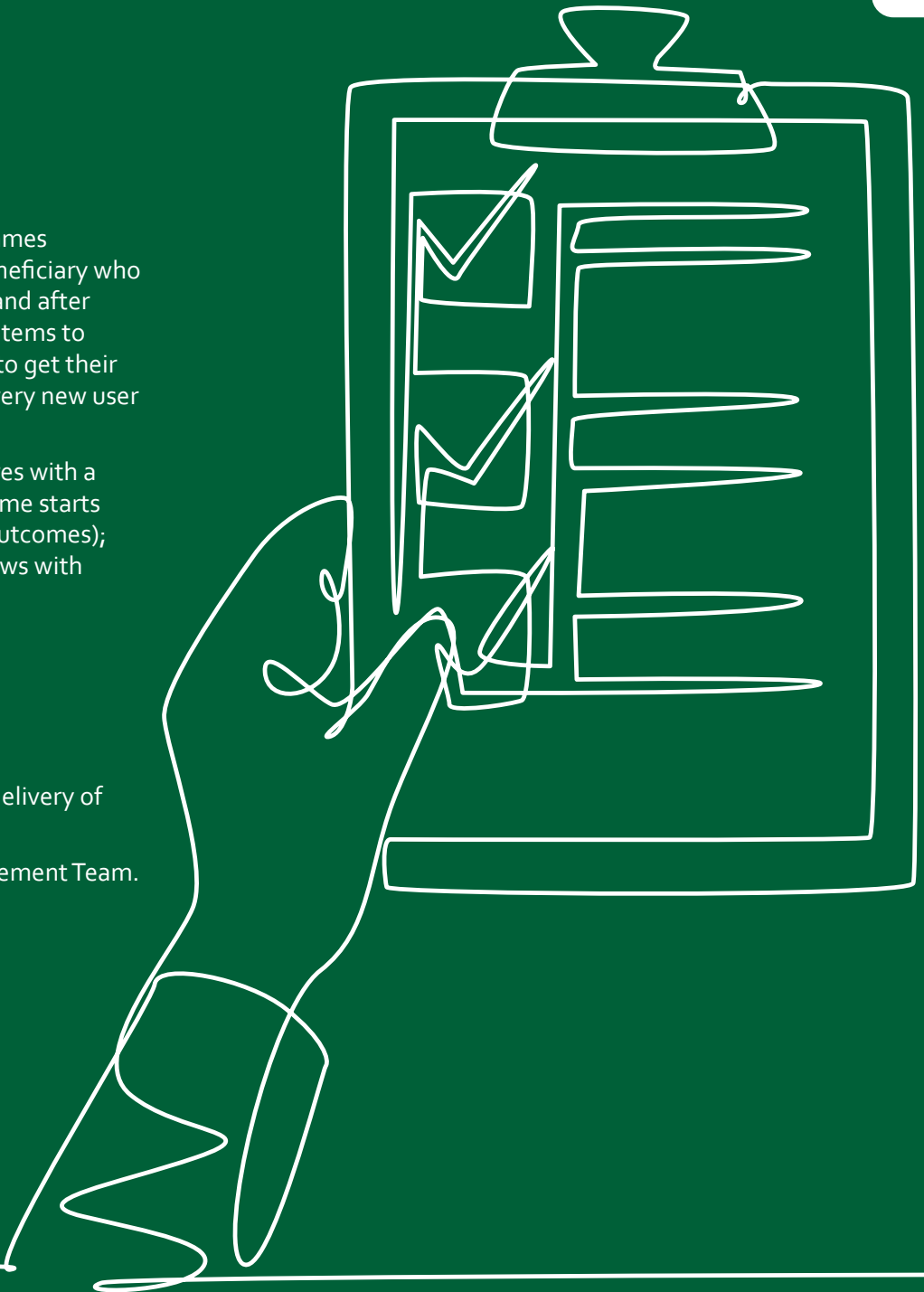
We measure the change to users' wellbeing over time using pre and post questionnaires with a combination of standard measures and validated questions. The main scale we Outcome starts frame work. Data is collected on outcomes from each users' perspective (subjective outcomes); parent and referrer perspectives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

