

Turning  
Corners

BEYOND  
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.

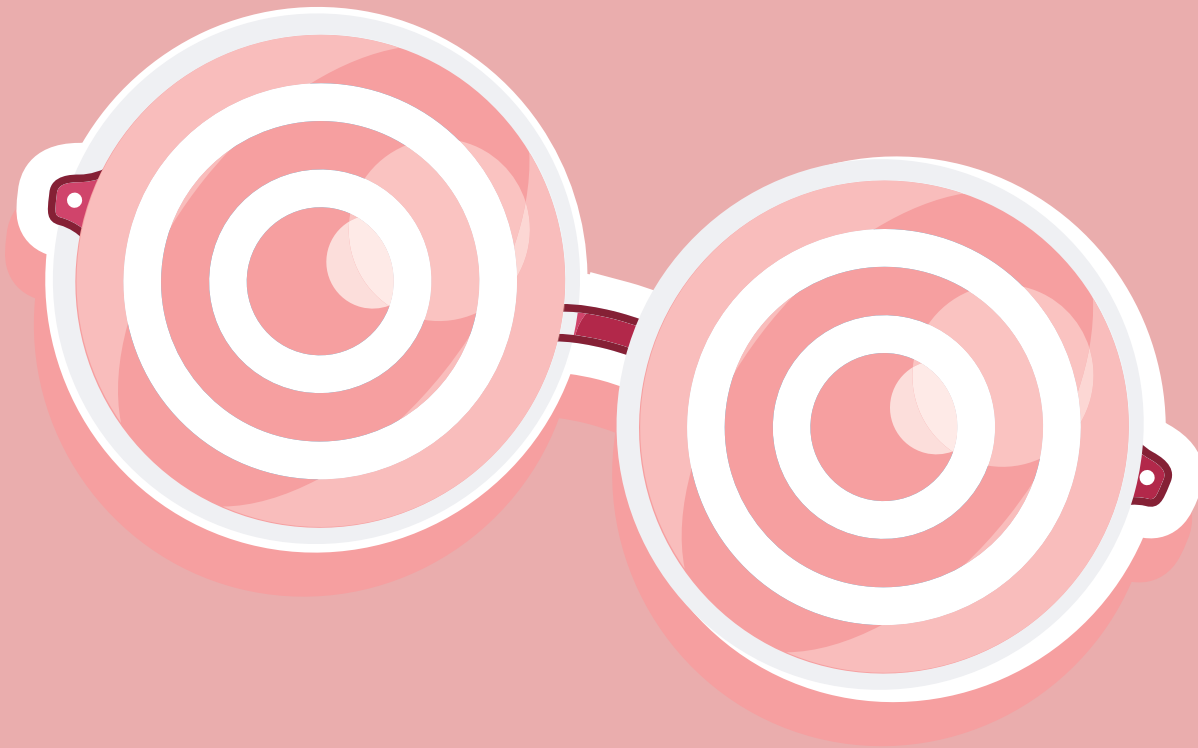
*Shimon Wider*

## 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 reprieve; 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.

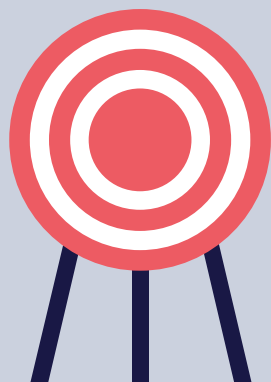


## High Scores

- 86 tins formula distributed
- 19 specialist milk formula for lactose intolerant infants
- 130 baby food packages and vouchers allocated
- 6 Parenting Meetings



# 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.”

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# 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
<b>1 INCOMING RESOURCES</b>				
DONATIONS RECEIVED		15340	15340	14688
GRANTS RECEIVED	85797	60250	146047	148827
<b>TOTAL INCOMING RESOURCES</b>	<b>85797</b>	<b>75590</b>	<b>161387</b>	<b>163515</b>
<b>3 RESOURCES EXPENDED</b>	<b>(85797)</b>	<b>(73942)</b>	<b>(159739)</b>	<b>(158413)</b>
<b>2 NET INCOMING RESOURCES</b>	<b>0</b>	<b>1648</b>	<b>1648</b>	<b>5102</b>
<b>FUNDS BROUGHT FORWARD</b>			36260	31158
<b>TOTAL FUNDS CARRIED FORWARD</b>			37908	36260



## Balance Sheet for the Year Ended 31 December 2023

	y/e 31.12.2023		y/e 31.12.2022	
	£	£ Total	£	£ Total
<b>FIXED ASSETS</b>				0
<b>CURRENT ASSETS</b>				
PREPAYMENTS	10375			
CASH IN HAND & BANK	27533	37908	39317	39317
<b>CURRENT LIABILITIES</b>				
ACCRUED EXPENDITURE			3057	
<b>NET CURRENT ASSETS</b>		37908		36260
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		37908		36260
<b>FUND ACCOUNT</b>		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
<b>Total</b>	<b>£151,724.63</b>

### 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
<b>Total</b>	<b>£8,015.13</b>



## 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