

REGISTERED COMPANY NUMBER: 09182207 (England and Wales)
REGISTERED CHARITY NUMBER: 1161201

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022
FOR
TURN TO STARBOARD

Lang Bennetts
The Old Carriage Works
Moresk Road
TRURO
Cornwall
TR1 1DG

TURN TO STARBOARD

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FOR THE YEAR ENDED 30 SEPTEMBER 2022

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TURN TO STARBOARD

REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 30 SEPTEMBER 2022

TRUSTEES	Air Vice Marshall The Lord Broadbridge Wing Commander M J Harris Martin Johnston Sue Godzicz Mary Helen Blachford (appointed 10/1/2022)
REGISTERED OFFICE	B-FOB North Parade FALMOUTH Cornwall TR11 2TF
REGISTERED COMPANY NUMBER	09182207 (England and Wales)
REGISTERED CHARITY NUMBER	1161201
INDEPENDENT EXAMINER	Lang Bennetts The Old Carriage Works Moresk Road TRURO Cornwall TR1 1DG

TURN TO STARBOARD
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 SEPTEMBER 2022

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 September 2022. The trustees have adopted the provisions of 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity's governing document is its memorandum and articles of association dated 19 August, 2014.

Recruitment and appointment of new trustees

The recruitment of trustees is undertaken by the board of trustees. They will recruit a person who is willing to act as a trustee and has an interest in the activities and ultimate success of the charity. The charity may by ordinary resolution appoint a person who is willing to act as director.

Objectives and aims

We have referred to the Charity Commission's guidance on public benefit when reviewing our aims and objectives and planning future activities. Turn to Starboard has now widened its activities to include NHS frontline workers and Emergency Services staff.

Turn to Starboard uses Royal Yachting Association (RYA) sailing courses to support Armed Forces personnel (serving and retired) affected by military operations using the established therapeutic effects of sailing and the sea. The focus is on resettlement, reintegration, reinforcing a sense of value and belonging while ensuring that the true friendship that Service personnel know, continues long after their Service career. We provide tangible experiences, expert training, and career building opportunities all in a supportive and unique environment. Individuals who sail with us can also develop their skills to gain internationally recognised sailing qualifications. We do not offer therapy or undertake treatment of any kind and our mission remains to deliver restorative sailing experiences and training courses while supporting beneficiaries in a unique environment. Based at Falmouth Marina in Cornwall, we offer RYA Competent Crew, Day Skipper, and RYA Yachtmaster courses at no cost to our beneficiaries. We also provide family sailing trip opportunities for Service families affected by military Service to help them re-engage and spend quality time together. Sail training takes place on modern yachts, plus we also have our own Tall Ship, a 92ft Merseyside Pilot Schooner 'Spirit of Falmouth' which gives beneficiaries the chance to sail on longer voyages and learn traditional sailing techniques. This vessel also provides us with a facility for corporate engagement and promotion. We also provide support to NHS workers and Frontline Emergency Services Staff.

TURN TO STARBOARD
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 SEPTEMBER 2022

OBJECTIVES AND ACTIVITIES

Achievements and performance

The Long Way Up Expedition aimed for participants to experience freedom on the water, meet people facing similar challenges as their own, enjoy camaraderie and gain valuable skills that apply to everyday life. The fleet consisted of a total of five yachts, each led by a fully qualified and highly experienced skipper to safely guide the crew. On 12 September, a team of military veterans set sail from Falmouth in Cornwall for a 1000+ mile voyage in either direction with each participant gaining valuable sailing experience and mileage towards a Royal Yachting Association (RYA) Yachtmaster qualification. The Expedition arrived back in Falmouth on 12 October, and many of the participants whose first experience of Turn to Starboard was 'The Long Way Up', have joined the Zero to Hero Programme and are gaining RYA qualifications.

Our traditional motor cruiser 'Tudora' continues to provide much-needed accommodation for military veterans attending our sail training programmes. This ongoing project would not be possible without the generous support of The Lest We Forget Association, Freemasons Covid-19 Community Fund, The David Medlock Trust, local companies, and individuals.

Following on from the success of 'The Long Way Up' we embarked on another expedition in May of this year. The 'The Tudor Run' travelled from Pendennis Castle in Falmouth to the Tower of London. The fleet, consisting of 'Spirit of Falmouth' and four yachts left Falmouth on 02 May once again led by our experienced employed and Volunteer Skippers. On the way up we used the opportunity to engage with some of our supporters, sponsors, and Veteran groups in Weymouth. On arriving in London, we held a reception for further sponsors and the incoming crew for the return journey. Once again, this expedition offered unique opportunities and experiences for our Veterans many of whom continue to sail with us.

In conclusion, the future for Turn to Starboard looks promising and the Trustees would like to offer our sincere gratitude to all of the charity's supporters during this challenging post Covid period. In addition, we extend our thanks to all of the charity's employees and volunteers whose selflessness and resilience has enabled the charity to continue its activities in a positive position for those in need. Demand for our services is constant, yet we regularly receive positive feedback and witness successful outcomes for beneficiaries. We feel proud to hold numerous examples from individuals of all branches of the Armed Forces and their families demonstrating a renewed sense of focus and purpose. It is apparent the sport of sailing continues to provide an ideal way for beneficiaries to experience the therapeutic effects of the sea. Sailing can sometimes light a spark in an individual's life and reinforce a sense of value and belonging. For others, it can lead to career-building and life-changing opportunities. The impact of what we do is clear.

TURN TO STARBOARD
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 SEPTEMBER 2022


FINANCIAL REVIEW

The charity has a target to hold free reserves, which are general funds of the charity that are not designated or represented by fixed assets, equivalent to six months general running costs.

Free reserves at 30 September 2022 are £10,705 and fall short of this target, however there is a current focus on fundraising to meet this target, whilst balancing this carefully with the need to spend to ensure the current demand of those we support is met.

The majority of the charity's support is from Grant Funding and as such, it is offered for a specific reason. The charity does not hold large reserves and when it has funds, they are spent on Veterans. The charity's mission was and continues to be, a simple one. Priority one is to make the sailing experience the best it can be. Priority two is to raise enough money for Priority one.

Approved by order of the board of trustees on 10 Feb 2023 and signed on its behalf by:



.....
Air Vice Marshal The Lord Broadbridge - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
TURN TO STARBOARD**

Independent examiner's report to the trustees of Turn to Starboard ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCA which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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 accounts to be reached.



Jonathan Mashen FCA
Lang Bennetts
The Old Carriage Works
Moresk Road
TRURO
Cornwall
TR1 1DG

Date: 17th February 2023

TURN TO STARBOARD

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	74,314	5,500	79,814	244,695
Charitable activities					
Charitable Activities		16,700	169,742	186,442	96,880
Other trading activities	3	108,562	7,500	116,062	33,647
Investment income	4	27	10	37	8
Other income		<u>-</u>	<u>-</u>	<u>-</u>	<u>104,758</u>
Total		<u>199,603</u>	<u>182,752</u>	<u>382,355</u>	<u>479,988</u>
 EXPENDITURE ON					
Raising funds	6	11,274	1,870	13,144	3,312
Charitable activities	7				
Charitable Activities		342,870	191,931	534,801	482,323
Other	10	<u>-</u>	<u>-</u>	<u>-</u>	<u>675</u>
Total		<u>354,144</u>	<u>193,801</u>	<u>547,945</u>	<u>486,310</u>
 NET INCOME/(EXPENDITURE)		(154,541)	(11,049)	(165,590)	(6,322)
 RECONCILIATION OF FUNDS					
Total funds brought forward		217,490	58,606	276,096	282,418
 TOTAL FUNDS CARRIED FORWARD		<u>62,949</u>	<u>47,557</u>	<u>110,506</u>	<u>276,096</u>

The notes form part of these financial statements

TURN TO STARBOARD**BALANCE SHEET**
30 SEPTEMBER 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	15	52,244	-	52,244	73,496
CURRENT ASSETS					
Debtors	16	8,550	1,750	10,300	12,962
Cash at bank and in hand		<u>24,610</u>	<u>45,807</u>	<u>70,417</u>	<u>194,608</u>
		33,160	47,557	80,717	207,570
CREDITORS					
Amounts falling due within one year	17	(22,455)	-	(22,455)	(4,970)
NET CURRENT ASSETS		<u>10,705</u>	<u>47,557</u>	<u>58,262</u>	<u>202,600</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		62,949	47,557	110,506	276,096
NET ASSETS		<u>62,949</u>	<u>47,557</u>	<u>110,506</u>	<u>276,096</u>
FUNDS	19				
Unrestricted funds:					
General fund				38,477	180,782
Tudora fixed asset reserve				<u>24,472</u>	<u>36,708</u>
				62,949	217,490
Restricted funds				<u>47,557</u>	<u>58,606</u>
TOTAL FUNDS				<u>110,506</u>	<u>276,096</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

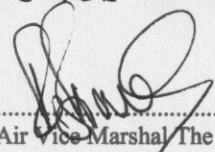
TURN TO STARBOARD

BALANCE SHEET - continued

30 SEPTEMBER 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 10 Feb 2023 and were signed on its behalf by:


.....
Air Vice Marshal The Lord Broadbridge - Trustee

The notes form part of these financial statements

TURN TO STARBOARD

CASH FLOW STATEMENT

FOR THE YEAR ENDED 30 SEPTEMBER 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(124,728)</u>	<u>114,864</u>
Net cash (used in)/provided by operating activities		<u>(124,728)</u>	<u>114,864</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(1,199)
Sale of tangible fixed assets		500	1,999
Interest received		<u>37</u>	<u>8</u>
Net cash provided by investing activities		<u>537</u>	<u>808</u>
		<u> </u>	<u> </u>
Change in cash and cash equivalents in the reporting period		(124,191)	115,672
Cash and cash equivalents at the beginning of the reporting period	2	<u>194,608</u>	<u>78,936</u>
Cash and cash equivalents at the end of the reporting period	2	<u><u>70,417</u></u>	<u><u>194,608</u></u>

The notes form part of these financial statements

TURN TO STARBOARD

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2022

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(165,590)	(6,322)
Adjustments for:		
Depreciation charges	20,752	91,117
Loss on disposal of fixed assets	-	107
Interest received	(37)	(8)
Decrease in debtors	2,662	27,744
Increase in creditors	<u>17,485</u>	<u>2,226</u>
Net cash (used in)/provided by operations	<u>(124,728)</u>	<u>114,864</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/10/21 £	Cash flow £	At 30/9/22 £
Net cash			
Cash at bank and in hand	<u>194,608</u>	<u>(124,191)</u>	<u>70,417</u>
	<u>194,608</u>	<u>(124,191)</u>	<u>70,417</u>
Total	<u>194,608</u>	<u>(124,191)</u>	<u>70,417</u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 30 SEPTEMBER 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Going concern

The charity currently has a focus on fundraising and at the date of signing the accounts the charity has received grants and donations exceeding £150,000, has secured further agreed grants and sponsorship of approximately £140,000 and has plans to raise additional funds through other means. Accordingly the accounts are prepared on the going concern basis.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Vessels	- Straight line over 4 years
Fixtures and fittings	- 25% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2022

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	78,356	223,265
Gift aid	1,458	21,430
	<u>79,814</u>	<u>244,695</u>

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Merchandise sales	-	80
Other fundraising	116,062	33,567
	<u>116,062</u>	<u>33,647</u>

4. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>37</u>	<u>8</u>

5. INCOME FROM CHARITABLE ACTIVITIES

	2022 Charitable Activities	2021 Total activities
	£	£
Grants	<u>186,442</u>	<u>96,880</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Lest We Forget Association	15,000	23,000
Royal Naval and Royal Marines Charity	30,000	-
Team Ethos	-	15,000
Scott (Eredine) Charitable Trust	1,500	1,500
Armed Forces Covenant Fund Trust – Positive Pathways	36,750	-
Armed Forces Covenant Fund Trust – MERT	33,250	-
Headley Court Charity	20,000	-
Masonic Charitable Foundation	-	26,980
Cornwall Council	-	400
Medlock Charitable Trust	-	30,000
The Rifles	200	-
Peter Harrison Foundation	15,000	-
Invictus Games Foundation	19,742	-
Royal Air Force Benevolent Fund	5,000	-
Team Army Sports Foundation	10,000	-
	<u>186,442</u>	<u>96,880</u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2022

6. RAISING FUNDS

Raising donations and legacies

	2022	2021
	£	£
Fundraising costs	<u>13,144</u>	<u>3,312</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
Charitable Activities	<u>467,179</u>	<u>67,622</u>	<u>533,201</u>

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022	2021
	£	£
Staff costs	291,920	211,949
Vessel costs	164,537	141,510
Course expenses	10,722	2,163
Consultancy fees	<u>-</u>	<u>1,380</u>
	<u>467,179</u>	<u>357,002</u>

9. SUPPORT COSTS

	Management £	Finance £	Totals £
Charitable Activities	<u>67,552</u>	<u>70</u>	<u>67,622</u>

10. OTHER

	2022	2021
	£	£
Loss on sale of assets	<u>-</u>	<u>675</u>

11. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	20,752	91,117
Deficit on disposal of fixed assets	<u>-</u>	<u>107</u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2022

12. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2022 nor for the year ended 30 September 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2022 nor for the year ended 30 September 2021.

13. STAFF COSTS

	2022	2021
Average number of employees	13	12

No employees received emoluments in excess of £60,000.

14. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	222,804	21,891	244,695
Charitable activities			
Charitable Activities	16,900	79,980	96,880
Other trading activities	33,647	-	33,647
Investment income	8	-	8
Other income	<u>104,758</u>	<u>-</u>	<u>104,758</u>
Total	<u>378,117</u>	<u>101,871</u>	<u>479,988</u>
EXPENDITURE ON			
Raising funds	2,919	393	3,312
Charitable activities			
Charitable Activities	413,330	68,993	482,323
Other	<u>675</u>	<u>-</u>	<u>675</u>
Total	<u>416,924</u>	<u>69,386</u>	<u>486,310</u>
NET INCOME/(EXPENDITURE)	(38,807)	32,485	(6,322)
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>256,297</u>	<u>26,121</u>	<u>282,418</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>217,490</u></u>	<u><u>58,606</u></u>	<u><u>276,096</u></u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2022

15. TANGIBLE FIXED ASSETS

	Vessels £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 October 2021	468,945	18,120	6,655	493,720
Disposals	-	(500)	-	(500)
At 30 September 2022	<u>468,945</u>	<u>17,620</u>	<u>6,655</u>	<u>493,220</u>
DEPRECIATION				
At 1 October 2021	402,153	13,801	4,270	420,224
Charge for year	<u>19,237</u>	<u>954</u>	<u>561</u>	<u>20,752</u>
At 30 September 2022	<u>421,390</u>	<u>14,755</u>	<u>4,831</u>	<u>440,976</u>
NET BOOK VALUE				
At 30 September 2022	<u>47,555</u>	<u>2,865</u>	<u>1,824</u>	<u>52,244</u>
At 30 September 2021	<u>66,792</u>	<u>4,319</u>	<u>2,385</u>	<u>73,496</u>

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Other debtors	10,100	12,762
Prepayments	<u>200</u>	<u>200</u>
	<u>10,300</u>	<u>12,962</u>

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Social security and other taxes	6,693	-
Other creditors	7,000	2,081
Accrued expenses	<u>8,762</u>	<u>2,889</u>
	<u>22,455</u>	<u>4,970</u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2022

18. MOVEMENT IN FUNDS

	At 1/10/21 £	Net movement in funds £	At 30/9/22 £
Unrestricted funds			
General fund	180,782	(142,305)	38,477
Tudora fixed asset reserve	<u>36,708</u>	<u>(12,236)</u>	<u>24,472</u>
	217,490	(154,541)	62,949
Restricted funds			
Long Way Up Challenge	1,733	(1,733)	-
Positive Pathways - Making the Right Turn	8,499	(8,499)	-
Project Argo	20,512	(7,103)	13,409
Tudora Homeless Project	27,862	(28,529)	(667)
MERT Armed Forces Covenant Grant	-	31,660	31,660
Peter Harris Foundation	<u>-</u>	<u>3,155</u>	<u>3,155</u>
	<u>58,606</u>	<u>(11,049)</u>	<u>47,557</u>
TOTAL FUNDS	<u><u>276,096</u></u>	<u><u>(165,590)</u></u>	<u><u>110,506</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	199,603	(341,908)	(142,305)
Tudora fixed asset reserve	<u>-</u>	<u>(12,236)</u>	<u>(12,236)</u>
	199,603	(354,144)	(154,541)
Restricted funds			
Long Way Up Challenge	-	(1,733)	(1,733)
Positive Pathways - Making the Right Turn	36,750	(45,249)	(8,499)
Project Argo	7,500	(14,603)	(7,103)
Tudora Homeless Project	-	(28,529)	(28,529)
Headley Court Tudor Run	20,000	(20,000)	-
Invictus Games Foundation Funding	19,742	(19,742)	-
MERT Armed Forces Covenant Grant	33,260	(1,600)	31,660
RAF Benevolent Fund	5,000	(5,000)	-
RNRMC/Greenwich Hospital	30,000	(30,000)	-
Team Forces Tudor Run	10,000	(10,000)	-
Ultra Tudor Run	5,500	(5,500)	-
Peter Harris Foundation	<u>15,000</u>	<u>(11,845)</u>	<u>3,155</u>
	<u>182,752</u>	<u>(193,801)</u>	<u>(11,048)</u>
TOTAL FUNDS	<u><u>382,355</u></u>	<u><u>(547,945)</u></u>	<u><u>(165,590)</u></u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2022

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/10/20 £	Net movement in funds £	At 30/9/21 £
Unrestricted funds			
General fund	137,352	43,430	180,782
The Spirit of Falmouth fixed asset reserve	70,000	(70,000)	-
Tudora fixed asset reserve	<u>48,945</u>	<u>(12,237)</u>	<u>36,708</u>
	256,297	(38,807)	217,490
Restricted funds			
Long Way Up Challenge	17,622	(15,889)	1,733
Positive Pathways - Making the Right Turn	8,499	-	8,499
Project Argo	-	20,512	20,512
Tudora Homeless Project	<u>-</u>	<u>27,860</u>	<u>27,860</u>
	<u>26,121</u>	<u>32,485</u>	<u>58,606</u>
TOTAL FUNDS	<u><u>282,418</u></u>	<u><u>(6,322)</u></u>	<u><u>276,096</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	378,117	(334,687)	43,430
The Spirit of Falmouth fixed asset reserve	-	(70,000)	(70,000)
Tudora fixed asset reserve	<u>-</u>	<u>(12,237)</u>	<u>(12,237)</u>
	378,117	(416,924)	(38,807)
Restricted funds			
Tudora Project	26,980	(26,980)	-
Long Way Up Challenge	23,000	(38,889)	(15,889)
Project Argo	21,891	(1,379)	20,512
Tudora Homeless Project	<u>30,000</u>	<u>(2,138)</u>	<u>27,860</u>
	<u>101,871</u>	<u>(69,386)</u>	<u>32,485</u>
TOTAL FUNDS	<u><u>479,988</u></u>	<u><u>(486,310)</u></u>	<u><u>(6,322)</u></u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 SEPTEMBER 2022

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/10/20 £	Net movement in funds £	At 30/9/22 £
Unrestricted funds			
General fund	137,352	(98,875)	38,477
The Spirit of Falmouth fixed asset reserve	70,000	(70,000)	-
Tudora fixed asset reserve	<u>48,945</u>	<u>(24,473)</u>	<u>24,472</u>
	256,297	(193,348)	62,949
Restricted funds			
Long Way Up Challenge	17,622	(17,622)	-
Positive Pathways - Making the Right Turn	8,499	(8,499)	-
Project Argo	-	13,409	13,409
Tudora Homeless Project	-	(667)	(667)
MERT Armed Forces Covenant Grant	-	31,660	31,660
Peter Harris Foundation	<u>-</u>	<u>3,155</u>	<u>3,155</u>
	<u>26,121</u>	<u>21,436</u>	<u>47,557</u>
TOTAL FUNDS	<u><u>282,418</u></u>	<u><u>(171,912)</u></u>	<u><u>110,506</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	577,720	(676,595)	(98,875)
The Spirit of Falmouth fixed asset reserve	-	(70,000)	(70,000)
Tudora fixed asset reserve	<u>-</u>	<u>(24,473)</u>	<u>(24,473)</u>
	577,720	(771,068)	(193,348)
Restricted funds			
Tudora Project	26,980	(26,980)	-
Long Way Up Challenge	23,000	(40,622)	(17,622)
Positive Pathways - Making the Right Turn	36,750	(45,249)	(8,499)
Project Argo	29,391	(15,982)	13,409
Tudora Homeless Project	30,000	(30,667)	(667)
Headley Court Tudor Run	20,000	(20,000)	-
Invictus Games Foundation Funding	19,742	(19,742)	-
MERT Armed Forces Covenant Grant	33,260	(1,600)	31,660
RAF Benevolent Fund	5,000	(5,000)	-
RNRMC/Greenwich Hospital	30,000	(30,000)	-
Team Forces Tudor Run	10,000	(10,000)	-
Ultra Tudor Run	5,500	(5,500)	-
Peter Harris Foundation	<u>15,000</u>	<u>(11,845)</u>	<u>3,155</u>
	<u>284,623</u>	<u>(263,187)</u>	<u>21,436</u>
TOTAL FUNDS	<u><u>862,343</u></u>	<u><u>(1,034,255)</u></u>	<u><u>(171,912)</u></u>

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued **FOR THE YEAR ENDED 30 SEPTEMBER 2022**

18. MOVEMENT IN FUNDS - continued

Unrestricted reserves:

The Spirit of Falmouth fixed asset reserve: a designated reserve representing the net book value of a vessel previously donated to the charity.

Tudora fixed asset reserve: a designated reserve representing the capitalised costs of renovating the vessel Tudora, a 25-tonne wooden motor cruiser which was donated to the charity in a previous year.

Restricted reserves:

Long Way Up Challenge: Grants from Lest We Forget and Team Army to fund a sailing challenge for veterans using three yachts to sail from Falmouth to the northern tip of Scotland.

Positive Pathways - Making the Right Turn: Grant from the Armed Forces Covenant Fund Trust towards a sailing programme for veterans.

Project Argo: Donations from Air Tanker, Huboo, various gift aid and the web to support NHS and other emergency response workers.

Tudora Homeless Project: Grant from the Medlock Charitable Trust to support the use of the wooden motor cruiser Tudora as accommodation for homeless veterans.

Peter Harris Foundation: Restricted grant for Turn to Starboard programmes

Headley Court Tudor Run: Restricted funds towards an expedition we called 'The Tudor Run'. Four yachts and Spirit of Falmouth took a large team of veterans on a journey from Falmouth to London Bridge predominantly for mileage for Yachtmaster programmes.

Invictus Games Foundation Funding: Restricted grant for Turn to Starboard programmes

MERT Armed Forces Covenant Grant: Grant from the Armed Forces Covenant Fund Trust for a project relating to those who served in the Medical Emergency Response Team (MERT) in Afghanistan. These funds are managed by Turn To Starboard on behalf of the MERT Club CIC.

RAF Benevolent Fund: Restricted grant for Turn to Starboard programmes to support RAF beneficiaries

RNRMC/Greenwich Hospital: Restricted grant for Turn to Starboard programmes to support Royal Navy beneficiaries

Team Forces Tudor Run: Restricted funds towards an expedition we called 'The Tudor Run'. Four yachts and Spirit of Falmouth took a large team of veterans on a journey from Falmouth to London Bridge predominantly for mileage for Yachtmaster programmes.

Ultra Tudor Run: Restricted funds towards an expedition we called 'The Tudor Run'. Four yachts and Spirit of Falmouth took a large team of veterans on a journey from Falmouth to London Bridge predominantly for mileage for Yachtmaster programmes.

TURN TO STARBOARD

NOTES TO THE FINANCIAL STATEMENTS - continued **FOR THE YEAR ENDED 30 SEPTEMBER 2022**

19. RELATED PARTY DISCLOSURES

The charity rents office space from Take Point Training Limited, and rent has been charged to the charity in the sum of £16,800 (2021: £16,000). The company is controlled by a close family member of the charity's key management personnel.

During the year a net of £26,162 was paid to Take Point Training Limited. Also £9,000 was paid to Sail Cornwall Limited. Both companies are controlled by a close family member of the charity's key management personnel.

The Charity is administering a grant on behalf of The MERT Club CIC. At the year end £31,660 is payable to the CIC. The CIC is controlled by a member of the charity's key management personnel.

20. LIMITED BY GUARANTEE

The charity is a private company limited by guarantee and consequently does not have a share capital. Each of the members is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

TURN TO STARBOARD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	78,356	223,265
Gift aid	<u>1,458</u>	<u>21,430</u>
	79,814	244,695
Other trading activities		
Merchandise sales	-	80
Other fundraising	<u>116,062</u>	<u>33,567</u>
	116,062	33,647
Investment income		
Deposit account interest	37	8
Charitable activities		
Grants	186,442	96,880
Other income		
Gain on sale of tangible fixed assets	-	568
Furlough pay recovered	<u>-</u>	<u>104,190</u>
	<u>-</u>	<u>104,758</u>
Total incoming resources	382,355	479,988
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	13,144	3,312
Charitable activities		
Wages	270,959	200,717
Social security	17,528	9,090
Pensions	3,433	2,142
Vessel costs	164,537	141,510
Course expenses	10,722	2,163
Consultancy fees	<u>-</u>	<u>1,380</u>
	467,179	357,002
Other		
Loss on sale of tangible fixed assets	-	675
Support costs		
Management		
Rent and rates	18,647	17,931
Carried forward	18,647	17,931

This page does not form part of the statutory financial statements

TURN TO STARBOARD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 SEPTEMBER 2022

	2022 £	2021 £
Management		
Brought forward	18,647	17,931
Insurance	6,572	4,804
Light and heat	124	6
Telephone	-	32
Advertising	341	2
Sundries	8,514	3,229
Computer costs	3,496	1,461
Motor and travelling expenses	4,722	2,916
Accountancy	4,384	3,816
Vessels	19,236	89,236
Plant and machinery	955	1,273
Fixtures and fittings	<u>561</u>	<u>607</u>
	67,552	125,313
Finance		
Bank charges	<u>70</u>	<u>8</u>
Total resources expended	<u>547,945</u>	<u>486,310</u>
Net expenditure	<u>(165,590)</u>	<u>(6,322)</u>



© Turn to Starboard December 2022
Registered charity number: 1161201

TURN TO STARBOARD

IMPACT REPORT 2021-22



**TURN TO
STARBOARD**
THE FORCES' SAILING CHARITY



**[LASTING]
IMPACT
REPORT
2021-22**

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OUR MISSION

Turn to Starboard helps serving and retired Armed Forces personnel and their families, readjust after operational tours and assists them in meeting the unique demands placed on them by Service life.

Our focus is on reintegration, re-engagement and re-enforcing a sense of value and belonging for those who sail with us, while providing career-building opportunities in a unique and supportive environment.

Our support also extends to front-line NHS Staff and Emergency Services staff impacted by their service.

A VIEW FROM THE BRIDGE

If you had asked me ten years ago, I would never have imagined writing this annual message for the tenth time. Turn to Starboard's inception was driven by an acute need and we genuinely thought we would help support veterans this year and maybe next. We did not have a long-term strategy.

The majority of our support is from grant funding and as such, it is offered for a specific reason. We don't hold large reserves and when we have funds, we spend them on veterans. Our mission was, and continues to be, a simple one. Priority one is to make the sailing experience the best it can be. Priority two is to raise enough money to pay for priority one. It is of course a little more complicated than that, but keeping it simple helps us keep that focus.

Not having a very long-term strategy has however, proved quite successful. We focus on the individual in front of us. I would particularly like to thank all the staff and volunteers for their absolute dedication to this mission, they are a very special team and family.

We have probably created upwards of 5,500 sailing opportunities in the last ten

years. Such numbers might look impressive, but for us they don't really tell the full story. Many of these stories are deeply personal and are about facing adversity and rising to the challenge in what is a safe, supportive, and nurturing environment. We do this in the hope that we can improve someone's life and just very occasionally save one.

We are unable to do this without the support of some extraordinary organisations who step forward repeatedly. A list of these organisations is in the back of this report but special acknowledgement goes to ABF, The Soldiers' Charity, Lest We Forget Association, RNRMC, The Armed Forces Covenant Trust Fund, The Medlock Trust, the RAF Benevolent Fund and The Worshipful Company of Drapers. More recently commercial organisations like Airtanker, Huboo and i3Secure have joined this group creating financial robustness on which we can build for the future.

A charity's aim should be to no longer be required but as long as veterans need us and gain valuable support and direction from us, we will proudly continue to help.

Happy Birthday Turn to Starboard.



AT A GLANCE

Restarting activities after the lost momentum of lockdown has been challenging and yet the numbers of veterans seeking support post pandemic is higher than ever. Through operational agility and additional boat charter we have provided the following:

193

Number of
Beneficiaries Sailed

51

RYA Competent Crew
Certificates Awarded

12

RYA Day Skipper
Theory Certificates
Awarded

7

RYA Day Skipper
Practical Awarded

5

RYA Yachtmaster
Theory Certificates
Awarded

2

RYA Yachtmaster
Practical Awarded

527

Total Sailing
Opportunities
Provided

93

Total Sailing
Opportunities on
Spirit of Falmouth

40

NHS Sailing
Opportunities

91

Sea Eagle Sailing
Opportunities
Provided

5

RYA Powerboat
Level II Certificates
Awarded

5

RYA First Aid
Qualifications

OUR REACH

We are the only charity in the UK using sail training to support veterans.

Our beneficiaries travel from all over the UK to take part in the activities we offer.







OUR FLEET

Introducing... **ANGELS SHARE**

BAVARIA 47C

In order to significantly increase our sailing capacity over the summer we chartered 'Angels Share', a four cabin version of the Bavaria 47 Cruiser.

She has spacious accommodation below decks for eight people with a further occasional berth in the saloon.

Packed with the latest technology and with spacious decks and galley areas, Angels Share has been a welcome addition to the fleet.





BLUSTER

BAVARIA 32

Our training yacht '*Bluster*' provides sailing opportunities for novice crew members or experienced hands.

At 32 feet in length, she has two double cabins and two galley bunks and plenty of space for the crew to sit and eat together.

Participants can develop and hone their sailing skills while exploring the world-class sailing waters of Falmouth Bay, Carrick Roads and Helford River.







SPRIT OF FALMOUTH

TALL SHIP

'*Spirit*' is our flagship 92-foot wooden gaff-rigged tall ship, gifted to the charity in 2014 by The Prince's Trust.

The replica Mersey Pilot Schooner was built using traditional methods and has the capacity to carry 12 passengers plus six crew members.

This outstanding vessel requires crew members to work as a team to make her sail and offers a unique opportunity for life-changing adventures.



INVICTUS

RHIB (Rigid Hull Inflatable Boat)

Thanks to grants from several charitable organisations, Turn to Starboard was able to purchase a rigid hull inflatable boat (RHIB).

The 5.85 metre craft plays a vital role as a support vessel for sail training and family sailing trips, along with the chance to gain powerboat qualifications for beneficiaries.

We are able to offer RYA Powerboat Level 2 Courses to help with potential future career opportunities.



FIRST HAND FEEDBACK

“The whole course was very professional and immensely instructive.

I loved learning both new skills and knowledge and brushing up on forgotten ones.

I felt valued and safe and I had a voice.”





FIRST HAND FEEDBACK

“ Camaraderie, safety, pace of learning tailored to individuals needs, support and understanding when things get difficult. Turn to Starboard has been the linchpin of my recovery in that it gave me hope for the future and a new direction.

I feel safe here, and have space to heal and learn new skills and knowledge in a supportive and understanding environment. ”



“ My time with Turn to Starboard has shown me how much can be accomplished in a short period of time when working as an effective team.

Great time on the trip for self-reflection and focusing on positive goals for the future. ”





“ I’ve enjoyed the camaraderie, banter and shared experience. Sense of accomplishment in the sailing on each leg. Best experience strangely was the hard passage on Day 1 as it gave me confidence in the boat and crew to handle the challenging conditions. ”

“ **I have started to think about me more and what I should be concentrating on. I learned a lot with Turn to Starboard and being on the water makes me at peace. ”**

“ Every time I come here, I feel so relaxed. Everyone is so welcoming and friendly. It’s a bit of a safe haven. T2S is incredible. ”





“ After feeling a heightened sense of anxiety about attending my anxiety quickly dissipated when I met my fellow crew and skipper... very rewarding especially tacking, night sail, bonding experience and working as a team. ”

“ T2S is the bedrock of my long-term recovery and I am forever grateful. ”

“ To study that hard for that long and to achieve something...I'm buzzing. I hadn't realised how far I've come. ”

“ Just being here and being on the water makes me able to think and reflect on life and maybe start to rebuild my life a bit. ”

“ **The first day/night pushed me to my limit and looking back is something I will remember forever and I feel like I’ve accomplished something special. I hope I can continue to be involved with T2S and help a cause that means so much to me.** ”

“ T2S is just such a great place to be. The skippers are excellent and we are so lucky to get such varied experience which only serves to improve our skills. ”



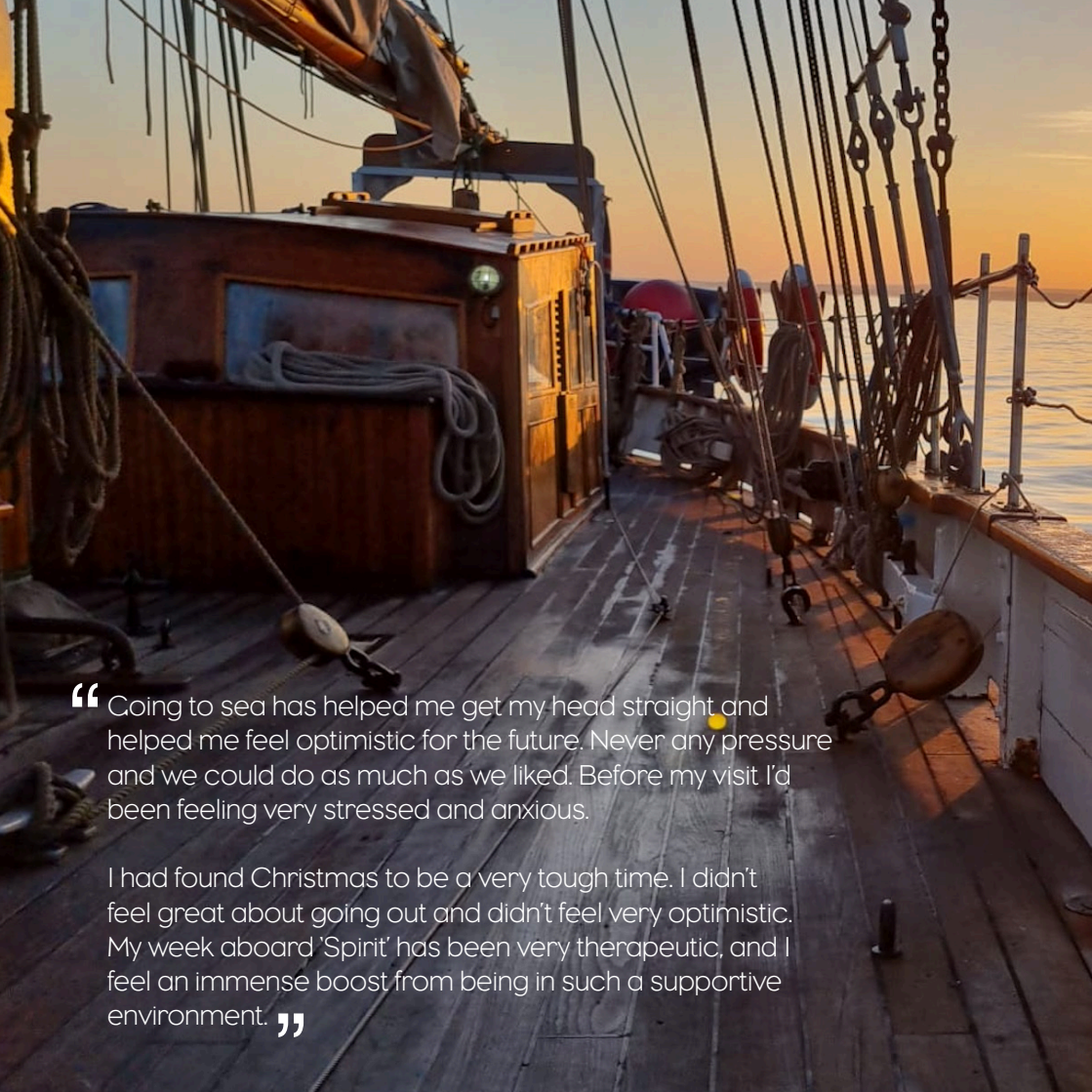


“ This project has breathed life into me. ”

“ It is the first time for as long as I can remember that I don't feel pain in my body from the stress and adrenaline related to my PTSD. Being on the water has reminded me that it is still possible to take part in and enjoy activities that I thought I had to give up on.

A plan is firming in my mind in terms of finding purpose in my life moving forwards. To be in an environment where it is OK to be how I am and not feel shame has been really liberating. **”**

“ Feeling more confident, learning again, being accepted for being the way I am. I feel inspired, respected and listened to. ”



“ Going to sea has helped me get my head straight and helped me feel optimistic for the future. Never any pressure and we could do as much as we liked. Before my visit I'd been feeling very stressed and anxious.

I had found Christmas to be a very tough time. I didn't feel great about going out and didn't feel very optimistic. My week aboard 'Spirit' has been very therapeutic, and I feel an immense boost from being in such a supportive environment.”





“ I feel re-energised every time I'm here. Great being at T2S. Never look forward to leaving the sailing and T2S, just such a great place to be. The Skippers are excellent, and we are lucky to get such varied experience which only serves to improve our skills. ”

“ Built my confidence about
Skippering a boat within a
supportive environment. Improved
my self-worth. Believe I've made a
contribution.

Being part of a team as it bonds
and gels us together over the
period of a sailing expedition is
very rewarding; that this is done
with like-minded military veterans
sharing banter and experiences
further reinforces bonding. ”





**“ Brilliant.
Life Affirming.
Witnessing little miracles. ”**

A PARENT'S LETTER

Dear Turn to Starboard,

I just wanted to express our heartfelt thanks for the opportunity you gave our son to go sailing with Turn to Starboard on the Tudor Run. His family have had a wonderful four weeks following the trip via the internet and marvelling at the amazing times they have all had. Feels a bit odd not to be looking for Turn to Starboard posts today!

We have seen a real change in him in this time. From being nervous before the trip, apprehensive as to who he would be with. Then when they set sail he was absolutely buzzing all through the trip, even when things didn't go as planned he accepted it with grace. He is so much brighter and lighter - we feel like we have got our son back - incredible after the trauma he has been through. Positive and much happier.

Now home he is full of amazing stories and cannot wait to get on the water again - his whole focus in life has changed. He has something to work towards, a future (when once he had little to look forward to), and he has a plan for how he wants to live. We know that this is not the end but merely the beginning and trust that his positivity continues whilst on dry land.

Turn to Starboard - who would have thought four weeks on water could do so much! What amazing work you all do!!

Thank you from the bottom of our hearts.

A PARTNER'S LETTER

Dear Turn to Starboard,

I know you receive much positive feedback from people who've sailed with you but I thought I'd take a few moments to let you know the impact your charity has on the partners of its beneficiaries. And to express my sincere gratitude.

My partner and I met prior to his first ever experience with Turn to Starboard. Since his return from the Tudor Run I cannot begin to describe the invigorated, positive and re-invented man I saw before me this weekend. I'm actually near crying. Thank you, to each one of your team and to the crews for the ever-positive experiences he's having with T2S.

Since his return home he oozes confidence from every pore, his positivity levels are through the roof and he's even quit smoking after 35 years! This is because of his experiences with T2S and the crews who have helped him to feel useful again. He now has a purpose and he's part of a team again.

In summary he now feels worthy again, sadly something many veterans lack in their civilian lives. I simply wanted to thank you and all involved from the bottom of my heart. What you've done has reinvented my man. He has found his worth and pride again.

Thank you!!

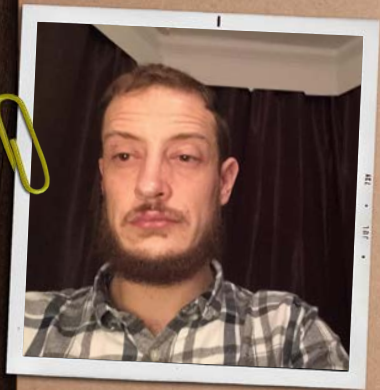
Impact measurement is often tailored to appeal to funders rather than to understand beneficiaries, but true social impact focuses on those currently lacking the advantage, resource and power to shape their own destinies.

Social impact means the real changes that happen in people's lives. It is the true reflection of their experience – the journeys they go on with the help of those working with them.

This is Jim's Journey...



A VETERAN'S DIARY



Name: James Daniel Owen

Service: Army

DOB: 31/10/1989

Date of Discharge: October 2012

January 2022

In Search of Zero

For a long time now I have had a vision that I was meant to do something big. I never knew what it was, but having had a chat with Jay, an unpaid, tired and overworked crisis care staff member, I decided rather grandly that in ten years time I wanted to sail a yacht around the world crewed by veterans.

Having been sectioned only two weeks earlier by a police officer after trying to take my own life, this would have sounded rather far fetched for most, but if my unhealthy interest in recreational drugs had taught me anything, it was that I was very capable of making things happen and getting what I want. But what I want now has nothing to do with any kind of illegal stimulants, what I want now is zero. I want to get the number of veterans committing suicide to zero.

When I realised that my life was spiralling out of control, I made the decision to halt the spiral. It took two days before I was fully sober. My hometown was a no-go area for me. It offered nothing but trouble and darkness, which within ten minutes, two hard won sober days would be gone like dust in a tornado.

I clearly needed to make some significant changes in my life.



February 2022

New Horizons

In amongst the many conversations about rehabilitation and what next, I had mentioned that I wanted to go sailing but didn't know how, or even why.

It was suggested that I contact Turn to Starboard, a sailing charity set up for veterans and run by veterans. They were running an expedition to London and back and encouraging veterans to apply to take part in the trip.

I called and explained my situation fully, that I was a recovering drug addict and in a bad way but was really keen to come. After about two days I received an email asking me to fill in some forms and return them asap. Well I've never been brilliant at admin and I missed the deadline but something inside kept nagging at me to ring and attempt to blag my way onto the trip.

So I called, and gave all my details over the phone. And then I waited...

The next day, I received an email confirming my attendance at the Tudor Run training week. I was in.



March 2022

The Bear

I remember leaving Gosport at 05.45 to get the first ferry to Portsmouth harbour to catch the train to Falmouth. I was absolutely freaking out about what people would think of me because I was skinny and in my opinion looked like the recovering addict that I was. After nine hours I got off the train at the wrong station and started spiralling, convinced that it was a sign that this wasn't for me. But I called a taxi and within ten minutes I arrived at the T2S office.

The office is an old car dealership with huge windows. I remember seeing a room full of veterans all seated and ready to go, and was embarrassed that I was arriving so late. Going in through the door felt like a big ask.

But, I'm also very stubborn so I forced myself to go in. I managed to say "alright" in an apologetic tone and grabbed a brew. I was standing outside when this huge bear of a man (who I later learned was one of the Skippers) started chatting to me. I explained that I didn't think this was for me and that there were just too many people, but he said "well you're here now so you might as well stay the night and go in the morning." I didn't leave in the morning, and that's when my Turn to Starboard Adventure really began.



April 2022

Spirit of Falmouth

At the Marina we were met by a whole team of people who instantly made me feel welcome despite my appearance and withdrawn manner. We boarded the most magnificent ship, Spirit of Falmouth. I remember being in utter awe as we left the pontoon. This huge boat was being manoeuvred like it was a dinghy and all these people who had years of experience at sea were willing to share the knowledge with me so that I could just for one day, feel like them, pulling on ropes and putting sails up. I loved it and for the first time in a long while I felt like I deserved to live and I wanted to live...maybe there was this small chink of light after all.

I struggled at night and kept pretty quiet but made a connection with one of the crew who told me that he had been homeless and battling addiction but that T2S had helped him to turn it around. The following day I left Spirit and joined the crew of Coralee which was a smaller sailing yacht. We did a sea transfer due to an incoming storm and after a quick bite to eat, I sailed for the first time in my life... I was hooked.

The silence and the concentration required just to keep her going in a straight line was epic. I forgot everything that was going on at home and for the first time in many years felt joy return to my soul.



May 2022

Two Castles and Four Boats

The Tudor Run taught me more about Skippers and the roles that they have to fulfil than any book ever could. To deal with the day-to-day running of a boat and at the same time juggle 18 different and sometimes complex personalities is a lot. I took on some basic responsibilities doing engine checks and learning how to put the sails up and I loved it. The constant need to think 12 steps ahead came easy to me.

After visiting 'home' in Cosport and finding my house mates high (as usual) I vowed to go back just one more time to collect my stuff and move it onto Spirit of Falmouth. A brief but important conversation with Shaun Pascoe gave me the resolve to gamble everything on this opportunity, which in itself was a shift. I had gone from not trusting anyone and always questioning people's motives and actions to having absolute blind faith that these people would be there for me.

The Tudor Run cemented friendships I didn't know I needed. From Royal Marines to ex Restaurant owners, these people all took time out of their trip or work day to talk to me and make me feel like I was worthy of this opportunity - something to this day, I still struggle with.



June 2022

With Great Power Comes Great Responsibility

After the Tudor Run I joined the crew of Spirit and by early summer I had really started to come into my own. I was given responsibility for the first time and I enjoyed every minute of it. It meant the world to me that I was trusted to organise logistics and play a part in the day to day activities of the charity.

I then passed my RYA Day Skipper qualification and worked my way up to being First Mate on Spirit and I loved every minute of it! I get to bring a 110 ton ship on and off her home berth and to teach others how to help sail her.

I have honestly never been happier because as well as having a role and a purpose, I now have a family. All around me are good honest people who want nothing more than for me to succeed.

I dream of being a Skipper for Turn to Starboard and am focused on making this happen. I have just passed my RYA Day Skipper Shore-based Course and am now working towards my RYA Yachtmaster Offshore Qualification. All this is all helping me move another step closer to fulfilling this dream and for the first time in my life I feel positive about the future and about myself.





EXPEDITIONS



THE LONG WAY UP

In 2021, we offered the chance for ex-Forces personnel affected by their military service - or struggling with isolation during the coronavirus pandemic - to be part of an ambitious sailing expedition from Land's End to John O'Groats.

The Long Way Up was offered to participants as a life-changing sailing adventure along the west coast of mainland Britain. The aim was for participants to experience freedom on the water, meet people facing similar challenges as their own, and gain valuable skills that apply to everyday life. Each yacht was to be led by a fully qualified and highly experienced skipper to safely guide the crew.



THE LONG WAY UP

On September 12, the team set sail on-board five yachts from Falmouth in Cornwall and headed for the Isles of Scilly. During the next three weeks, the crew sailed north and crossed the Bristol Channel before following the dramatic Welsh coastline to the Isle of Man.

After a well-earned rest break, the team made a final push in challenging weather conditions to Troon in Scotland. Adverse weather prevented the team from venturing any further north, so the 'northbound' team ended their epic voyage after covering an incredible 628 miles.

At Troon, we welcomed a new crew of military veterans on board for the equally challenging return voyage and the fleet reached the finish line in Falmouth on October 18, 2021.





CHELSEA PENSIONERS TRIP TO THE ISLES OF SCILLY

In June of 2022, a team of retired soldiers from the British Army joined Turn to Starboard on a special voyage to the Isles of Scilly.

A group of nine veterans set sail from Falmouth on our 92-foot tall ship 'Spirit of Falmouth on an eight day return voyage to the Isles of Scilly.

The veteran crew departed Port Pendennis Marina on June 20 for a voyage packed with an itinerary of activities. Events included a meet and greet engagement with the RNLI, a visit to Tresco Abbey Gardens, afternoon tea with Duchy of Cornwall's Assistant Land Steward, and tours of rum and gin distilleries. They even got involved in a local school's Sports Day.

Media coverage from the trip was phenomenal and in terms of raising awareness of what we do, the Chelsea Pensioners were perfect Ambassadors. They will be returning in 2023 for a another trip aboard Spirit of Falmouth.







A photograph of a sailboat with white sails and a dark hull, sailing on a deep blue ocean under a clear sky. The boat is positioned on the left side of the frame, moving towards the right. The horizon line is visible in the distance.

THE TUDOR RUN

The Tudor Run was a historical sailing expedition along the southern coast of England. Starting from Pendennis Castle on the headland at Falmouth, the route took in a series of Henry VIII's great Tudor forts and landmarks before cruising up the River Thames to the iconic Tower of London.

Two teams of veterans on four yachts and a tall ship sailed nearly a thousand nautical miles over the course of a month.

As with all our sailing expeditions, the aim of the trip was to enable individuals to experience freedom on the water, meet others facing similar challenges and to gain valuable new skills.





FABULOUS FUNDRAISERS

FUNDRAISERS

Despite some challenging economic conditions over the last few years, we continue to enjoy huge support from individuals, clubs, societies and businesses who sail, run, drive, dress up and generally go the extra mile to raise much needed funds for Turn to Starboard.

At a time when economic conditions are challenging and disposable incomes are stretched we are still blown away by the generosity of individuals who in their pursuit of giving back, sign up to take on some spectacular fundraising activities.

We thank them one and all for their commitment, spirit of adventure and unwavering support.





DRAPERS' DINNER

CHARITY DINNER AND AUCTION

More than 200 guests attended the prestigious black-tie event at The Drapers' Hall in central London in June of 2022.

The Dinner provided us with a much needed opportunity to raise funds and awareness and to reconnect with our friends and supporters after the enforced hiatus of the pandemic.

The magnificent backdrop of Drapers' Hall provided a perfect setting for the evening and the combination of revenue from ticket sales and money raised through auction bids and pledges gave our fundraising activities a considerable boost.





GET IN TOUCH

Or just pop in, the kettle is always on.

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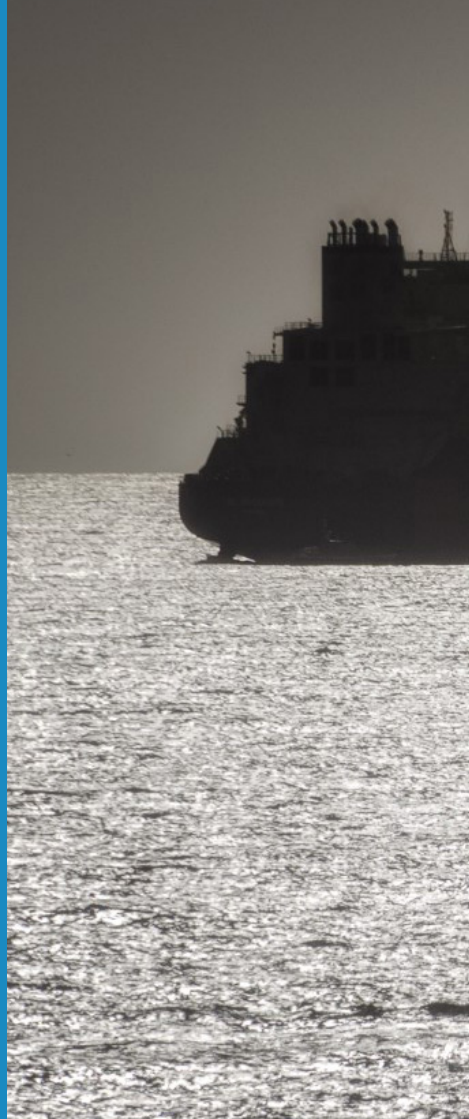
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Find us on social media



Registered charity number: 1161201

*Photo courtesy of @geoffsquibb









THE HEADLEY
COURT CHARITY



THANK YOU...

SCOTT (EREDINE)
CHARITABLE TRUST



**A special thank you to all the organisations and individuals
who continue to give us their generous support.**

**We are deeply grateful for every penny you donate and
every hour of your time that you give.**

