



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.

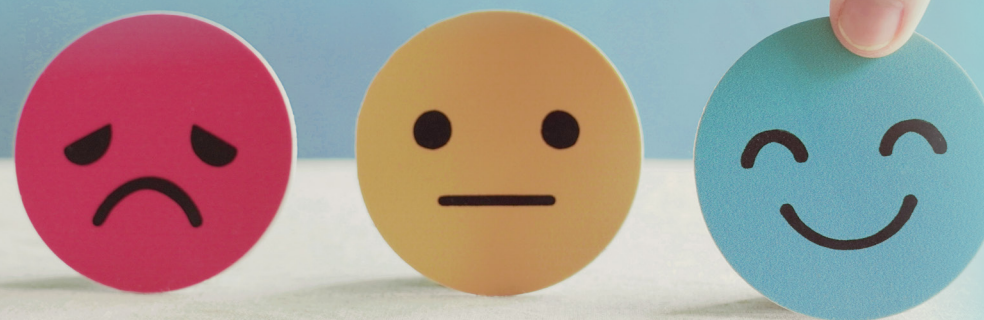
I am incredibly moved by the courage and strength of people who have embraced change and openly shared their experiences through our Take the Mic events, panel discussions, and peer support groups. And I am inspired and grateful to everyone for continuing to be part of Breakthrough's stories which inspire 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 small, round, silver-colored coin. The coin features a simple black line drawing of a smiling face with two curved lines for eyes and a wide, upward-curving mouth. The background is a soft, out-of-focus blue and white gradient.

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.

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.

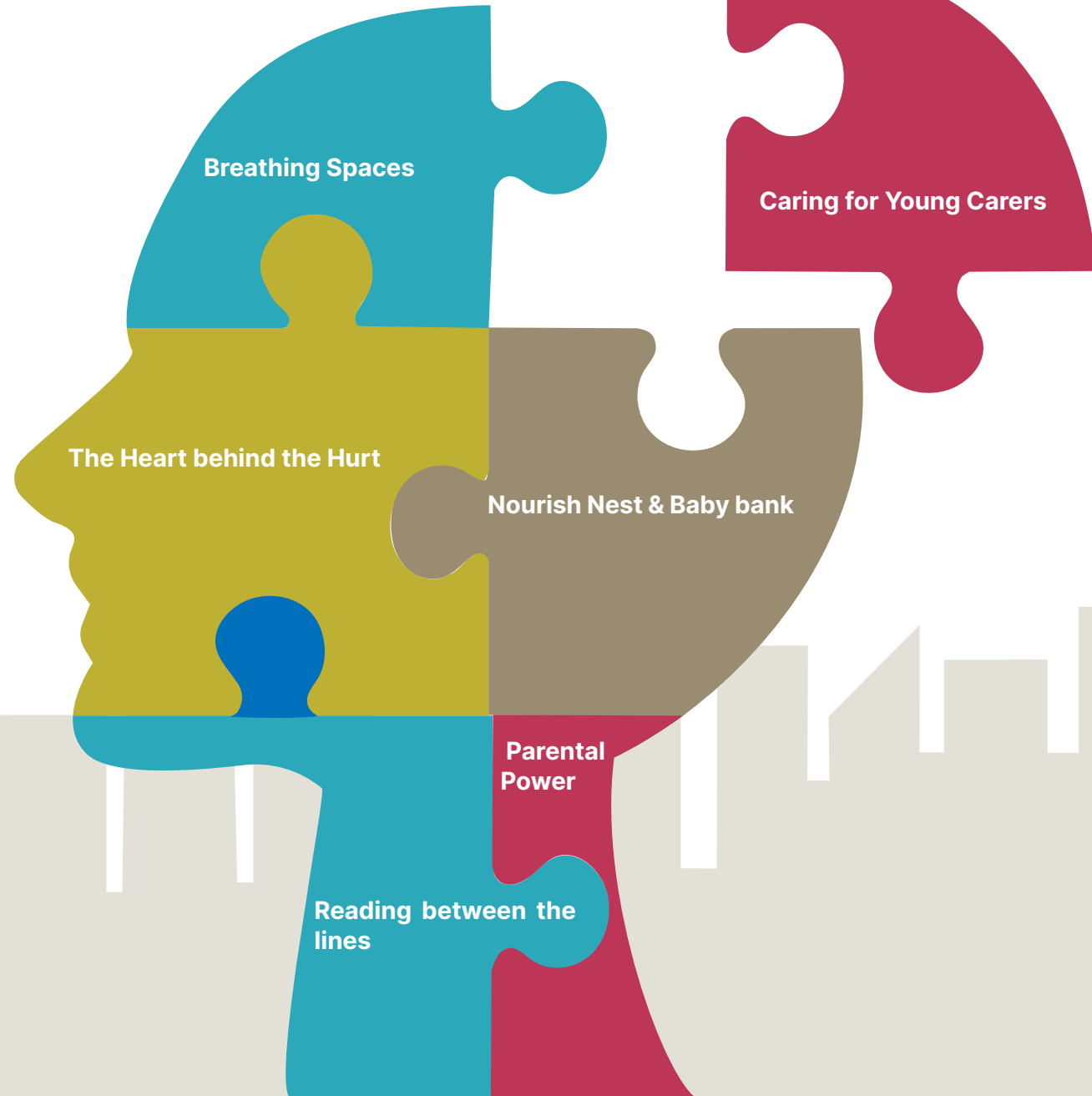
Support young people and individuals by providing protective factors, equipping them with the necessary tools to recover from mental illness or adverse childhood circumstances.

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.

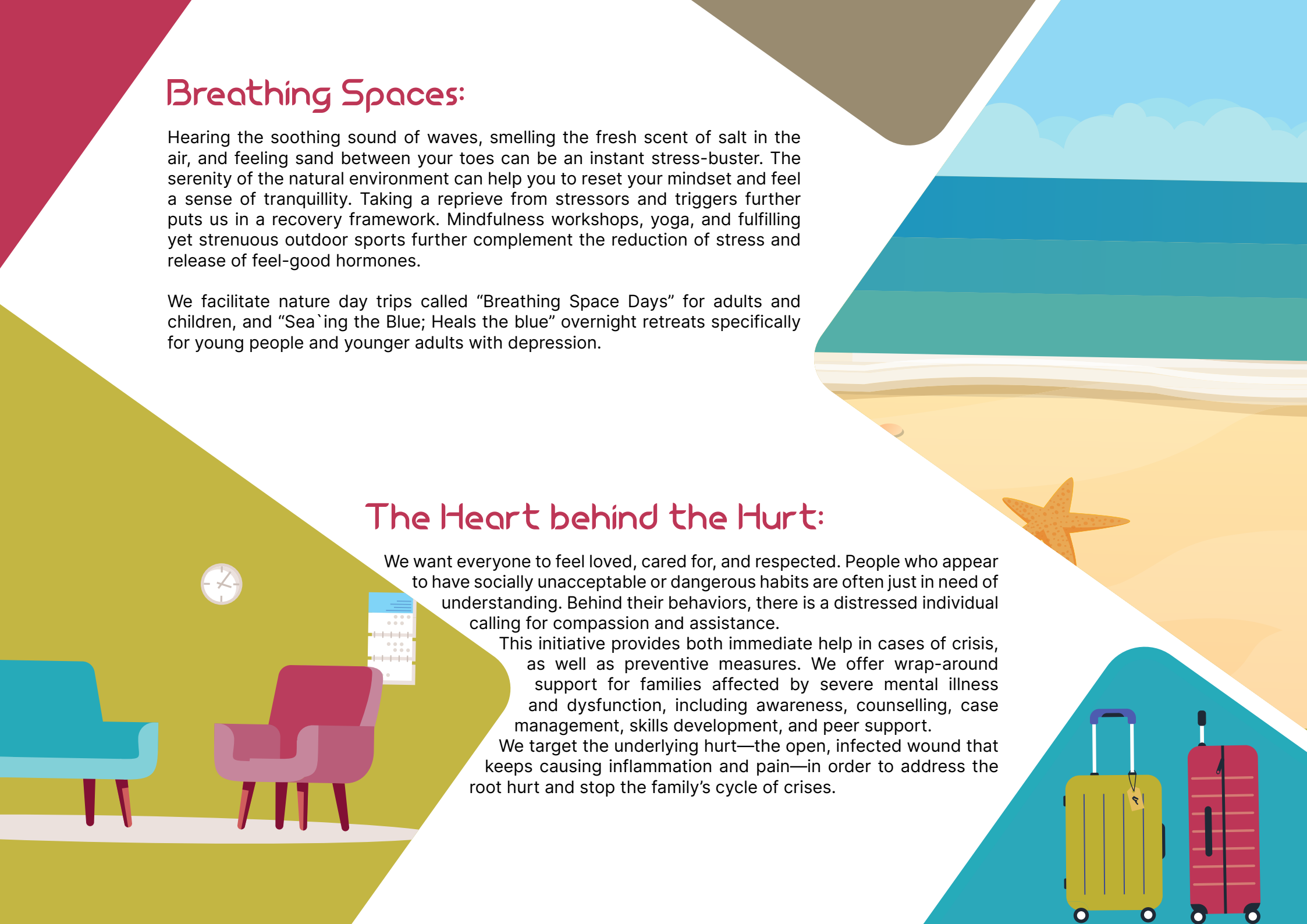
We facilitate nature day trips called “Breathing Space Days” for adults and children, and “Sea`ing the Blue; Heals the blue” overnight retreats specifically for young people and younger adults with depression.

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.



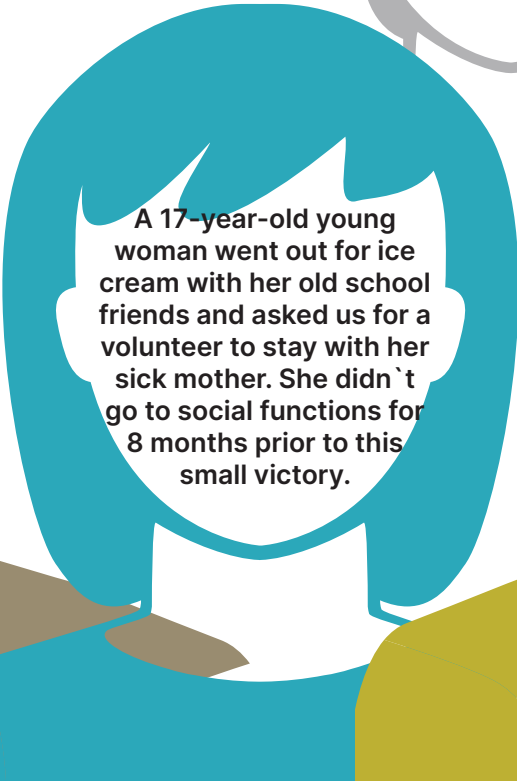
BREAKTHROUGHS



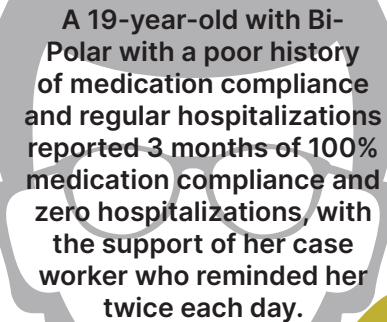
A 20-year-old new mother suffering from Post Natal Depression, started sharing about her emotional struggles and not keeping everything bottled inside. "I will not allow guilt and shame to reside in my heart -rent-free."



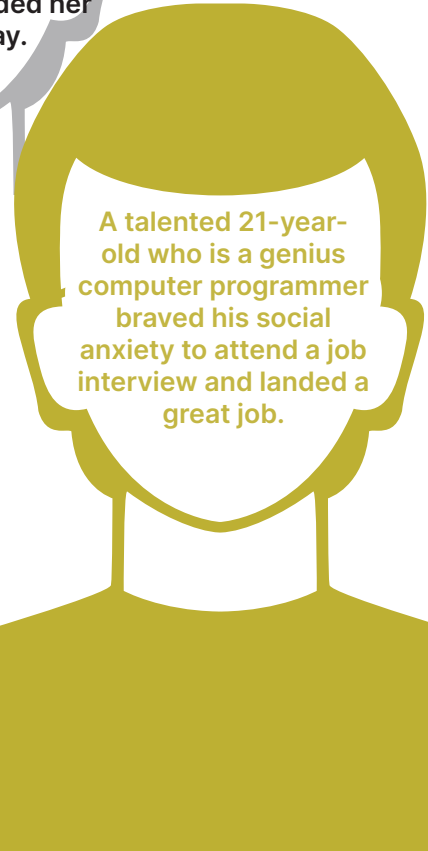
A 14-year-old got his entire family to join him for family therapy sessions and great shifts in the family dynamics are happening including with the parent with borderline personality disorder



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%

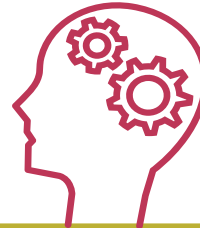
Shared that our work was instrumental in providing strength and coping tools for family members.



90%

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

95%



Shared that our work helped them improve communication.

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.

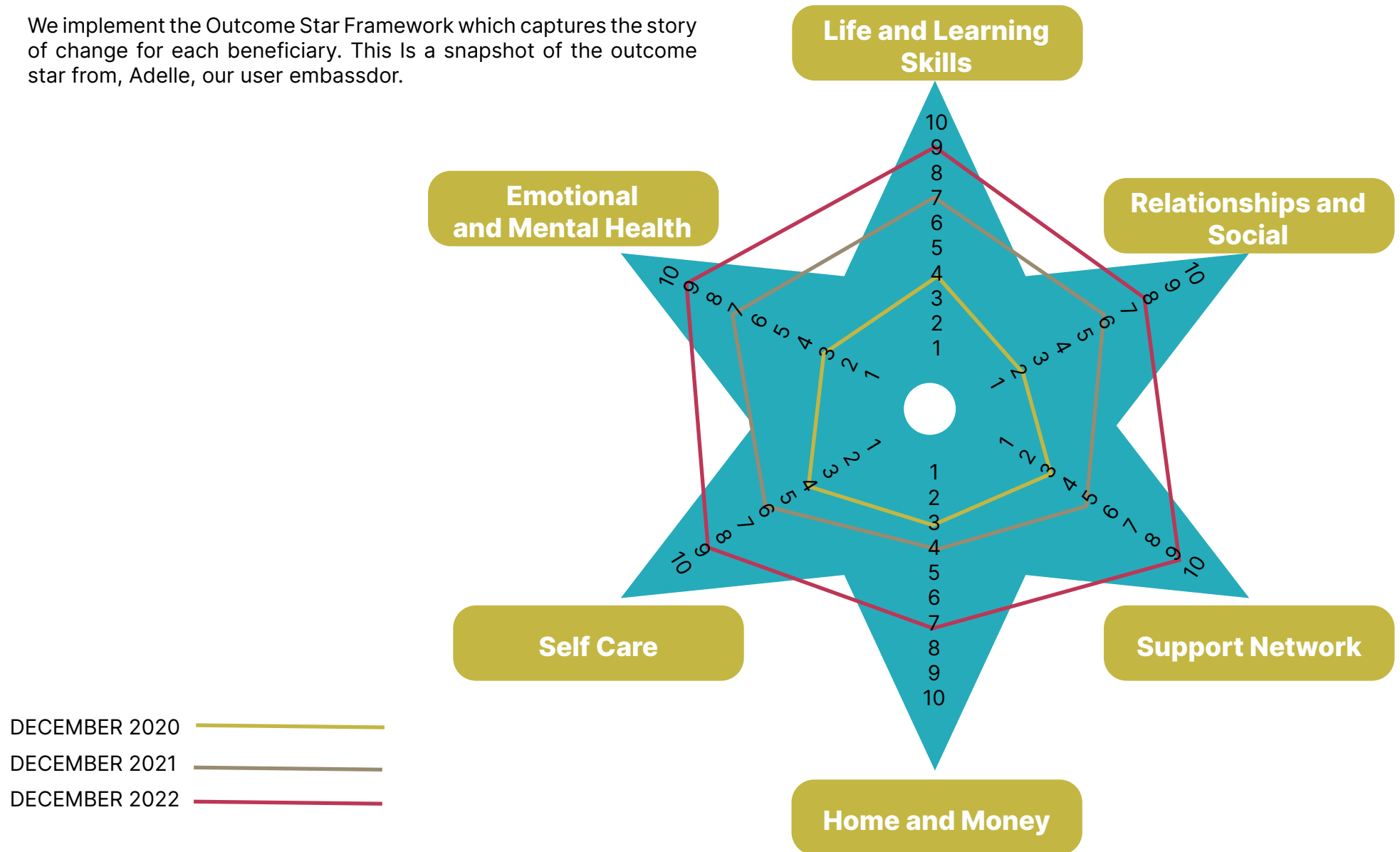
95%



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

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.



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

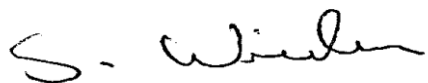
For the Year Ended 31 December 2022

	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	2525
Counselling upgrade	4323
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
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NW11 8SB

mail@turningcorners.charity
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